



*The California Mental Health Services Act:*  
**Client-Driven, Family-Focused  
Wellness Transformation**

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## For this Presentation – Key Questions

- How do we ensure that the life experience of clients and family members are part of MHSA planning, programs and policies?
- How do we ensure that the perspective and participation of clients and family members is a significant factor in MHSOAC decisions and recommendations? (WIC 5846(e))
- How does this presentation further the Commission's 2010 Work Plan Priority #5: MHSOAC Processes – stakeholder engagement?
- How do the Community Forums being conducted by the CFLC contribute to MHSOAC stakeholder engagement?

# Asylum

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# Asylum



Neglect - even in progressive States. This picture was taken in an eastern hospital.

# Mental Health Services Act (MHSA) -- Proposition 63

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- “Mental illnesses are extremely common; they affect almost every family in California.”
- “Failure to provide timely and appropriate treatment can destroy individuals and family.”
- “Untreated mental illness is the leading cause of disability and suicide and imposes high costs on state and local government.”
- “With effective treatment and support, recovery from mental illness is feasible for most people.”
- “The MHSA represents a comprehensive approach to the development of community-based mental health services and supports for the residents of California.” (California State DMH, 2004)

# Advocacy

## Passage of Proposition 63

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# Mental Health Services Act

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- §2(e) "With effective treatment and support **recovery** from mental illness is feasible for most people. . . . These successful programs, including prevention, emphasize **client-centered, family focused and community-based** services..."

# Mental Health Services Act

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- WIC Div. 5, III, §5813.5

“Planning for services shall be consistent with the philosophy, principles and practices of **the Recovery Vision for mental health consumers:**

- (1) To promote concepts **key to the recovery for individuals who have mental illness: hope, personal empowerment, respect, social connections, self-responsibility and self-determination.**
- (2) To promote **consumer-operated services as a way to support recovery**
- (3) To reflect the cultural, ethnic and racial diversity of mental health consumers
- (4) **To plan for each consumer’s individual needs**

# Mental Health Services Act (MHSA) – Proposition 63

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- For your consideration:  
The MHSA is the culmination of client and family advocacy both directly and historically to challenge a history of inequitable, insufficient, unjust and in some cases abusive practices and to replace this legacy with services and supports informed by a recovery model based in dignity and hope in which clients and family are fully empowered in their communities to move beyond the effects of even the most severe mental illnesses.

# Former Hospital Patients

## Oregon State Hospital 3000+ in cans

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# Then and Now

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- Throughout the 19<sup>th</sup> and 20<sup>th</sup> Centuries one prevailing explanation for mental disorders was **sin**, **physical deficit**, **biological inadequacy**, and **brain disease**
- 20<sup>th</sup> Century “scientific medicine” adopted the view that the mentally ill were the carriers of **defective germ plasma**
- Eugenics became an academic discipline (selective breeding of humans to improve the species)
- States passed laws forbidding the insane from marrying

# Then and Now

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- Experimentation on patients
  - Theoretical treatments
  - Insulin shock, ECT
  - Drug testing, experimenting on cures
- Forced sterilization  
(over 20K in California alone)
- Rape, beating, no protections or recourse
- Low admission criteria/high bar for discharge

# Napa State Hospital 4,368 in unmarked cemetery

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# Clifford Beers: A Mind That Found Itself

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- 1900 – Beers first confined to a mental institution for depression and paranoia
  - During these periods he experienced and witnessed serious maltreatment at the hands of the staff
- 1908 publication of his book – *A Mind That Found Itself* (an account of his hospitalizations and the abuses he suffered)
  - Gained the support of the medical profession
  - Begins reform of the treatment of individuals with mental illness

# 1940's Conscientious Objectors

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- National Mental Health Foundation (NMHF)
  - Founded by Conscientious Objectors after WWII, to reduce the stigma associated with mental illness had an effect on public attitudes
  - Public leaders, media representatives, and celebrities involved in NMHF's public awareness campaigns
    - Encouraged public understanding of mental illness

