



HEADS UP

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VOLUME 7, ISSUE 3

AUTUMN 2016

Mental Health Survivors have Human Rights too

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"It's our duty as an equal society to ensure that people who have endured, overcome or still live with, Mental Health issues are afforded the same Human rights and respect as others and not stigmatised by what is a far more common condition than many realise."

- Baroness Eleonora Aardvark-Graham, Chairperson

Call for Evidence

Human Rights check 2016



Human Rights
Check **UK**



In April/May 2016, the United Kingdom was examined for the third time by the United Nations on our human rights record under the Universal Periodic Review. Civil society organisations have the opportunity to contribute to the United Kingdom's examination by providing evidence to the UN about the human rights situation on the ground.

Human Rights Check UK is gathering information and evidence from groups across the United Kingdom that will form part of a joint civil society shadow report. We provided information and evidence in two ways:

1. We completed the form online at:
<https://www.bihhr.org.uk/hrcheckyoursay>
2. We submitted a Coalition document with Warwick Research to the United Nations.

We included information on how the issues came about, when the issues were of concern or whether they are still of concern, and who was affected. We also included information on any obstacles or challenges we and our organisation faced in dealing with these issues.

The Human Rights Check 2012 failed to include human rights for people with mental health and learning disabilities.

It is unlawful, for example, if a service provider advertises stating that 'assistance dogs are not welcome' on their literature



"To deny people their human rights is to challenge their very humanity."

Nelson Mandela,

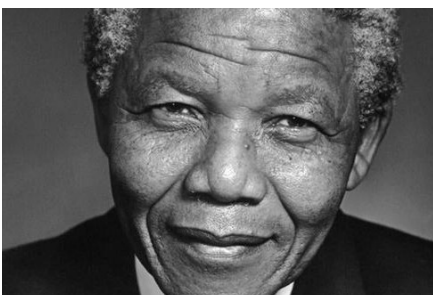
WHAT HUMAN RIGHTS ISSUES ARE OF CONCERN TO YOU?

Mental Health treatment in UK is in breach of the **Universal Declaration of Human Rights**.

Article 5. People within the mental health services are subjected to torture/inhuman/degrading treatment.

We need to stop excessive force against people and ban/limit to last resort holding restraints. (Change the type/style of restraint). Patients have had their thumbs bent back, Psychiatric Professionals should be trained like match stewards to hold around the wrist. Patients have been rugby tackled if they even looked like they were leaving the ward. Others have been thrown physically into a seclusion room for 24 hours without food or drink, no toilet, seat or bed. People have been injected against their will with drugs that cause them to be unable to move for hours, sometimes days. When women are injected against their will sometimes they are stripped naked in front of men and injected in their bottom.

These are degrading and traumatising experiences.



Call for Evidence

Human Rights check 2016

ARTICLE 10 THE RIGHT TO A FAIR TRIAL.

- People with Mental Health disabilities have a right to a fair and public independent hearing, as well as equality with other Human Beings.
- Law REFORM - ban sectioning and replace with a law for a place of safety and a court hearing for involuntary admission, like in America.
- SECTIONING is out of date and the wording, 'appears to be mentally ill' is ambiguous and could result in people without a mental health problem being arrested and/or placed under section. People could have had an autistic 'meltdown'.
- Protection against parental/family abuse, verbal and physical, plus against being called degrading names associated with mental health and learning disabilities.
- Protection/law against abuse from other people in regards to verbal and physical, plus against being called degrading names associated with mental health and learning disabilities.



ARTICLE 11 INNOCENT TILL PROVEN GUILTY

T H O M A S S Z A S Z ,
Psychiatrist in USA says,
"Freedom is more important
than Health" (Szasz, 1988).

Court hearings are not subjective like 'in house' tribunals or sectioning. The police should primarily be tackling crime and not sectioning people. In house tribunals take place 7 weeks after admission to decide if you met the criteria for being sectioned.

