

A Richardson Studies Journal Collection on

Mental Health

“Look unto me in every thought. Doubt not, fear not.” -D&C
6:36

Family Crisis, Psychology, Addiction, Counseling, Clinical
Mental Health Treatment, Residential Treatment Centers,
Disability, Foster Children, Adoption, etc.

Part 1: Good Therapy

Part 2: Bad Therapy

Part 3: Drug Abuse

Part 4: Psychotropic Medication Concerns



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Emotional Self Reliance by Elder Boyd K.

Packer – Lecture Excerpt

The following is an excerpt from a BYU Devotional in 1975 by then Elder Boyd K. Packer called Self Reliance (perhaps better titled Emotional Self Reliance) (for full text and video https://speeches.byu.edu/talks/boyd-k-packer_self-reliance/), suggesting that emotional self-reliance is akin to temporal self-reliance, that we should primarily turn to God and our family members, then the church, for emotional guidance. He teaches that if we become too reliant on others for help in these matters, it can rob us of the ability to receive personal revelation. There is a time and a place for professional counseling services, but the doctrines presented here show the proper order of operations in finding emotional support and guidance. I also note that a good professional therapist isn't so much in the business of dishing out answers and solutions, so much as helping the client to find their own answers. Empowering self-discovery is the ideal, and there will be various circumstances which require varying degrees of external assistance as we travel though life together.

“That same principle, self-reliance, has application in emotional and spiritual things.

I have become very anxious over the amount of counseling that we seem to need in the Church, and the network of counseling services that we keep building up without once emphasizing the principle of self-reliance as it is understood in the welfare program. There are too many in the Church who seem to be totally dependent, emotionally and spiritually, upon others. They subsist on some kind of emotional welfare. They are unwilling to sustain themselves. They become so dependent that they endlessly need to be shored up, lifted up, endlessly need encouragement, and they contribute little of their own.

I have been concerned that we may be on the verge of doing to ourselves emotionally (and therefore spiritually) what we have been working so hard for generations to avoid materially. If we lose our emotional and spiritual self-reliance, we can be weakened quite as much, perhaps even more, than when we become dependent materially. On the one hand, we counsel bishops to avoid abuses in the Church welfare program. On the other hand, we seem to dole out counsel and advice without the slightest thought that the member should solve the problem himself or turn to his family. Only when those resources are inadequate should we turn to the Church.

We recognize at once that it would be folly to develop welfare production projects to totally sustain all of the members of the Church in every material need. We ought likewise to be very

thoughtful before we develop a vast network of counseling programs with all of the bishops and branch presidents and everyone else, doling out counsel in an effort to totally sustain our members in every emotional need.

If we are not careful, we can lose power of individual revelation. The Lord said to Oliver Cowdery, and it has meaning for all of us:

Behold, you have not understood; you have supposed that I would give it unto you, when you took no thought save it was to ask me.

But, behold, I say unto you, that you must study it out in your mind; then you must ask me if it be right, and if it is right I will cause that your bosom shall burn within you; therefore, you shall feel that it is right.

But if it be not right you shall have no such feelings, but you shall have a stupor of thought that shall cause you to forget the thing that is wrong. [D&C 9:7–9]

Do you realize that here at Brigham Young University we have 10 stakes and 120 branches. We have 30 members of stake presidencies, 360 branch presidents and counselors, approximately 150 high councilors, all to counsel. That should be more than enough. That is, provided that principles of self-reliance, self-respect, industry, and thrift were applied to that part of our lives.

In addition, here at the University we have in the college advisement centers and in the personal development center and in the psychology clinic and specializing in marriage and family counsel, the equivalent of fifty full-time personnel. Then, in addition, there are over eleven hundred faculty members all of whom are advisers and counselors in some measure.

Now I fear that all of them, both in the stakes and in the University, may be doling out counsel and advice without first requiring you to call on every personal resource and every family resource before seeking a solution of your problems from the Church.

You may say, “Well, my parents are not here.” I simply respond that your University admission presupposes that you can write. Should it be an emergency, there is the telephone.

Some may say that “my parents are not members of the Church.” I say, “Well, that may be, but they are your parents. We expect you to turn to them in times of financial reverses. The same principle has great merit in times of emotional and spiritual stress.”

I had one student come to my office. I knew him personally. He had a very difficult problem He was trying to decide should he or should he not marry. I asked him, “You’ve come for counsel?”

“Yes, indeed,” he said.

“Are you going to follow it when I give it to you?” I asked. That was a surprise to him.

Finally he consented—“Yes.”

I happened to know his father—a patriarch in the Church, as wonderful a man as there is. I said, “This is my counsel. Go home this weekend. Talk to your father, get him in a bedroom or some private place, tell him your dilemma, ask him for his counsel, and do what he tells you to do. That is my counsel.”

I think an emotional dole system can be as dangerous as a material dole system, and we can become so dependent that we stand around waiting for the Church to do everything for us.”

...

Dangers of Modern Counseling Procedures

In virtually every ward or branch there are chronic cases of individuals who endlessly seek counsel but never follow the counsel that is given. That, some may assume, is not serious. I think it’s very serious! Like the common cold, it drains more strength out of humanity than any other disease. We seem to be developing an epidemic of “counselitis” that drains spiritual

strength from the Church. Spiritual self-reliance is the sustaining power of the Church. If we rob you of that, how can you get the revelation that there is a prophet of God? How can you get answers to prayer? How can you *know*? If we move so quickly to answer all your questions and provide so many ways to solve all of your problems, we may end up weakening you, not strengthening you.

Now, I say here that I know quite well that some counselors are apt to say, “My counseling does not rob one of his self-reliance because I use the nondirective counseling approach. I am scrupulously careful not to take a position. I merely reflect back comments and feelings of the individual so that he will make the decision totally himself. I do my counsel by nondirection and never make a value judgment.”

While I have respect for that procedure of counseling as a method, I think that if that’s all they do, nondirection, very often that’s precisely what we get from the counseling—no direction. When counselors schedule interminable sessions to say as little as possible while the student is struggling to try to decide if something’s right or wrong, and the counselor already knows, that’s a waste of time. So is the fussing around trying to determine whether it is right for you under the circumstances or wrong for you under the circumstances, when anyone with any moral sense

would know that if a course is wrong it's wrong for *anybody* and it's wrong for *everybody*.

In the Church, the directive pattern of counseling is at least as respectable and decent and desirable and needed as the nondirective approach to counseling. Unfortunately, we see very little of it anymore. How sweet and refreshing for a branch president or bishop or a counselor to say clearly to a student, "This course is right and this course is wrong. Now, you go make the decision." The student ought to know what is right and what is wrong by the quickest method possible, and that may be very directive. There is a crying need for counselors who will say pointedly and plainly, "This is wrong. It's evil. It's bad. It will bring you unhappiness. This course is right. It's good it's desirable. It will bring you happiness." Then the agency comes when the individual determines for himself whether or not he will follow the right course.

In the world this preoccupation with counseling has led to a number of experiments from which we are not entirely free in the Church. There are those counselors who want to delve deeper into the lives of subjects than is emotionally or spiritually healthy. I think I should explain here that, when I use the word *counselor*, I'm not just talking about professional counselors. I'm talking about *all* of us who are responsible for counseling. There are those who want to draw out and analyze and take apart and dissect.

While a certain amount of catharsis is healthy and essential, overmuch of it can be degenerating. It is seldom as easy to put something back together as it is to take it apart.

There have been developed several procedures for group therapy. They are promoted under a number of titles: sensitivity training, self-actualization, training groups or T-groups, simulation, transactional analysis, encounter groups, marathon counseling sessions. Some even function under such titles as value clarification, one or two even under the title of character education, and so on. Although they differ in some respects, none of them is exactly alike; one or more of the following elements is apparent in all of them: They recognize no ultimate source for truth. All values are thus established by the individuals or group. There is no reference to God. They encourage a free and full expression, something of a confession, before the group of every intimate and personal feeling and experience. They encourage an openness, a touching, and a closeness among the members of the group, and they attempt to resolve problems simply by finding a comfortable interaction. Above all, they avoid any feeling of guilt.

There are major emotional and spiritual dangers involved in such procedures, and members of the Church would do well to be very cautious, perhaps even to leave them alone.

There is a question at times whether or not the sessions are for the good of the counselee, or for the curiosity and amusement of the counselor. Young people, you should know that when you're dealing with things of the mind and of the spirit, it's so easy to cause the very thing you're trying to prevent.

I remember years ago on the island of Kauai seeing a little sign in a photographer's shop that said:

If there is beauty, we will take it.

If there is none, we will make it.

I fear that some of us, in our overmuch counseling in the Church, seem to be saying:

If there are problems, we'll abate them.

If there are none, we'll create them.

That, incidentally, is my first poem. Now, I know it isn't Carol Lynn Pearson, but it has a thought to it.

I want to emphasize this point: I am fully aware that there are times when deep-seated emotional problems will respond to the procedures we have been talking about. They can have therapeutic value. There is, however, no justification to employ them in the

absence of deep-seated emotional problems. There is no more justification for doing that than there is justification for a medical doctor to perform unnecessary surgery. When someone is just experimenting or riding the crest of the wave of a new counseling theory, I would no more encourage you to submit to brain surgery under the hands of a nurse or an intern or a ward attendant.

I think you've probably heard the account of the parents who are leaving their children untended for a few hours. They had gone out the door. Then the mother opened the door again and said, "Now children, while we're gone, whatever you do, don't take the stool and go into the pantry and climb up and reach up on the second shelf and move the cracker box and reach back and get that sack of beans and put one up your nose, will you?"

I say again, it's very easy when you're dealing with things of the mind and the spirit to cause the very thing you're trying so desperately to prevent. When you go for counseling, remember this from the Book of Mormon:

Cursed is he that putteth his trust in man, or maketh flesh his arm, or shall hearken unto the precepts of men, save their precepts shall be given by the power of the Holy Ghost. [2 Nephi 28:31]

The Lord also gave this warning:

O the vainness, and the frailties, and the foolishness of men! When they are learned they think they are wise, and they hearken not unto the counsel of God, for they set it aside, supposing they know of themselves, wherefore their wisdom is foolishness and it profiteth them not. And they shall perish.

But to be learned is good if they hearken unto the counsels of God. [2 Nephi 9:28–29]

BAD THERAPY

Progressives Attempting to Manage Behavior

7.14.23

I've seen some strange things about progressives trying to manage behavior in trendy ways without giving kids consequences for their actions. Here I'll tell some of what I've seen, classic examples of non-local government, meaning the people who aren't directly working with the clients making all the rules for how to work with the clients.

Question from staff who actually spends time with the clients: How do you hold boundaries without consequences?

Actual Answer given by woke therapist: "You hold boundaries." (...?)

Question from staff who actually spends time with the clients: What's wrong with "unnatural" consequences (such as:

‘you do the crime, you do the time’)?

Actual Answer by woke therapist: “We will get to that later”
(never did)

Question from staff who actually spends time with the clients: How does this actually work in practice? How do we have staff who has 15 minutes to go off with 1 student for these one on one conversations all the time?

Answer by woke therapist: “You have to make adjustments” (admits the theory doesn’t work in real situations)... “we will get to that another time” (never does)... “this is the ideal” (not the real)

Principle of woke therapist: “Everyone has trauma, we need a trauma informed system.”

Reasonable response: Trauma or no, everyone needs to learn social skills, and that includes consequences for when certain lines are crossed (real boundaries are enforced). There can be some adaptation to individual circumstances, but we don’t need a communistic uprooting of all accepted wisdom of the ages regarding behavior management just because someone was traumatized at some point (trauma isn’t a new thing, and these kids won’t be the first expected to get over it, and who become successful in life by not defining themselves by their trauma.) So therapist, is your system really ‘trauma informed’, or just woke nonsense fairy land ideas?

Complaint of woke therapist: “We don’t allow for them to make mistakes, we expect them to be perfect just because they’re in treatment.”

Reasonable response: What you mean by that is you believe kids should be able to misbehave here without consequences (you mistakenly call it “compassionate” to not give consequences...). Actually, kids who get in trouble often have minimal supervision from their parents, minimal consequences, its called neglect. When they come to treatment, this should be a place where the

consequences are threatening enough to where they'll actually keep the rules. They're free to chose to break rules, but they're not free to pick the consequence. That's real life 101, and it's just what they need to learn. You call this an "empowerment model", it's more of a "pamper model". You're feeding into their manipulation and making them even more entitled ("entitlement model"?), congratulations.

Principle of woke therapist: "If they break a wall, once they calm down, we hope we can get them to say sorry."

Reasonable response: True, kids won't always apologize. But if their actions go unchecked, you better believe they will continue, unrestrained. How about informing them that if they vandalize property, they can and will receive criminal charges for damage of property? How about using the justice system that we have voted on and established in this country and state, and explaining to them the consequences that will come as a result of a criminal record? If they want to act like a big bad guy, let them get the consequences of a big bad guy: criminal records and jail time. (This is also true for juvenile substance abuse, trespassing, libel, and any other criminal behavior: accountability is required if we want behaviors to be curtailed.)

Principle of woke therapist: "Bring over a staff who they like talking to when they're upset."

Staff who works with the kids responds: "they'll manipulate to get to visit with staff they like"

Woke therapist responds: "no they won't".

Reasonable response: You're implying that staff can't give consequences, that the only power we have is to persuade them, to get them to chose to behave. That's not safe, that's not real life, consequences are a real thing. Read 'em and weep. Toughen up. Don't undermine the authority (yes, I used the "A" word) of the staff. If someone has keys, if they are authorized leaders, even if they aren't the kids' favorite staff, they need to learn to

respect that staff, and follow their instructions, or else. We are teaching them to have respect for authority; you won't get far in life without that.

Conclusion: The woke therapist has been indoctrinated by communistic ideas which do not work. Consequences and positions of authority with power to enforce consequences to broken rules will always be a real part of managing misbehaved youth and adults. Though well intended, these communistic ideas do not and will not ever work.

The only goal of the woke therapist is to get the kids to be calm, not to get them to develop character. We may as well set them all up with a bunch of reefer if all we want is for them is to be calm (oh wait, they are trying to set them up with a bunch of reefer. Go figure. Turn them all into Zombies. Dish out that soma, three cheers for the Brave New World!)

The students can go up in phase advancement, but never down, no matter their behavior. How in any way does that reflect real life?

Terrifying statement of woke therapist: “The biggest thing is we want to change the language.” (away from consequences).

Reasonable response: Having correct language, language that conveys reality and natural consequences, this is of utmost importance. Getting rid of that language may be well intended, but it is sewing the seeds for the collapse of any institution or society. Well did Cicero say that the chief reform he wanted was the return to proper language (See Peter Kreeft “Culture War”)

“Don’t Judge Your Emotion, Radically Accept It As Part of You” – Non Sense

This is something I heard in a therapy group. It completely misses a useful approach to psychology and therapy.

It suggests we can’t control ourselves.

It suggests we can’t control our future.

It suggests that all emotions are good, and any time you experience them, it is acceptable.

It denies the existence of devils and angels, the Holy Ghost, conscience, the light of Christ, the fact that there are beings influencing our minds, and that the choice is ours of what we will become.

Often the voices in our heads sound all like our voice, and it’s up to us to discern which are from good sources, and which are from evil sources.

The therapist does well in saying don’t act out on the emotion, but it isn’t right to think that we have no control over which emotions we encounter. We can train ourselves in these things.

Another unknown truth of psychology that modern therapists and popular dogma misses is that there can be things such as righteous indignation. That there are times a child needs a voice raised from a parent or leader. We bridle our passions, this means using them to the correct amount – it doesn’t mean 0 is always the correct amount. We don’t need to be hippies, or tyrants. There is a time and a place for all righteous action.

Psychotherapy: Counsel from an Unknown God

Do you recall the scripture of the people learning from an unknown God? They didn't know the source of their teachings. Here we have this again in modern times.

There are endless "self help" books, and perhaps well meaning individuals who give their advice on things. But what is their authority to teach these things? From where do these teachings come?

We find an endless bray of videos and lectures which these therapists use which are flooded with random ideas. Sadly, many of these ideas have teachings contrary to the doctrines of Jesus Christ.

Famously, Sigmund Freud, inventor of psychotherapy, once said, "Am I the therapist, or the rapist?" His methods are increasingly under fire in the scientific literature as being basically useless. Excessive digging into ones past (and calling up details) only gets you so far, and can put you back rather than forward. It seems to be the philosophies of man, not inspired.

WHAT ARE SOME OF THESE UNAUTHORIZED TEACHINGS?

Often it is taught that your choices aren't your fault, that you shouldn't worry about them, particularly in your childhood, as you had no control over your life and circumstances.

Victim victim victim. Circumstances circumstances circumstances. That is the constant montage of ideas being shared in therapy today. "Don't worry about it." An endless stream of entitlement and reasons why you should just sit around and wait for someone to make your life better.

One looks at the teachings of Brigham Young and gets an entirely different view. Pull yourself up by your bootstraps. If you want it, you build it. You make it. You get up and do something.

Everyone, in reality, has handicaps, difficulties, etc. No one is entitled to a special class or special treatment.

It is taught that your worth isn't in what you do or accomplish, there is a partial truth to this, but the way they teach it gives the message that getting up and doing something is basically a waste of time, and that it might even take away some of your deserved entitlement!

"trying to please others will ultimately lead you to being miserable."

Wow, lets not try to please God, it will make us miserable!

"your best is enough"

"it's no use comparing people"

"nowadays there's so much pressure to have a significant other"

"there's nothing wrong with being single, it means you are

focusing on yourself, and what you want to do"

So WHAT IS THE STANDARD? Answer: These people have no standard! What's really going on? Their standards are secretly anti-Christ, directed by subtle lies of the adversary, who loves these vain discussions which he can infiltrate.

