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Mental Health

Page (MH)

What is Mental Illness?

Mental Health is a term used to pretend that behaviors are the same as other health disorders, such as a disease. This allows medicine to "treat" these "diseases" as if they were physical, whether they are or not. Many diseases of neurology, chemical neurotransmitter imbalance, developmental disability, and similar, do have actual physical causes to them, so this is a valid corner of medicine. Some mental illnesses, however, have no known physical cause. For reasons like this, not all "mental health" issues are treated by a psychiatrist, or medical doctor specializing in mental disease. Some disorders or problems are treated by a clinical psychologist. I have had training in clinical psychology, but I am primarily an Applied Psychologist.

I am going to try to give you an intro look at mental illness, for you to understand what it is, and what it is not. First of all, every single human being on Earth has at least a little bit of this "mental illness" stuff. We are ALL born with some. It is only when we have developed a lot of that, enough to cause problems for ourselves or others, that we use words like "mental illness". So, this is an illness of **behavior** problems for self or others, as opposed to bleeding or tissue damage, or viral infection. So, no matter what is wrong with your brain, if that does not cause trouble for yourself nor others, you are not mentally ill. **Behavior** is the symptom of this disease. Behavior unacceptable to one's self or others has been around forever. Societies have executed people for being different, imprisoned them, tortured them, kept them high on dope, and many other systems.

Around 1970, I was ordered in for mental evaluation when I suggested that women be permitted to go to law school. Imagine such a radical idea? Many have been locked up for the mental illness of being gay or lesbian, too. Throughout history, whatever behaviors caused problems for society's rulers are considered mentally ill. As recently as October 2010, a psychiatrist tried to rule me schizophrenic, which nearly got his license suspended. (Dr. John Allen, M.D., Promise Behavioral Institute, San Diego.)

Behaviors that are **different**, even if that is **better** behavior, are usually considered mentally ill. That includes substance abuse, even in people who would be better off abusing substances. Throughout history, some people were different. All societies have struggled with the question of how different is too much.

Most substance abuse is not of intent, and most child sexual abuse is not, either. Both are intolerable by society, but the disease model falls apart whenever we blame the patient for the disease, insisting that they voluntarily caused that disease. So behavior is a crime, in addition to being a disease? How can a disease be a crime to have? **When a disease involves behavior, we blame the patient, and put the disease model out of our heads. Behaviors are the only diseases that we blame upon the diseased themselves.** Indeed, homelessness has been considered a mental disease, and therefore blamed upon the "participants" who "voluntarily" engaged in this behavior.

Society wishes to believe that alcoholics want to be same, and that homeless people want to be homeless, too. That is because behavior has the component of free will. But, how free is our will? And, if mental illness is indeed an **illness** and treated by **doctors**, how do we blame this on patients? Syphilis is caused by behavior, and that makes it a mental illness? I am just scratching the surface of where all this goes philosophically.

Medically, syphilis is caused by the "mental illnesses" (behaviors) of infidelity, lack of proper hygiene behavior, and excessive libido, all behavioral. So, venereal disease, along with drug abuse, is a mental illness. Same with obesity. I joke about being addicted to Hostess Twinkies, and that after being treated for food as an addictive drug, I still think about there being the equivalent of a hypodermic syringe in every package. So I get angry when they are given out at kids' birthday parties. Here, kid, have some crack!

A number of problems exist with the mental health system, one of which is diagnosis. If you obtain the diagnosis of a patient from 8 different psychiatrists, you usually get 8 completely different diseases specified. Who's right? Well, they all are, because there is so much leeway involved, plus it is argued that what a

patient displays one moment may be different from the next. To a very large extent, it is all arbitrary. **I avoid diagnosis, because the patient hears about it, looks up how they are supposed to behave, and becomes that way, classic. Better, then, to tell them they are absolutely normal, and maybe then they become same.**

So, a diagnosis of Bipolar Disorder (Manic Depression) with tendencies towards Paranoia could also be expressed as a Paranoid Personality Disorder with tendencies towards Clinical Depression. Different angles to the same case, but the same thing. To specify some idea of what is up, a diagnosis is helpful, but is green a bunch of blue and you add yellow, or vice versa? And, is all green the same color? **The amount of individual differences between people within a particular diagnosis far outweighs the amount of differences between the various diagnoses available.** To say it differently, every person has their own unique mental illness.

