

# Being a true equal...

Citizenship,  
contribution &  
mutual support  
in the modern  
welfare state



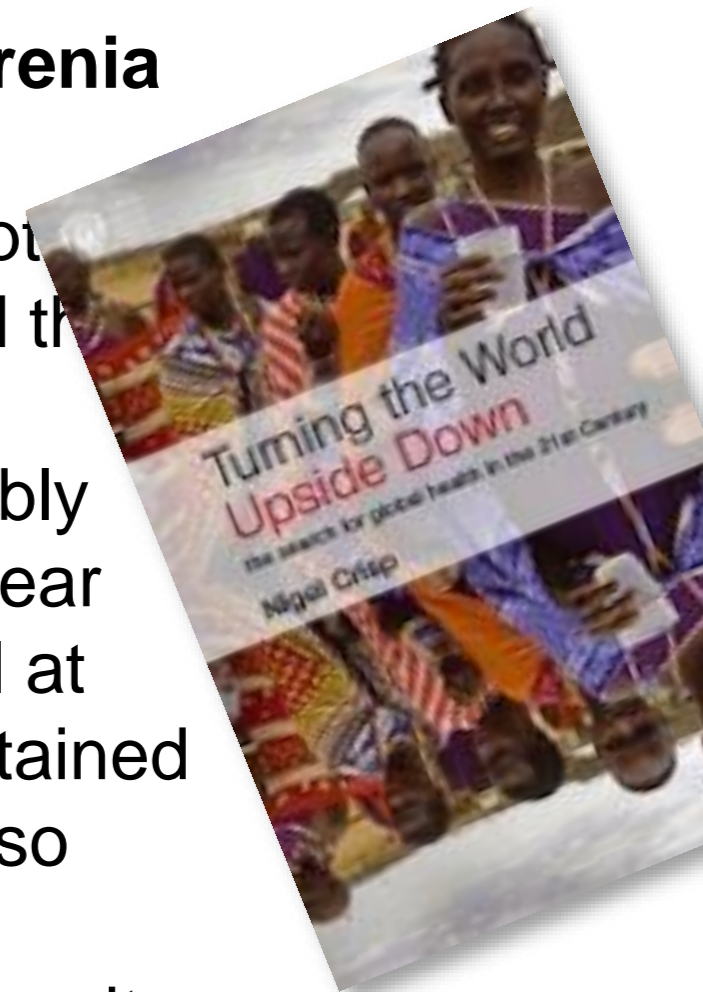
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VICSERV Mental Health Conference 2016, Melbourne  
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The welfare state's a good thing, but we've **designed** it wrong. We try to solve social problems with money and power and we end up solving the wrong problems in the wrong way. Over time we've created an **empire of services** that protect their own interests and undermine the possibility of better solutions. This is causing mental illness, and many other problems. We need to rethink the system - and more importantly we need to reclaim our own **citizenship**.

# Recovery rates better without mental health services

“These findings [**better long-term outcomes for schizophrenia in developing countries**] still generate some professional contention and disbelief, as they challenge outdated assumptions that generally people do not recover from schizophrenia and that outcomes for western treatments and rehabilitation must be superior. However, these results have proven to be remarkably robust, on the basis of international replications and 15-25 year follow-up studies. Explanations for this phenomenon are still at the hypothesis level, but include: (1) greater **inclusion** or retained social integration in the community in developing countries, so that the person retains a role or status in the society (2) involvement in **traditional healing rituals**, reaffirming community inclusion and solidarity (3) availability of a **valued work role** that can be adapted to a lower level of functioning (4) availability of an **extended kinship** or communal network, so that family tension and burden are diffused, and there is often less negatively 'expressed emotion' in the family”



Dr Alan Rosen from *Destigmatising day-to-day practices: What Can Developed Countries learn from Developing Countries?* *World Psychiatry* 2006, 5: 21-24

# How did we get here?



# We've tried to solve complex social problems with services

