



Proactive Release

Submissions on the Child and Youth Wellbeing Strategy

August 2019

The Department of the Prime Minister and Cabinet has released the following submission received during its public consultation on the child and youth wellbeing strategy.

Some of the information contained within this release is considered to not be appropriate to release and, if requested, would be withheld under the Official Information Act 1982 (the Act).

- Where this is the case, the information has been withheld, and the relevant section of the Act that would apply, has been identified.
- Where information has been withheld, no public interest has been identified that would outweigh the reasons for withholding it.

Key to redaction codes and their reference to sections of the Act:

- **9(2)a** – Section 9(2)(a): to protect the privacy of natural persons, including deceased people.

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Child and Youth Wellbeing Strategy – Submission Template

This document is intended for individuals or groups who wish to make a formal submission on the child and youth wellbeing strategy.

Please complete this template and email it to: childandyouthwellbeing@dpmc.govt.nz

A guide to making a submission is available on the DPMC website <https://dpmc.govt.nz/our-programmes/child-and-youth-wellbeing-strategy>

Submissions will close on **Wednesday 5 December**.

Please provide details for a contact person in case we have some follow up questions.

Contact Name:	9(2)□(a)
Email Address:	
Phone Number:	
Organisation Name:	Patients' Rights Advocacy Waikato Inc.
Organisation description: (tell us about your organisation – i.e. who do you represent? How many members do you have? Are you a local or national organisation?)	<p>We are a National organisation, registered since 1988, Charitable status with 500 members,</p> <p>We work for people everywhere who find themselves at odds with the health system, mental health system or disadvantaged in any way with any govt. System because of the 'patient' label.</p> <p>We support patients in ACC disputes, doctor disputes, hospital policy disputes, even going to WINZ on behalf of member/ patients. We organise education days with mental health issues primarily and often with high profile overseas experts, scientists and psychologists. We hold an impressive library on health issues for our members to borrow from.</p>

Executive Summary:

(Please provide a short summary of the key points of your Submission - 200 words)

Our concern with the NZ tendency to reach for medication if any unusual behaviour is observed in our children or youths, is the fact that psychiatric drugs are extremely powerful, highly addictive and have enormously risky side effects. It is well documented that Prozac, for instance, can have suicidal or homicidal ideation as an undesirable 'effect'. Many young people have attempted suicide within 14 days of being prescribed. A pill is quicker than weeks of talk therapy and most psychiatrists don't bother with counselling at all but just the prescription pad. We currently have over a million patients on anti-depressants....another one well documented to cause the very condition they are supposed to be alleviating; this then leads to suicide. The other very concerning issue is that of feeding amphetamines to young ADHD children. Ritalin, Adderall, Dexamphetamine should NEVER be given to a young developing brain. A huge number of these kids will go on to recreational drugs; and why not when these ADHD drugs are referred to as "kiddy Cocaine?" These are highly addictive.

Submission Content

We can learn so much from other cultures who are not suffering with problems that seem insurmountable in ours. Cuba, for instance has no ADD or ADHD. They also do not have fast food outlets like KFC, McDonalds, Wendys, Burger King which are known to be loaded with chemicals. Their children are provided a properly cooked meal of ORGANIC ingredients at lunchtime, through school. The expert advisor in this field is Betty Hooper from Whangarei.

Denmark has had a remarkable result when their government restricted anti-depressants and instead came up with "Open Dialogue Therapy" which de-stigmatises mental disorders and works through the patients experiences in dialogue that is non judgemental. The proof is that 80% of their patients are returning to school, work, marriage and lives that have a future where as 80% of our patients are languishing on benefits in a life of little hope and our suicide rates reflect this!

There is a wealth of information from people like Dr. Peter Breggin, Prof. Dr. David Healy, Robert Whitaker whose book 'Anatomy of an Epidemic' charts the rise of mental illness around the world which has grown exponentially in concert with the new drugs that big Pharma comes up with. Instead of seeing a decrease with more sophisticated treatment, we have charted a massive increase. New Zealand's own brilliant John Read from Auckland University who co-edited the book "Models of Madness" with Loren Mosher and Richard Bentall, points out that anyone put on psychiatric drugs for any lengthy period will live 25 fewer years than they would have been expected to live. I sent a copy of Whitaker's book to Minister David Clark as soon as he was appointed Minister of Health.

We are especially concerned that children are being 'profiled' for any vulnerability to mental illness and that may invite drug treatment at earlier stages. These drugs are not designed for young growing brains. They do not cure, they don't even manage mental illness very well. In almost all cases, they are expressly not recommended for under 18 year olds. But in questioning my local pharmacist I am informed that they are frequently prescribed to two year olds! Benzodiazepines or Valium change the way the brain functions and as has been found, it cannot be changed back. Thank You.

9(2)(a) Patients' Rights Advocacy Waikato Inc. (PRAWI)

Please note that your submission will become official information. This means that the Department of the Prime Minister and Cabinet may be required to release all or part of the information contained in your submission in response to a request under the Official Information Act 1982.

The Department of the Prime Minister and Cabinet may withhold all or parts of your submission if it is necessary to protect your privacy or if it has been supplied subject to an obligation of confidence.

Please tell us if you don't want all or specific parts of your submission released, and the reasons why. Your views will be taken into account in deciding whether to withhold or release any information requested under the Official Information Act and in deciding if, and how, to refer to your submission in any possible subsequent paper prepared by the Department.