Combine that with the self-fulfilling prophecy of the patient starting to comply with how they think they are supposed to act, and you get shit-science. In the end, the only thing that does the patient justice is a wholistic approach, because **each patient varies a lot more from the diagnosis than they share with that diagnosis.** They can be categorized, like fingerprints, but they are also as individual and unique as fingerprints. Hence, **everybody needs a different approach entirely.**

This may be beneficial for the psychiatric and psychological community, because it means that no computer program will ever be able to do a reasonable job replacing them. Too many guesses, shades of gray, pieces of intuition needed, that sort of thing. I'm good, but I have 8 years of college, too. Diagnosis and mental illness works a lot like stereotyping humans. If you are Black, you are a good athlete? Not necessarily. So, if you are Obsessive-Compulsive, you are also a gambler and a neat-freak? Well, once again, not necessarily. Some Jews have blue eyes, some children born of doctorate parents are stupid, who knows? All this stuff does is peg a few tendencies, which makes it easier to look at something. **Diagnosis is stereotypes of mental cases.**

Treatments are sometimes worse than the disease itself. There is more emphasis these days on controlling the patient than on improving him or her. Even in a case where they are way better off using heroin, we stop them from doing so. Who gives a shit about them? I just believe what I was taught in psychiatry school, and in church, and I am the expert at forcing people to comply, right? More and more the attitude of those treating mental illness. Sad, too. Convince yourself that you are God, and then force human compliance, Mr. psychiatrist.

I once went in for psychiatric analysis (mentioned above) and the physician tried to make the case that I was schizophrenic. I could barely keep from laughing, and he didn't know that I'm a psychologist. He wanted to give me an anti-psychotic drug, which would have certainly brought me under control, as a vegetable. I told him I suffered from ADD and he said that there is no such disease. (Common belief among religious quack psychiatrists, such as the kind our military uses.) Ok, I said, Adult Autism. Here, he cannot say that Autism does not exist as a disease. I went on to suggest that without any delusions nor hallucinations, his diagnosis of schizophrenia was, in itself, a schizophrenic thought on his part. That shut him up, because it made perfect clinical sense all the way around.

Most other treatments are not much better. **The drugs used are not even the best one for the patient. They are the drugs that pay the biggest kickback to the psychiatrist.** Hey, it is a business. I have met people that were permanently damaged from ECT (electro convulsive therapy) and way more. **The state of psychiatry today is way worse than the movie "One Flew Over the Cuckoo's Nest"!**

Okay, What Works?

The three divisions of clinical psychology in thought are Psychoanalytic, founded by Freud and continued by Jung; Behavioristic, founded by B.F. Skinner; and, Wholistic Psychology, founded arguably by Abraham Maslow. Each have good and bad points about them. Each have ardent opponents and passionate proponents. **Every study ever comparing them has been proven as rigged and worthless.** Too much prestige on the line.

Psychoanalysis is borne of old psychiatry, where people were locked up in rubber rooms for life and injected with cocaine to make them feel better. Freud discovered that most of what we do is determined by factors that we are not even thinking about at the time. He coined the words conscious, unconscious, ego, and even libido (sex drive). Psychoanalysis teaches you what your dreams mean, what your inner thoughts are, and how to use all that to get ahead, and be better and happier. Some of it is conjecture, and even snake oil. A lot of it, however, is true and works good. Psychiatry of the psychoanalytic nature is **extremely expensive, takes many years, is very slow to get anything done, and I know of no Pro Bono cases.**

There is a pill called Strattera that in high doses allows people to know what all of their own inner thoughts are. I call it psychoanalysis in a pill, and take it daily. It increases Norepinephrine in the brain.

The second school of thought regarding mental illness is called Behaviorism. It says, basically, that behaviors can be studied as if they were part of a hard science, like chemistry. All behaviors have causes, and we can change around the behaviors of people by forcing causes that have specific results. If we give you a drug that causes any ingestion of alcohol to make you violently ill, you will stop drinking. You might take up injecting heroin instead, but you will stop booze.

That is, of course, the problem with Behaviorism. Many people who got their unacceptable behavior "cured" with the technique developed worse behaviors in their place. **So, the man is no longer a cocaine addict, but rapes children instead.** This system of techniques and therapies is the only one which requires minimal training and can be administered by a nurse. It is far less expensive for that reason, and so is the preferred treatment for the military and government. It is the technique least liked by the patients, however.

Behaviorism is the study of complete brainwashing and how to do it. When I give you the command, you will no longer use heroin. Maximum control with minimum regard for the patient. In combination with abusive psychiatric drugs, a winner. Safely soaks and washes brains clean in just six months! **It can be used to help you, but make sure that it is YOU calling the command shots.** Most of the financing for this system of treatment was funded by CIA. It works.

The third system of thought regarding mental illness and its treatment is called Wholistic Psychology, or Gestalt. It says that each person is unique, and so **no treatment will work for two different people.** It says that understanding a person and their mind takes time and intuition (same as psychoanalysis, on that point), but that **self growth and self esteem are paramount, along with love.** It says that in order to even grow psychologically,

you must first have enough to eat, and a place to live. Obviously not popular with the rich Republicans.

Wholistic Psychology blames mental illness upon poverty, social class, lack of understanding among people, greed, and failure to share things like food, housing, love, and even jobs. Of the plans patients prefer, this one makes them the happiest, but not necessarily the most productive for society. So, in general, governments and insurance companies refuse to pay for this treatment. (This is no longer true.) It is less expensive than psychoanalysis, and can be done by a social worker with additional psychological training. It's my branch.