Therapists to be Used? Comments

I've heard a case for not using therapists as they have no ecclesiastical authority. How do we balance Elder Holland's Like a Broken Vessel talk which says to use these, and not be cumbered down with opinions of worldly counselors?

Don't balance them. Decide what is true and embrace it. Don't decide using a man's calling. That is nonsense. Moroni 7 doesn't say "you can know the truth as perfectly as day and night by simply using a mans calling". It says that you can know good and evil as plain as you know day from night by searching diligently in the light of Christ. Why are you even considering something as truth that runs so wildly counter to the scriptures, to the words of Joseph Smith, and even to the words of more recent leaders who spoke more wisely on the same topic, such as Ezra Taft Benson's unilateral condemnation of the social sciences?

I get what you're saying and my opinion is similar to yours

that it's mostly bogus or even damaging, but I can't ignore elder Holland, aka I can't condemn others for using therapists etc. I think Benson is saying beware lots can go wrong with this, and Holland is saying hey there are some situations where this can be useful. I agree with both. But again, we must not be quick to condemn or to counsel the brethren. If our personal choice is to avoid them, prob a good idea, fine, but we can't fault others for doing what an apostle said is ok. Also conditions are a bit different now than at Benson's time. Bishops frequently assign religious therapists for member so go see to deal with serious emotional problems. Emotional trauma and various addictions have become a much bigger issue than they were at Benson's time, that's a landmark trial of these "the latter part" of the latter days. In an ideal situation, church leaders could handle these things, but that is perhaps not our present reality.

Nate, Therapists are too expensive for me. I've made 10x the personal growth by myself using Byron Katie's "Judge Your Neighbor Worksheet" than I ever did with marriage counselors. She has (or at least used to have) lots of videos on YouTube demonstrating the process. Story: Once I had a client that everyone on the team would have described as a jerk. Every Tuesday he insisted we have a "team meeting" phone call where he would belittle at least one of us on the team. It used to infuriate me to no end, and I would leave each call with a bleeding tongue because I had to bite it so hard. Then, I used Byron Katie's method and it never bothered me again! Overnight change. You might say, that in that one thing, I was "born again". Worth a try!

I see a therapist and we talk very openly about things of a

spiritual nature. She understands that it is how I live my life.

Alternate Methods to Cast Out Demons in the Mental Health Field

The patients report hearing voices, and those are usually derogative voices and often tell them to hurt others or widdle self-esteem. So yes, I agree these are demons!

Some of our mental patients have less agency and many of them are innocent, but also many of them have "permanent" mental illness because of drug abuse. Granted there is a root cause of drug abuse like depression or loneliness etc., but the punishment for turning to these bad coping methods is obvious. Surely we can have pity and compassion for those who suffer with drug addiction. Again, we don't judge because we don't know, but it seems that either because of low faith of the patients, or low faith of the people in charge of the patients, the healings are rare.

Family members should always do all they can by way of exercising faith to heal their family members, but sometimes healings don't come. Perhaps the "works of God" being manifest in the ill client is also manifest not only in healings, but in the increased compassion the caretakers have the choice to develop from shepherding that ill family member / friend.

Seeking spiritual healing, I think, cannot be done by the government. It would be priestcraft. Spiritual healing must be voluntarily entered into by the client, or by the family members of the client if the client is incapable of seeking them himself.

Currently we have state funded and operated mental hospitals. The one in Utah is in Provo, called the Utah State Hospital. The issue here is that we have mentally ill citizens which people aren't willing to help, so the government picks up the slack. The only way to optimal mental health treatment is through private organizations, particularly churches when families are unable. In a Zion society, I believe the focus is much less on state welfare, and much more on volunteerism, particularly based in religious operations. Historically it was so in America and elsewhere. Sure reform has been needed, but not toward socialism. The family must rise up in strength and charity such as this generation has not known.

I am happy to report that recently I saw a person at the mental hospital who was active in the church, praying etc. often, and he was miraculously set free from the hospital; out of the blue the judge decided to let him go, and I attribute this to the boy's faith, which perhaps he had developed during his hospital stay.

Granted other patients have faith too but aren't let go or fully healed, despite their efforts to seek spiritual healing. Again, this could be to teach them and their care givers patience. Whatever happens, we serve God and bless His name, knowing the blessings will eventually come in this life, the millennium, or in the life to come.

Another note on this topic is that we likely agree that the SSRI's antidepressants SNRI's MAOI's etc. have many toxic side effects, many of which are covered up by the powers that be. Joel Skousen says perhaps the worse side effect of these drugs is that the "diminished conscience"; that they quiet the whispers of the Holy Ghost. In extreme cases when alternatives have been exhausted and the patient has already established nutritional excellence, medication may be required.

I also find it interesting that most psychotropic meds are absolutely toxic for pregnant women, and perhaps Satan is using these sometimes "easy out" drugs as a way to get women to not have children. I also note that rates of suicide are far lower among married women and mothers than among single women, so Satan could be giving them these false fixes rather than the lasting healing which can take place in the satisfactory lifestyles of family creation which God sent us to Earth to have.

The withdrawal from psychotropics also often is connected to symptoms of illness even worse than the illness being treated in the first place. It looks like the Devils signature on the contract: if you try to leave, you'll go through hell.

I also note that inasmuch as they are effective and safe, psychotropic meds can be useful for extreme cases. Much progress is being made in this field of research, but given the politically conspiratorial and Satanic influence in these sciences, the progress is slow. I only suggest using these as a very last resort. Big pharma etc. don't tell people about alternative treatment, and the field of nutrition is demonized. Further, many people are unwilling to make personal life changes needed to improve their mental health, like diet, exercise, spiritual repentance, obedience to God, etc. The D&C specifically points to use of herbs, and there are other methods of healing too (not energy healing; the church handbook specifically says to avoid this).

My favorite outspoken person on the dangers of psych drugs is Anne Blake Tracey of drugawareness.org. She has published several books and has documented hundreds of cases of domestic violence directly related to use of psychotropic drugs. She has interesting lectures on YouTube and at latterdayconservative.com in the downloads section.

In recent news, it's of interest that Robin Williams' suicide occurred when they put him on dopamine related drugs

for his Parkinson's Disease. He dealt with his depression for years but when they messed with his dopamine is when he was too far off balance and took his life.

Family & Gospel Solutions to our Broken Mental Health System

First, I acknowledge that much good can come of mental health treatment, and mental issues are often real and needing serious attention like we would give to physical illness (as taught by Elder Holland in his address "Like a Broken Vessel" <https://www.lds.org/general-conference/2013/10/like-a-broken-vessel?lang=eng>). Any opportunity to serve others in a genuine way is of the Lord. I will discuss in this essay higher ways we can help each other as we climb out of the modern broken system of mental health treatment. I will talk about a mass exodus of sociological thought from government and professional intervention/welfare, to family centered intervention/welfare.

-If you need professional mental help, seek it from someone of your own faith (though that certainly won't guarantee you proper treatment as the established norms of the field itself are so controversial and often downright immoral). Avoid conscience numbing psychotropics at all cost, using them in the rarest of cases after having researched and implemented alternative solutions thoroughly in addition to taking serious control of your BMI and other basic health standards. Understand that the body can heal. Do not assume that medication must be used indefinitely. The scary thing is that in medicine, just like government, the more you use it in crisis, the less likely it is to ever go away. Nutrition can often bring healing surpassing what physicians are allowed to confess. Read Joel Fuhrman's plant

based whole foods studies on that topic (www.drfuhrman.com). Counseling will generally take you further than dopamine and serotonin etc. modifying psychotropics. Also read Anne Blake Tracy head of the International Coalition for Drug Awareness (www.drugawareness.org), which exposes toxic effects of psychotropics.

-In the days of the great patriarchs, men and women could preside over their families and be their councilors, including being each other's councilors. Such is not always the case today, but the coming of the Lord will prove to be a season where men and women again learn to take upon themselves the glorious mantles of righteous presiders, assuming the entire government of their clan (posterity). Well does the Doctrine and Covenants teach that Zion will be redeemed by the faith of the fathers. This is the song we are to sing when the Lord comes: "The Lord hath brought again Zion; The Lord hath redeemed his people, Israel, according to the election of grace, which was BROUGHT TO PASS BY THE FAITH AND COVENANT OF THEIR FATHERS" (D&C 84:99). Family (including extended family) (not government and professionals) are the original intent of the Lord for the operation of the redemption of Zion. Truly God Himself is the head of a family, and is positioning us to follow the eternal pattern of family-based government. President Packer has warned against the reliance upon professionals for mental health in his lecture "Self Reliance" (the lecture would have better been titled "Emotional Self Reliance" as this was the subject of the majority of the lecture).

-The aspiring person with desires to heal and unite people will have a greater impact by focusing on family rather than focusing on professional mental health treatment. President Kimball taught that the real need in the world is not for more therapists but for more and stronger families. Professional roles must always take the back seat compared to family roles when it comes to our aspirations to benefit the human race. See also my document "Therapist VS Father as Saviors of Mankind: A Particular Family Size Theory".

The order of professional mental health is a religion, seeking to find the why of an otherwise unexplainable universe, a why which they insist cannot involve a creator. They believe not in the repentance of sin, nor that there is sin, nor that there is punishment for crimes by anything but the state. Indeed, their views of atheism are dogmatic, and rather than being fair, they are promoting a one-sided religion of faithlessness. This religion is complete with temples (schools, hospitals), priesthood offices (professors, therapists, social workers, law makers, lobbyists, psychiatrists, etc.), rites (degrees, certifications, licensures), ceremonies (graduation, etc.), faith based (not research based) doctrines (focus on the self, hedonism, free use of the body, majesty of the state, moral Darwinism, organic evolution, transgenderism, etc.), promise of salvation (government welfare, deletion of theology and assurance of the absence of moral requirements), and every other component of any other organized religion known to man. Priest craft is practiced openly and flagrantly, charging large fees for small counseling sessions which were formerly accomplished by one's spouse, parents, trusted peers of intelligence, and ecclesiastical leaders. These secular preachers are only forbidden one thing: mentioning the name of Jesus Christ in their sermons.

-the training for practice in the field is utterly devoid of substance and intelligent information, so they spend their time training on "what is the initiatory phase vs the working phase", the difference between empathy and sympathy, the types of communication, and other useless trap. Rather than feeding the minds of intelligent beings with intricate mechanical processes founded on the laws of physical science or even true psychology, they stuff the students with doctrines of idleness and entitlement, which greatly dulls the will of man and leaves the candidates bored and void of purpose, who then themselves become menaces to society, and the blind lead the blind perpetually.

The few things that can be useful in treatment should be taught on site, rather than in years and riches of college educations which are increasingly liberal and fluff. When they

do require rigorous study, it is usually of bias studies and trivial philosophies and professionalist formatting jungles.

Most mental health professionals and facilities cannot exist without the heavy reliance on medications which hush the conscience, and promise a stress-free easy-going life, where minimal growth can occur.

They give no heed to herbal and wholistic remedies which actually work. They are rather in bed with big pharma in keeping patients chained down to expensive medications which they cannot afford or manage on their own, thus keeping them forever captives to the state and welfare therefrom. They seek to ban and discredit herbal remedies at every turn. Hippocrates was in favor of using official cures which don't work in favor of unofficial herbal ones which do (see Baker "Science & Religion).

They diagnose many as ill who are really healthy; We have seen the diagnostics pamphlet change into a large textbook, where one can find any successful person. Further, they suggest any amount of stress is unhealthy, and thus even if subliminally, discourage work, their scale of mental health being a scale of stress from 0-100, 0 being no stress full health. Labeling everyone and their dog with a mental illness is a way to target people for confiscation of firearms and a broad spectrum of other rights. Once they have you pinned to a diagnosis, you are a tagged rat, and they watch you, making negative predictions about your behavior based on your diagnosis. They tell you limitations about what you can accomplish based on the stereotype of those who they've labeled similarly. If you were to swap the labels on the rats, the students and professors would suggest the opposite, and there are many self-fulfilling prophecies (or at least self-fulfilling statistical analysis) in this regard. Health professionals are tied to diagnosed labels even when evidence points to the contrary. They often teach a "once ill always ill" doctrine in the mental health world, pinning people down to decades of therapists and medications rather than trying to solve problems and teach self reliance. They are further

hesitant to try things outside of the normal parameters of how to treat people with that specific diagnosis.

They make confusing models, the which are not based on fact, but opinion, and if you were to swap around the positions and titles of the subsections of those diagrams, you could make just about as much sense of them as you could in the first place. What they call science there is usually just abstract art, wherein one has to make a meaning for himself, as no real intrinsic meaning there stands. It is not like realism in art, not classical portrayal of reality, but a fictitious deranged conglomeration of semi-facts jumbled together to make some vomit of a mess which, if you do not appreciate, you are considered intolerant, bigoted, uninformed, and unable to discern things of true or higher intelligence. Truly bad art (and bad science) reflect an immoral society, who seeks something more deranged than themselves so they can feel good about the chaos that is their lives (thanks, Picasso).

The boards of committees which approve what gets published in academic journals are highly politically bias. God forbid someone show the benefits of a stay at home mother, or the dangers of homosexuality for children, or the insanity of transgenderism (and obviously, the trend to perform a sex change without parental consent is another sign of the obvious march toward alien-like lifestyles.)

They outlaw words to show that they have power over thought, muting opinions of those who do not comply to their created whimsical definitions of reality, including the titling of a male as a female, or the same sex relation as one of gaiety (“gay”), changing “committing suicide” into “dying by suicide” (being more accepting of suicide as a “lifestyle” choice rather than looking upon it as a horrid crime), or a multitude of other nonsensical ideas. Their agendas are clearly manifest when it comes to sexualizing children and obliterating the family ties and affections in order to turn more power into the hands of the state as seen in the book “Brave New World” by Aldous Huxley, and “1984” by George Orwell.

They base their calculations in Darwinism, and otherwise organic evolution, suggesting that humans are more animals than divine, and thus seek to excuse vial behavior rather than to remediate it.

The general theories of Freud and others like him are pure fairy tale, not based in scientific evidence, and often found to be hushing facts, and loading bias research sample sizes and populations.

A license is required for about everything now. Translation? We are not free. The government has lost its role of keeper of the peace, and has assumed the role of Lord God Almighty, except this false god of government mirrors the ways of Satan more than the ways of Jesus Christ (in that it's ways are of forcing others to do things way rather than letting people have the freedom to operate in a free market according to the dictates of their own conscience; barriers to enter the market are tall tell signs of communism). They are suspicious of conservatives, as the professors are almost entirely liberals. The schools are one sided. The anti-capitalism liberal spirit in the mental health field today promotes fairness rather than competition and greatness, equal opportunity rather than striving for personal excellence, and receiving rather than giving and creating. Though they call conservatives/capitalists selfish, they are in fact the ones selfishly taking from one and giving to another. Read Atlas Shrugged by Ayn Rand for more on that. Charities formerly functioned to help the poor before people voted in government to do it. Now we have no feeling of natural affection to care for the needs of our neighbor and the poor among us, since we justify ourselves in saying a penny of our tax dollar will feed them. We have all seen how ineffective and wasteful government is compared to private business. For example, the Latter-day Saints are usually on scene before government relief workers. Citizens are picking up trash at national parks during shutdowns where government employees do not do it. See also Ben Shapiros video presentation on how democratic socialists aren't what they hype up to be, but are the same run of the mill socialists, historically famous, like popular Che, for murdering millions. Socialism and

communism are two ways of getting the same thing, the one (socialism) being slavery we vote for, and the other (communism) being slavery we are compelled into. Both lead to slavery.

With the great shift of state to federal government as chief in power, control of issues is moving from local to remote, and less of the policies enforced upon councilors are actually effective to the local population they are being delivered to. -the focus of meeting social needs of people must be brought back to the family. We must return the focus to the family. We have mandatory college classes on how to be nice to people, a sign that there is no confidence in the family. If the family dies, so will everything else, no matter how elaborate the public training programs and certifications. May your focus be on your home. The impact you have on people out of your home is a fraction of a percent compared to the vast impact you have on those inside your home. Yes reach outward and beyond even to the ends of the earth, but keep your focus and your heart on your home. The home as it now stands is usually a place of spineless enabling of bratty children without siblings who never have to work and are never pushed to really learn anything beyond passing from one grade of low bar public training schools to the next. Yes, if that were the substance of the home, I too would say let's go find something else. But the real home, the home which corrects these great flaws, this is a home of excitement and compelling growth and progress for adults and children alike. President Packer said no one owes children entertainment. As Elder Holland said, second only to your love, your children need your limits.

The state sets a low bar in the name of tolerance, attempting to not offend. They march under the banner of "everyone is different" rather than the banner of "everyone can become great if they conform to moral standards". The larger the state gets, the smaller our morals at large become. We have the prophets taught that a virtuous people need few rulers, and that only a virtuous people can be governed under the system of the

divine US Constitution. Don't just be yourself, be your best self – the self that Christ knows you can be.

We are lost in the endless depths of defining and confining every human behavior and hobby rather than relying on the “this is good, that is bad” which used to guide us so universally. We are ever learning but never finding the truth. A therapist listens but doesn't teach. Suggests, but never directs. The therapist is ambiguous, and supports clients in various lifestyles, some of which are truly toxic and ultimately non-working. Why do we trust these therapists? What authority do they have to do this? Permission from the state is far too low of a bar for the saints in where they look for counsel.

