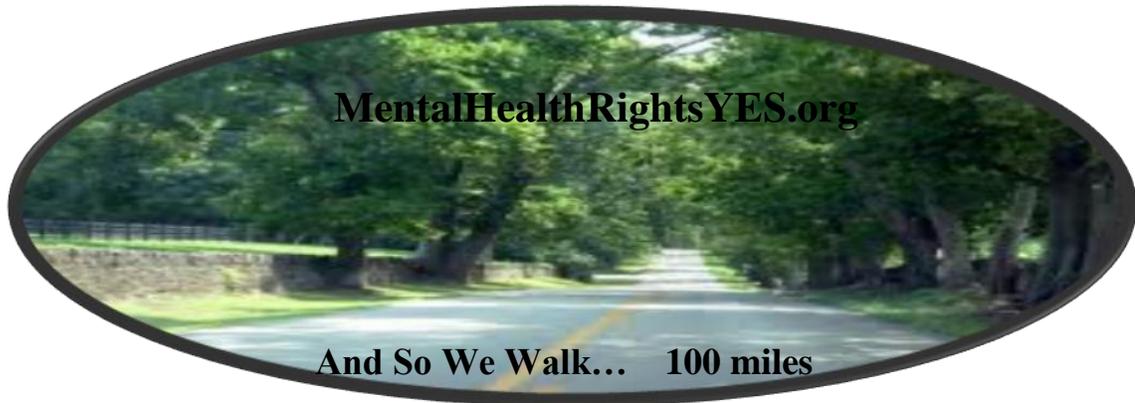


## M.O.M.S

We are the Movement Of Mothers-Survivors-Fathers-Family-and Caring Friends Standing-up-together

Re-Inventing the Village Re-Claiming Lives



**Beginning in Portland Oregon and Ending at Western State Hospital Lakewood, Washington**

On Monday, July 23, 2012 at NOON at the First Unitarian Church in Portland, OR and  
On Tuesday July 24 at NOON in front of the Clark County Court House Vancouver, WA

Mothers and Fathers, of minor and adult children who have been or currently are, in the mental health system, as well as survivors will tell our stories of grief, pain, shock and outrage concerning the effects of the psycho-pharmaceutical treatment of our loved ones, within the mental health system and the criminal justice system; and Our Vision for Re-Inventing Communities where Hearts Can Heal.

Some people have been helped within this model, and they should have the right to continue. However, for far too many the treatment has induced lifelong crippling effects of the brain and body;\*and it has endangered our communities due to the drug induced effects of increased aggression, as well as, drug induced suicidal and homicidal urges.

Within the current standard of mental health care, which is the psycho-pharmaceutical treatment model, our children and survivors have been \*denied an active part in their own recovery; \*their basic human rights violated and basic human needs denied; \*locked in and subjected to ongoing coerced or involuntary drugging; \*developed serious drug induced diseases and other health issues; \*criminalized for toxic drug induced unusual or manic behavior; \*and they have been physically assaulted and traumatized.

We, as parents, have been \*denied an active part in our children's recovery, \*ignored, \*threatened, \*silenced, \*libeled, \*and denied visitation rights

This one size fits all drug model of care has failed our children and placed our children and communities at increased risk.

\* and so two MOMS are saying this is enough... **And So WE Walk... 100 miles ...This Walk is Our Voice** \*  
Please join us, Two MOMS, for an hour or a day or *follow us on our blog* [AndSoWeWalk.com](http://AndSoWeWalk.com) or our [Facebook events page](#) [And So We Walk](#). We will be 1) shining a light on our failed broken systems, 2) raising funds for our children's recovery, and 3) being a beacon of light for the vision of **Re-Inventing Communities where Hearts Can Heal**.

Our first city is **Portland Oregon on Monday, July 23 at NOON, at the First Unitarian Church** and our next city is **Vancouver, WA Tuesday, July 24 NOON at the Clark County Court House**.



If you plan to join us for the day, be sure and bring snacks **and water** for the walk and a sack lunch. Wear a yellow head or arm band symbolizing a beacon of light and place a red heart in your window.

We invite you to sign up on our webpage **MentalHealthRightsYES.org** ...be part of Re-Inventing Community and Re-Claiming Lives...

There will be many ways for you to participate in or support this vision.

Our Portland and Vancouver Schedule is on back and on **our blog** [AndSoWeWalk.com](http://AndSoWeWalk.com) or call **360-254-8703**

**Here is our schedule for the first and second day of Our Walk...Monday July 23, Tuesday July 24, 2012**

**12:00-1:00** First Unitarian Church Portland OR. 1211 SW 12<sup>th</sup> Street We will gather for stories of pain and Visions of Change

**1:15-1:45** We will walk singing our theme song (see below) to the justice center and light a candle, shining a light, exposing the injustices and human rights violations and leave a heart, signifying our commitment to those whose hearts and Spirits have been broken to Re-Inventing Communities where their Hearts Can Heal...