Treatment in Wholistic Psychology, as in Social Welfare, is to find what works for one individual, based upon what both society knows plus the therapist knows. First, make sure the patient has no problems getting housing, medical care, food, entertainment, and even sex. Then, set up a plan to help them stop worrying about losing any of that. Third, help them interact with friends and share love. Lastly, boost ego and self-esteem in order to make them all that they can be. Yes, the Army slogan "Be All That You Can Be" is taken directly from Gestalt Psychology.



I have said that the real lunatics are those who earn cash as mental health professionals, yet do not help anyone they treat. They just control them. Governments pay for this service. Let us turn the glass around, however, as the half-empty glass is also half-full. **You need to properly use the mental health system, or it will improperly use you. Knowing how it works is paramount.**

The system refuses to admit that poverty and even religion causes most mental illness, but it does. And, while nobody will give you a psychoanalytic psychiatrist with a couch, nor a wholistic psychologist, due to the cost, you can still get good treatment from the behavior modification guys (control people) that the government provides free, if you know what to look for and what to say.

Are you controlling your situation, or being controlled? Did you know that each and every psychologist is capable of going outside of their preferred field and approach? We are all trained at all 3. That means, of course, that I can psychoanalyze you, but I won't because that takes 20 years and neither of us has the time.

You may be able to get just one visit with a holistic practitioner, to formulate a treatment plan that eventually gets carried out with the help of a less-expensive shrink. You do want drugs that help you grow, but not those which force you to be controlled and brainwashed. I use Strattera and Ritalin, which are both great on memory, hard work, and mental toughness. Prozac and Welbutrin are okay, too. And, of course, let us not forget about **Spirituality, the Medical Technical Term, not the religious one.** Your pastor can help with that. It means that you get hugged, and send hugs and love, and that helps cure mental illness.

Alcoholism is a mental illness, or perhaps a symptom of a mental illness, and Alcoholics Anonymous gives people hugs to help with that illness. Hugs do help to heal most things. An expert on how **hugs** work is called a minister. Some ministers will work with you on all this, and others will not. **Lots of us ministers out there, so don't give up easy.**

I cannot advise anyone diagnosed as Schizophrenic, as I do not personally believe that same can be cured nor treated at all. If you have delusions, I cannot help you, and refuse to waste time trying. Others treat that, with no success. Let everyone do what they can do, or **think** they can do. Schizophrenics are outside the realm of what I will try to fix.

My suggestion that I met God has been called a delusion. Schizophrenic? Well, one delusion in a lifetime does not constitute that disease. Also,

religion is an exception. If you believe in the Virgin Mary, that does not make you a nut-case all by itself. It can, if you take it too far. **Most ministers do not believe in God, but help you to believe, as a favor to you.**

Anyway, the behavior-modification shrinks usually try to get you onto a control drug, so any drug choice needs to be run by a wholistic psychologist for scrutiny. And, minor tranquilizers are okay, such as Librium or Valium, as are the ADD drugs and the Prozac derivatives, but **most other headshrink drugs are control-dope. Might as well shoot heroin!**

On the subject of heroin, ask this: "*Doc, why can't you prescribe heroin or cocaine (or both) for my mental illness? It may not cure anything, but I'll be so high I won't care!*" **Staying high permanently is probably the only treatment for schizophrenia, the mind that has become the egg that was dropped on the sidewalk.**

Okay, if your mental illness problems bother YOU, as opposed to anyone ELSE (such as your landlord, employer, minister, psychiatrist, social worker, or spouse) then classic behavior modification therapy may work just fine. This form of psychology, the only one that is usually tax-sponsored, can help you. Make sure that you are HELPED! Did you ASK for treatment?

Let's say you have an alcoholism problem. Is it a problem for YOU or for those people trying to control you? There are better addictions than alcohol. Harry Houdini was addicted to performing magic tricks, so much that it killed him. **For behavior therapy to work requires substituting a new addiction for the old one.** That's awful, you say? No, because not all addictions are bad.

Pablo Picasso was addicted to fine art. Works out better than being addicted to heroin, right? *Pablo The Heroin Addict* would never have made history, nor become rich and famous. Sir Arthur Conan Doyle, who wrote Sherlock Holmes, was addicted to both heroin and cocaine, but substituted writing novels for those addictions. Understand how it works? Tiger Woods is addicted to golf. Dentists have dreams about teeth. Being addicted to performing great, perfect heart surgery is a nice addiction to have, for example.

Find out what you really love to do. Eat? Bad one. Many people quit smoking, only to end up with a \$300-a-day Hostess Twinkie habit. Exercise? Much better addiction, as that is healthy. Hopefully you do not go so overboard as to have plastic surgery and run for Governor of California (or Michigan).