In the Court Hearing it can be established if the person is a danger to themselves or others. Too often patients are being forced into hospital when they are well as the Doctors are not considering the truth of the situation. They just listen to family, friends and other professionals. Too often Service Users are not being allowed access to a hospital ward when they need it. Some people go for years needing hospital treatment because they feel suicidal and the Doctors are not listening to them. A Court Case with a jury of non-Psychiatric professionals would help the person to get their needs met.

WHAT THEN IS
FREEDOM? THE POWER
TO LIVE AS ONE
WISHES.

Marcus Tullius Cicero

PICTUREQUOTES.COM

You can't separate
PEACE from FREEDOM
BECAUSE NO ONE CAN BE AT PEACE
unless he has his FREEDOM

Malcolm X

PICTUREQUOTES.COM

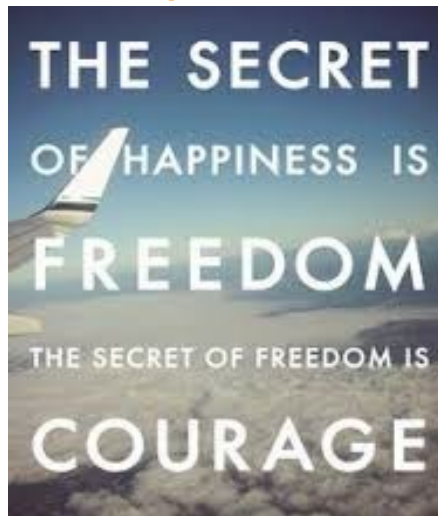
Call for Evidence - Human Rights check 2016 (Continued)

WHAT STEPS HAVE BEEN TAKEN SINCE TO IMPROVE THE SITUATION?

We are concerned that no steps have been taken to address these issues as yet. At the Human Rights Check UK Training Day in Leicester 3 May, 2016 Mental Health issues and groups were hardly mentioned. In the groups relevant to our work Mental Health should have its own separate group. How can we address the unjust lack of Human Rights for Mental Health Survivors without recognition that this is an area that needs improvement?

No recommendations were made in 2012 to protect Mental Health Service Users from torture, inhuman and degrading treatment. Everyone suffers at some point in his or her life with Mental Health problems. We all have a:

- Right to Liberty
- Right to a Fair Trial



At the very least if someone is to lose their capacity to know what is best for them, then only a fair trial should decide this. When people are locked up against their will the most disturbing factor is why and who did it. This causes problems in family and friends relationships. A court case would help to make it clear what the problem was. Nobody should ever lose their freedom, whether rightly or wrongly, without a proper investigation.

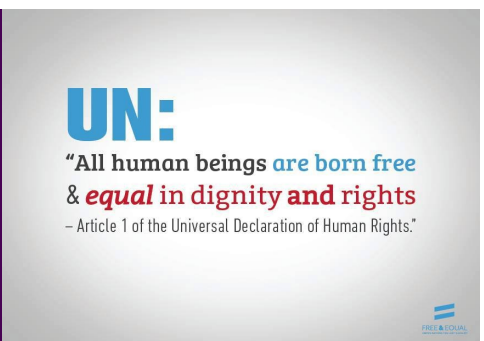
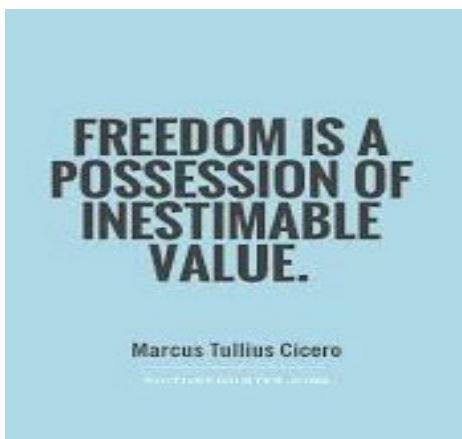
Also people should have the opportunity to go to hospital as a voluntary patient if they want to and a court case could establish their needs.

WHAT DO YOU THINK THE GOVERNMENT SHOULD BE DOING?