Where conscience once held all things, now all falls apart, and we dissect things which need not dissecting. We ignore things which should not be ignored. Every important thing we look away from, and we fill the void of our souls by feasting upon the useless nothingness that is the endless definitions of political correctness and the preferences of the vain. We make things complex which were once understood. We write endlessly on the most simple of subjects, and say that the whole of our massive writings amount to the summum bonum of knowledge, when they are in reality a pile of chaff which looks large but easily blows away in the wind. We cover our cowardice and ignorance by vast piles, yes even mountainous piles of scholarly essays, academic articles, and trumping about minor trivialities, swallowing the camel and straining at the gnat. We leave no room for holiness. We study and are tested on things which really have no right answer, and we pride ourselves in selecting a supposed best option among many correct options, when that option really isn't a best option, but is only a whim of a professor who had a certain flavored cereal that morning, which lead him to select that option over the other. The professors are pleased if you write something quite liberal, and if you write as a conservative, you're called antiscientific and demonized. We pretend like we know something, when we're really just escaping work. We create endless bureaucratic positions doing ever more trivial work. An example of this is our

endlessly long tax codes, and other long bills full of garbage which we pretend to adhere to as our law. So, have textbooks become full of hype and drag nothingness filling our students with boredom and anti-American sentiments. Perhaps never before have we seen a group of people with so little to say take so long to say it. The reason common sense is no longer common is the dissolution of the family. Children must see an adult male and an adult female working together in perfect harmony as a typical symbol of what the human race in general can be, people who build things intelligently. Without the role models seen in family, including grandparents etc., children will indeed be at a loss of how to function, regardless of how much other social training they receive. How could you possibly teach morality in a classroom setting, especially a classroom which denies the existence of independent facts defined by empirical data rather than feelings? Alas, be gone professors and clinicians, scholars and bureaucratic goons! Give us Zion families in their strength, and we will heal the minds of the people.

Corruption of The Mental Health Victim Culture

For one thing, let me say that depending on your character (weak or strong), you'll find "studies" to support that. Our culture is increasingly progressive and spineless, and studies are pushed toward fake results to that effect, and the politization of the world of academia favors one philosophy above another without a doubt.

A key issue in modern mental health treatment is victim culture. Patients are told to emphasize their past as what determines their present and future.

I've been asked by various patients when I don't treat them with complete enabling as others do, "Do you believe in trauma?" I answer that yes, of course I do. I have extensive experience with foster children, mental hospital patients, residential treatment students, etc. Trauma does impact the development, the brain, etc. What I don't believe in is the dogma that people who have faced difficulty should be pampered and labeled throughout their lives. I've taken the trust-based relationship intervention (TBRI) for traumatized people trainings and know all about it, but I also know it's limits, parameters, and how it is misunderstood. Everyone must learn strong character and intellect despite disadvantage.

When working with troubled youth and trying to enforce standards and consequences for basic expectations, often the response from the therapist is something to the effect of, "well, you know, its just that they have so much trauma, that's just how they are." What a cop out! Trauma shouldn't be a blanket excuse for bad behavior! Do some things trigger them? Sure. But that doesn't mean they can say everything is a trigger, and delete all personal responsibility for their lives.

I know of a student who consistently got 4.0 grades. Her peers would often say "oh its just because you're so smart, it comes easily to you". Her reply was that no, she just works longer and harder than them! Some are naturally brighter in some areas than others, but we all must work.

When people "bring out their trauma" and label themselves as victims, when they participate in social events 'celebrating' their trauma, they quickly adopt the mindset that society owes them something, a free lunch, free entrance to a prestigious university, a welfare check, a public education, a grant, and the list goes on. All of these welfare items weaken the character of the recipient and lead to the downfall of civilization. Where charity is needed, it must come from other sources than government generally speaking.

We should not label anyone as anything other than a child of God. This holds true for “gays”, “blacks”, “disabled”, “abused”, “low socio-economic status”, etc.

We should understand that EVERYONE has handicaps, difficulties, and challenges. To not have challenges would thwart the plan of God. For some, those challenges can involve great wealth and circumstance so God can see what they will do with that time and resource. Failure to act well in your tests of life will determine the eternal reward or punishment upon your soul as determined at the just judgement bar of God. Christianity is not an escape from natural consequences, it is a program of rehabilitation with real and strict guidelines on necessary progress.

Psychology Today: “Chemical Imbalance” Depression Theory Invalid

They have recently done meta study on the theory of chemical depression and found out the theory didn't hold up.

<https://www.psychologytoday.com/us/blog/side-effects/202207/decisive-blow-the-serotonin-hypothesis-depression>

GOOD THERAPY

William Booth: Preacher Saves Drunks

William & Catherine Booth went to the streets like Jesus did and Jesus said to. He helped many drunks who had no hope and no success to find both.

He lead a "war against sin", marching down the streets, preaching in pubs, helping the poor learn trades, feeding the poor, etc., starting the "salvation army", focused on preaching the gospel of Christ, and helping the poor.

Beware Psychologists Against Firm Limit Setting

It's a popular saying in psychology today that people ought not to have firm limits, but rather to say 'sometimes it's ok, in moderation', so as to not discourage a person when they fall short. This may work to a certain level, but not to the Zion level. Some things just need to be left behind. Lines need to be made in the sand. Some foods need to be banned. Some activities, some peers, some modes of dress, some words, some events, etc.

Each person's lines may differ based on their understanding, abilities, and family situations, but everyone should still be making those lines. Lines for themselves, lines for their household, lines for their children, etc.

We also see the new LDS Youth standards manual being very vague, and just saying things like "seek Christ". True, seeking

Christ is what we are going to be focusing on at church, but this does not mean that the home cannot and should not have other lines in the sand about particular behaviors. If your family was relying on a church manual to tell you where the line in the sand should be, that's a problem. We shouldn't rely on the church as much for these intimate family decisions, we should seek direct revelation from God. In conference we have repeatedly heard recently of a "higher and holier way". Sadly, now that the manuals aren't as specific, not making as many lines or applied principles and are just stating principles for self government, many think this means kids can do essentially whatever they want. Parents should be helping youths to see the higher and holier ways. Well did Elder Holland teach that second only to your love, your kids need your limits.

Another sad manifestation of this is in having youth council for their activities to decide what they'll do for the youth group regular meetings, the youths are often neglecting all spiritual and service related activities, and just making a social club to goof off together. Youth leaders should be encouraging these youths of the higher and holier ways. Parents give love and limits, so should youth leaders which support parents.

We live in a passive culture who is afraid to say no. Take a stand. It's ok if people don't like you sometimes, perhaps even including yourself, and even your spouse and children. Be gentle as doves, but wise as serpents. Be bold, but not overbearing. Testify of Christ. When people learn basic gospel principles, that's a good start, then they need to see what it looks like to apply those principles – we must show them. A parent can give detailed instruction as to the behavioral expectations they have for their children, then those children can go to church and learn about how it's important to obey parents, important to be humble, etc. These principles taught in isolation mean

NOTHING! Principles only come alive when they are put into practice!

Do Not Despair by Ezra Taft Benson **text** **pending**

Mental Health – Dealing with “the Voices” Key: Goal Setting

Goal setting is a key to deal with voices which tell a person to do bad things, or to procrastinate, etc. Some have severe voices (of the Devil) and can use this tool to help them.

Set expectations / goals for what you want when you're in a good headspace (when you have the spirit of God).

All of us are tempted and would do well to use this tool.

The Preach My Gospel (missionary) manual states that we will fall far short of what we could have done if we don't learn to set and keep goals.

Parenting Traumatized Children

They need to grow connective tissues between the upper brain and lower brain so they can manage their behavior and this is possible when they're not scared.

These children are often neglected as babies when they cried no one came they didn't learn that their voice matters and that their needs will be met which puts them in a perpetual state of fear and a perpetual condition of needing control.

These children are extra sensitive to any type of corporal punishment. If corporal punishment is to be used, they will need extra teachings of appropriate vs inappropriate corporal punishment, the degree of punishment, the deserving action, etc.

These children need special training to know that they are always precious and special.

Joseph Smith's Example of Overcoming Anxieties

In Joseph Smith history, Joseph says he had anxieties that kept him from praying vocally it's when he overcame that anxiety by taking action that he had the glorious revelation of our time

The Full Serenity Prayer

The Serenity Prayer

God grant me the serenity
to accept the things
I cannot change,
the courage to change
the things I can,
and the Wisdom to
know the difference.
Living one day at time,
enjoying each moment,
accepting hardship as
the pathway to peace.
Trusting that He will
make all things right
if I surrender to His will,
that I may be reasonably
happy in this life,
and supremely happy
with Him in the next.
Amen

-Reinhold Niebuhr

Dealing the that VERY Difficult Child: A Sanctifying Mindset Helps

Thoughts shared with permission from Molly Wren Christensen:

God brought him to you for a reason! Please don't let your hope fade. There are always solutions. A therapist is [sometimes] a good idea [particularly one who shares your values].

Trying new things and trying harder is good, but frustrating because when things don't work, you feel stuck in a cycle. What I found was that when I get stuck in a cycle like that, I need to change something about the way I am thinking about the situation (aka mindset).

We are here on earth to learn to become more like the savior, right? That means acting like him, but it also means *thinking* like him, which is the precursor to how we act. Things can't change until we do, and we can't change until we change the way we are thinking.

One thing that really helped with harder kids is reframing the story. When you tell the story that a child is hard, had problems, we can't deal with it, I don't know what to do, we have to fix this kid, etc, you put the focus on all the hard things. And what you focus on, grows.

Instead, try reframing how you're thinking about him. A person who has pain will have misbehavior problems because they hurt inside. (Hurt people hurt people.) You know this child is an amazing human being, but it's really hard to remember when the behavior doesn't match. Instead write a new story of how you want to see your child. Include gratitude. Also realize he doesn't *want* to be this way, he just doesn't know how to change.

This isn't a fast fix, but it helps a ton with how YOU feel and act/react in the situation.

Is [the parents] calm when she is approaching him or is she feeling angry? It helps to reframe the behavior training in the way that it's not personal (on either side), but that it's just a skill to for him to learn, and that you as parents are there to help him. Therapy can help with giving more skills and helping to reframe it that way too. [You parents are] probably exhausted, and I know that it is hard to shift a mindset when you start to feel so stuck and that nothing is ever going to change.

What does your gut say about this situation? What inspiration are you getting about what YOU can change?

Importance of Smiling & Kindness

Notes on a lecture by David Schramm shared with permission.

BOOKS SUGGESTED:

- a. Between parent and child by Ginott
- b. Why We Sleep

SMILE & SAY HELLO:

- a. 10:5 rule: when 10' away from someone smile, when 5' away, say hello;
- b. 1/3 of adults smile 20x/day;
- c. kids smile up to 400x/day;
- d. dopamine of smiling is 200x stronger than dopamine in chocolate;
- e. those who smiled in pictures (of yearbooks, baseball cards, etc.) with full smile lived to 80 years, those with half smile lived to 75 years, those with no smile lived to 72 years

heart attacks go way up after daylight savings when everyone loses an hour of sleep; they go way down on the other daylight savings when we gain an hour of sleep

viacharacter.org - shows your strengths; free; for as young as 11 years old

Martin Seligman speaks of the benefits of being kind; RAK random acts of kindness, as being the most beneficial for happiness.

A Starbucks customer paid for the person behind them; this went on in a chain for 12 hours of the person who got paid for, paying for the person behind them, until someone finally broke the chain 12 hours later.

The 2 greatest predictors for longevity are social integration, and close relationships.

Robert Waldinger has a Ted Talk about this, how they help body and brain.

Praying for Grace Against the Odds: Episode of a Man's Deliverance from a Mental Hospital

I saw a man at the state mental hospital who was a praying man. To see such a man there was very rare. Almost no one seemed to pray there. Doing room checks I would catch him on his knees at his bedside. I also observed that he went to worship services when they were offered. He read scripture and was kind to those around him. He was trying to be his best self. One day out of the blue, the judge decided to release him again into the community. This was a shock to him and everyone else. I attribute his release to his great faith. He is not the first person I've seen released on account of turning one's will to God. They elected God as their primary therapist, and he lifted them higher and more quickly than they expected, and he is with them so long as they remember him.

Therapy for Families: Nature of Addiction as an Illness

Goal: Help a couple understand that the nature of addiction is more of an illness than a chosen habit.

Purpose: Teach that addiction is an advanced stage of illness which no one willingly chooses, and which no one can easily leave.

Discussion: Ask Jon and Mary if they have spoken with each other about the nature of addiction. Ask them if they see addiction differently than each other. Help them see that they can come to an understanding of what addiction is, which will help them to have less contention in their lives, and help them become a team rather than oppose each other in the journey toward recovery. Jon is the addicted candidate, and Mary is learning how to best support him.

Jon, 1. How does it feel when Mary tells you to "just stop already"? 2. Mary, how does it feel when you continue to tell Jon he needs to "just stop already or we will divorce"? You have not seen much improvement from this, and resentment is building in your marriage to the point that a divorce does seem eminent. Jon and Mary, do you want your marriage to last? Perhaps at this point you don't know. Let's talk about the nature of addiction. Addiction involves powerlessness, meaning Jon can resolve to quit, and know that his biology will kick in hours later compelling him to abuse substance in conditions other than confinement or straight jacket. Powerlessness comes on gradually, but you have now reached the stage of true shackled addiction, where your will alone becomes unable to break the chains of addiction. Mary, do you think Jon has been sincere? How does it make you feel when he relapses after sincere commitment to be sober? How has it taxed your financial life, and your friendship? What do you think we could do to help Jon other than petitioning him to be sober? Jon, what ideas do you have about how to end the powerlessness cycle of your addiction, seeing as you've tried to quit many times without success? Are the both of you willing to look outward to find more support in treating this addiction? Have you heard of

Exploration: Invite Jon and Mary to analyze their lives to look for the missing pieces: What could Jon be using his addiction to cope with? Ask yourselves why he is seeking fantasy and alter-ego and euphoria when those things should be available in a regular life. What is Jon feeling that is leading him to substance abuse? Is there loss in his life which he has not grieved over? Has he developed coping strategies for his day to day problems which have grown to consume his life? Will you make a list of how Jon reacts to various stressful parts of day to day living, and alternate coping skills he could be using? Jon, will you list your 100 favorite lies involved in why you justify using substance in your day to day life?

Therapy for Families: Creating Desire for Recovery by Looking to the Beginning

Goal: Help a couple understand that though biology has a large part to do with addiction, desire for recovery will be inherent in his recovery.

Purpose: Teach Jon and Mary that by looking to the roots of their marriage they can find the hope for exercising the willpower to overcome bad addictive habits.

Discussion: Ask Jon what his goals in life are. Ask Mary what her goals in life are. Ask them how they felt on their wedding day and when their first child was born. Ask them what they wanted to be when they grew up as they were children. Ask Jon and Mary what things are not as they foresaw they would be. Ask Jon what sacrifices he can reasonably make to bring him closer to his desired life. Ask Mary how she can positively support Jon in the changes which he has committed to make. Ask Jon and Mary how they will respond if relapse occurs. Teach them that relapse should not be taken lightly, that anger and frustration and withholding of privileges are part of what comes from this, but show them at the same time that they don't have to express hopelessness and faithlessness in Jon if he stumbles. Teach them that relapse does not mean starting over at ground zero, but that it means taking a step back in aspects of trust. The skills Jon has learned will help him to recover more quickly from relapse than he was able to do in the past. Teach them that Jon will have more power to exercise willpower even when he falls as he continues to learn positive coping strategies for the stresses and grief of his life.

Exploration: Invite Jon to make actual lists of how he will cope with the stresses of day to day life, and invite Mary to make

actual lists of how she will react when Jon does a positive or negative thing, these lists will help them to not act on the emotion of the moment. Invite Jon to keep by him talismans of motivation which remind him of his life goals. Invite them to post their life goals and their family goals in a prominent location in their home, vehicles, and personal planners. Invite Jon to isolate one behavior that he wants to change, and practice responding correctly to the environment of that problem over and over. This will increase his faith that he has the power to change.

Therapy for Families: Will and Work for Recovery

Goal: Help a couple understand that recovery will not be easy, but that so long as they apply correct principles, it will be not only possible but a certain outcome.

Purpose: Teach Jon that he will need to cancel many of the extracurricular events in his life to focus on recovery. Like the obese person that gives up crocheting to spend an extra few hours at the gym each day, so will Jon need to find areas in his life which are not supporting his goals, eliminate them, and identify areas which need more strengthening.

Discussion: Ask Jon to make a list of all the useless things he does. Ask Jon to make a list of his weaknesses, and then to make another list about ways he could improve on those weaknesses. Jon, these weaknesses could be social, mental, physical,

emotional, spiritual, recreational, vocational, sexual, etc. You see, to have a healthy life we want you to find balance in all areas of your life. If you never have energy, what are some things you could do other than cocaine? If you're never happy, what are some things, perhaps social and relationally, which you could do to give yourself more opportunities for happiness other than alcohol? If you're not feeling sexually satisfied in your marriage, what are some things other than pornography affairs and masturbation which you could do in your marriage which could help you both to find more satisfaction in this regard? Beware however Jon that many who use pornography and masturbation and other wise unhealthy objectification and overly emphasize sexuality in life are doing this out of a desire for health in some other aspect than sexuality. Sexual deviance could be a way of seeking happiness to deal with grief, or a myriad of other things.

Exploration: Invite Jon to spend 3 hours a day at the gym getting in good shape (this can help regulate his emotions and increase his willpower to make good choices). Invite Jon to spend time talking to his wife each evening rather than going for sex off the bat (this can increase the likelihood of them having sex at all, and increase the pleasure therein, and increase the connectedness in their relationship, which will heal their sexual life as well, because connection is a proven higher motivation in life than sex or power.). Invite Mary to take care of her health by regular exercise, reading wholesome books, worshiping at a church, and other activities which will sustain her during the crucible of Jon's addiction recovery.

Therapy for Families: Relationships for Recovery

Goal: Help a couple understand that connection is the highest motivator in life, and that their relationship as a married couple is the primary relationship for supporting recovery. Also show them that healthy environments and friends are needed for recovery.

Purpose: Teach Jon that his friends influence his choices. Teach Mary that she also needs a support group to help her through the addiction of her husband. Teach Jon and Mary that this is a critical time to build their marital relationship by going on frequent and regular outings/dates together involving work and recreation.