Right now, I am addicted to writing and amateur webmastering, both constructive. You choose your own addiction. Sex? Sure, that works, but society is squeamish about that as a cure for mental illness, plus religious leaders object (although they use it a lot themselves!)

Get addicted to Jesus? Okay, but **I put religious (love) addiction in a class worse than narcotics. Many ministers need to be treated every year for addiction to love.** Really. That's a religious secret, like Catholic priests having sex with young boys, hoping to someday turn them into priests. So, tell the therapist that you no longer use alcohol. Your alcoholism is completely cured. Thanks, doc! Now you instead molest children, snort cocaine, and eat 300 cupcakes every day. **Substance abuse is the symptom of an underlying mental illness. It is not the illness itself!**

Taking cough medicine means that you do not cough, but it does not mean that you no longer have a cold. Eliminating the symptom of alcohol consumption does nothing for whatever mental disease was causing it.

Diagnosis and Treatment:

Am I mentally ill? Well, do you FEEL mentally ill? That is how Freud put it. You do have all of the answers, but you are not letting your own self know. That is why you are fucked-up in the head. You gotta learn YOU. This is my test for the elusive "Mental Illness":

1. Are you happy? How happy? Why or why not?
2. Are there things you wish were different? What? How? Why?
3. Are there things about you that you dislike? What? Why?
4. What are your dreams (aspirations, not that night stuff)? What do

you want to do? What is the purpose of your life?

5. How do you stay in control of your life? What do you need? How will you get that? What are your plans?

6. Is there anything about your thoughts, beliefs, behavior, that you cannot tolerate? What? Why?

Scoring: If you used as few words as possible, you are trying to hide from yourself. Go back and write a LOT about each question. If you cannot do that, you are mentally ill, plus refuse to admit that to yourself. Once you have written a lot on these questions, read what you wrote. Evaluate yourself. Nobody has accused you of being stupid. You still don't know? Okay, take the paper to a psychiatrist or psychologist for their evaluation. Should take ten seconds, and I do that on-line a lot. Any diagnosis arrived at is questionable, anyway, because you have many sides to you and I am only seeing one mood today. Two different shrinks almost always results in two different diagnoses. Where do we go from here? That depends upon your resources. If you have bags full of money, hire a top-shelf psychiatrist. If not, your first line of defense is any school psychologists, if you are in school. Then, there are volunteer free social workers. If that fails, governments do pay for some psychiatric help.

Mostly intended for dangerous nut-cases, all governments have psychiatric care available, especially for emergencies. Not a good use, though, as it gives you a mental criminal record, causes extremely toxic and harmful drugs to be forced into you, and it is very traumatic. Ask if you can get routine non-emergency psychiatric care. Probably, there is a waiting list.

Ask the doctor what types of drugs are available, and what each one does. There are not many. Try to avoid the classic tricyclic antidepressants, such as imipramine, in favor of the Prozac type drugs, such as Welbutrin. Avoid such drugs as Zoloft, Paxil, Chlorpromazine, and similar tranquilizers in favor of Librium, Valium, similar. Avoid the stimulants such as Adderall, in favor of the reuptake inhibitors, such as Strattera. And, above all:

Keep in mind that most shrink-drugs take a minimum of three weeks to have any effect

at all! This is not like a cup of coffee or a sleeping pill, which takes two hours at most. Brain drugs of this variety take a lot of time to soak into your brain. Your brain is not like a sponge, but more like a loaf of very old and stale hard bread. You need to soak it in these drugs before anything happens, and that takes time. **Many people give up on treatment before getting any results!**

Also, keep in mind that if the doctor gets paid by the government, he or she needs to follow whatever brainwashing guidelines have been established by their employer. This involves some form of controlling you, which varies by county, city, state, etc., and they need to follow the orders of their boss or they will lose their job and live on the street. Understand? They work for a nonprofit? Well, most nonprofits are secretly part of the government, and get government money to operate, which means taking orders from the government, too. It makes them **look** independent of government, which they are not. This helps to hide the government motive of controlling you.

Should you get a diagnosis? All that really does is to prejudice any treatment official along stereotype guidelines. Not a benefit. It also prejudices you, too, by suggesting what you are "supposed to" be and act like. Also not a benefit. Diagnosis does more harm than good, but it is a necessary concept to make things fit into our apelike primitive brains. Each fine art painting is unique, but it helps us to understand them if we classify paintings into categories of art. Your brain is a unique fine art, unlike any other. Classifying it into a category of Mental Health tells us nothing about you, personally. Diagnosis is a human concept used to help us process information by creating stereotypes.

So, if I diagnose you as being Black, does that tell us that you are a good athlete? Good dancer? Does it even tell us that your skin is dark, since there are albino Black people, whiter than I am? To diagnose a mental disease is to assign a "race" to it. It makes somebody easier to spot in a group of people, should you need to point them out as the person somebody needs to talk to. It does not tell us anything dependable

about that specific person. We use it because it gives us tendencies.

