Empowerment & Advocacy
Transform the World
Blazing the Trail of Transformation

Eduardo Vega, M.A., Chief
Empowerment and Advocacy
Los Angeles County Dep. Of Mental Health
evega@dmh.lacounty.gov; 213.251.6580
Transformation Vision and the Mental Health Services Act

- Transformative transformers
- Consumer-Centered (Person-Centered) Family-Focused systems of care
- Mental Health informed by recovery values
  - Dignity
  - Individual recovery journey
  - Social context
  - Living with and recovering
  - Grounded in wellness not illness/symptoms
The inside story of the television phenomenon that inspired the hit movie!

The Complete Mission: Impossible Dossier

Photos—Star Bios—Plot Summaries—Technical Info—The Essential Companion to the Popular Television Adventure Series

Patrick J. White
Where Are We Now?
Where Are We Now?
Exhibit 1
California
Exhibit 2, USA
Exhibit 3
Psychiatric hospitals
Africa, Eastern Europe
Where Are We?

USA
Most powerful, influential, wealthiest country in the world

GDP (13,244,550)
=over 1/4 of WGP (48,144,466)
(IMF 2006)
Where Are We?

**California**

- World’s 6th largest economy
- Historically among the most progressive states in the US
- 35,000,000—almost 1/10 of the U.S.
- GP—>$1.5T

Mental Health Services Act (Proposition 63)
Over $1 billion annually
To serve the neediest and transform the mental health system to recovery-based, client centered, family focused
When Are We?
When Are We?
When Are We?

Historical social response to people with mental illnesses

BCE-12th Century AD

Prophets; cultural change

Social support
community stabilization
exorcism
torture/murder
When Are We?

Historical social response to people with mental illnesses

13th - 18th Century AD

*Ship of Fools*

*Bethlem Hospital (Bedlam)*
(1240)

*Racial Diagnosis:*
*Negritude* (B. Rush, 1780s)
*Drapetomania* (1851)
When Are We?

Historical social response to people with mental illnesses

19th Century AD
Industrial revolution
Birth of ‘psychiatry’
Psychoanalysis
Asylum movement for humane treatment
Friends hospital (1813) (D. Dix)

Tranquilizing chair used in the treatment of the mentally ill in the 19th century
When Are We?

Historical social response to people with mental illnesses

20th-21st Century AD

Mental Hospitals
(over 550K in U.S. by 1955)

1940s Conscientious Objectors (Byberry Hospital) began advocating for better conditions

1950s --Thorazine ++
When Are We?

Historical social response to people with mental illnesses
When Are We?

Historical social response to people with mental illnesses

20th-21st Century ADVOCACY

- CLIFFORD BEERS and Penn C.O.s start NMHF later NMHA
- 60s-70s Deinstitutionalization
- SAMSHA created
- 70s Community Mental Health movement (psychosocial rehab)
- 1971-80 Trieste transformation
- 1979 NAMI founded by family advocates
When Are We?

Historical social response to people with mental illnesses

20th Century A.D.

EMPOWERMENT

• Client Movement (70s-present)
• On Our Own by J. Chamberlain/
• Self-help
• Survivor/ex-patients
• Civil action/hospital closures
• Alternatives conferences
• Peer Support/peer advocacy
When Are We?

Historical social response to people with mental illnesses

20th-21st Century AD. (USA)

ADVOCACY
• Consumer Movement
• ADA
  • Protection and Advocacy
  • Olmstead decision (2000)
• Consumer Affairs Offices, etc. (1980s)
• Seclusion and Restraint advocacy
When Are We?

Historical social response to people with mental illnesses

20th-21st Century AD. (USA)—
RECOVERY and ADVOCACY
• C. Harding studies
  • 65% over ‘lowest functioning’ 20% w/dx of schizophrenia
  • recovered after discharge within the community
  • Lower expectations → lower results in maintenance programs

• Empowerment, hope, employment/activity → recovery
When Are We?

Historical social response to people with mental illnesses

20th-21st Century AD. (USA)—RECOVERY and ADVOCACY

2003 New Freedom Commission on Mental Health -empowerment at the core of recovery
2004--- SAMSHA Mental Health Services Transformation

2004 California Mental Health Services Act
Where Are We?
The trail of transformation
A vision for the future

Community
Recovery
Well-being
Everywhere
We need you!
Transformative transformers

evega@dmh.lacounty.gov; 213.251.6580