

Making Visible Unseen Disabilities

A talk about Mental Health



Ty Smith

*Grew up in systems: Mental Health
Special Education, Juvenile Justice &
Foster Care*

*Started as a Y.A.P.S. - Now, I have
over 20 years as policy maker and
peer employee*

*National consultant in Trauma
Informed Care, international expert
on Soteria House and Peer Respite,
Peer CSX leader*

Outline

Topics Covered

Diagnoses, Labels, and Systems, Oh My!

*History -The Dark Side and the Pursuit
for a Cure*

*Co-Occurring: Physical Health and
Behavioral Health*

Peer Support and Self Determination

I'm more than a Diagnosis

*I'm a person but my treatment is limited by my
diagnoses.*



Unseen System Impact

Scenario: Audience Participation Time!

Normal Consequences

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System Involved Consequences

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Long-term Impacts of These Consequences

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History

- *A trip to the Asylum*
- *Focal Infections*
- *The Ice Pick Lobotomist*
- *Chemical Imbalance*

The Serotonin Theory of Depression: a Systematic Umbrella Review of the Evidence
Joanna Moncrieff and others



Dr. Henry Cotton

Focal Infectious Disease Theory

- *By 1923, he was claiming cure rates as high as 85% among those who survived. His postsurgical mortality rates, however, were 30% and higher for colon resections.*
- *Falsified Data*
- *Self treatment*

- *Phyllis Greenacre*

Scull, A. (2007). Madhouse: A Tragic Tale of Megalomania and Modern Medicine. Yale University Press.

(32.9%)

In 2018, an estimated 17.4 million adults with disabilities experienced frequent mental distress

4.6x higher

The frequency is almost 5 times more as compared to adults without disabilities.

Frequent Mental Distress Among Adults by Disability Status, Disability Type, and Selected Characteristics

Peer Support!



Peer Run Respite

My dream career



Peer Specialist

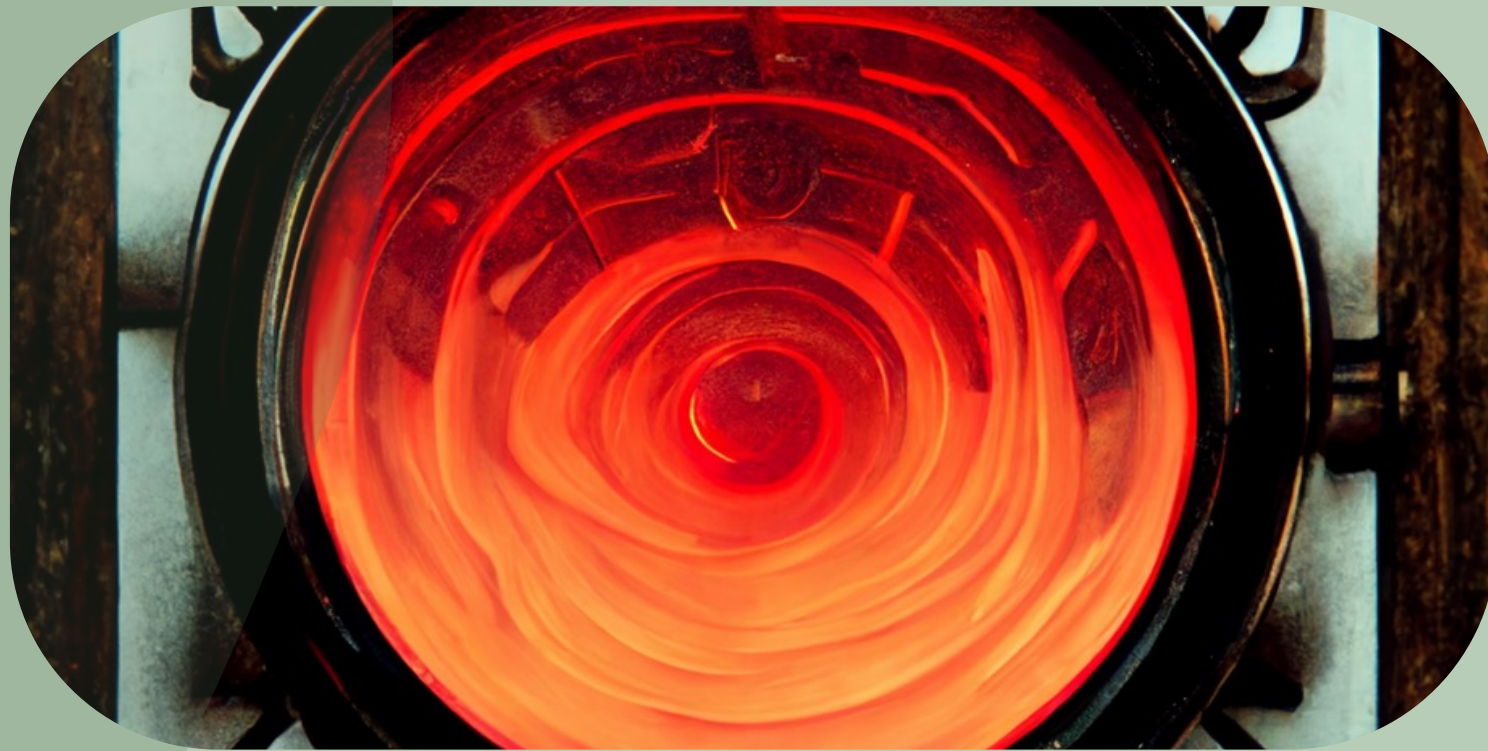
What we gained and at what cost?



Civil Rights

Forced treatment is a failure of the system

Chance to Fail Is a Chance to Grow



*We learn through failure
No matter what our mom says we
won't learn what a hot stove is till we
touch it!*



*"There is no innovation and creativity
without failure. Period."
Brené Brown (born 1965), Professor in social
research*

Thank You
Questions / Comments

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