Yes, if you are Black, you would on the average tend to have darker skin, be a better athlete, and all that racist stereotype crap. But that is averages, not individuals. So, using diagnosis as a starting point is useful for giving us tendencies of what to expect. It also biases our treatment of the patient, however. I only use it when absolutely necessary. It is a communications tool, not a therapeutic one.

So, let's say you are diagnosed as having Shoplifting Disease (kleptomania) but in your case you only shoplift extremely raunchy pornography, which you take into the alley behind the store and burn it. Are you to be arrested for theft, arson, religious lunatic behavior, or are you just making a political statement? Society uses its resources to control you, and calling you "mentally ill" is just one of those (often abusive) controls.

Without knowing it, the therapist hypnotically controls the patient, automatically finding what he/she wants to find, subconsciously, unknowingly influencing the process. Deep inside the brain of the patient, there are memories about certain questions leading to certain diagnoses, and that creates the hypnotic suggestion to behave in certain ways! This is because the therapist is more powerful spiritually than the patient, and it happens automatically. It can be lessened by making the patient as powerful spiritually as the therapist, but that is only done by mavericks like myself. They need not be told that their blood sample will be added to food served to everyone in the cafeteria. Once given the "Eye in the Sky" of Gnosis (see NZ9F.com/Gnosis), the patient can be diagnosed without undue influence from the therapist.

When you combine psychiatry with religion, probably the worst possible thing to do, you get the greatest possible abuses. Religion uses hypnosis to socialize, while psychiatry uses it to control behavior. Both are the same word, socialize and control, only varying in perspective. Socialize implies that it is for your own good, whether it actually is or not. It is for the good of the rich people who want to control

you so that they can make money off you and all other people. The primary crime you committed is poverty, in that you no longer have any more money to be extorted out of you.

Extortion via excessive rent is the most common ploy of the wealthy to both control and profit from us. You cannot, for example, tell the boss at work to go eat shit, because that would result in not being able to make the rent payment, and then welcome to the sidewalk. The threat of homelessness affects us all. Once homeless, you no longer have that particular worry (coming up with rent), nor do you have the threat of becoming evicted and homeless hanging over you, either.

Like the vampire said, "Worry about dying? That already happened." So, the view from the sidewalk is to not have to worry about rent.

Mental Health Abuses

From the San Diego Homeless News, June 10,

2014. <http://nz9f.com/sdhnarchives2014/jun>
A Public Safety Town-hall Meeting in Linda Vista was held May 27, featuring new Police Chief Shelley Zimmerman and City Council Member Scott Kersey. 5 Police Captains were also present. My reason for attending is that at the Ocean Beach meeting, there were many homeless issues complained about, and no one from the homeless attending to answer questions. (We need a third rubber tent, in Ocean Beach, of course, but you already know that.)

Chief Zimmerman and Councilman Kersey are sharp, well-educated, good public speakers, and great at Public Relations, but I give them an "F" at understanding and dealing with homelessness. Kersey did say that our present system is nothing but a revolving door of temporary housing versus being back on the streets, so he does understand somewhat. The Border, Navy, and Cabal (Mafia) control of the News Media make San Diego a very unique place.

Both Kersey and Zimmerman seem to ignore the fact that those on the sidewalk are only a tiny fraction of the homeless, who could not find anything better at that one specific instant. It

changes every minute, with an entirely different group 2 hours later. The "Sidewalk Rotation" of San Diego's 310,000 homeless needs to be addressed, or we are only looking at a single frame of a movie, not the whole picture, much like San Diego County's "Point-In-Time" count, which is entirely useless at determining the actual number of homeless.

Kersey said that something like 70% of the homeless have drug, alcohol, or mental illness problems, which sounds a lot like San Diego County propaganda, and is nowhere near true. They have **housing** problems, which expand into **storage, employment** and **transportation** problems. All of these lead directly to Mental Health problems, which can be delayed or abated some by the use of drugs or alcohol to cope with them. These "escapes" will eventually fail, resulting in mental illness, followed by suicide. **Once mentally ill, the problem is terminal, as there is absolutely no treatment nor cure for mental illness caused by being homeless.** None. Yes, there are fake and rigged studies trying to prove otherwise. Just buy 30 more rubber tents.

Escape substitutes may be used in place of drugs or alcohol to slow down the onset of mental illness, such as television, movies, sports, video games, or even hard work. Even then, these escapes will eventually fail and permanent mental illness will result. Hard work is probably the best escape, because it teaches values that society honors.