**1:45-2:05** Get on the Bus at 5th and Market to Portland Oregon State Hospital(POSH) at OHSU...Again Shining a light, exposing the broken system, and leaving a heart, signifying our commitment to Being a light for change

**3:00-5:00** depart walking from OSHU..to Potluck with Occupy at St. Frances SE 12th and SE Oak Street Portland, OR

**5:00-6:15** POTLUCK and SONGS in the Park with Occupy at St. Francis... SE Oak and SE 12th...Bring a sack lunch and something to share and a great community song...

**6:15-7:00** Walk to Miracles Club at 4200 NE MLK

**7:15-8:00** Miracles Apartments and Club/ Meeting 4200 MLK Psychiatry and the criminal justice system targets the African American Community: Hear about the impact of psychiatric diagnosing and coerced and forced drugging in the African American Community and the Vision of a **Community Resource and Response Team, a peer run respite house and a Healing through Music Club House**

**8:15** Walk to Reflection Book Store (recently closed): Mourning Our Loss of a place where Minds were Empowered and Hearts Healed, Committing to creating a future place of empowerment and healing...

**8:30-10:30** From Reflections...Destination Esther Short Park Vancouver, Washington...Bring snacks, instruments, flashlights, lanterns, glow in the dark toys **as we journey north up MLK we will walk in silence and read the names of those whose lives were needlessly taken from us...**by police bullets, by our own bullets -brother against brother, sister against sister, by war, by poverty..... after passing Columbia Street we will Celebrate through song and instruments, We the People finding Our Power in Community!!! ...returning to silence as we cross the I- bridge at twilight and proceed to Esther Short Park, hold hands in circle and close... The #4 bus stop which goes back to Jantzen Beach and then onto the yellow line is close to the park...also hope there will be much community ride sharing back to Portland,

Theme Song (to the tune of We Shall Over Come...) We are creating Community (X3) Right Now ohhhh deep in my heart, I know to be true... All Power lies in ...We the People!!!! As Comuuunnniiiiitttyyy

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**Vancouver, Washington Tuesday July 24**

**10:00** Cindi and Aleshanee will start at the Clark County Center for Community Health. (CCCCH) 1601 East Fourth Plain Boulevard, **leaving a heart at CVAB, a place in the center, where hearts heal,** and shine a light on our county's broken mental health system which is based in the center also. CCCCH does not fund any voluntary, alternative, compassionate residential healing sanctuaries...and peer supported empowered programs receive a very minute fraction of the huge investment in forced, invasive services.

**12:00-1:00** Our main gathering will be at NOON Tuesday, July 24, Clark County Courthouse and the Clark County jail: We will gather in front of the court house on 12th and Franklin for stories of pain and Visions of Change From here Cindi and Aleshanee will be driven to Ryderwood where begins the second leg of the 100 mile walk: **A map of the second leg of our walk from Ryderwood WA to Lakewood WA is on the blog Andsofewalk.com**

DONATIONS: This walk is also our voice for our children, Daniella and Siddharta who are in desperate need of empowered, compassionate recovery focused care. We will walk 100 miles; it is our intention to raise awareness, to raise funds to help our children in their recovery, and to raise seed money for projects that support Re-Inventing Community where hearts can heal. Due to the psycho-pharmaceutical influence, most states fund only the hospital drugging model and are often paid over \$36,000/month to force their treatment on our loved ones. Most non-state funded residential sanctuaries **cost less than ½ of what state hospitals charge.** However very little government funding support is available for such sanctuaries, **nor is there any government funding support for individuals who wish this type of more compassionate care.** Thus even at less than ½ the government cost, a minimum stay of 4 months could cost over \$60,000. **And So We Walk for your support.** As mothers who have reached out and advocated for other mothers and fathers, as well, we are well aware that we are not alone in this struggle. Our hearts go out to all who have been entangled within the current psychiatric treatment model. And So We Walk for you too...Our goal is to initially raise \$100,000 dollars; 25% of all donations will go toward projects that support Reinventing Communities where hearts can heal...75% of donations will be used for Daniella who is in immediate need of a residential healing/recovery sanctuary for several months; and Siddharta who is in immediate need of the support of a mentor in music/and a full time counselor-like roommate. Siddharta and Daniella have asked for the opportunity for healing and recovery. It is a chance they not only want but need. Thank you Aleshanee and Cindi