

Produced by



# Innovative Solutions for Building Recovery with Alternatives to Psychotropic Medication

*A DVD of two keynote presentations  
in Freeport, Maine*



Sponsored by Co-Occurring Collaborative Serving Maine with funding from the Maine Office of Substance Abuse and Mental Health Service, Department of Health and Human Services; cosponsored by Community Health and Counseling Services, Consumer Council System of Maine, Maine Mental Health Partners and Sweetser; and co-provided by Mary Haynes

CCSME • 94 Auburn Street, Suite 110 • Portland, Maine 04103 • [www.ccsme.org](http://www.ccsme.org)  
Phone: 207.878.6170 • Fax: 207.878.6172 • Email: [ccsme@ccsme.org](mailto:ccsme@ccsme.org)

## THE PRESENTATIONS

### PSYCHOTROPIC MEDICATIONS: PROBLEMS AND SOLUTIONS



**Robert Whitaker** has investigated the astonishing rise in the number of people enrolled in government disability due to mental illness over the past 20 years. He shared his research on how psychiatric medications affect the long-term course of schizophrenia, depression and bipolar disorders. Additionally, he highlighted innovative programs in Europe that might be models for reforming care in the United States.

Whitaker is a journalist and the author of four books. Much of his writing has focused on psychiatry, the pharmaceutical industry, and medical histories. His first book, *Mad in America: Bad Science, Bad Medicine and the Enduring Mistreatment of the Mentally Ill*, was named by *Discover Magazine* as one of the best science books of 2002. His newest book, *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*, won the Investigative Reporters and Editors book award for best investigative journalism in 2010.

### HOW AND WHY TO STOP TAKING PSYCHOTROPIC MEDICATIONS



**David Cohen, PhD, LCSW**, presented an up-to-date critical review of psychiatric drug withdrawal, tapering, and dose reduction strategies described in the medical literature, along with recommendations for client-centered work around drug withdrawal issues.

Dr. Cohen holds degrees in psychology and social work from McGill, Carleton, and UC-Berkeley. An independent practitioner since 1982, he has elaborated self-help and professional help methods for clients undergoing withdrawal from psychiatric drugs. He has taught and led research projects in Canada, France, and the United States and has published over 120 articles. As a professor at the School of Social Work at Florida International University in Miami, he designed the CriticalThinkRx free curriculum. He seeks to develop lines of critical thought and practice as alternatives to biopsychiatric conceptions of distress and misbehavior and of the efficacy and safety of prescribed psychotropics.

## THE CONFERENCE

Largely because of the unprecedented marketing by the pharmaceutical industry as well as the transition of behavioral health to primary care venues, spending for psychiatric drugs has increased to over \$40 billion in sales in 2010. Concurrently, the use of psychotherapy has declined and community behavioral health intervention has fallen or remained flat. Are these patterns justified by the clinical trial evidence?

This conference answered that question but more importantly offered effective, empirically demonstrated non-medical solutions for behavioral and emotional problems typically treated only with psychotropics. In the spirit of evidence-based medicine's inclusion of patient values as well as the movement toward health homes, this conference brought together the foremost experts in the field to present viable alternatives to medication, as well as guidelines to raise the bar of care to match the available science.

## DVD ORDER FORM

### SHIPPING ADDRESS

\_\_\_\_\_  
Name

\_\_\_\_\_  
Agency

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Email

### CCSME

94 Auburn Street, Suite 110

Portland, ME 04103

Tel. 207-878-6170

Web. [www.ccsme.org](http://www.ccsme.org)

Email. [ccsme@ccsme.org](mailto:ccsme@ccsme.org)

### Cost:

\$20.00 + \$5.00 s&h = \$25.00

Maine Residents: 5% tax: \$21 + \$5.00 s&h = \$26.00

Please forward your check or money order payable to CCSME.

DVDs can also be ordered with a credit card online at:

[http://ccsme.org/CCSME\\_Store.htm](http://ccsme.org/CCSME_Store.htm)