Chief Zimmerman spoke of her great faith in **HOT** (Homeless Outreach Team) and **SIP** (Serial Inebriate Program), which proves that she is entirely out-of-touch with reality on the homeless issue. **(See how these programs abuse the homeless regarding Mental Health, elsewhere in this issue.)** We are not having an input on these programs, nor have we been successful at educating those who deal with the homeless, unfortunately. The Real Estate Media purport lies that are accepted as truth, and believed by our hypnotized sheep population in San Diego, but that is no reason to have those professionals dealing with the homeless become sheep, too.

The Chief dodged a question on the difference between Homelessness and Vagrancy, which is unlawful homelessness, because there is no such thing as Vagrancy in a city that has become a giant homeless camp, like San Diego, with our 310,000 homeless of 1.3 million residents. 1 in 10 is homeless, about 10%, four times higher than anywhere else in the world per capita. Compare this to New York City or Los Angeles with 2.5% homeless. Weather can account for 60% more homeless, but not 500%, and besides, Los Angeles has the same weather.

Examples: GEORGE (not his real name)

Extremely involved for life with promoting Jesus and religion, he ultimately found ministers having sex with children, blowing huge wads of donated money on whorehouses and casinos, using a lot of dope, and laughing about all the bible-believing "suckers". He eventually became Gnostic (which means he learned about all the blood and semen that religious people add to food to control everyone) but was still seeing demons, hearing voices from God, and many more delusions. Near-Schizophrenic due to Religious Abuse. No treatment nor cure, but 20 years of anti-religious therapy (including having his blood and semen in the food of others) and drugs like Prozac and Strattera, may regain him 40% of his mental faculties, enough to be employable. He will then begin life at Age 50, 60% diminished mentally. Extremely common case. I see him all the time, looking for help.

HILDA

Hilda became a friend of mine, a cute 20-year-old unlawful immigrant from Ecuador. She was originally trafficked into Tijuana by a White Slavery Cartel, but escaped. She became addicted to crack cocaine in the process, but eventually was "rescued" by Jehovah's Witnesses, who invited her to live with them and heal. They controlled her every thought, and shamed her continuously, feeding her so much control-dope in her food that she committed suicide about 30 days after joining the group. I miss her.

PEAS - Strike One, Two, and Three

Let's say we have a shipment of 6 million peas. One third are rotting and not fit to eat. We take a sample of 9 peas, examine them, throw out the 3 rotten ones, place the 6 good peas in the sample back into the shipment with the 5,999,997 other peas, and ship them. Right? We take a sample of less than 1% of our homeless population in San Diego County, weed out the "bad" ones, and proclaim all else to be okay. The RTFH, **Regional Task Force on the Homeless**, of San Diego County Government, does this annually. The "bad peas" get imprisoned in an institution for the poor, such as PATH or the San Diego Rescue Mission, until they become mentally ill. Then, they will need help for life, which makes lots of business for the institution. Think I'm joking? Read my analysis to follow. **I am actually being kind and pragmatic!**

Introduction to Mental Health Abuses:

Strike One: I originally wrote a lengthy thousands-of-pages long analysis of how I became victimized by society and the Bar, as an adjunct of my wanting \$4 billion in damages. It was so scathing that the Literary Agent assigned to evaluate it committed suicide. I destroyed all copies. Another work that I destroyed (**Strike Two**) was a lengthy article on the San Diego County Mental Health System and how it is used to destroy, silence, intimidate, harass, humiliate, and permanently incapacitate people. The reason I destroyed the article is that I was afraid of causing the closure of all State Mental Health facilities, which it had the potential to do.

I toned down my articles, and now Strike One is part of Package B, obtainable at NZ9F.com/PDF, but it is missing 99% of its material. Strike Two, about Mental Health Abuse, is being toned down and reprinted (different article) below. Strike Two was actually censored out of the San Diego Homeless News in 2011. It now becomes my Strike Three, presenting only 15% of the horrors, to make it readable. I've not been in a Mental Hospital

since studying to be a Psychologist...until one day...

STRIKE 3

A few years ago, I had a scathing speech to deliver to the San Diego City Council, and made the mistake of publishing an advanced copy in my web blog. I also talked about my upcoming suicide, which is probably inevitable, eventually. No hurry. As soon as I entered City Hall for the meeting, I was arrested on a "5150" Hold, "Danger to Self or Others", handcuffed, and subjected to the tortures that involve the **Mental Health Abuse Process** these days. I am glad it happened, because it taught me that what I learned as a Psychology graduate student, and even as a Professor, needs a lot of correcting.

The ambulance driver made it clear that suicide is available, but only if you keep it a secret. Talk about it, and you get tortured. I was given a cell at County Psychiatric on Taylor St., never interviewed, and they wanted to give me some Valium. Since I do not like trancs, nor being high, I refused, so they secretly put it into some chicken that I was fed for lunch. I am supposed to be tested for blood pressure and blood sugar, and given medicines for that, but County usually missed both testing and medications, making my blood pressure and blood sugar go haywire and causing me a lot of distress. They kept wanting to send me to a different facility, paid for by insurance instead of the County. I balked, but eventually allowed them to send me elsewhere. Bad mistake, because as bad as County is, Promise Behavioral Hospital was even worse.