Mental Health demands a 'Convention on the Rights of Survivors of Mental Health problems' (CRSMH). This would look towards a law to protect the Human Rights of those people labelled with a Mental Health diagnosis. This law would include the recommendations listed above and make sure that no one should:

- Lose their capacity
- Be locked up against their will (or be prevented from being a voluntary patient)
- Be forced onto drugs (or not allowed to take drugs, complementary alternative remedies or therapies)

Without a proper Court Case where family, friends, solicitors, Mental Health Professionals, the Service User can make recommendations to make sure that the everyone can see and get the best outcomes for an individual.



IF YOU COULD TELL THE GOVERNMENT ONE THING ABOUT HUMAN RIGHTS, WHAT WOULD IT BE?

"Freedom is more important than health; as lack of freedom means losing the will to live."

Dear Sponsor,

It is my pleasure to thank you for sponsoring me to be fully certified to be a RECOVERY Assistance dog. My job is very important to me and those who I help. I have two people who I help. My master is my primary responsibility since he is Autistic and can be Anxious in unfamiliar or stressful environments. My mistress has a condition called Fibromyalgia which amongst giving her pain, also makes her sad sometimes so I am there to give both of them a helping hand, or paw in my case.



Chewie with Princess Anne

During the course of my job, I have to be able to go with my masters anywhere that I might be needed. That includes public transport, cinemas and theatres. I even get my own seat on airliners! How exciting is that? I am a very lucky dog!

One of the things I have been taught to do is, if I sense that my masters are feeling sad, I will gently touch them with my nose to let them know I am there and that makes them feel better.

Another trick I can do is if my masters are feeling sad they can say the cue, "Chewie, cuddles" and I will leap onto their laps and give them a nice hug, it usually makes them feel much better about whatever was making them anxious in the first place.

Thank you for sponsoring me, I hope you have enjoyed reading about my duties as a Recovery dog as much as I have writing about them.

I would also like to update you about new and exciting things that go on in my life every few months. I will attach a photo of me in my coat and each letter will have another photo in a different setting. You won't know where my exciting life will take me next!

Thanks so much for your support as without you. None of the very important work that RECOVERY Assistance Dogs do would be possible. I would love to hear from you too.

Yours Sincerely,

Chewbacca "Chewie" Blake.





RECOVERY
Fun Dog Walk



Fundraising Event
with Bitsy's
Emporium of
Awesome Cakes
@
The Soundhouse



STRAD Group
Dog Training

Fundraising Dates

- Friday 18 November - Hinckley Christmas light switch on.
- Saturday 19 November - Stamford
- Saturday 26 November - Hinckley
- Saturday 03 December - Buckingham
- Saturday 10 December - Melton Mowbray
- Saturday 17 December - Loughborough
- Saturday 07 January - Coalville



Fundraising at Melton Mowbray market

Events

- RECOVERY Christmas lunch - 16 December
- RECOVERY Christmas holiday 18 December To 2 January

RECOVERY Day-to-Day Activities

Monday	Puppy Plan Training 4:15pm - 5:15 pm At Evington Park House
Tuesday	STRAD Training 3pm - 4pm At Evington Park House
Wednesday	Client Visits Day
Thursday	RAD Inductions 1am-1pm At Evington Park House 2nd Thursday Management meeting 3:30pm – 5:30 pm
Friday	RECOVERY Care certificate training 11 AM - 1PM At the RECOVERY Studio
Saturday	Fundraising street collection & market stall 10am-4pm

Assistance Dogs Mental Health Research

This is to consider the effect of a dog assisted intervention on mental health related quality of life among survivors of mental health a quasi-experimental study.

We have 249 Survivors of Mental Health problems on our database wanting RECOVERY Assistance Dogs trained. Of these we have engaged with about 150 and of these we have 25 teams of dogs and Survivors. The Survivors say it is fabulous that finally they have found something that really helps them to get out the house, have some freedom from fear or anxiety and to cope with depression or psychotic episodes.