Discussion: Ask Jon and Mary how they feel their relationship is overall, and to write down memories of their relationship at its highest point. Jon, what are the places you go where you are most likely to relapse? What are the places where you are most likely to be sober? Ask Jon what people make him want to be sober, and which people make him want to relapse. Ask Jon what he can do to cultivate the healthy relationships, and politely put on the shelf and otherwise eradicate the non-working relationships? Ask Mary how she can make life pleasant for Jon, and ask Jon what he can do to make life pleasant for Mary. Ask Jon how his children are being affected by his addiction, and what he wants his children to be when they grow up, and whether his choices are supporting or working against that desire.

Exploration: Invite Jon to enroll in AA/NA and Mary to enroll in Al-Anon so they can be surrounded by others who have similar struggles whom can offer advice, and so that Jon and Mary can have the redemptive experience of teaching others who are not as far along as they are in the process of recovery. Invite Jon to get a sponsor whom he can call when he is tempted to abuse substance. Invite Mary to get a sponsor whom she can call when she feels tired and depressed in the recovery of her husband. Invite Jon to keep pictures of his family and other role

models nearby when he is traveling on business, as well as making friends when he is out on business rather than being reclusive.

Therapy for Families: Grace for Recovery

Goal: Help a couple understand that they cannot recover by mere willpower and skill, but that the aid of a higher power is needed for recovery.

Purpose: If you don't want to get specific and its often helpful to not be too specific when working as a therapist rather than a pastor, show them that there remains a need for spirituality in their recovery, that recovery consists in 1. Spiritual involvement with their higher power and 2. The undivided resolve of themselves to use their willpower for recovery, including seeking all skills possible to work out their recovery. Teach them that their higher power can help them in their journey for recovery, and show them case examples of others like Bill W. whom have turned to a higher power for help in recovery. Teach them the doctrine of powerlessness and dependency, and the need for supernatural help to recovery from such strong enemies. Show that the field of addiction is perhaps the only scientific behavioral science field where it is long time recognized that the involvement of deity and or a higher power is needed in the recovery process. (If you do for some reason find it okay to get into specifics of Christianity as this being their professed faith, consider teaching the following: Teach Jon that he is loved by God, and teach Mary that she is respected by God for standing by Jon the best way she can. Teach them of the universal need for repentance and a change of heart. Teach them that a change of heart comes as a gift from God to persons whom sincerely

repent of their sins. Teach them that Jesus Christ will help them satisfy the justice required in life, and that God their Father will accept the combined efforts of themselves and Jesus Christ as Jon and Mary turn their lives over to Jesus Christ.)

Discussion: Ask Jon who his higher power is, and what he feels his higher power expects of him. Ask him if he has prayed for help to his higher power in the journey of his recovery. Ask him what might be the consequence of praying for help vs the consequence of not praying for help. Ask Mary how she has been involved with her higher power in her journey of supporting and helping Jon.

Exploration: Invite Jon to pray to his higher power for help, and to read his religious text on a dramatically increased regular basis. Invite Mary to make time to worship her higher power during this consuming trial of Jon's addiction. Invite Jon and Mary to forgive each other for any nagging or neglect or other damages, and invite them to join in their worship together, and to create family traditions of worshipping the higher power, including regular religious meetings with others who feel similarly to them in these regards, and a regular dedication to searching sacred texts of their faith.

Components of a Successful Residential Treatment Center for Youth: Warning, Leveling Systems, Safety Advantage, Dress Code, etc.

Sending one's child to a treatment center is the last thing anyone wants to do. It can however be a last ditch effort to help with

some big issues, and can be more effective than jail if the program actually holds high standards.

Warning:

Beware these programs will market themselves as grand saviors, you'll need insider information about specific treatment centers (not offered here) before you'll be able to confidently place a child at a treatment center. I'll be blunt and say MOST of these places are not good, and are steeped in corruption from the low standards of their staff. It is almost impossible (if not illegal) to be sufficiently selective in the hiring process to find high quality people who will staff these programs.

These are common standards which are observed to one extent or another in various RTC's. They are not the format of any one facility, but are ideas and best practices in my opinion.

Sections:

Leveling Systems
Dress Codes
Safety Advantages

Introduction

The family home is and always will be the ideal place for living and learning. However, there are rare cases which may necessitate a child leaving the home due to flagrant and continuous disregard of all basic home structure expectations, particularly those involving illegal behavior. Here we will consider some arrangements for those scenarios.

Treatment Center Leveling System

Students typically advance through a series of Levels as a reflection of their commitment toward and progression in their recovery. Here are some ideas for each of these levels, which are typical.

Level 0

Entering the facility, a student is at level 0. Once they've established that they won't try to kill people and run away every 5 minutes, they advance to a level 1. Level 0 is a good time for detoxification from any drugs (including pornography) which the student was formerly addicted to compulsively.

A strict **dress code** forces the students to be modest in their appearance, and many rules further enforce respect toward peer and staff (such as no swearing). Students in the level 0 are dressing in orange shirts.

New students are also not allowed to have communications with the outside world, or other lower level students. New students are level 0, and only when a level 3 can a student speak to other lower level students. This helps students in bad places mentally not conspire with one another in non-working theories and illegal plans.

Breaking the program into phases helps the adolescent one-track brain understand that breaking the chains of addiction to substance and learned non-working behaviors doesn't happen overnight, and that it is not black-and-white simple.

Many of them enter treatment, as evidenced by the letter home in week 1 begging to be taken home with promises of full repentance, believing that their addiction is surface deep and easily remediated. Repentance can be immediate, but such a letter home when brought to treatment only indicates they are sorry they got a consequence, not that they are sorry for their actions. By prior disobedience they've already indicated they

don't respect your authority as their parent. If their sudden supposed repentance is in fact sincere, they will be willing to submit to whatever the parent wishes, including voluntarily submitting to the treatment program rather than immediately returning home.

The level program shows them that it takes work to recover, and most importantly, it gives them examples of people who have recovered.

Level 1

Level 1 is a place where the students come to terms with the fact that they are in treatment, and that they will remain there until they have made appropriate changes in their lives, however long that could take.

Treatment duration is usually 3-5 months, or in extreme bases, 6-8 months. Some places keep students even longer, though I see no need for that. If the student is not responding by half a year, a different facility or jail may be in order. Again, there may be some extreme cases where doing otherwise would be good.

Driven by a desire to go home, often students begin to make outward changes in this stage. Students in level 1 are dressed in tan dress pants and a blue button up dress shirt. The therapist of the student will have a **weekly assignment** for the student, such as writing essays on topics like "My 100 Favorite Lies" and "My 100 Favorite Things" and "100 Reasons Why I'm Not Helping My Family" and "100 Reasons I'm Likely Going to Spend My Life In Prison" or "100 Reasons Why I Use Substances".

Level 2

In Level 2, a student learns that it doesn't pay to lie your way up the levels in the program. They learn that only in transparent communication with their peers in group therapy as well as with their therapist in individual therapy (these both occurring once per week) **Optional groups** including bible study, AA & NA (Alcoholics Anonymous and Narcotics Anonymous), and a loss group for persons dealing with significant loss of a parent, etc.) are also available, and participation in these allows the student to show he/she is putting forth individual efforts on their own behalf to make progress. If a student is caught in a lie, he is liable to drop a level. If a student confesses that he has lied while at treatment and broken rules to which he did not confess, he drops a level, and goes to **detention**. In detention, students are seated in desks, and subject to transcribing audio lectures to earn their way back into the regular treatment. Regular treatment has privileges such as longer than 5-minute showers, and the rare educational film, and the athletic teams. All students are monitored day and night, and more so in detention. It is standard for a student to make a confession before ever progressing to Level 3, however disheartening this confession is to the student who formerly used lying to get ahead. Honesty is a key focus of this stage of student, and honesty is expected from the student here on out.

It is in this stage where students also can, when deemed worthy, attend **seminars** to learn more about themselves and their path to recovery in an intensive highly interactive setting with others who are likewise likely prepared for it. New students do not go to these seminars as they are not ready for the transparent honesty that would make the seminar meaningful.

These seminars are private meetings of which the students are not allowed to speak outside of the meeting. These

seminars are time when students meet with other students who have shown the same level of honest effort and commitment to recovery, and they meet with an advanced specialist who takes the entire group (sometimes 30 or more students of both boys and girls (the only co-ed activity on campus for lower level students)) through a series of soul-searching activities which help the students in their path toward recovery. Students often leave these seminars highly motivated, and with increased faith and hope in their recovery, and a renewed (if not new) sense of self-worth. Students pass or fail the seminar based on their transparency and sincerity.

As a student advances toward becoming an upper level, he is taught that confession is critical to recovery, and encouraged to write a “**confession letter**” home. This letter is often quite long, relating to the person most effected (usually parents) all of the deception and misdeeds they have committed against them, themselves, and others. This is part of the 12 Step Program of the Anonymous programs, but all students are encouraged to write a confession letter regardless of whether they choose to participate in the Anonymous programs. This letter is the antithesis to the earlier begging to come home letter. It is to say, “this is what I did wrong, I am now willing to face the full consequences of my actions.”

Level 3

Level 3 is often a deeply consequential phase of transitioning from lower level to higher level. New students are not allowed to speak to each other, as these relationships are usually destructive and divisive. The only students who can speak to new students of a level 0-2 are students who have attained the Level 3, and whom have passed the various seminars. A student fails the seminars if they show no effort or transparency therein, expressing some sort of a rebellious spirit.

Mature judges must determine the advancement of each student. Fellow students, the orchestrator, and perhaps the therapist determine whether a student passes a seminar. “3 through Focus” are the students whom are permitted to speak to lower level students. Other companies who don’t have this policy are likely to witness more group escape attempts, secret societies, gangs, planned violence, cliques, etc. A level 3 student is one who is committed to recover, even if they are struggling in progress, their commitment is there, and signs are beginning to show of their commitment. The Level 3 student recognizes that many of their behaviors were destructive, but has a difficult time realizing that even small acts of rebellion are contributing toward their unstable lives.

Levels 4

Level 4 is more particularly where the student has experience in leadership roles, and is thoroughly put through the refiner’s fire when it comes to facing their fears, facing their families, facing their home lives which they are soon to return to. Though these are high levels, students still have much work to do before being prepared to return home.

In some cases where the change of heart is evident, and support systems are in place at their homes, students are now prepared to return home, particularly if they have made religious commitments connections and plans.

If a student confesses that he has been lying in his treatment up to that point and has been breaking rules, he may likely drop back down to a level 1. This drop is devastating, meaning more time in the program as a minimal time allotment is required for each stage, but the student realizes that total honesty is the only way to full recovery. It is not uncommon for a student to get stuck at these levels, showing great progress, but

lacking in a grasp of the reality of their situation as determined by a council of the student's therapist, and other employees of the facility. This council of level advancement may include fellow students at the 5th level whom often have important insights into the day-to-day attitudes of the student.

These upper level students are exposed to more than the lower level students, including occasional interaction with students of the opposite sex in dances and trainings on adult roles. Since so many of the students got themselves into the program from deviant behaviors linked to behavior toward persons of the opposite sex, this can be a very trying time to confront real issues in the student's lives (though issues of pornography, sexuality, STD's, pregnancy, dating standards, and trust issues related to the student's orientation regarding the opposite sex are not reserved for upper level treatment).

The upper level student will surrender all of their rebellion of non-working principles to adapting correct principles. They are taught that guessing at what is right and responding to punishment will only take them so far, whereas adopting working/healthy principles will lead them to make good choices in all situations.

Level 5

Level 5 is the stage of triumph which every other student (the serious ones at least) hopes to attain. It is seen as putting on the full armor of God, though secular programs are quite limited in religious aspects, aside from AA meetings encouraging students to find a higher power. In some situations, therapists have permission to encourage students to find their religious roots.

These students are role models to the other students, because the other students often believe their situation is unique

and cannot be overcome. The upper level students prove them wrong, showing that persons from similar situations as themselves can throw out the non-working behaviors without throwing out their fun personalities and healthy (even cool) hobbies. These are the role models who help other students on a day to day basis, and whom are making plans to either find an apartment, or whom are taking the final steps in completing their high school diplomas via the program's packet or accelerated classroom system with summer school. The school is attended by students of all levels. In some cases, a program could break students into middle and high school, though admitting students at young ages is highly frowned upon.

Level 5 students may be 18 years old and chose to remain in the program to take advantage of the high school diploma program. Once a student is 18 years old, they are free to leave the program at any time unless court ordered, meaning they will likely need to be relocated to another center for incarcerated adults who are deemed incompetent to be on their own. These will go to a half way home, a step down home, or some mental facility according to their court orders.

18-year-old students who feel unprepared to leave the program for other than academic reasons are given extensive training to help them into their adult life, as being an adult in a program is frowned upon for the development of the student.

17-year-old students whom have shown some degree of progress toward their recovery may attend a regular class which teaches skills specifically for independent adults, whereas the younger students will likely return home to live with their parents or foster parents / adoption after the program has reached completion. Younger students often have a more difficult time in the program, having a more distant understanding of reality and real consequences of their actions, though young students often show great maturity and progress in the program, and great post-treatment success. The odds of young students returning to a

facility are sadly quite high. Level 5 students often leave the facility to get used to being in the outside world again. Most of these students have been in the program for over half a year and need positive experiences with society to show them hands on how to interact in positive ways in the community. It is not uncommon for the graduated student to write letters to the students at treatment centers, explaining to them what life is like “on the out’s”, and the trials they face. Lamentably, some students whom have graduated the program will return to the program from a series of serious relapses whom have shown they were unprepared for a healthy life. If a student lies to reach a level 6 (almost impossible), they now return to the program with a very real understanding that lying will not get them far. They must work very hard to reestablish trust, and level advancement will be a long and painful process for them. Sometimes deception is so ingrained in the life of the student that only a severe consequence such as this will pull them out of it. These students have often returned to religious roots, or found some form of religion to support the spiritual aspects of their recovery. They often commit to continued treatment in the Anonymous programs, or with outpatient therapists as they are taught that sustained sobriety and recovery will be difficult, though less difficult with a positive support group. Some students at this level are puzzled about where they will find positive peers in their outpatient life, and therapists help them consider environments which could be conducive to building committed relationships for lasting recovery.

Treatment Center Advantage: Safety

Many students feel that if they were to reveal their crimes at home, that their families would call the police on them, or at least forbid them from a social life. These students have come from scenarios where telling the truth or being caught has resulted in those consequences before, and many of them have

become thoroughly afraid of being honest in the context of their family and community. Their name has gone from bad to worse as issues become public at home and in circles of immediate and extended family. They've learned to live a double life, and healing that divide is most painful & embarrassing.

A treatment center gives the student a place where they can confess to a third-party therapist and group of peers. The student is "locked away safely" where (perhaps rightfully) vindictive parents, local law enforcement, or ecclesiastical leaders cannot directly administer consequences to them for their actions. In this inpatient and secluded environment far removed from their homes, students with serious issues may be more likely to confess things which they thought they would take to their grave (and hell). Students chained down to addiction also are compelled to not use the substance, which gives them a chance to lessen their dependency on the substance they had been abusing. Though the student is under constant surveillance, they can feel safe from themselves and others. There must be high standards of boundaries at the program.

Boundaries imposed by the no-talking-lower-level-to-lower-level rule will greatly help the students to be safe and have a positive environment. Ideally, there are higher level students and all staff who discourage vulgarity and apply consequences when such is used. One of the key pitfalls of modern programs like this is the lax enforcement of these type of high standards.

Therapy is centered on several key aspects of the 12 Step Program including confession to a trusted and effected person, commitment to sobriety. The therapist and student have a very close relationship, and the therapist can often get places with the student which the parents could not. As close as parents may be, a third party can be helpful to breakthrough roadblocks. The student often is embarrassed and ashamed by their choices, and is therefore not willing to divulge and speak about these subjects with his parents. Many parents are not trained in substance and

other behavioral issues, and though well intended, resort to non-working therapeutic tactics.

Treatment Center Dress Code

One key way to tell whether a program is worth its stock is the dress code. If a program is lax about dress, they will be lax about many other things. The philosophy of a program with “anything goes” dress code will likely have a similar “anything goes” moral standard, which will not help the student grow in the right direction.

The dress code shows the students that there is more to them than their alter-ego/fantasy. They learn the intrinsic value of themselves without trendy clothing. They learn social life doesn't need to be created via clothing cliques. They throw away their “image”, and gain an acceptance for their body type and personality. Trendy clothing can get in the way of one's personality shining through. A strict uniform can help the student avoid falling back into an unhealthy clique. Strangely, this contributes to mental abstinence, and makes physical abstinence easier.

The dress code allows each student to be brought to a level playing field, same as their peers. Money no longer determines their social life. Each is brought back to the age of childhood via their simple/out-of-awareness appearance, and their thoughts turn to deeper matters than outward appearances. This can also encourage honesty, as they've used outward appearances to deceive their families, hiding the truth. The “truth” of who they are is no longer hidden under masses of clothing and symbols. The new symbol for their personality is the words they say, and they learn to make those words honest words.

Prototypical Story of a Returning Prodigal Son: Breaking the Chains of Addiction at an RTC

In some very rare cases, an RTC (residential treatment center) can be appropriate. Now we take a journal with a modern Alma prodigal and his family through this painful journey:

Alma and his mother were able to combat drug and other behavioral/addictive issues through the all-encompassing scope of behavioral learning theory. We will journey with these characters as they use various methods of **discipline and behavioral learning**, and find how the puzzle pieces fit. They will not find success in the far left or far right of behavior strategies, but a middle ground solution found at a rehab will help John find himself at last as he adopts transparency, builds sober positive **relationships**, and is forced to be sober for a few months.

