

- 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
- SUNY Downstate

**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 please visit:

[www.intar.org](http://www.intar.org)

**Conference Chair:**

Nazlim Hagmann

**Conference Planning Committee:**

Ron Bassman, Celia Brown, Linda Donavan, Kim Hopper, Brian McKinnon, 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?**

#### 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: Jaako Seikkula ( Sweden )

Discussant: Jan Wallcraft ( England )

#### Part II:

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

Discussant: Celia Brown ( USA )

### 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:  
Petra Hohn, Yana Jacobs, Susan Musante
- B. First Break and Crisis Alternatives in UK:  
Alison Faulkner, Jan Wallcraft
- C. Family involvement and Self Determination:  
Karyn Baker, Ron Bassman, Connie Packard, Thomas Bock
- D. Crisis Residential Alternatives in the US:  
Steven Fields, Richard Warner

**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, ICARUS
- D. Advocation for Alternatives in the Age of Health Care Reform: Susan Stefan

**4:15 - 5:45**

### Closing Panel: Alternatives, Capabilities and System Transformation

Robert Whittaker, Andy Blanch, Ron Bassman,  
Ken Thompson Moderator: Kim Hopper

**6:00 - 7:30**

### Speak Out:

Lauren Tenney et al.