



# Families Healing Together

*The following list was compiled by Geoff Gans, a student at [Family Outreach and Response Program](#). Geoff Gans participated in the Recovering Our Families Class (Fall 2014) – an online mental health education course offered by [Families Healing Together](#). He read along with the extensive comments and discussions and picked out all the resources participants shared with one another over the 8 weeks to create this document.*

*Thanks to everyone for making the class a great success and thanks Geoff for making this for us!*

## **RESOURCES, METHODS AND ORGANIZATIONS**

**National Empowerment Centre** – bring unique experiences in organizing and developing consumer-run organizations, and helping individuals and groups develop the knowledge and ability to transform the mental health service system toward a more recovery-oriented and consumer-and family-driven approach.

<http://www.power2u.org/>

See link to Consumer Run State-Wide Organizations

<http://www.power2u.org/consumerrun-statewide.html>

**LEAP (Listen-Empathize-Agree-Partner)** by Dr. Xavier Amador shows how to gain the trust of someone you are at odds with. Discussion about his work in the class was rich. Most agreed the LEAP format was helpful, but there was some discussion that the LEAP method is best understood as a tool for relationship building, and not as a tool to manipulate someone to agree with a perspective you hold.

<http://www.leapinstitute.org/>

**Walsh Institute** – dedicated to unraveling the biochemistry of mental disorders and development of improved clinical treatments through scientific research and medical practitioner education.

<http://www.walshinstitute.org>





# Families Healing Together

**The Wellness Recovery Action Plan®**, or WRAP®, is an evidence-based system that is used world-wide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness.

<http://www.mentalhealthrecovery.com/>

**Alternative to Meds Center** – licensed residential holistic mental health treatment based on the Orthomolecular and Naturopathic Models; a world authority on the subjects of biochemical correction of addiction and alternatives to psychiatric drugs.

<http://www.alternativetomeds.com/>

**Will Hall** – counselor and coach working with individuals, couples, families and groups via phone and Skype and in my Portland Oregon therapy office. Will's work and learning arose from his own experiences of recovery from madness, and today is passionate about new visions of mind and what it means to be human.

<http://willhall.net/>

**Road Back Program** – the most widely used outpatient drug withdrawal program in the world since 1999. We are based in the United States and have helped over 40,000 people to become drug free.

<http://theroadback.org/>

**Mad in America** – a resource and a community for those interested in rethinking psychiatric care in the United States and abroad. Bloggers on this site include people with lived experience, peer specialists, psychiatrists,



# Families Healing Together

psychologists, social workers, program managers, social activists, attorneys, and journalists.

<https://www.madinamerica.com/>

**Schizophrenia: A Blueprint for Recovery** – provides innovative techniques to work with a person in psychosis, move him or her into recovery, and aid in rejoining mainstream society.

<http://www.schizophreniablueprint.com>

**Beyond Meds** – a blog that documents and shares many natural methods of self-care for finding and sustaining health in body, mind and spirit.

<http://beyondmeds.com>

**Ron Coleman** – active in the field of mental health since 1991, when affecting his own recovery from mental illness, he used his experiences to develop his ideas for recovery centered treatment of others. Ron now works with his wife Karen under the banner of ‘Working To Recovery’, a company doing training and consultancy work in mental health.

<http://www.workingtotherecovery.co.uk/ron-coleman>

**Al-anon Family Groups** – friends and family members of problem drinkers share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations.

<http://www.al-anon.alateen.org/>



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**Adult Children of Alcoholics (ACA)** – an anonymous Twelve Step, Twelve Tradition program of women and men who grew up in an alcoholic or otherwise dysfunctional homes.

<http://www.adultchildren.org/>

**Co-Dependents Anonymous** – a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.

[www.coda.org](http://www.coda.org)

**Inter Voice** – working across the world to spread positive and hopeful messages about the experience of hearing voices. If you hear voices, know someone who does or want to find out more about this experience – then this site is for you.

<http://www.intervoiceonline.org/>

**Holistic Psychiatrist – Alice W. Lee, MD, ABIHM** – is a holistic and integrative psychiatrist practicing in Gaithersburg, Maryland, who combines nutritional medicine (orthomolecular psychiatry), energy medicine, and other alternative therapies in the holistic and integrative treatment of mental health conditions.