His mom was anxious all the time, “Will my son live or die today?” Alma has been involved in drugs and various types of delinquency over the past year, and mother’s attempts to rehabilitate him through groundings, taking cell phones, moving to the other side of the state, sending him to live with his sibling, sending him to live with his other sibling, none of it had worked. Alma seemed to be on the pathway to destruction. The mom

appealed to father who, though never really involved in Alma life since their divorce at his birth, said “Put em’ in jail.” Mom saw the two extremes and was torn as to what she should do: Keep Alma around, or lock him up. The one seems too far left, the other too far right. She doubted either would work. She foresaw her tender though embittered son falling into the all too common “just doin’ my time then I’m gone” attitude if she were to put him in jail. Would jail rehabilitate, or harden him? After all, Alma had repeatedly expressed in this his 17th year, that when 18 comes, he would be gone. If Alma spent the remainder of his 17th year in jail, would he feel pushed away from the family forever? If he spent the time at home, would he die of drug use, it being impossible to fully surveil him? Alma was in luck, because Mom’s bishop suggested a behavioral rehab for troubled youth. It would be a middle ground between home life and prison life, and could be a last stand to take back her son before he turns 18. Mom and the bishop agreed that this was not so simple as “jail”.

Alma’s mother was very sophisticated, and very kind. She was well versed in **behavioral learning theory**, but unlike many people, she recognized a need not just for **behavior modification**, but a need for **love and agency, meaning autonomy and connection** needed to be present, not just **regulation**. She loved him more than life itself, and knew that her love alone wasn’t enough to save him. She could give him all **aspects of love, daily expressions, time together**, and Alma knew his **welfare was a covenant** she had made. She needed outside help. Trying to be both mom and dad over the years would only take Alma so far. It was time for some atonement for the lack of father in the home, and for whatever else seemed to be pulling Alma away. After all, he used to be such a good boy. Something big, something bold, was about to happen.

When Alma left, she wept. Her heart shone through across the miles separating them via almost daily letters in the mail containing words of encouragement, keeping the

relationship alive as best she could when **time together** was not possible, she still somehow managed to make almost **daily expressions** of her **love** and reminded Alma of her **commitment to his welfare**.

While Alma was gone, she reflected on their recent and complex past. She knew that **consequences** were not something easily mastered. As a lad, Alma obeyed her out of bribes of objects and opportunities, like the chance to have time with his friends, or the chance to have a trip to Taco Bell. When Alma did his chores, and kept the house rules including doing his homework, he knew **benefits** would come. Alma aged, and learned to respect his mother, and obeyed her for the sake of their relationship, without strings always attached. Mom had filled his life with pleasant things, emphasizing **positive reinforcement** for his good choices, while almost looking the other way when it came to his bad choices. But as Alma grew older, his relationships with his friends clouded the view of his relationships with family members, and mom could no longer obtain his obedience by mere asking. She had to remind him of the judgements of God, these **moral/internal** influences which meant that he had autonomy, and would have to answer to more than her, he would have to answer to God. When Alma ceased to respond to these, mom was out of options. **Natural consequences** helped him learn to beware crossing the street, and to favor mother's closeness, and now they would be postponed until he faced God or his own conscience. **Constructed consequences** helped him not slack lest he get more chores, and now God would have to construct consequences for Alma. **Random consequences** would not help anything, mother was too wise for superstitions.

At rehab, Alma had a wakeup call. There was no more getting away with bad behaviors (except lying, which he soon found ineffective there). To graduate the program Alma had to make progress in the program, or he would be stuck there forever. But there was a problem. Alma was not willing to do the

things the program wanted him to do for advancement. They seemed to have power to see through his lies, and he was not advancing. Eventually Alma decided that if he was ever going to come clean and rebuild his life, doing so in this isolated place might be a safe time to do it. He began to feel he had a chance to turn things around, and he ran with that hope. Being away from the girls, money, drugs, fancy clothes, for a while helped him see those things are fragile, and that the only way to keep happy was to get what he wanted in the upright honest way. Other methods failed time and again.

The rehab used **continuous reinforcement** with their **negative punishment** system. With security guards always keeping an eye on him, he could not break a single rule without losing what little freedoms he had left. At times the rehab even used **positive punishment**, applying unpleasant things like mandatory lectures he had to take notes on about dull subjects. The rehab used **positive reinforcement** when they rewarded him with the ability to participate in the basketball team as he didn't attempt to run away. They used negative reinforcement when they removed some of the negative aspects of the rehab, such as going easy on the shower time limit rule.

The rehab brought Alma a chance to have his “wake-up call” by providing things which were not available at home, and which were not available at a prison. Things like recreation therapy, equine therapy, inpatient therapists who highly survey the students' life, interaction with other adolescents whom had made progress in their journey (communication with “low level” students was forbidden to new students and other low level students), group therapy with others in the rehab, an opportunity to plan his future, and other meaningful experiences. The prison would only offer **regulation**, whereas the rehab helped offer **love and autonomy** as well. They even offered spirit in their weekly optional bible studies which Alma opted to attend, remembering the gospel to be a key to his mother's **love and covenant to tend to his welfare**.

Alma looked up to the recovering students whom were in the upper levels of the program about to graduate. Not only were they about to be free, but they seemed to have truly changed their lives for the better. Alma learned to love these people as they loved him first. They often had a similar background as himself, and if they could be strong, so, perhaps, could he. For a while, Alma saw a **variable ratio reinforcement** situation, seeing that he could lie about some small rule breaking and get away with it now and then, but looking up to the higher levels who said, “full honesty is needed to progress or you’ll never make it, I’ve tried the other way and it doesn’t work”, Alma realized that this would be true to his life, not just his program. He started to remember what he knew all along, and finally understood the message his mother and other loved ones had told him across the years, that he can be free and happy as he makes good choices, no short cuts. For the first time in his life, Alma made through confessions, and felt a great burden leave him as he walked toward recovery, and lasting meaningful healthy relationships.

Everything was coming together for Alma. He began to understand that **extinction** of bad patterns is possible as he lived sober for a time, even if it was forced sobriety. He no longer required substances to manage daily troubles and relationships. He realized that his therapist had been **shaping** him toward confession, and that shaping lead him to tell of important parts of his life to his mother which he deemed he would take with him to the grave, which only hell itself would force him to reveal. Betraying the love of his mother would be too severe, she would never know about the depth of the bad choices he was making until he was safely locked in hell, and she safely locked in heaven. Somehow, with an assignment to write his “100 favorite lies”, and other assignments which brought an aspect of **behavior chains** to his attention, Alma learned he could avoid the bad and keep the good; at length, Alma’s therapist convinced him to write his 12-page confession letter home. It was the hardest thing he had ever done, his mother

being the most angelic person he had ever known, and his childhood memories with her the only thing more precious to him than scandalous time with his “friends.” Would confessing sever him from her? Though his choices lead him away from her, he could not face that reality. His therapist helped him face that reality, and showed him how he could keep what was most dear to him.

Help For Parenting Children who are Depressed & Suicidal via Adjustments in Family Practices & Teachings to Decrease the Influence of the Adversary at Home (8.7.22)



Well does the scripture say that in the last days the hearts of men would fail them.

But what do we do about it? What do we do in the face of such depression, and even suicidality?

Many have already tried the mainstream advice: anti-depressant drugs, professional counselors, and various me-first-philosophies

about letting your child do what they want so you don't offend them and push them toward scary actions.

If you'd like some other ideas which may be more helpful, take a look at these principles and applications.

The Root Problem: Satanic/Worldly Influences:

Whenever a person feels like life is of no use, or of using suicide, it is the Devil communicating that message. So the solution is typically to decrease and eliminate the influence of the devil.

Mainstream mental health treatment is severely limited as they refuse to even recognize the reality of Satanic influences. A typical psychologist today will council a person to do things their way rather than changing to Christ's way. "What works for you?" is their go to question. This can help on some level, but in reality is entirely insufficient for real change. The youth doesn't know what's best for them! You can't leave them to figure this out on their own!

What's the solution? Eliminate evil influences which destroy mental health, and increase holy influences which mentally uplift.

The Basic Principle: Make Your Home A Standard of Truth:

The key is this: make your home a sanctuary of faith and protection. If your children reject that, they may do so, but have strict standards in your home which will not be crossed. Show by example where you stand. The prodigal son returned home knowing full well the laws and expectations of his home. His return home meant that he was willing to accept those rules in order to benefit from what the home had to offer. Let your home be the standard. Sometimes a child may need time on their own, being a prodigal, before they will recognize the goodness that was offered in their home. By keeping it clear about what is

good and ok vs what is not, we will be doing our children the greatest service, much more so than if we were to allow bad things to take place in the home. In the short term this can be hard, but you know the band aids aren't working.

Here are some practical ideas:

-TEACH CREATION: Teach truths such as the true creation against evolution. People need to know they are made by God with a purpose are literally his direct offspring, and they have a divine eternal destiny which involves them becoming family leaders like God.

-INCREASED WORSHIP: Get closer to God by increasing the holiness of the home with more hymns, more religious media, more time talking about doctrine and doing holy things. Make the gospel a subject of interest, not just an end of the day checkoff. Demonstrate how the gospel influences all social issues and teach against ideas which contradict gospel truths (such as homosexuality and socialism, to name a few).

-LIMIT SOCIAL MEDIA & INTERNET: Limit youth exposure to media, internet, social media, electronics. It is generally wise to not give youth cell phones, or any other private access to electronics. Some parents deem it appropriate to increase access to these things, but for the mentally unstable child, these influences are particularly potent and to be avoided. They have demonstrated poor boundaries and susceptibility to be attracted to false philosophies (which are often cunningly crafted as good, and this child likely struggles to discern between these things). These false philosophies they encounter during this media use allows evil spirits to whisper to them things which bring them down! Who can endure this constant negative false whispering? No one can!

-LIMIT & DIRECT FRIENDS: Limit youth self-selection in friends and time with those friends. Siblings should be the

primary friend group. After that, one's church group should be used for friends. Homeschooling is also often helpful in finding good friends for your kids as so many diverse personalities are encountered there, and the child is off for 8+ hours a day without parental supervision regarding these choices.

-HOMESCHOOL: for better education, to shield against evil influences, and to strengthen family ties, passing on the family values and culture which they no longer have access to in the public sector. Even if there are some good teachers in public school, which there most certainly are, the peers they will encounter will offer all manner of weakness, rebellion, and cunning philosophy to turn your children against you and your family culture of excellence and righteousness.

-USEFUL MOVIES: Only show movies which teach important life lessons, particularly realistic movies, not overly fantastical, and movies which demonstrate healthy families and relationships. Eliminate all television and movies which show any hints of rebellion, etc. Beware, the adversary is cunning, you must take every precaution. Typically, it is best to completely eliminate television programs and only show specific pre-approved movies. Please also eliminate magic and the dark arts which are woven into many popular movies.

-WHOLESOME MUSIC: Popular music today is completely inappropriate as it encourages rebellion to family and Christian wholesome culture in general. Eliminate pop rock and rap music. Do not allow these in the home! Inspect any devices to ensure this standard is met. If it isn't met, eliminate the devices. Music is one of the most powerful tools of the adversary, one of the easiest ways to make good look evil, and evil look good.

-HEALTHY DIET: God has revealed that we must limit or eliminate meats, and increase the use of whole grains, fruits, vegetables, and healthy herbs. Clearly processed and junk foods

contribute to poor health all around. The impact between mental health and nutrition is stunning and should not be ignored.

-AVOID DRUGS: Psychotropics often do more harm than good. Seriously consider getting your kids off of them, and research the possibilities in this regard. Many have safely come off of these drugs and learned stability and gained increased health. Many say "oh, they are overused, but they do help some". I suggest we need to rethink this philosophy seriously, as the 'chemical imbalance' theory is not substantiated in the scientific literature. If we want to keep playing Russian-Roulette and trusting money driven corporations, let's keep trying with these drugs. Otherwise, lets be wise and completely eliminate them. **If** someone were to chose to continue using mental health drugs or subscribing them for their children, I would insist that they be well informed on the dangers of these things, aware that when doses are changed extreme behaviors are likely to occur, and that they have tried the plethora of other possible solutions to their problem first.

A Place for Sorrow

“A study of the gospel will improve behavior quicker than a study of behavior will improve behavior.” (Boyd K Packer, Preach My Gospel Manual & Ensign Nov. 1986, 17)

As we deal with fragile mental health situations, we must have compassion on those who sorrow. Even the depths of depression are not entirely uncommon to the human experience. Some suffer with depression longer than others however, and we must be careful in how we deal with these delicate situations.

Jesus Christ was “a man of sorrows, acquainted with grief.” (Isaiah 53:3)

Joseph Smith had his head downcast on a certain occasion, and someone said to him that he ought to look up and keep his head up. Joseph responded by saying that a stalk of wheat which has much wheat inside will droop from the weight of it. He then said that his head had glorious things in it. (See Truman G Madsen lectures on Joseph Smith)

Jesus weeps for Lazarus, and isn't smiling on that occasion. He gets angry at priests, and isn't smiling then either. he sweats blood in Gethsemane and isn't crying then either. Jesus is described and being meek and lowly of heart, and commands us to be that way as well, even to have a broken heart and a contrite spirit. We are to reach past the shallow level of constant optimism (Elder Hafen of the 70; BYU Devotional “Love is not blind”).

“Weep for your dead” (D&C 42:45), comfort who needs comforting (Mosiah 18). That implies that in Zion there will be weeping and the need of comfort. There will be dying, which comes from illness and depression, and those things produce

sorrow (until the millennium when sorrow ceases because death ceases (Rev. 21:4).

Adam and Eve needed to leave Eden to experience sorrow.

Some sorrow is not our fault. Jesus taught offenses must come but wo to them by whom they come .

A sport team isn't always smiling, whereas the end goal of their sport is to have joy.

Job experienced depression. "Why died I not from the womb? why did I not give up the ghost when I came out of the belly...for the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me." "my days...are spent without hope." "My soul is weary of my life."

Prophet George Albert Smith experienced depression (see Elder Holland "Like a broken vessel" General Conference Address.)

Elder Holland experienced depression (above cited).

Everyone experiences some level of anxiety, and even serious peaks in anxiety, this is probably different than a clinical disorder which is a more frequent and different breed of anxiety. Some anxiety, even intense anxiety, is positive for our growth.

In the great Millennium, "And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." (Rev. 21:4)

Insisting on constant happiness is toxic, and is not how God lives. Enoch saw God weeping over his creations: "28 And it came to pass that the God of heaven looked upon the residue of the people, and he wept; and Enoch bore record of it, saying: How is it that the heavens weep, and shed forth their tears as the rain upon the mountains?

29 And Enoch said unto the Lord: How is it that thou canst weep, seeing thou art holy, and from all eternity to all eternity?

30 And were it possible that man could number the particles of the earth, yea, millions of earths like this, it would not be a

beginning to the number of thy creations; and thy curtains are stretched out still; and yet thou art there, and thy bosom is there; and also thou art just; thou art merciful and kind forever;

31 And thou hast taken Zion to thine own bosom, from all thy creations, from all eternity to all eternity; and naught but peace, justice, and truth is the habitation of thy throne; and mercy shall go before thy face and have no end; how is it thou canst weep?

32 The Lord said unto Enoch: Behold these thy brethren; they are the workmanship of mine own hands, and I gave unto them their knowledge, in the day I created them; and in the Garden of Eden, gave I unto man his agency;

33 And unto thy brethren have I said, and also given commandment, that they should love one another, and that they should choose me, their Father; but behold, they are without affection, and they hate their own blood;

34 And the fire of mine indignation is kindled against them; and in my hot displeasure will I send in the floods upon them, for my fierce anger is kindled against them.

35 Behold, I am God; Man of Holiness is my name; Man of Counsel is my name; and Endless and Eternal is my name, also.

36 Wherefore, I can stretch forth mine hands and hold all the creations which I have made; and mine eye can pierce them also, and among all the workmanship of mine hands there has not been so great wickedness as among thy brethren.

37 But behold, their sins shall be upon the heads of their fathers; Satan shall be their father, and misery shall be their doom; and the whole heavens shall weep over them, even all the workmanship of mine hands; wherefore should not the heavens weep, seeing these shall suffer?" (Moses 7:28-37).

For additional study, a General Conference lecture on God wiping away all tears which is applicable to this topic, see the 2016 October conference.

DRUG ABUSE

Pride Cycle Drunk Meme by Mormonr.org



But... Why is All the Rum Gone?!

Oh the persistence of addictive tendencies...

When we explain the dangers of alcohol

-cancer

-addiction

-loss of moral compass

-obesity

-malnutrition

-and so much more

They respond:

...but why is all the rum gone!





(Scenes from “Pirates of the Carribean”)

Drug Studies: Dr. Jekyll & Mr. Hyde

This is a terrific book, very useful in teaching the effects of substance abuse. Don't read on if you haven't read it yet!

Dr. Jekyll is a respectable doctor, but begins to take a substance which gives him great pleasure and opens a side of him that is dormant, an unrestrained wild side. He thinks this potion will help him be good as a way of venting out his bad, but he finds the addiction begins to take over him.

Eventually this wild side is known for committing atrocities. The doctor cannot remember what he does when in his intoxicated state which he calls Mr. Hyde.

Later, in order to be his normal self, he requires an antidote. He begins to spontaneously transform into Mr. Hyde. Without the antidote, he remains in the intoxicated state! He cannot trust himself when under the influence, he knows that he has no control over that other self, and that its really not himself at all.

At the end, he runs out of the antidote, and is PERMANENTLY in the state of the monster, Mr. Hyde!

Here are some more detailed notes:

<https://www.sparknotes.com/lit/jekyll/summary/>

Remember, the book is always better! It's a fairly quick read and will leave the reader stunned.

