



Experiences and advocacy in the Netherlands

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Experiences in psychiatry



- Forced treatment
- Suffering
- No support
- **Coercion does not help but makes it worse**

My recovery process



- Freedom
- Friends
- New perspectives
- Homeless people treated me better than psychiatric staff
- Found a place to stay
- Started study

Start of advocacy



- Text message
- Spontaneous poster action
- Publicity
- News paper
- Website

- Start of informal group against isolation cells :
“Actiegroep Tekeer tegen de isoleer!”

Activities



- Campaign against solitary confinement
 - Progressive nurses
 - Project to reduce solitary confinement
 - Developing alternatives
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- Death of a man in isolation cell
 - Public debate

Project to reduce seclusion



- Goal of nurses: 10 % reduction a year
- **From coercion to intensive care /from control to support**

Identifying Good practices:

- **Prevention is better than repairing**
 - Early signalling of distress,
 - Contact and communication ,
 - Good relationships
- **De-escalation**
 - skills, flexibility and creativity
- **Alternative options and facilities**
- **Role of friends and family**

Development of High Care/ Intensive Care in psychiatry



- Southern Network for development of High Care
 - VUMC Medical University
 - Several mental health care institutions
- **2015: 2 institutions nearly zero seclusion**
- Project is not including reduction of forced medication or other forced treatments
- No underpinning CRPD awareness

2008: law reform process



- **Harmonization of 3 laws**
 - psychosocial, intellectual and forensic
- **“Stepped care”-approach**
 - Judge decides scope of treatment,
 - Location of treatment can vary
 - Treatment order is portable throughout system
- **No limit to forced interventions**
- **Anything can be done to users anywhere**
- **Forced treatment in the community**
 - Primitive interventions, not good care

2009: Counter-proposal by Stichting Mind Rights



- How to help people in a crisis situation?
 - Social solutions needed
- **Family Group Conferencing**
 - Find alternatives with people close to you and **make your own plan**
 - Pilot project in the Netherlands
 - Training seminar in Tokyo 17-21 July 2015
- 2010: reward by Mayor of Eindhoven for “groundbreaking resistance against isolation”

Complaints against psychiatry



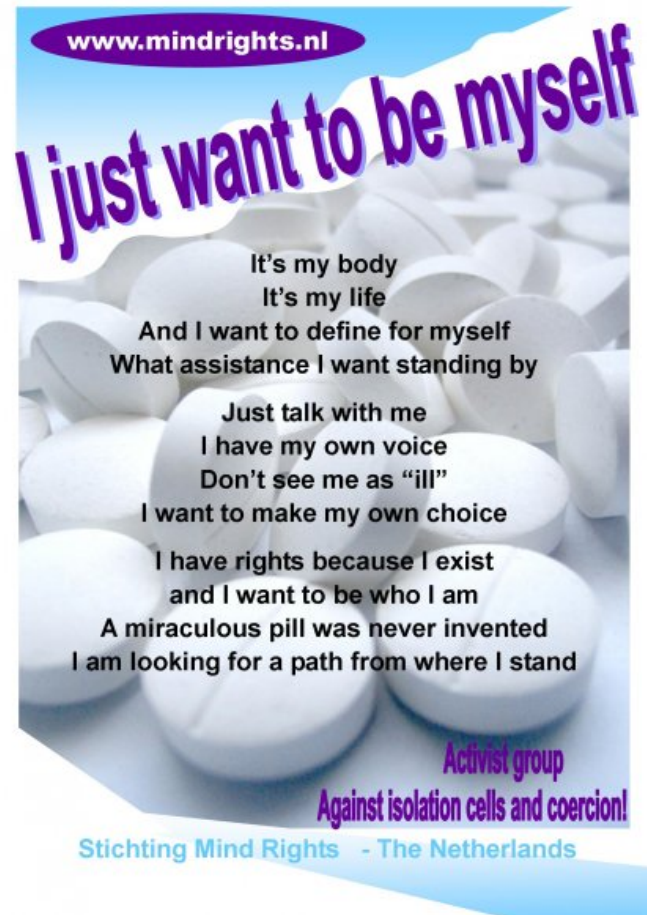
- 2002: found a lawyer
- Some steps taken
- 2008: lawyer fell ill
- No other lawyer willing , no support for complaints
- 2010: Complaints to **United Nations Special Rapporteur on Torture** (Juan E. Mendez)
- 2013: UN Communication to the Netherlands
- **2015: Still no investigation or remedy**
- **Impunity of psychiatry**

UN Convention on the Rights of Persons with Disabilities



- **Netherlands has not ratified UN CRPD.**
- Advocacy
- DPO umbrella: “Coalition for Inclusion”
 - Including Stichting Mind Rights
 - Dutch platform on mental health care is bigger organization but mixed

Leaflet of Stichting Mind Rights against forced medication



Links:



- Email Jolijn Santegoeds:
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- Mind Rights: www.mindrightrights.nl
- European Network of Users and Survivors of Psychiatry (ENUSP): www.enusp.org
- World Network of Users and Survivors of Psychiatry (WNUSP): www.wnusp.net