



***Mental Diversity:  
13 Practical Innovations to  
Improve Recovery Outcomes in  
Schizophrenia, Bipolar, and Psychosis***

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**13 Innovations:**

1. educate that full recovery does happen for many people: recognize expectancy effect
2. learn from programs with high recovery rates: Open Dialogue, Soteria Project
3. stop misinterpreting medication side effects as symptom of disorders
4. support people to come off medications using a harm reduction, flexible approach
5. view distress as episodic response to life challenges, not sign of chronic lifelong disease
6. teach sleep hygiene to prevent episodes of mania; do not long term medicate
7. understand the role of trauma; support a meaningful life story for experiences
8. be research based about living with suicidal feelings
9. support police to remain out of the business of mental health
10. break down us versus them barrier in human suffering - wellness+coming out at work
11. view initiatives of Pharma funded advocates like NAMI, DBSA, MHA with skepticism
12. stop relying on compromised clinical studies as the evidence base for practice
13. create stakeholder "trialogues" to promote collaboration for systems change

**Further Resources:**

- [www.willhall.net](http://www.willhall.net); [www.madnessradio.net](http://www.madnessradio.net)
- "Harm Reduction Guide to Coming Off Psychiatric Drugs" free: [www.willhall.net/comingoffmeds](http://www.willhall.net/comingoffmeds)
- *Anatomy of an Epidemic*, Robert Whitaker; [www.madinamerica.com](http://www.madinamerica.com)
- "Army Suicide Surveillance: A Prerequisite to Suicide Prevention," Gahm and Reger
- "Childhood sexual abuse and psychosis: data from a cross-sectional national psychiatric survey in England" *British Journal of Psychiatry* April 20, 2011
- "Survey of delusional ideation in primary-care patients" Verdoux et al., *Psych Medicine*, Jan 1998
- "Continuity of Psychotic Experiences in the General Population" Johns & van Os, *Clinical Psychology Review*, November 2001
- International Hearing Voices Movement, [www.intervoiceonline.org](http://www.intervoiceonline.org)
- The Soteria Project [www.moshersoteria.com](http://www.moshersoteria.com)
- Open Dialogue at Keropoudas Hospital, Western Finland [www.willhall.net/opendialogue](http://www.willhall.net/opendialogue)
- "How Do Psychiatric Medications Work?" Moncrieff and Cohen, *British Medical Journal*, May 2009
- "The Spurious Advance of Antipsychotic Drug Therapy," Tyrer, *Lancet*, January 2009
- "Recent advances in understanding mental illness and psychosis," British Psychological Society, 2007