Grass-Roots Movements of Persons with Psychosocial Disabilities in Asia:
Solidarity between Those Who Do and Those Who Do not Have Experience in the Modern Western Mental Health System

Kasumi ITO (Ritsumeikan Univ.)
◆email: itokasumi24@gmail.com, ◆web: http://www.arsvi.com/w/ik17e.htm

1. Previous studies of grass-roots movements of persons with psychosocial disabilities (PwPD)

The main targets of previous studies on activities of PwPD are activities in places where there are large mental health systems.

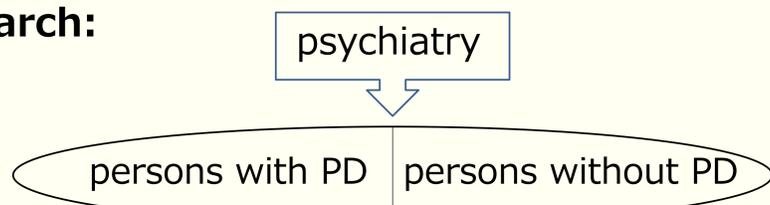Previous studies have divided activities of PwPD into two categories:
- ◆**Self-help**: giving support to each other
- ◆**Activism**: changing society

Previous research has mainly focused on self-help activities in comparatively small regions. In terms of activism, the main targets of research have been histories of social movements in the USA and the UK after the 1970s.

2. Problems with previous research

Previous research has not focused on activities of PwPD where there is no or only a minimal mental health system. So it is not clear that activities of PwPD in such situations can be divided into self-help and activism.

Social situation that is assumed in previous research:

psychiatry

persons with PD | persons without PD

Psychiatric diagnoses distinguish persons with PD and persons without PD, and persons with PD are oppressed based on their diagnoses.

3. Purpose and method

The purpose of this poster is to reveal what kind of activities have been carried out by an organization with both members who have experience in the mental health system and those who don't. To achieve this purpose, I will analyze the activities of the TCI Asia.

Global grass-roots movements of PwPD

1991	World Federation of Psychiatric Users (WFPU) was established.
	European Network of Ex-Users and Users in Mental Health was established.
1997	The name was changed to World Network of Users and Survivors of Psychiatry (WNUSP).
	The name was changed to European Network of (Ex-)Users and Survivors Psychiatry (ENUSP).
2005	Pan African Network of Users and Survivors of Psychiatry (PANUSP) was established.
2006	UN CRPD was adopted.
2011	The name was changed to Pan African Network of People with Psychosocial Disabilities.
2014	**Transforming Communities for Inclusion – Asia (TCI Asia)** was established.

4. Activities of TCI Asia

TCI Asia: Asian alliance of organizations and PwPD and cross disability supporters

◆**Made a submission to the day of general discussion on article 19 of CRPD.**
◇"The *comprehensiveness* of Article 19 invites an inclusive world for everybody, also ensuring the full and effective participation of all persons with disabilities on equal basis with others"
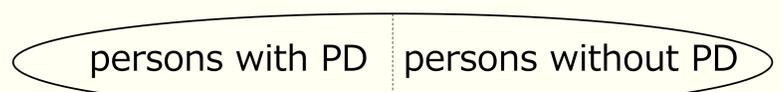◇"Asian low income country examples also exist of 'good practices' when a person is in crisis (…). Another program provides a 'circle of care' establishing a 'neighbourhood alert' system to be with persons who may be in need of crisis support, involving a diversity of trained non-formal care givers, community members, and family members."

◆**Learning Institute**
◇Studies self-help methods from activities of PwPD in the West and changes them to suite Asian culture.
◇Shares methods of support practiced in Asia, for example communication with instruments.

Social situation where there is no or only a minimal mental health system:

persons with PD | persons without PD

People are oppressed in their communities without justification by psychiatric diagnosis.

Important article in the CRPD
◆For **WNUSP**, the biggest victory is in the text of article 12 (equal recognition before the law).
◆**TCI Asia** focuses on **article 19** (living independently and being included in the community) and its realization.

5. Conclusion

Activities of PwPD have been divided into self-help and activism, though it is said that both parts are related. In the activities of TCI Asia, these categories are not clearly separated. Spreading self-help is a major part of activism. This may be because there is often oppression without psychiatric diagnosis in Asia. It is difficult to liberate people from such oppression by reforming or abolishing the mental health system. Transforming communities is a strategy that can be developed where there is an extensive mental health system, such as in South Korea and Japan. It can be concluded that TCI Asia are transforming communities where there is oppression against its members through self-help activities.

[references] ◆TcI-Asia, 2016, "Submission to the UNCRPD Monitoring Committee, Day of General Discussion, Article 19: Executive Summary" ◆TCI-Asia, 2017, "Final Narrative Report, October 2015- March 2017" ◆WNUSP, 2008, "Inplementation Manual for the UN Convention on the Rights of Persons with Disabilities"