*Many years later, **stigma** is still attached to mental illness*

# 1960s CA leads the Community mental health movement

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- 1963 USA JFK "Community Mental Health Centers Construction Act of 1963"
- 1967 – CA Lanterman-Petris-Short Act (LPS)
- The LPS Act
  - Ended inappropriate, indefinite and involuntary commitment of mentally disordered persons to institutions
  - Encouraged full use of existing agencies, personnel and funds to provide treatment, supervision and placement of gravely disabled persons
  - The authors envisioned an expanded system of community-based mental health centers providing appropriate and timely support to those in need at a reduced cost to the State

# Deinstitutionalization



# Consumer/Survivor/Ex-Patient Movement

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- Diverse groups of individuals (and organizations representing them) who are either currently "consumers" (clients) of mental health services, or who consider themselves survivors of psychiatry or mental health services, or who simply identify as "ex-patients" of mental health services.

# 1970s: Birth of the Consumer/Survivor/Ex-Patient Movement

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By the 1970s

- [Women's liberation](#), [gay rights](#), and [disability rights movements](#) emerged
- Former mental patients began to organize groups with common goals
  - Fighting for patients' rights
  - Against forced treatment, stigma and discrimination
  - Promote self-help and peer-support alternatives to the mental health system

# 1970's (continued)

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- With more people out of mental hospitals, there was a larger number of people who could now make links with one another for progressive causes
- Some activists condemned psychiatry under any conditions, voluntary or involuntary, while others supported the right of people to undergo psychiatric treatment on a voluntary basis
- Publication of *On Our Own*, Judi Chamberlain
  - Her experiences while being a patient as well as the lessons she learned while using services controlled by the patients themselves

# Consumer Self-Help and Peer Support

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- Today: In the United States, the number of mental health mutual support groups (MSG), self-help organizations (SHO) (run by and for mental health consumers and/or family members) and consumer-operated services (COS) was recently estimated to be 7,467.

Goldstrom ID, Campbell J, Rogers JA, et al. (2006)

# Family Advocacy Movement (CA Roots)

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- “Schizophrenogenic” mother
- Napa state hospital parents
- “My sister and I are researching a great aunt who was there and died in 1968. We had no knowledge, neither did my father or mother that she was still alive. ”

# NAMI Begins California First !

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- 9 Northern California parent groups in Oakland, California on October 22 in 1977. The meeting was organized by three parents: Tony Hoffman, Fran Hoffman and Eve Oliphant.
- National Alliance of Mental Illness (NAMI) 1979

# National Progress

- Protection and Advocacy Act
- Americans with Disabilities Act (ADA – 1988)
- Olmstead Decision ( 2000)
- MH Consumer Affairs Offices (1980s)
- Seclusion & Restraint targeted
- Forensic/Police initiatives (CIT)
- SAMHSA – Consumer Technical Assistance Centers
- SAMHSA Mental Health Services Transformation Agenda (2002)
- President's New Freedom Commission on Mental Health (2003) – recovery and client-driven services are essential

# Recovery and Transformation

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## Recovery and Advocacy

- C. Harding studies
  - 65% of people considered the 'lowest functioning'
  - 20% with diagnosis of schizophrenia
  - Were recovered fully after discharge within the community
  - Similar findings in multiple states and countries
- Recovery Findings
  - Empowerment, hope, employment activity → recovery
  - Recovery happens in spite of symptoms in natural settings where people are motivated towards their own goals

# Recovery and Transformation (continued)

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## Transformation

- Medical model– based in illness
  - Focus on symptom reduction and
  - Medications
  - Creation of helplessness ‘client’ syndrome
- Recovery– focused on strengths
  - Personal Goals
  - Symptoms as challenges
  - Life in the community

## Inclusion

***“NOTHING ABOUT US WITHOUT US!”***

- Clients and family included in every level of mental health policy, planning and programs

# California Transformation Progress

- Community Crisis Centers
- Client-Run Drop-In Centers
- Village Integrated Services Agency (ISA)
- Wellness Centers
- AB 2034 – established initial models for Full Service Partnerships (FSPs)
- ***Proposition 63***

# Proposition 63 – MHSA

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ADVOCACY from clients, families,  
advocates and providers



Tens of thousands of clients and family members  
across California collected signatures and rallied  
for passage of Proposition 63



Thank you California for leading the way!

Eduardo Vega, M.A., Commissioner  
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