RAD Dogs are all highly trained at Access Level 1 and Level 2 so that the dogs are skilled in helping in challenging situations. At Level 2 we help the Survivor train their dog (on a 121 basis at their own home) by skilled, qualified and experienced Dog Trainers to help them with 3 or more of their symptoms. We continue to visit until the Survivor feels adequately independent then we will visit yearly to do regular updates.

The minimum expected standard for a RAD Dog to graduate is to have reached Gold Standard Kennel Club Good Citizen Award and to have passed all three RAD Training levels. This does not put any pressure on the client and can take as long or as little time as they like.

We are working with Dr. Neha Sharma, director of Warwick Research to do find evidence, in a randomised controlled trial, that Dog assistance for persons with psychiatric disorders have positive effects on self-efficacy, coping ability and quality of life.

Dr. Sharma also she is Chief Executive Officer (CEO) of the International Research Initiative on India, China, Europe and Africa. Dr. Sharma has over 70 research articles and has been invited to speak at numerous national and international conferences. She has received many Honours and Awards including Young Scientist Award and scientific excellence award. Dr. Sharma has an international reputation in the field of the health and social care developing resources and practice for better health care.

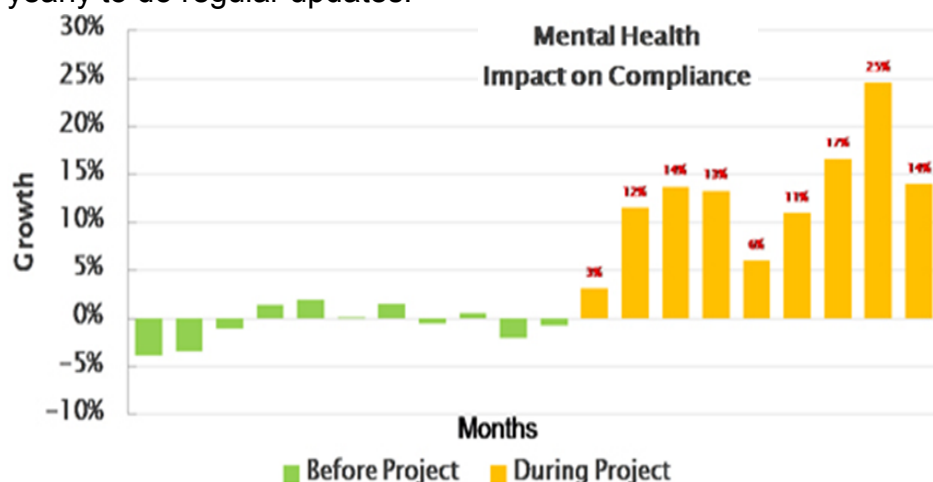


Dr Sharma & Liz Maitland are leading Doggy Yoga

WHY IS MENTAL HEALTH RESEARCH NEEDED?

Survivors of Mental Health problems face long-term sequelae that diminish health related quality of life and result in increased care needs in the primary care setting, such as medication, psychotherapy, or mental health care. Although (AAT) Animal-Assisted Therapy for humans with mental disorders has been well documented, there is a complete lack of controlled studies of dogs as therapeutic agents for psychiatric patients.

Previous studies of AAT with companion animals have documented that human - animal interaction may decrease stress levels and is shown to improve self confidence, social competence and quality of life. As it is shown that different types of animals may have different impact on people's health, it is therefore worth investigating to what extent contact and work with dogs will contribute to self-efficacy, social resilience and quality of life among psychiatric patients. The Survivors also show significant improvement in negative emotions including shame, guilt and psychological distress due to the interventions.





RECOVERY Assistance Dogs



Finding Ways to Mental Health

RECOVERY Assistance Dogs

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07581282899 / 0116 253 2073

www.recoveryassistedogs.org.uk

RECOVERYAssistanceDogs@Gmail.Com

Charity Number 1125395

RECOVERY is a charity for Wellbeing that spreads the word about how people can recover from Mental Health needs with the healing of memories through Creative Therapies.

RECOVERY Assistance Dogs for Mental Health assist Survivors and help them to find Wellbeing. We campaign against compulsion and for freedom of choice.