<http://holisticpsychiatrist.com/>

**Finnish Open Dialogue** – A Finnish alternative to the traditional mental health system for people diagnosed with "psychoses" such as "schizophrenia" is "Open Dialogue." This approach aims to support the individual's network of family and friends, as well as respect the decision-making of the individual.



## Families Healing Together

<http://www.mindfreedom.org/kb/mental-health-alternatives/finland-open-dialogue>

**Hearing the Voice** – is an interdisciplinary project led by researchers at Durham University. The project aims to help us better understand the phenomenon of hearing a voice no one else can hear (a phenomenon also referred to as auditory verbal hallucinations), its cognitive-neuroscientific mechanisms, its social, cultural and historical significance, and its therapeutic management.

<http://hearingthevoice.org/tag/marius-romme/>

**The Thomas S. Szasz Cybercenter for Liberty and Responsibility** – dedicated to the life and work of Thomas S. Szasz, M.D. In it you will find information from friends and colleagues sharing similar points of view to those of Thomas Szasz on diverse topics ranging from psychiatry and law, to drugs and addiction, to psychotherapy and public policy . . . and more. We share a common philosophy here: Liberty and responsibility are two sides of the same coin. No policy-- public or private--can increase or decrease one without increasing or decreasing the other. Human behavior has reasons, not causes.

<http://www.szasz.com/>

**The International R.D. Laing Institute** – a center of learning about the life and work of Scottish born and London lived, Dr. Ronald David Laing (1927-1989), Independent British Psychoanalyst, Social Phenomenologist, Radical Psychiatrist, Existential Philosopher.

<http://lainginstitut.ch/>



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ARTICLES, BOOKS AND VIDEOS

## **“60 Minutes: Connecting Mental Illness to Violence with Little Data, Facts”**

By JOHN M. GROHOL, PSY.D.

<http://psychcentral.com/blog/archives/2013/09/30/60-minutes-connecting-mental-illness-to-violence-with-little-data-facts/>

## **“What Recovery Means to Us”**

By Mary Ellen Copeland, Ph.D

<http://www.mentalhealthrecovery.com/recovery-resources/articles.php?id=12>

## **“Someone who believed in them helped them to recover”**

By Daniel B. Fisher, M.D., Ph.D.

[http://www.power2u.org/articles/recovery/someone\\_who.html](http://www.power2u.org/articles/recovery/someone_who.html)

## **Working with Voices: From Victim to Victor**

By Ron Coleman

Available @: <http://www.workingtoarecovery.co.uk/shop>

## **Nutrient Power: Heal Your Biochemistry and Heal Your Brain**

By Dr. Walsh

## **Natural Healing for Schizophrenia & Other Common Mental Disorders**

By Eva Edelman

## **Natural Healing for Bipolar: A Compendium of Nutritional Approaches**

By Eva Edelman



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<http://www.boragebooks.com/orderBooks.html>

## **Rethinking Madness**

By Paris Williams, Ph.D.

## **How to Get Off Psychoactive Drugs Safely: There Is Hope. There Is a Solution** by James Harper

**Why we choose suicide: Mark Henick at TEDxToronto** – a mental health professional who is a suicide attempt survivor about why people choose suicide, and how we need to as a society be helping more.

<http://www.youtube.com/watch?v=D1QoyTmeAYw>

## **The danger of a single story: Chimamanda Ngozi Adichie at TEDGlobal**

Our lives, our cultures, are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her authentic cultural voice –

and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding.

[http://www.ted.com/talks/  
chimamanda\\_adichie\\_the\\_danger\\_of\\_a\\_single\\_story.html](http://www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story.html)

## **The voices in my head: Eleanor Longden at TED2013**

Longden tells the moving tale of her years-long journey back to mental health, and makes the case that it was through learning to listen to her voices that she was able to survive.