From the beginning, everybody kept looking for a drug or alcohol problem, neither of which I have, so they were constantly taking blood and urine samples, and even breathalyzer tests. Try to tell them that I am "high" on excessive blood pressure and excessive blood sugar, because they have my medicines so messed up.

Promise Hospital tries to addict everyone to cigarettes, providing unlimited free smokes for those who follow orders and obey. I do not smoke, have never smoked cigarettes, and am extremely allergic to tobacco smoke from

cigarettes (although not from cigars, with some exceptions). None for me.

The food was so loaded with human blood and semen that it made me very sick, and made me somewhat crazy as well, which would be very normal. They got upset when I wouldn't eat it, and when I got a really bad case of diarrhea, they refused to give me medicine for that. I was wet-farting liquid shit all over for days.

I wanted a shower, but it took a day and a half to get permission, and wanted to keep a log, but that was not permitted. Every hour or so, they took a large blood sample (not just a finger-poke to check blood sugar for diabetes), plus every hour or two they presented me with legal papers asking that I consent to stay there permanently. I wanted a lawyer but was denied. I eventually threatened to sue, but did not lose my temper, gently delivering that message. I was entirely civil and calm throughout, as were all of the other "inmates".

I attended every group therapy session offered, but none were on my mental or social level. I got examined by a physician who knew who I was, and she put a huge amount of love into me, which helped.

Then, I finally got to see a psychiatrist, Dr. John Allen, M.D., from La Mesa. He invited me in, sat me down, and asked what medicines I was taking. I told him I was on Strattera, and he refused to allow that, even though abrupt withdrawal almost always causes suicide. He either didn't know, or didn't care. He wanted, without ever interviewing me, to put me on a Major Tranquilizer, used for psychosis.

Why? I asked. He told me I was Schizoidal or Schizophrenic, so I asked what in my behavior might indicate that. He told me that he was the doctor, and I should trust his judgement. He said that I was probably in and out of mental hospitals my whole life. I told him that I was never in one as a patient before, and that he should look at my medical records. So, he asked what Mental Health issues I was suffering from, and I told him ADD, Attention Deficit Disorder. He said that there is no such disease. Just then, his cell phone rang, and he spent the next 50 minutes on the phone, helping his wife with her car that refused to start. Keep

in mind that at no time was I ever interviewed. I have no idea what he may have diagnosed me as in the end, but I diagnosed him as being **Extremely Incompetent**. I personally do better psychiatric work than that.

When it came time to release me, they would not let me go unless and until I signed a legal paper indicating that I cannot sue them. They ended up holding me an extra 3 hours, past the legal release time, until I threatened to sue for Kidnapping and False Imprisonment. All of this very calmly.

The experience took 4 months to recover from, in which time I nearly really did commit suicide, only as a result of this traumatic experience. My original story, which I destroyed, ran 300 more pages, and was a hundred times more graphic and horrific.

It looks to me like Promise Hospital had beds open, and it was Dr. Allen's job, along with legal staff, to fill them. I am a Psychologist, a Gnostic, and a professional, but how would an ordinary person fare? This is all based upon an article that I censored out of the San Diego Homeless News in 2011. I wanted to ask that both Dr. Allen and Promise Hospital receive a license suspension.

Left out of this telling of the story are many horrors, such as torture by electroshock "therapy" meted out to those who disobey, and a large number of people who claim that they never had any mental illness until they went there. The abuse of psychiatric drugs was evident, and although a lot of folks were there on a "5150" (Dangerous) hold, **I found not one person to actually be dangerous**. Everyone was being harassed by a neighbor, ex-spouse, ex-friend, or ex-employer, or they made a political statement that the government did not like. 5150 is a very important law, but it needs to not be funded by State or Federal funds, to limit its abuse. The Arresting Agency should have to pay all costs of enforcement.

Lunatics

One of the Professional women asked a focus group that we are both in why there are suddenly so many more lunatics (bipolars and schizophrenics) than ever before. I had

observed this problem, and also wanted to know. Mental Health Administrators said that the County programs, called LIHP (Low Income Health Program) and CMS (County Medical Services) were over, and this was part of the transition to ObamaCare. Okay, but I also noticed many new recently-discharged **Militics** (Military Lunatics), too, and even that did not explain the upsurge.

I hit the streets (unhoused) for a few days to investigate, and found that an upturn in the use of Spirituality (control dope) in the foods is also to blame, plus our ever-worse economy. Friends that had helped me to establish our website, and helped publish the San Diego Homeless News years ago were now severely mentally ill as Bipolar or even Schizoid. Almost made me cry, because these were well-educated, productive, extremely intelligent people. This is homelessness causing permanent mental illness, because when being homeless causes mental health problems that are severe, there is no treatment, no cure, no nothing. Very sad. Cry? **No, kick some ass with those abilities that I still possess**. If I were not a priest (Mexico) and a bishop (USA) I could not handle any of this. I would be one of them!

