



well ways helping families & friends find better ways

Beautiful minds can be recovered

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The film, *A Beautiful Mind*, about the Nobel Prize-winning mathematician, John F. Nash Jr, portrays his recovery from schizophrenia as hard-won, awe-inspiring and unusual. What most Americans and even many psychiatrists do not realize is that many people with schizophrenia – perhaps more than half – do significantly improve or recover. That is, they can function socially, work, relate well to others and live in the larger community. Many can be symptom-free without medication.

They improve without fanfare and frequently with out much help from the mental health system. Many recover because of sheer persistence at fighting to get better, combined with family or community support. Though some shake off the illness in two to five years, others improve much more slowly. Yet people have recovered even after 30 or 40 years with schizophrenia. The question is, why haven't we set up systems of care that encourage many more people with schizophrenia to reclaim their lives?

We have known what to do and how to do it since the mid-50s. George Brooks, clinical director of a Vermont hospital, was using Thorazine, then a new drug, to treat patients formerly dismissed as hopeless. He found that for many, the medication was not enough to allow them to leave the hospital. Collaborating with patients, he developed a comprehensive and flexible program of psychological rehabilitation. The hospital staff helped patients develop social and work skills, cope with daily living and regain confidence. After a few months in this program, many of

the patients who hadn't responded to medication alone were well enough to go back to their communities. The hospital also built a community system to help patients after they were discharged.

These results were lasting. In the 1980s when the patients who had been through this program in the 50s were contacted for a University of Vermont study, 62 percent to 68 percent were found to be significantly improved from their original condition or to have completely recovered. The most amazing finding was that 45 percent of those in Dr. Brook's program no longer had signs or symptoms of any mental illness three decades later.

Today, most of the 2.5million Americans with schizophrenia do not get the kind of care that worked so well in Vermont. Instead, they are treated in community mental health centers that provide medication – which works to reduce painful symptoms in about 60 percent of cases – and little else. There is rarely enough money for truly effective rehabilitation programs that help people manage their lives.

Unfortunately, psychiatrists and others who care for the mentally ill are often trained from textbooks written at the turn of the last century, the most notable by two European doctors – Emil Kraepelin in Germany and Eugen Bleuler in Switzerland. These books state flatly that improvement and recovery are not to be expected. Kraepelin worked in back wards that simply warehoused patients, including some in the final stages of syphilis who were wrongly diagnosed

with schizophrenia. Bleuler, initially more optimistic, revised his prognoses downward after studying only hospitalized patients who were ultimately discharged.

The American Psychiatric Association's newest Diagnostic and Statistical Manual – D.S.M – 1V, published in 1994, repeats this old pessimism. Reinforcing this gloomy view are the crowded day rooms and shelters and large public mental health caseloads. Also working against effective treatment are destructive social forces like prejudice, discrimination and poverty, as well as overzealous cost containment in public and private insurance coverage. Public dialogue is mostly about ensuring that people take their medication, with little said about providing ways to return to productive lives. We promote a self-fulfilling prophecy of a downward course and then throw up our hands and blame the ill person, or the illness itself, as irremediable.

In addition to the Vermont study, nine other contemporary research studies from across the world have all found that over decades, the number of those improving and even recovering from schizophrenia gets larger and larger. These long-term, in depth studies followed people for decades whether or not they remained in treatment, and found that 46 percent to 68 percent showed significant improvement or had recovered. Earlier research had been short-term and had looked only at patients in treatment.

Although there are many pathways to recovery, several factors stand out. They include a home, job, friends and

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integration into the community. They also include hope, relearned optimism and self-sufficiency.

Treatment based on the hope of recovery has had periodic support. In 1961, a report of the American Medical Association, the American Psychiatric Association, the American Academy of Neurology and the Justice Department said, "The fallacies of total insanity, hopelessness and incurability should be attacked and the prospects of recovery and improvement through modern concepts of treatment and rehabilitation emphasized." In 1984 the National Institute of Mental Health recommended community support programs that try to bolster patients' sense of personal

dignity and encourage self-determination, peer support and the involvement of families and communities. Now there are renewed calls for recovery-oriented treatment. They should be heeded. We need major shifts in actual practice.

Can all patients make the improvement of a John Nash? No. Schizophrenia is not one disease with one cause and one treatment. But we, as a society, should recognize a moral imperative to listen to what science has told us since 1955 and what patients told us long before. Many mentally ill people have the capacity to lead productive lives in full citizenship. We should have the courage to provide that opportunity for them.

Useful references

Mental Illness Fellowship of Australia
www.mifa.org.au

Mental Illness Fellowship Victoria
www.mifellowship.org

Mental Health Services Website (Vic)
www.health.vic.gov.au/mentalhealth

National Alliance of the Mentally Ill (NAMI) (USA)
www.nami.org

Mental Health Council of Australia
www.mhca.com.au

SANE Australia
www.sane.org

Beyond Blue
www.beyondblue.org.au

Mental Illness Fellowship of Australia fact sheets

What can friends and family do to help a person experiencing mental illness?

Family and carer supports and services

Biopsychosocial model in action

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Mental Illness Fellowship of Australia
08 8221 5072 www.mifa.org.au

Mental Illness Fellowship of
Sth Australia Inc
08 8221 5160 www.mifsa.org.au

Mental Health Carers NT
08 8948 1051
www.mentalhealthcarersnt.org
Schizophrenia Fellowship of NSW Inc
02 9879 2600 www.sfnsw.org.au



Mental Illness Fellowship Victoria
03 8486 4200 www.mifellowship.org
Mental Illness Fellowship Nth Qld Inc
07 4725 3664 www.mifnq.org.au
ARAFMI (Tas) Inc
03 6331 4486

Schizophrenia Fellowship of Qld Inc
07 3358 4424 www.sfq.org.au
Mental Illness Fellowship of WA Inc
08 9228 0200 www.mifwa.org.au
Mental Illness Fellowship of the ACT Inc
02 6205 2021 www.mifact.org.au