[http://www.ted.com/talks/eleanor\\_longden\\_the\\_voices\\_in\\_my\\_head](http://www.ted.com/talks/eleanor_longden_the_voices_in_my_head)

**A High-Profile Executive Job as Defense Against Mental Ills** –  
Finding a Life That Fits: Keris Myrick, who has been diagnosed with



# Families Healing Together

schizoaffective disorder and obsessive compulsive disorder, finds ways to manage her illness.

<http://www.nytimes.com/2011/10/23/health/23lives.html?pagewanted=all&r=0>

## **Coming Off Psychiatric Drugs: A Harm Reduction Approach to Medical Withdrawal by Will Hall**

<http://www.youtube.com/watch?v=O4bdG601k4k>

**Robert Whitaker** – In 1998, he co-wrote a series on psychiatric research for the *Boston Globe* that was a finalist for the Pulitzer Prize for Public Service. *Anatomy of an Epidemic* won the 2010 Investigative Reporters and Editors book award for best investigative journalism.

<http://www.robertwhitaker.org>

## **Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life** by Susan Forward

**Mothers Who Can't Love** by Susan Forward

**Jonathan Prousky** – a passionate advocate for patients having mental health struggles. The focus of his clinical practice is on the optimization of mental and neurological health with nutrition and botanical (plant-based) medicines.

<http://www.jonathanprouskynd.com>

## RESOURCES AND TREATMENT CENTRES BY GEOGRAPHY

**Ami Quebec** – helps families manage the effects of mental illness through support, education, guidance, and advocacy.



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[www.amiquebec.org](http://www.amiquebec.org)

**Family Mental Health Initiative of Simcoe County in Ontario** – provide support through education, training and system navigation to the family members and friends of those individuals living with mental illness difficulties.

[www.fmhi.ca](http://www.fmhi.ca)

**CooperRiis** – is a healing community in beautiful western North Carolina where individuals with a mental health challenge or emotional distress learn new ways to gain coping skills, learn to become independent and attain fulfillment in life through a comprehensive program that addresses mind, body, spirit and heart.

<http://www.cooperris.org/>

**Peace Ranch** – a community mental health agency offering supportive housing and social recreational rehabilitation programs to individuals with serious mental illness as well as those who are dealing with co-occurring addiction challenges.

<http://peaceranch.com>

**Homewood Health Centre** – Canada’s unsurpassed medical leader in addiction and mental health treatment, providing highly specialized psychiatric and addiction services to all Canadians.

<http://homewood.org>

WELLNESS



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**Natural Movement** – practicing elemental Chi Kung, a progressive approach to chi kung that incorporates classic styles and philosophies with modern bodymind and energy concepts.

<http://www.naturalmovement.info/>

**The National Qigong (Chi Kung) Association** is the premier membership organization for qigong. We are an umbrella for all groups, schools, enthusiasts. Western or Eastern. Ancient or Modern.

<http://nqa.org/>

**Medical Qigong Canada** – offers treatments, as well as instruction, in the techniques and theory of this 5,000-year-old Chinese Energetic healing system.

<http://www.medicalqigongcanada.org/>

**National Acupuncture Detoxification Association (NADA)** – a no-nonsense, non-verbal, no-drug pharmaceutical free, and barrier-free approach to behavioral health.

<http://www.acudetox.com/>

## NETWORKS, ASSOCIATIONS AND SOCIETIES

**International Society for Orthomolecular Medicine** – furthering the advancement of orthomolecular medicine throughout the world, to raise awareness of this rapidly growing and cost effective practice of health care, and to unite the many and various groups already operating in this field.

<http://www.orthomed.org/isom/isom.html>



## **Families Healing Together**

**The InterNational Association of Peer Supporters**, Inc. is a private, non-profit organization dedicated to promoting peer support in mental health systems.

<http://inaops.org/>

**The Jacksonville Area Sexual Minority Youth Network** is a non-profit youth organization for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth ages 13-23.

<http://jasmyn.org>

**Parents, families, friends, and straight allies united with people who are lesbian, gay, bisexual, and transgender (LGBT) PFLAG** – is committed to advancing equality and societal acceptance of LGBT people through its threefold mission of support, education and advocacy. - See more at:

<http://community.pflag.org/>