Instant Insanity Drugs: Meth the Permanent Brain Frier, Marijuana The Gateway, & Insights from Cleon Skousen

The most shocking thing I learned while working at the at the Utah State Hospital in Provo (a mental hospital) was that most people are there not for natural mental illness, but as a result of drug abuse! Think of that: your entire life and freedom, gone for the whims of a few temporary thrills! They get fried from meth and are permanently mentally disabled. The head psychiatrist at this hospital says that when people have schizophrenia from natural means, we can use drugs to treat much of that; but when someone has it as a result of drug use, there is little that can be done even with drugs, because there is no brain to work with; the brain is fried.

The other interesting thing is that the common thread among these patients is that marijuana was the gateway drug that got them into the harder stuff.

Marijuana is so bad and the gateway drug for this reason: it introduces the concept of getting something for nothing. The idea that you can experience pleasure without working for it, without a moral character. Then the mind is lead to think "that was the easiest fun I've ever had. I will go and find more easy fun." Then all values fall away. Everything that used to be the framework for happiness drowns in the background of their new-found hypnosis. They spend their time swimming in the deception that their life is of value because they are experiencing pleasure, all the while they have reduced themselves to a corpse plugged into the matrix, vegetating day by day, approaching their death without ever having really lived.

The marijuana users find themselves saying "here is the life! why was I wasting time on that other garbage like work, ethics, social skills, honesty, industry, patience and faith? Everything I need is RIGHT HERE." So they throw in the towel and disbelieve everything any authority figure or positive role model has told them, and they deliver themselves up to the wolves. Then when they think the meal is about to be served in this their new pack/tribe, they find out they ARE the meal. Of course then it's too late.

For a book on how marijuana itself, not even meth, can cause mental illness and violence, read "Tell Your Children: The truth about marijuana, mental illness, and violence" by Alex Berenson.

Here are some highlights from a lecture by W. Cleon Skousen titled "Instant Insanity Drugs":

(revisit to specify which substances referred to in each part of the lecture)

- One user boasted of not having ill effects from taking it and slashed out the eyes of her son
- One boy used it then found himself in jail and asked what have I done raped someone? He had killed his mother.
- Some young users ran into a home killing a baby
- One boy saw himself become a monster and his family become monsters, he screams and jumped a window falling 13 stories and dying
- 1/20 of first-time users have terrible nightmare experiences, but one never knows when it could happen in their continued use.
- Many go to mental institutions for prolonged time for using it.
- Even 2 years after using the drug reports have been received of the user being in hallucinations and depression.
- University labs have distributed it.
- A potent dose of it is colorless tasteless and odorless and is microscopic.
- In one ounce there are 280,000 doses.
- One ounce would be worth about 1,400,000\$.
- Sometimes it's kept in bottles named mouth wash, or in solid forms, or in sugar cubes, chewing gum, or gum flaps of envelopes, or in a cigarette holding 50,000 dollars' worth.
- International Liberation for Internal Freedom was a formal cultist group lead by college professors organizing people in acid usage.
- "The League of Spiritual Discovery" was a religion made by a Dr. to allow him to use these drugs he made this religion.

- LSD takes away the personality of a person, turning them into a mental vegetable with no desire to set goals and struggle.
- An ounce of LSD could cause 300,000 people to be mentally disoriented, hence it's considered a lethal war weapon.
- "The Beyond Within" speaks of an LSD attack to a city and its effects; in 1/2 a day another city could take them over easily.
- 60% of users who have a "bad trip" have to be committed to mental hospitals.
- LSD can affect the chromosomes of the user, effecting the offspring of the user.
- LSD causes users to feel like they should not exist, and to start to use heroin etc.
- Heroin users often get to the point where 75\$ a day are required to feed the addiction
- Heroin users when don't have their drug the body violently reacts.
- Marijuana is classified as a sedative
- Marijuana brings sexual promiscuity
- Marijuana causes brazen disregard of other people
- Marijuana causes some users to become permanently insane.
- Withdrawal from heroin users are known to stay awake for weeks at a time and they rest only in states of a coma.
- Those who have been on heroine will often return to it even after going through withdrawals and what would appear to be the recovery product.
- These drugs are usually offered to youth by their close friends and peers rather than professional dealers

- One Policeman kept this from a heroin user, “King Heroin is my shepherd, I shall always want. He maketh me to lie down in the gutters.”
- Here’s a verse Cleon coined to show Satan’s care vs the Lords care as taught in the Psalms: “He leadeth me beside the troubled waters. He destroyeth my soul. He leadeth me in the paths of wickedness. Yea, I shall walk through the valley of poverty and will fear no evil for thou, Heroin, art with me. Thy needle and thy capsule comfort me. Thou strippest the table of groceries in the presence of my family. Thou robbest my head of reason. My cup of sorrow runneth over. Surely heroin addiction shall stalk me all the days of my life and I will dwell in the house of the damned forever.”
- All studies show that the youth involved in genuine religion don’t get involved in narcotics
- Studies show that those who get involved in narcotics are those who feel bored and not challenged in life
- Studies show that those youth who have positive peers close to them don’t get involved in narcotics.

King Heroin is My Shepherd: the Devil's Version of Psalm 23

(Author unknown)

King Heroin is my shepherd; I shall always want.

He maketh me to lie down in the gutter.

He leadeth me beside the troubled waters.

He destroyeth my soul.

He leadeth me in the paths of wickedness.

Yea, I shall walk through the valley of poverty and will fear no evil, for thou, Heroin, are with me.

Thy needle and capsule comfort me.

Thou strippest the table of groceries in the presence of my family.

Thou robbest my head of reason.

My cup of sorrow runneth over.

Surely heroin addiction shall stalk me all the days of my life and I will dwell in the House of the damned forever.

Fruits of Drug Abuse: Death, Slavery, Marijuana Growth Stunts, etc.

The only thing drug and alcohol abuse lead to is a tombstone.

Write your own obituary.

Don't let a substance tell you when you're going to live or die.

Drugs are a symptom not a cause: a big problem that

you're using a band aid for, which won't stop the bleeding. Substance abuse means you are a coward who cannot face life.

What makes life so hard that its easier to abuse substance? Write about what you're running from.

Drugs reprogram your brain to want nothing but the drug. If someone abused you and you're abusing substance, you're carrying on the abuse toward yourself. The substance is your new abuser. It's a demon. How long will you accept life as a slave, when will you be your own master?

Marijuana use under the age of 25 shrinks the penis, shrinks & stunts growth, makes you sterile, causes premature balding, kills brain cells so you can't do reasonable induction.

Medical marijuana is typically used by someone who knows they'll never get better, and they just want to be comfortable the rest of their life.

When you inhale oils with vaping, those oils come out of every pore of your body, you can't hide it.

Some take drugs that make them pass out - they want to sleep through life.

Addiction Recovery Writing Assignments

100 favorite lies. All about the things that aren't working, and you know they aren't, but you let yourself on in them.

What has your drug taken from you. How it owns and controls and abuses you.

Write your Obituary and which of you family members will speak at your funeral. All that you could have been.

Confession letter to parents telling everything they had done behind their back. For adults, adapt it to whoever it would be most meaningful toward (often still the parents).

Beautiful Boy: Analysis of Movie about Drug Addict & His Family

This film does show how drug use wrecks someone's life, and it is a good tool far as that goes. It is not appropriate for young children, and does show active use of drugs, and has foul language.

it is based on the true story of David and Nic Sheff. I've not read the books, these notes and discussions are based on the movie.

About the drugs & the story:

The meth users brain has depleted dopamine receptors.

The meth users brain is always frightened and anxious

The success recovery rate is in the single digits.

The leading cause of death for Americans under 50 is overdose.

About the boys addiction:

Repeated lies, years of use without parents knowing

Running from rehabs

Leaving a hospital AMA after a near death overdose

Many rehabs

Note the pensive stirring song "if it doesn't make you stronger, it doesn't make you wiser, it doesn't make you live a little bit, why do you do it?"

<https://music.youtube.com/watch?v=H9Be6IHCyEU&feature=share>

Concerns with the parenting to help avoid child addiction:

to his credit the dad does love his son, he spends time with him, he continuously tries to help him and understand, it is a tragedy which is probably frequent. It isn't by any means all the dad's fault, but I do point out some things that could warn some other parents about what they could do to increase their odds of avoiding these things.

-The dad smoked weed with his son.

- The dad played rock music for his son.
- The dad failed to notify police when he discovered his sons drug use.
- The mom questioned the dad when the dad attempted to interrogate the son.
- The dad didn't get the red flags of the boy spending all his time alone in his room, including disturbing drawings he was making.

-Parents divorced (sometimes unavoidable but surely a contributing factor to the issues that lead the boy to substance abuse)

-Dad used very vulgar language, which leads to a tolerance for the lowly permissive ghetto and drug culture, a lack of self control culture and high morality

-Dad appeared to be trying to be more of a friend than a leader

-the dad shows only minor concern of his sons smoking weed, and doesn't notice that for years his son is doing many other drugs also.

-The dad doesn't notify police when the son doesn't come home at night, and just lets the son sleep when he finally shows up

-the dad doesn't realize that pot is a gateway drug to more heavy drugs, so he fails to crack down on pot. Any drug is a cheap thrill, getting something for nothing, getting euphoria without work, and is a moral character flaw that should be stopped, before the consuming habit grows out of control. Once someone learns they can get something for nothing, they do that more and more. It's the same with government, as soon as people learn they can vote themselves free stuff, the situation quickly turns to

socialism and collapse. It's the same with drugs, it leads to collapse for the same reasons.

-the dad fell into the trap of giving his son free money, something no parent should ever do, especially one with a history of drug use and irresponsible behavior. When a child is enabled in their idol lifestyle, the problems only get worse. This is hard, but the biblical law of nature is that those who don't work don't eat, they aren't provided for freely. Let youth and young adults learn early the facts of real life, this will give them the best opportunity to grow and be a mature responsible (and sober) adult. I'm not saying it's wrong to give the occasional gift (particularly a non-monetary gift, though those can be liquidated for cash too), I'm saying it's wrong to have an adult depending on their parent for money. Take extreme caution with this, particularly when drugs are in any way involved.

-the dad eventually checks a journal of the son and finds repeated drug references and confessions of recent and current use. When a child is known to have a past of use or other red flags are present, a parent has the right and obligation to review these things to better help their child, and the earlier on the better.

-the boy appears to have never learned to work
-the parents pay for his college so he has lots of spare time to get in trouble during college

-the dad is too quick to give trust back, to allow car use, etc.

-when the boy broke into his dad's home, the police should have been notified

Concern with typical drug groups:

The addict slogan of the 3 c's: I didn't cause it, I can't control it, I can't cure it. This may be empowering in many levels, but it doesn't represent the whole truth. It's most helpful when an addict does recognize that they had some fault involved in choosing to experiment with drugs, ignoring the warnings of conscience. They can also control it if they access the help of God. They can also cure it with God's help, to where it's no longer a part of their daily life.

If you're going to watch the movie, skip the shower scene, it's useless and inappropriate.

High on God, not drugs

I hear kids saying they will always smoke weed, that they can't imagine life without it. Tricky business this is, for it will lead to great danger!

So is there a safe way to live a happy life? An interesting life, which gives peace and joy each day?

Interesting, the prayers of the saints are represented by incense burning and the smoke rising to God.

The righteous person has constant daily access to the gift of the holy ghost. It is fresh invigorating, and exciting.

Joseph Smith says he always looks for more truth, for

new mysteries to teach his people. It is Gods will they we enjoy life via the word, via the gifts of the spirit. Each day with God is a good day.

It is said by many that an addict will always have tendencies toward addiction. If this is so, then let him find something wholesome to be involved in. Let him become a scholar of the word of God, a great defender of the faith, which is needed so badly. Everyone has a place, a mission in this life. Addicts need to find theirs. They have gifts which can be used for good or evil. They must reject drugs and drug culture, and give themselves wholly to God. This is their greatest calculated success, and their great mission. To be sure, they must push themselves to avoid extremism in how they use their time and energies; they must take care of all duties upon them (vocational, familial, etc.), but this is not to say they cannot contribute unique and important gifts to the world.

Drug Group Methods for Children vs Adults, & The Need for Complete Sobriety

When speaking of addictions, there is a different emphasis to youth and adults. For youth, its trauma. For adults, its control.

To youth, the focus is on trauma. What is leading them to use drugs? What hole in their life? What are they trying to patch?

For adults, the focus is on taking control. When are you

going to take control of your life? When is enough enough? What are you going to do? How long will this be what controls you? When will you become the one in charge, rather than the drug? Adults need a strong sponsor who can point out their addictive behaviors, not a family member or friend, but someone who can detect addictive behaviors and call them out on it. This sponsor can be assigned for life, and help the addict to avoid replacing one addiction with another.

In either age group, it is not normal to use drugs, and eventually, those who do can confess their reasons, and address those in a way that they do not turn to drugs. When someone says they want to use in a small amount, that they can control it, they must learn that this is false, an impossibility. People often come into a group or treatment and think they can go on in life with controlled use, but that hasn't worked for them so far, and it won't work for them in the future. Drugs are inherently evil and overpowering, and we must not seek compromises and negotiations with them, they do not play fair, and they will burn you and take all you hold dear.

How some drug groups are Useless, Not Having a Goal of Sobriety

When the group leader announces "no judgement here, not everyone has the same drug goals, not everyone wants complete sobriety"

What!?

That implies there are happy lifestyles with partial

substance abuse, and the whole purpose of the group should be to disprove that due to the addictive overpowering nature of the substance!!!

People need direction, they need guides to show them sobriety. The whole point of these groups is to gain abstinence.

This is tied to the toxic unscriptural idea that we must not judge anyone or anything, but accept all people and lifestyles as equally good and beneficial to individuals and society. Jesus said cast not pearls before swine. He said give not the children's meat to the dogs. He said he came not to bring peace but a sword. These sayings must not be forgotten when we set out to be loving individuals. We must recognize that the truest form of love and friendship are expressed when we tell individuals not what they want to hear, but what they need to hear.

Here's another one:

"I'm not here to convince you not to use drugs, I'm just here to educate you"

What!?

What are you educating them about? Why do you feel a need to tip toe around all this and not offend anyone? These people need real help, not politically correct fake help.

Why are these philosophies being advocated? Who authorized them? This is not the drug groups that we

need.

Toxicity of Marijuana: The Behavior Side

I've seen marijuana drive people from faith, family, and a normal life.

A friend shared, "My best friend growing up got hooked on weed in high school. Drugs ruined his life and led to an early death. Weed changed him from an exciting and interesting friend to someone who only craved getting high. He never amounted to anything and now he's dead. During the 70's the Readers Digest published an article about the brain damage weed causes. I witnessed it first hand with my friend."

Dangers of Smoking Marijuana

'it's just weed' that's what they all say. Literally. Whenever someone comes to treatment or therapy with a pot issue, that's what they ALL say. Then you dig deeper and find it is leading to and causing many other issues.

If there's something you're doing routinely to enjoy your life, that has major health and social risks attached to it, that is not normal behavior. We call that addiction, when someone wishes to continue in a harmful habit despite it harming their life and the lives of those who care about them.

Some say they're ok with dying young from substance

abuse. Have they considered the relationships they are not going to have with children and grandchildren, like they had with their parents and grandparents?

Even if pot is just a psychological dependence rather than a physical addiction, which I really doubt, how audacious it is for us to underestimate the power of a psychological dependence?

Pot smoking introduces a new level of rebellion. It becomes something that they see as ok, and they are willing to defy all authorities who say otherwise. This spirit of rebellion leads to a habit of lying, cheating, stealing, delinquency, criminal records, estrangement from family, aggression, feelings of loss, and every other issue life can bring.

There is a likely connection between using weed and developing schizophrenia

PSYCHOTROPIC MEDICATION DANGERS

When Diagnosis and Medication are Good

Some still maintain that there is never a beneficial use for psychotropic medication when the correct (tough) training in discipline and self control takes place (and vaccines are not administered) for both regular and special needs kids. I'll admit I don't know. But here I will consider the possibility of the usefulness of these measures for some occasions.

First we will talk about diagnosis, then medication, then some precautions. If you're familiar with my other work, you know I'm typically against diagnosing and medicating, but I can see how they may be useful in certain extreme situations.

ON DIAGNOSIS:

Sometimes diagnosis and medication can be good.

Some therapies aren't covered by insurance without a diagnosis.

Just because you get a diagnosis doesn't mean you need to just straight to medicating, public schools, or other methods you may feel uncomfortable with.

Diagnosis can help a child understand why they have certain challenges, accept that, and make a good life for themselves, keeping in mind some potential areas where they may need extra assistance or caution. It can help you network with others on what they've found that works for these situations.

ON MEDICATION:

Some kids you can work with days months and years on end with minimal progress, and a small medication can help alleviate the situation extensively.

Doctors will always want to increase dosage. Take great caution, use as little as you can.

In some cases, the medication doesn't need to be permanent.

Elder Holland spoke of medicating depression like medicating a broken leg. True, we can consider the possible need. (But

unfortunately, the suggested pharmaceutical cure may be a snake oil.)

I heard of a case recently where a dedicated parent trained in herbal remedies tried for years to help a child with autism and extreme anxiety without success, and when they tried a minimal dose of an anti-anxiety medication, they were able to see dramatic change. They wept over the years of anguish which their child went through which could have been alleviated. (I don't have lots of detail about the case, but share what I do know of it here. There may have been other variables at play such as what type of training was given, the quality of nutrition, attempted homeschooling, and many other factors.)

A friend of mine who is highly involved in foster care and adoption shared this with me about how medicating can be what's best for some kids:

"I am pro "whatever the heck will work best for our kids". Their problems were caused by chemicals in their system early. I am FULLY ON BOARD with medication. I dispense meds for two kids, my wife and myself every morning and 6 kids at night.... Everyday. Most of my kids needed meds for a time. We have seen it helps their behaviors to mitigate so they can learn how to control what they've been given. It's hard to learn how to control it when they're always in fight fight or freeze mode.. the primitive brain doesn't learn it only reacts. We have to be able to help them regulate so that they can get into the executive functioning portion of the brain and rewrite some of the things that can be rewritten.