Making Me The Issue

There has always been a huge effort to marginalize me, make me look stupid, or crazy, or confused, or abnormal, or whatever. When I speak at City Council meetings, City makes sure that there are Schizophrenics "representing the homeless" who speak just before I do, for example. At meetings, I get insulted regularly and repeatedly. After taking a nice shower, shaving, and putting on fresh clothing, some people hold their nose and say, "Homeless stink!" I even get interfered with Spiritually: (Gnosis, Tantra, Spirituality, Al Halal, Medical Term, not Religious) is used to interfere when I am speaking, breaking my train of thought, in an attempt to make me look incoherent.

And, all throughout, those who cannot put forth an argument instead try to make me the argument, as if this is all about me, which it is not. I am just not that important. The

Freemasons have their agents Downtown, posing as homeless, pointing their fingers at me and shouting, "There goes a lunatic!" They don't understand that that doesn't work, and people know who and what I am. The homeless know that I'm very intelligent and telling the truth. I keep photographic records of who the Mason Agents are, and have moles in their Cabal as well. Three weeks after I began publishing this newspaper, years ago, there was an attempt to kill me, which resulted in certain individuals and one Cabal group becoming identified as the perpetrators.

At a recent meeting of civic leaders one of them suggested that I suffer from Multiple Personality Disorder. I do not like it when I get insulted, but can I fire back, insulting a community leader? Not a good tactic. As it turns out, all that it proved is that he has no idea what that disease consists of. Room filled with very intelligent people. I suffer from no mental illness except Asperger's Syndrome (excessive intelligence) and that is not even usually considered a mental illness.

SIP, HOT, PERT = Mental Abuses

The problem with **SIP** (Serial Inebriate Program), **HOT** (Homeless Outreach Team) and **PERT** (Psychiatric Emergency Response Team) is that they rely upon incorrect data and assumptions, incorrect conclusions, and propaganda that universities teach as the truth, even though it is based upon false, fake, and rigged "studies" of the situation. Any of the homeless can set you straight as to what is really true, not just me. I am just easier to read.

SIP assumes housing to be more important than escape via alcohol. An alcoholic with no booze will find other things, maybe turning to heroin, cocaine, shoplifting, sex with children, weightlifting, tennis, or video games. Many escapes are bad, but not all of them are. Escape, yes. Housing, maybe. If you do not control the new behavior that is substituted for the alcohol, it is your fault that we have a new child molester or bank robber. **Any of these people can be made into a workaholic, substituting in hard work instead of**

booze. Are we doing that? Of course not, because society is too stupid.

HOT assumes that police contact can be perceived by the homeless as less than life-threatening. San Diego Police are famous for separating the homeless from their possessions by taking them (but not their belongings) to jail, and then what they have is either stolen or gets trashed by the City. People lose their family burial urns, photos, artwork, everything. In addition, **all of us have seen cops shoot and kill fellow homeless, without even talking to them first, and then laugh about it and not get prosecuted. So, for us, police are paid cold-blooded killers.** (Note that this does not usually occur in San Diego.) Having police nearby, we fear for our lives. Are they ordered to kill me today? Paranoid? Fear, rational fear, is not Paranoia. Police are believed whenever they lie, and we all know that. We are also all victims of that. I have suggested that San Diego Fire and Rescue should operate **HOT** because homeless do not fear Fire Fighters as paid killers, plus homelessness is something to be **rescued from, not prosecuted for.** Would a synagogue allow security officers to wear Nazi uniforms? What if they called them "Nazi Outreach Ambassadors"? See my point? The uniform of a killer denotes a killer, even though this particular person may not be one. **From a homeless perspective, police are (among many things that are good) also paid killers.**

PERT needs to realize that most psychiatric "emergencies" are fake ones, made up by the person or those attempting to harass them. **PERT** is long on college and book knowledge, short on reality training. Incompetent, but trying really hard. **County should hire homeless and ex-homeless for PERT, because homeless can see right thru the bull and make a valid decision as to safety.** We need to be able to do this, evaluating everyone new constantly, or be shot or stabbed ourselves. Your "experts" lack this ability, and as a victim of **PERT** personally, I can attest to this. If you were to choose your personnel based upon what they know and are able to do, instead of who they are related to or their placement in the Catholic-

Baptist-Mormon and Jewish hierarchies of societal rank, you would have far better results. Government is too corrupt to do it the right way, especially at the San Diego County level. PERT is San Diego County, of course, pretending to be a nonprofit organization. **Am I making sense to you at County, or do you have your heads buried in the sand, per usual?** People depend upon me for a no-bullshit analysis of reality. If you want the Fairy Tale News Hour, watch FOX (FAUX Fictional News.)