

- Morning Plenary
- Multimedia Luncheon
- Afternoon Workshops
- Evening Speak Out and Party

INTAR, The Center to Study Recovery in Social Contexts and Community Access, Inc. are grateful for additional support for this conference from

- The Empowerment Center
- Mental Disability Rights International

Early Bird Registration:

Professionals: \$180,-

Students: \$50,-

A small number of sliding - scale stipends for unemployed people will be available on first come, first serve basis.

Space is limited.

For registration and further information please visit:

www.intar.org

Conference Planning Committee:

Ron Bassman, Celia Brown, Linda Donavan, Nazlim Hagmann, Kim Hopper, Brian McKinnon, Karen Rosenthal, Seana O' Callaghan, Peter Stastny, Lauren Tenney,

The Center to Study Recovery in Social Contexts is funded by grant P20 MH078188 from the National Institute of Mental Health and is supported in part by the New York State office of Mental Health and Nathan S. Kline Institute for Psychiatric Research.

INTAR ANNUAL CONFERENCE

When: Monday, November 23rd 2009
9:00 am - 7:30 pm

Where: Kimmel Center, NYU
60 Washington Square South
New York, NY 10012

**RETHINKING
PSYCHIATRIC
CRISIS:
ALTERNATIVE
RESPONSES TO
“FIRST BREAKS”**

Sponsored by:

The International Network Toward Alternatives and Recovery (INTAR)

The Center to Study Recovery in Social Contexts
Community Access, Inc.

Morning Program

(coffee, tea and continental breakfast will be available throughout the morning)

About The Conference

First-person accounts consistently show that treatment can compound the ordeal of early psychiatric crisis— especially those resulting in hospitalization. In addition to the disorientation of psychosis, or the bleak depths of depression, treatment itself can be an ordeal.

Even when offering welcome relief and safety, conventional biomedical responses can involve coercion, social isolation, the adverse effects of powerful medications, and suspension of life plans. Research suggests that lowering medication dose or delaying its use can reduce the disruptive effects associated with conventional treatment of first breaks. When combined with non-coercive, labor-intensive practices that draw upon kin and/or peers, viable alternatives to hospitalization have proven feasible. Although little known in the U.S., experience elsewhere suggests that such alternatives may provide gentler, more flexible, less disabling means of negotiating early crisis.

This conference will assemble experienced practitioners, seasoned researchers and informed users of such alternatives. It will explore their history, present-day problems and challenges, and prospects for expanding options for responding to psychiatric crisis in this country.

8:00 - 9:00 Registration
9:00 - 9:15 Welcome and Introduction

9:15 - 9:45 Why do we need Alternatives?

Will Hall (USA)

Discussant: Sue Estroff (USA)

10:00 - 12:00 What are the Key Alternatives?

Plenary Chair: Celia Brown (USA)

Part I:

- The SOTERIA Principles: Being with people in extreme altered states: Alma Menn (USA)
- The Open Dialogue Approach: Family Involvement in “First Break” Situations: Jaakko Seikkula (Finland)

Discussant: Mary Olson (USA)

Part II:

- Survivor / Peer Driven Alternatives: Iris Hoelling (Germany)
- How do we know these alternatives are helpful and safe? John Bola (USA)

Discussant: Jan Wallcraft (England)

Luncheon

12:15 - 1:15 MultiMedia Performance

Hosted by Madigan Shive (Co- Founder of the ICARUS Project)

Afternoon Program

1:15 - 2:30

Parallel Workshops on Alternative Practices

- A. SOTERIA at Work:
Yana Jacobs, Susan Musante, Alma Menn
- B. First Break and Crisis Alternatives in UK:
Jan Wallcraft
- C. Family involvement and Self Determination:
Karyn Baker, Ron Bassman, Connie Packard, Thomas Bock
- D. Open Dialogue
Jaakko Seikkula, Mary Olson
- E. Addressing the CRPD: Intentional Peer Support, A Non-Coersive peer support
Shery Mead, Chris Hansen

2:45 - 4:00

Parallel Workshops on Critical Issues / Obstacles

- A. Trauma of First Break and Traditional Intervention:
Laura Prescott
- B. Medication and First Break: David Cohen
- C. What is happening to young people: Critical Look at Prevention Programs: Oryx Cohen, Dally Sanchez, Annie Robinson
- D. Advocating for Alternatives in the Age of Health Care Reform: Susan Stefan, Harvey Rosenthal
- E. International Perspectives on “First Breaks”
Byron Good, Kim Hopper

4:15 - 5:45

Closing Panel: Alternatives, Capabilities and System Transformation

Robert Whitaker, Andy Blanch, Ron Bassman, Ken Thompson, Pablo Sadler Moderator: Kim Hopper

6:00 - 7:30

Speak Out:

Lauren Tenney et al.