You may be pleasantly surprised at the change in many of your kids. Meds don't equal weakness. If I needed oxygen to survive I'd be hauling around a tank everywhere I went. Meeting their specific needs won't be any different my friend. Speak to your medical doctor, they'll be able to help initially.

Some are totally against meds, and I get that. But I am also against the abuse our children come to us having faced and the struggles they now face as a result. I will look at all options to

help them.

It's important to note too that it isn't ever JUST meds... It's meds, diet, structure, exercise, consistency, boundaries, holistic meds, vitamins, meditation, comfort tools, therapy, etc, etc, etc.... And sometimes the meds too! 😊 I have kids who have taken meds for a time and not needed them after a bit.”

Cautionary notes against being too trigger happy with medicating

Be aware that not every person needs medication. Ide say far too much is given, we are taught it as the first step rather than the last resort.

Be aware that pregnant women typically cannot be on psychotropic medication.

Be aware that medication won't always be available, and prepare to use the next best thing for your situation.

Be aware that there is extreme danger whenever someone increases or decreases a dose of psychotropic medication. In these times is when serious behaviors occur which are untypical of their normal character. See drugawareness.org for thousands of documented cases in this situation.

Experiment with behavior training (strict), nutrition, homeschooling, religious training, eliminating dangerous spiritual influences in media, etc. before resorting to medication typically.

Psychotropic Drugs VS Exercise: The All-Too-Obvious Decision

A recent study showed that when it comes to therapy vs exercise, exercise helps significantly more. I would wager the same is true of psychotropics vs exercise.

A friend sent me a message about how **diet and exercise were able to help her become mentally stable, leaving behind 5 psychotropic medications** which doctors told her she would have to be on for life:

"I radically altered my diet & exercise routine which allowed me (after 17 years of acute "treatment resistant" symptoms) to walk away from psychiatric symptoms that doctors **said I'd have to be on 5 classes of medications for the rest of my life.** Turns out, they were wrong. I'm so grateful that I sought out help to learn how to safely taper off meds and work to align my spirit with my body. The Lord really does guide us in finding the courage to do hard things.

Withdrawal was probably the hardest thing I have EVER done in my life. I

never understood how our central nervous system becomes completely dependent upon medication taken as prescribed. I never knew how many factors can contribute to/work against mental wellness. I am SO grateful **I chose to take my life back.**" Hear more about her story at psychrecoveryandrehab.com. I recognize her story wouldn't apply to all cases of medicated mental illness, but I will say that many could benefit from more closely aligning their lives with the councils of the Lord found regarding physical health. Truly things thought impossible are not impossible with the touch of the Master's hand."



I once spoke to a pharmacology professor about ADHD, and how many treat it with exercise. I was troubled by the **long list of negative side effects of common medications** used to treat this disease. Her response to me was essentially that **even though exercise helps deal with the symptoms of the disease, not everyone wants to exercise**. That's it! People would rather have life threatening side effects than simply exercise. Again I recognize that there are various degrees of this illness, and that medication can be a good thing in some cases. But again, are we truly obeying the councils of the Lord to assist us in all things?

In this General Conference address titled "Myths about mental illness", he speaks of the positive side of pharmaceuticals to treat mental illness, the great advances being made in this field of science. <https://www.lds.org/study/ensign/2005/10/myths-about-mental-illness?lang=eng>. There can be some possibilities here, but we put first every other option, including those usually ignored related to fitness & nutrition.

Link to Full Text Article: Psychotropic Drugs create Violence & Suicide: Public Interest Report by CCHR

A public interest report published by
Citizens Commission on Human Rights International
A Mental Health Industry Watchdog
March 2018

<https://www.cchrint.org/pdfs/violence-report.pdf>

Dangers of Anti-Depressant Drugs by Anne Tracy – Lecture Highlights

These notes are shared with the permission of the author.

Tracy is the International Drug Awareness President

Tracy raises awareness about potentially harmful effects of SSRI anti-depression medications.

Tracy has documented over 5,000 cases of violent crimes related to SSRI drug usage.

She has training on how to come off of SSRI's, but admonishes this to be done very very slowly!

She wrote "Prozac: Panacea or Pandora? – Our Serotonin Nightmare" 2014, which sells for \$12.50 on her website by [clicking here](#) or at this link: <https://store.drugawareness.org/>

Listen to her on her radio show via her website.

Another place to listen to her is the downloads section of latterdayconservative.com

She has a CD on SSRI's effects on spirituality, bi-polar disorder, REM sleep disorder, & false memory syndrome.

I've emailed back and forth with her on a few topics, she is very helpful.

She suggests the book "Are There Any Sick Among You?" by LaDean Griffin.

She has used a vegan diet to overcome cancer.

These are notes from Ann Tracy – Dangers of Antidepressants
Anne is a Latter-day Saint who teaches about the perils of using

Antidepressants. This lecture was found at
latterdayconservative.com

-see site of Anne Tracy at <http://www.ssristories.net> with thousands of documented cases of extreme terrible behavior from these meds (see below for a list of some 5,000 cases)

-see this YouTube video of Anne Tracy:
<https://www.youtube.com/watch?v=Qz0-XzEq3x8>

-See another Anne Tracy video:
<https://www.youtube.com/watch?v=lz0o-k2x5z4>

-see another Anne Tracy video:
<https://www.youtube.com/watch?v=7uC1ef86Lek>
-an audio file of a lecture by Tracy can also be found at
latterdayconservative.com

-It's in water, so much that male fish are being born with ovaries.
Fluoride.

-Get distilled water or purified water, but we don't know if even those will get all the drugs out of the water.

-*I see that many of our gender issues are from the effects of the drugs that we use in our society so much now! And these births with gender abnormalities!

-Why does Utah have the biggest problem with these drugs? It's because they target Utah. Utah is the only state left in the country which still has strong family values and strong moral values, and that gets in the way of the plans of the drug companies. So they target Utah! A catholic fellow pointed this out.

-Monsanto and the drug companies are together in their planning, very closely related. Monsanto can create GMO's (genetically modified organisms) for our food which can take away the nutrition and make us need to take more medication.

-Since 2007 we have lost more military personnel to suicides than we have to combat.

-Anne Tracy teaches people these things 14-16 hours a day for 25 years; so long as these drugs are on the market she is fighting to let people know these things.

-Mind altering drug means you lose your agency you can't control yourself any more

-Zombie talk is because of what is happening with these drugs, the shooters of homicides have a blank stare in their face, the lights are on, but no-one is home.

-70% of the physicians who prescribe these are on them.

-Prozac: Panacea or Pandora? the Rest of the Story on the New Class of SSRI Antidepressants Prozac, Zoloft, Paxil, Lovan, Luvox & More. Paperback – June 1994 by Anne Blake Tracy is the bible about this topic (she is a PhD, head of the International Coalition for Drug Awareness) (the book is less than 1\$ to buy used on Amazon.com, can do so at

[http://www.amazon.com/Prozac-Panacea-Pandora-Antidepressants-](http://www.amazon.com/Prozac-Panacea-Pandora-Antidepressants-Zoloft/dp/0916095592/ref=sr_1_fkmr0_1?ie=UTF8&qid=1422148274&sr=8-1-fkmr0&keywords=blake+tracy+prozac+nightmare)

[Zoloft/dp/0916095592/ref=sr_1_fkmr0_1?ie=UTF8&qid=1422148274&sr=8-1-](http://www.amazon.com/Prozac-Panacea-Pandora-Antidepressants-Zoloft/dp/0916095592/ref=sr_1_fkmr0_1?ie=UTF8&qid=1422148274&sr=8-1-fkmr0&keywords=blake+tracy+prozac+nightmare)

[fkmr0&keywords=blake+tracy+prozac+nightmare](http://www.amazon.com/Prozac-Panacea-Pandora-Antidepressants-Zoloft/dp/0916095592/ref=sr_1_fkmr0_1?ie=UTF8&qid=1422148274&sr=8-1-fkmr0&keywords=blake+tracy+prozac+nightmare)) and puts out more research than the other books. Anne Tracy suggests this book over any other. Prozac Pentaci or Pandora is the old version of the book. It's the best documented text Anne Tracy has found in years of reading on nutrition, and she recommends it to all her clients.

-You are more likely to have autistic children if you take Prozac or other anti-depressants within 12 months before you give birth. There will be 3 to 4 times the chance of autistic birth. Utah's rate is 3-4 times the rate of other places.

-These can cause ADD

-One man after being on antidepressants for 5 days killed his family and himself; before he was known as the nicest guy in the community

-Have a puppy instead of pills for anti-depression

-Oprah Winfrey had a show promoting Prozac and had the Prozac Dr. most famous for dispensing such on her show.

-Utah since it has the more issues with this is the place where there are the most children born with autism.

-This causes schizophrenia, bipolar, Alzheimer's, ADD, autism, etc.

-In the military they encourage antidepressants much

-To children in foster care they get loaded with antidepressants because there is no regulating it

-You have to come off the drug slowly or it can be terrible

-These pills are what make a person psychotic, and that gets them to rely on the drug company

-They are now planning to have mental health treatments from your own home, people want Dr.'s or other people who can prescribe drugs to come in their home; they then stay at their

home and are more likely to kill their family and neighbors like thousands of reported cases we have already seen.

-The physicians on this can't remember things so they joke about like they're just growing old and remind each other about what their patients need

-This effects memory TERRIBLY

-One military veteran began antidepressants after military combat and began using these drugs for his knee later and it's then that he began how to kill his squad leaders.

-one lady beat her 17-year-old son to death with a mallet and then tried to commit suicide today she is locked up and doesn't know why she did those things, it was these drugs.

-Drugawareness.org has recorded cases of killings from these drugs.

-ssristories.net is associated with drugawareness.org and has thousands of records of what drugs people were on when they went out killing people and so forth.

-Within 7 years Utah went from lowest in the nation divorces to now being over the national average.

-many who take these meds are lucky in only having physical side effects like losing their liver

-after the world trade center terrorist some companies gave out these drugs for free.

-drug companies targeted general doctors who get the pill out to the general public; the dose of Prozac given to Dr.'s to give to their patients they moved the dose up from 5mg to 20mg so the

effect of the boost in mood would be seen obviously so that the doctors would really promote this; but we all know that what does up must come down.

-one mother complained about this about how Prozac is good, she had been on it for 4 years, she said it saved her life, this lady was a returned missionary married in the temple after 8 years they had a child they had long hoped for but then this lady confessed she has begun shoplifting involving her 10-year-old child in it and says she doesn't want her child anymore. So people on this drug who appear to be doing well, dig deeper and you'll see they aren't doing well. She was so addicted to shoplifting she tried to put her shopping cart into the car. People who have been on this drug for 4 years have issues develop in their lives. For a while you can appear to do well with Prozac, but it begins to break down your ability to metabolize.

-this drug can make those who are good metabolizers become poor metabolizers from taking the drug

-patients taking these drugs have thoughts they don't want to tell anyone about.

-Relief Society Presidents on these drugs become gay and leave the church.

-one experiment had rats the most mean you have ever seen, the issue was that they were not metabolizing the serotonin effectively, and their brain was being flooded with it.

-people think that the issue is a deficiency of serotonin, but it's a metabolism issue in reality.

-things with methamphetamine those are meth they hurt out bodies in the very same way

-ppl on these drugs their body is affected similarly to the way that they would be effected by PCP.

-there is a CD by Anne Traci that tells how to get off of these drugs.

-so many in the world are suicidal because of hypoglycemia

-the brain cannot function without proper blood sugar levels, that is the reason why some can't perform as well as others in school etc.

-it was 5 lb. of sugar in the 1800's we used, but now 180 lb. of sugar we use. Anne doesn't use any of this bad type sugar. (*teaching that the type of sugar we eat that is not good for us we use much more these days)

-wheatgrass juice and turmeric neutralize fluoride and fluoride is a main active ingredient of these drugs.

-she has CD's on coming off of these drugs, mind control, bipolar, rem sleep behavior disorder, and how these drugs effect you personally

-rem sleep disorder behavior is the scientific name of what happens when people are like zombies where the lights are on and no one is home

-the brainwaves of the people who are on these drugs are like these are that of rem disorder behavior; they talk to others and their brain is asleep. A 30-year-old man who had been on Prozac for 6 months, when he was speaking to those who were doing the test on him, it was shown that he was in a complete anesthetic state while they were talking to him. The lights are on but no one home. I looked into his eyes, but no one was there. Rem sleep disorder this is, it's where you act out your nightmares. 96% of

who have the Rem sleep disorder are taking antidepressants. Many interviewed say that they do the thing they would least expect they would do when they are on this drug.

-the hosts of 1/3 of people that followed Satan in pre-mortality want to possess the bodies of the children of Adam and Eve, this is a huge way they do it.

-strengthen ourselves temporally so that we can stay secure spiritually

-the devils tell us lies to break us down and gradually get us to follow them by trying to break down our families.

-we lived all the laws of God in a spiritual body, now we are sent to earth to see if we can keep God's laws in a physical body; so we must align our bodies with the things of God.

-over and over people say that they feel possessed on these drugs even atheists.

-the pineal gland is mainly responsible for metabolizing 50% of the serotonin in your system. If you overload your brain with serotonin, you overload that part of the system. This part of the brain is related to spirituality. When they take these drugs they say that can't feel God anymore. **They literally sever the connection to the spiritual!**

-do we rely on the arm of flesh, our local doctor, more than our Savior?

-when doing talk shows on television 2 years after medications were allowed to advertise on television, Anne Tracy was to speak, and they told her that she could say anti-depressants[U1] but not the name of the drugs specifically.

Imagine now what would happen- they control what you see on TV.

-most of the commercials on TV are to sell drugs.

-psychiatric nurses never get to hear about the real side effects of these medications, but people including physicians can testify that these side effects are true.

-these drugs cause cravings for alcohol because they help with the hypoglycemia

-many people diagnosed with Alzheimer's don't have that, what they have is a prescription for an anti-depressant.

-Anne Tracy leaves her text in the original way it was published dispute adding things to it because it's to show that dispute what she is finding now, they had much of the truth even then.

-autism and Alzheimer's have long been known as a condition from elevated serotonin levels, and what anti-depressant drugs do is increase those levels. They say that people have low serotonin when they have depression, but that is not the case; what they have is poor metabolism to turn that serotonin into melatonin to help your body sleep and do those things your body needs.

-most of the people with these drugs have issues sleeping.

-these drugs work by going in and preventing/inhibiting (such is a serotonin re-uptake inhibitor is); you inhibit the metabolism of serotonin, and you end up with increased levels of it.

-before these drugs hit the market

-the dr. in Israel who found this called this serotonin irritation syndrome who could not metabolize well their serotonin; these people suffered from migraines, hot flashes, irritability, pain, worsening of bronchial complaints, sleeplessness, pains around the heart, difficulty breathing, irrational tension and anxiety, horrifying nightmares. These are the symptoms that people on these drugs have.

-PTSD is not necessarily from war, but from these type drugs that they encourage the military personnel to take.

-coming off of the drugs quickly can cause you to turn to alcohol for hypoglycemia and get strange delusions like that your neighbor has sexually abused your children, and you plot to kill them then kill them and others.

-A Texas mother Andrea Yates who loved her 5 children, raised them at homeschool to be with them more, etc., changed significantly the dose of her anti-depressant drugs and they next day drown her 5 children. She had a medication change in her Effexor and her Remeron the day before the incident. This literally was her worst nightmare, she could have thought of nothing worse than losing her children.

-patients on these meds testify that with the first pill you lose your control, your agency.

-since Andrea Yates there have been many like cases of mothers driving their children into rivers and lakes etc.

-author speaks of more cases like the above.

-A kind Dr. when he got on Prozac he killed his wife and himself.

-A guard at a prison called Anne and said I believe that Prozac is the reason why I have a plan to kill everyone on death row. This man was a patient of the once kind Dr. who was on this Prozac and hence we know that this Dr. was on Prozac. This prison guard assured Anne that this was not in the nature of this Dr.

-you act out your worst nightmare when you are on these drugs like the Texas mother who drown the children that she loved so much.

-monthly we lose 660 to suicide in our military, and another 1600 a month on top of that are trying to take their lives in the military alone.

-they make soldiers take an antidepressant before they do to Iraq. A person can refuse such though. This is terrible; they carry guns and face life threatening situations and need to be able to think.

-Trazadone is the drug of this type they give to the military personnel.

-homicidal delusions are a listed side effect of these drugs.

-suicide hostility or psychosis can result from going abruptly up or down on the dose of these drugs, so you can't do that!

-the Dr. of Omar Bin-laden son of Osama diagnosed

-mental retardation, organic brain disease which is brain damage, substance abuse, insomnia, violent nightmares, arson, impulsive behavior with no concern for punishment, reckless driving, those are all symptoms of those drugs.

-many Dr.'s spoke out when these drugs were introduced asking why we would want to increase serotonin because LSD and PCP

are drugs which mimic the effects of increased melatonin. The brain reads LSD or PCP as a rush of serotonin.

-these drugs inhibiting the ability to metabolize serotonin make you gradually over time become psychotic, then it looks like it's you and not THE DRUG. This is the big serotonin lie. They are causing the psychosis etc.

-1996-2004 the time when these drugs were really getting out there like when in 1993 Oprah Winfrey did her show on promoting these drugs and all of the mothers were running into the Dr.'s saying my kid needs this drug, as soon as this happened, and these drugs rushed out to everyone, BIPOLAR INCREASED BY 4,000%.

-Dr. Jim Goodwin 'the pied piper of Prozac' was on Oprah's show.

-1994 is when Anne Tracy's book hit the market.

-Jim Goodwin is on Prozac, he has all his 800 patients on Prozac or Paxil. Anne told him that if he doesn't get his children off of these there will be false accusations all over town for many of the nightmares that come from these drugs are sexual and you begin to think that you are remembering being raped.

-Wenatchee Washington where Dr. Goodwin did his dishing out of Prozac, had the largest sex sting ever heard of. 43 people were imprisoned wrongfully. Washington state paid out 100 million dollars for that. It was from a foster child little girl on Prozac and switched to Paxil, started saying that in many places they had orgies. The primary President and her husband went to prison for two years from being falsely accused in this incident. One child escaped from DCFS and did a show with 42 Hours interview on what had happened.

-Ritalin chemical name is methylphenidate - it's meth. Parents can't figure out that it's an amphetamine, and is no different than meth. Concerta is Ritalin in time release. (*This is what ADD patients take?)

-One pharmacist speaks of how Ritalin turns kids into drug addicts, gets them on meth in no time. Why do we think we have a problem with meth now? We have had kids on Ritalin for many years.

-Anne has done research on the school shootings etc. at <http://www.ssristories.net>, there is an entire database about reported cases of the effects of these drugs. There are almost 5,000 cases of these issues documented on this her website. Also in her book it speaks of these.

-mutant mice genetically engineered an experiment with such went wrong and they turned to be the most violent creatures ever. They found they lack the MAO enzyme, that which metabolizes serotonin. Hence their brains were flushed with such, and these Dr.'s testified plainly that the reason for the behavior of these rats was this flood of serotonin.

-Dr's said that they doubled their prescribing of these drugs after 911 terror event. Visor (or another company) came and offered Zoloft for free after 911.

-LA Times reporter had an article printed in the Seattle Times where the reporter interviews the Taliban psychiatrist, as he walked into the man's office, there were the regular posters for all of the anti-depressants on the wall. There was a young girl in his office. She said Dr. will we sacrifice another goat, so I can feel better? He said, "Nay nay, Allah has given these drugs great power, taking them is swallowing a little piece of God." SO they call these drugs a new sacrament! You can imagine how such a Dr. would dish these drugs out! He had a commander in the

army on the drugs who kept putting himself on the front line to get himself killed.

-one girl was documented to have had her father molest her, after they got her on one of these drugs, she began to believe that her mother molested her as well. She taught this to her children.
THESE DRUGS HAVE DESTROYED MORE FAMILIES THAN THEY HAVE CREATED SUICIDES.

-hypoglycemia is the beginning stages of pancreatic breakdown. Med books say it causes marked weakness and disability, impaired memory, hyperactivity, inability to concentrate (ADD?), hopelessness, anxiety, exhaustion, depression, insomnia, irritability, vertigo, tremor, tachycardia, muscle pain and backache, phobias, difficulty concentrating, numbness, blurred vision, antisocial, obesity, abdominal spasms, blackouts, convulsions, suicidal tendencies.

-gestational hypoglycemia is what women get as they have a birth. They also go into hyperglycemia at times in this time which is diabetes. The body needs much nutrition at this time and such will reduce the depression and anxiety. So these women and it's the same with puberty time, need nutrition and then they won't get anywhere near the so-called depression and anxiety for the body is being taken care of. We ignore nutrition!

-The word of Wisdom says what not to eat, but nobody listens to what it says to do, that is to get the nutrition you need, get the body what it needs.

-those coming off of these meds who do the best are the ones who go on a raw food vegan diet.

-Anne Tracy is a 40-year cancer survivor. She said she couldn't afford a coffin, so she had to go vegan.

-Hollywood stars either are health nuts to keep up with the trend of health, or they are doing drugs to force the body to keep up with that pace. It's that simple.

-93% of pharmaceutical companies go into livestock. They don't want us to stop eating meat because then they lose their business.

-we didn't hear about road rage, air rage, school shootings with entire families being wiped out. 30 years ago you didn't hear this on the news, it was boring news, not now.

-the state picks people up and put them in a hospital where they drug them and keep them residually in.

-if they would tell alcoholics that they are hypoglycemic and to change their diets they would be over the alcohol in no time.

-the pancreas is the first thing to be hit by stress of any form. The first physical reaction to stress then that we have a low blood sugar.

-if there is ever a time in the world that we need to care for our neighbor it's now, because their nightmare could be your nightmare next.

-Coast to Coast was the biggest radio satiation in the country, Anne had much air time with them, in 2001 they got bought out, we haven't heard info in these drugs since.

-People on these drugs won't admit that it's a problem; it's like asking an alcoholic if he is drunk.

-never get the drug 5 HTP St. Johns, it works the same way as these anti-depression drugs.

-low blood sugar causes depression, which can even cause suicide. So how do we treat this? With nutrition!

-so many people in the world are suicidal because they have improper blood sugar levels.

-child sex abuse with teachers going manic on these drugs and seducing their students occurs.

-people on these can be obsessed with sex, be pyromaniacs, kleptomaniacs, etc.

-Demerol is another one of these drugs, some ppl even take them for blinding migraines.

-Below are over 5,000 cases of terrible behavior from anti-depressant meds from Anne Tracy's website
<http://www.ssristories.net>:

Spirituality and Sorcery (Against Psychotropic Medications): Full Text by Ann Tracy

Full text article is shared with permission of the author.

Executive Director,
International Coalition for Drug Awareness

As John received revelation upon revelation sitting exiled upon the Isle of Patmos he issued a very strong warning to us in our day. He told us that our entire world would be deceived (lied to) through the sorceries that would come out of Babylon. (Rev. 18:23-24) He went on to say that the end result of this deception would be the demise of Prophets, Saints and many good men. In other words no one would be spared in this great deception by these sorceries. Remember that we were told that even the very elect would be deceived.

So what is this sorcery of which John warns?

The Greek translation of sorcery is “Pharmakia” which means “medicine from a pharmacy.” WHAT?! Does that mean the drugs we find in those pharmacies on nearly every street corner now? Is it talking about those same drugs with ads that run all day long on our TVs and in magazines that we see everywhere we look?! Is it any wonder then that these prescription drugs are now being reported as the biggest drug problem in America today? Is it any wonder that the whole world has been deceived about these drugs?

According to a 1995 study done by concerned pharmacists, prescription drugs, taken “as prescribed” rather than abused, are the third leading cause of death in this country, killing as many Americans every week as we lost at 9/11. The death toll of another 9/11 every week in this country! In light of this we need to ask who the real terrorists are when we are in a war over one week’s worth of these deaths while all the others go unnoticed, slaughtered and buried right under our noses. Is it any wonder the scriptures speak so sternly of sorcerers and sorcery?

January 17 this year [2008] we read in the New England Journal of Medicine that almost half of the studies done on one of America’s most popular group of drugs, antidepressants, were negative, yet when any of those negative studies were reported to the public the results were presented as positive. They also said the studies indicated that there was little evidence these drugs

which bring in nearly \$200 Million per day were more effective than placebo in treating depression.

Deception?

Deadly deception!

How deadly?

The most popular of these antidepressants, Effexor, now has “homicidal ideation” listed as a side effect. Homicidal ideation is not just killing someone, but it is having constant ruminating thoughts of killing and how to kill. To see the results of just this one deception with antidepressants go to

www.ssristories.drugawareness.org or

www.ssristories.NET where you will find a very long list of school shootings, loving mothers and fathers who have killed their children, children who have killed their parents, suicides, murder/suicides, female school teachers who have seduced male students, even well respected ministers who have raped children, previously “straight” individuals who have become “gay” – even to the point of having sex change surgery, extreme out of character behavior, including violence, wild spending sprees, embezzlement, sexual promiscuity, exhibitionism, gambling, etc. – all side effects of antidepressants.

Then the FDA announced that they have been investigating many various types of medications for the potential of causing suicide. After learning that antidepressants increase suicidal potential by 2-3 times suddenly the FDA officials realized that multiple classes of medicines might cause dangerous psychiatric problems including suicide. Medicines to treat acne, hypertension, seizures, high cholesterol, swelling, heartburn, pain, bacterial infections and insomnia can all cause psychiatric problems, effects that were discovered in most cases after the drugs were approved and already used in millions of patients.

Now, how could these medications produce such things? With antidepressants that answer can be as simple as explaining that antidepressants create a sleep disorder in which the patient acts out nightmares. It is called a REM Sleep Behavior Disorder (RBD) and 86% of those being diagnosed with the disorder are taking antidepressants. RBD is known to produce both murder

and suicide. Acting out one's worst nightmare – what a perfect way to produce out-of-character behavior that could destroy all a person has worked to achieve in character building throughout life-all gone in the blink of the eye!

Even worse than understanding the potential of these drugs to produce RBD, is to know that in the past RBD was known mainly as a drug withdrawal state. So the question of great concern at this point should be: "If antidepressants are being found to be in current use in 86% of the cases just how high will that percentage go in the withdrawal state from these drugs?!" This is why it is so important to avoid the worst of withdrawal by weaning EXTREMELY SLOWLY down off an antidepressant.

As people begin to see how they have been lied to about the safety and effectiveness of these drugs and attempt to come off the drugs, what will the end result be? Knowing what I know about these drugs and the withdrawal from these drugs I can tell you that I for one DO NOT want to witness what we will see! If there has ever been a situation in the history of this world where we have so desperately needed to adhere to the command to be our "brother's keeper" this is it! In doing so, even if you are not the one taking the drug, the life you save may be your own or that of a loved one. Why? Because when someone goes psychotic in the withdrawal they can do anything to anyone and I just might be you or your loved one. (For information on safe withdrawal go to <http://www.drugawareness.org> to find the CD "Help! I Can't Get Off My Antidepressant!")

Kim Crespi near Charlotte, NC learned of antidepressant withdrawal all too painfully on January 20, 2006 when her husband David, a good strong Christian and wonderful husband and father, who was also a vice president of the local bank and well respected in the community, stabbed their twin four year old daughters to death. David was months into an abrupt withdrawal from Paxil and had just started taking Prozac. He and Kim were not aware that the FDA had just warned the year before that any abrupt change in dose of an antidepressant, whether going up or down (he had just done both), can produce suicide, hostility, or

psychosis – generally a manic psychosis leading to a diagnosis of Bipolar Disorder. Of course it is not true Bipolar, but a drug withdrawal effect, yet so many have found they would be medicated for years for something the Bipolar Disorder they don't really have. Is it any wonder that the diagnosis of Bipolar has increased by 4000% over a recent 10 year period when it was basically unheard of before SSRI antidepressants?

But why is all this happening to us? Where did we go wrong?

For the answer we need to turn to Isaiah 28:8 where, he, speaking of our day, says that we will rise up each day to get drunk (but he had already made it clear that this drunkenness would not be from wine or strong drink). What would produce that drunken state then? Well when do people generally take their medications? First thing in the morning? These are mind altering medications. And what do the package inserts list as side effects? That is right – all the same effects one could expect from alcohol, but much stronger.

Isaiah then goes on to tell us why people would suffer the feelings of needing drugs. He says that our tables are “full of vomit” and there is nothing clean there.

Well, what is vomit? Vomit is food that either has already had the nutrients extracted or food that cannot be used by the body and is expelled because of that. And unclean? Look at the chemicals that have saturated our food supply.

So if our tables are full of vomit – food that has been depleted of nutrients or food that cannot be utilized where does that leave us? We are nutrient depleted. And where does nutrient depletion lead us? It leads us to stimulants of any kind in order to force our bodies and brains to perform since they do not have the fuel or building blocks from nutrients to perform.

Perhaps the most obvious segment of society in which to see this is that which is most transparent due to the exposure they get – Hollywood. Show business is a very high profile and highly demanding profession. If you watch the lives of those in the business you generally see only two groups: health nuts or drug users. They either reach for nutrients to supply the building blocks they need to build energy levels they need to cope with

their fast paced lifestyle or they use drugs to force their bodies/brains to keep up the fast pace. It is simple to see which of those choices coincides with the Savior's teachings.

One extremely critical point for all Christians to understand is the serotonin connection to spirituality. Antidepressants as well as the new atypical antipsychotics work by increasing levels of the neurotransmitter serotonin. But 50% of the serotonin is metabolized by the pineal gland.

What is the pineal gland? It is the master gland of the body and also known as the "seat of the soul" or our connection to higher, spiritual thoughts. In Eastern religions it is known as the Third Eye and is located right in the center of the brain behind the eyes. The question we need to ask is that if the Pineal gland is overloaded with large amounts of serotonin produced by these drugs, does it interfere with that spiritual connection?

According to patients using these drugs it does. They continually report that they can no longer feel God. One perfect example that comes to mind is that of Elizabeth Bush, the 14 year old girl who shot her best friend at the private Catholic school they attended. Elizabeth's hero in life was Mother Theresa. Elizabeth planned to devote her life to God and become a nun. So how did she go from that point to a charge of attempted murder almost overnight?

I called her attorney when this happened and told him what happened was likely the result of the use of one of these antidepressants. He did not show much interest, but said he would check. Then the following week Elizabeth was interviewed on 20/20 and asked this very question of how did she go from Mother Teresa as her hero to shooting her best friend at school. Her reply was that she could "no longer feel God anymore."

I called her attorney the following morning and told him I no longer had any question about whether or not his client had been on an antidepressant nor any question about its contribution to causing this tragedy. With that new evidence about her inability to feel God anymore, in my mind, I knew. At that point he asked

me to hold for a minute and when he returned he said through the rustling of papers, “Paxil. Is Paxil one of those drugs?” So, as dangerous and life-threatening as these drugs can be, even worse is the possibility that we can be severed from the spiritual by these drugs. Not only can they produce physical death, but also spiritual death.

Where did we go wrong?

Clearly we have underestimated Satan and his potential to pull us into his web of deceit and debauchery. Just because he is evil, does not mean he is stupid. He has much knowledge, far more than we do. Not more power than we do, because we do have the strength to overcome all with the help of the Savior. But we must be constantly aware of his cunning craftiness when it comes to his power to deceive. This awful situation in which we now find ourselves is a call for humility and faith and a reminder to always turn to the Savior in ALL things rather than trusting in the arm of flesh.

[For additional information on serotonin and antidepressant medications along with additional information on the great deception of pharmakia that John spoke of see Ann Blake-Tracy’s book, Prozac: Panacea or Pandora? – Our Serotonin Nightmare]

[Additional critical information: In November of 2010 Dr. John Ioannidis, considered the world’s leading expert on medical research, confirmed what John warned us of in Rev. 18:21-24 when he spoke of the deception that would cover the earth deceiving “prophets, saints and all good men” resulting in death. In the article titled “Lies, Damn Lies and Medical Science,” Dr. Ioannidis states that at this point he believes up to 90% of medical research is tainted or even completely bogus due to influence (\$\$\$\$) from the industry. To demonstrate the seriousness of this situation he stated he is not sure medical science will be able to survive this! That interview can be found here: <http://www.drugawareness.org/recentcasesblog/lies-damned-lies-and-medical-science> One simple question to bring perspective: “Would you take your car to a mechanic who is relying on information on the car which is 90% incorrect?” And

yet according to Dr. Ioannidis, this is exactly what you are doing every time you walk into a doctor's office!]

WITHDRAWAL HELP: You can find the hour and a half long CD on safe and effective withdrawal helps here:

<http://store.drugawareness.org/> And if you need additional consultations with Ann Blake-Tracy, you can book one at <http://www.drugawareness.org> .

WITHDRAWAL WARNING: In sharing this information about adverse reactions to antidepressants I always recommend that you also give reference to my CD on safe withdrawal, Help! I Can't Get Off My Antidepressant!, so that we do not have more people dropping off these drugs too quickly – a move which I have warned from the beginning can be even more dangerous than staying on the drugs!

The FDA also now warns that any abrupt change in dose of an antidepressant can produce suicide, hostility or psychosis. These reactions can either come on very rapidly or even be delayed for months depending upon the adverse effects upon sleep patterns when the withdrawal is rapid!

Ann Blake Tracy, Executive Director,

International Coalition for Drug Awareness

www.drugawareness.org & <http://ssristories.drugawareness.org>

Author: "Prozac: Panacea or Pandora? – Our Serotonin

Nightmare – The Complete Truth of the Full Impact of

Antidepressants Upon Us & Our World" & Withdrawal CD

"Help! I Can't Get Off My Antidepressant!"

Resources on Mental Health

Classics in the History of Psychology (pdf books, articles) <https://psychclassics.yorku.ca/>

DrugAwareness.org

TruthAboutPorn.org

cchr.org Citizens Commission on Human Rights - investigating violations of human rights in the mental health field.

LearnTheRisk.org – On risks of vaccines

provofamilies.com

TruthAboutYoga.com

psychrecoveryandrehab.com by Sarah Hancock, who came off of 5 antidepressants through diet & exercise.

-Psychotropic Drugs create Violence & Suicide: A public interest report published by Citizens Commission on Human Rights International: A Mental Health Industry Watchdog, March 2018
<https://www.cchr.org/pdfs/violence-report.pdf> [violence-report psychotropic drugs](#)

-‘If Ads were honest’ videos: I suggest only the following in this series. Others by this group are crude, but these are excellent:

if political campaign debates were

honest: https://www.youtube.com/watch?v=I7kQSxfc_JQ

If gym ads were

honest: <https://www.youtube.com/watch?v=61iKnKtwpUM>

if junk food were honest

<https://www.youtube.com/watch?v=G8lgZxYxpC8>

if cell phone <https://www.youtube.com/watch?v=75gwIQIMLbk>

coffee <https://www.youtube.com/watch?v=2ovhbT-Iulc>
antidepressants
<https://www.youtube.com/watch?v=n0v0jUeFGQ0>
meat <https://www.youtube.com/watch?v=FvjhdaWZ3hA>
fast food <https://www.youtube.com/watch?v=-q78QXpSL2M>