

**iSPS-US**



THE INTERNATIONAL SOCIETY  
FOR PSYCHOLOGICAL AND SOCIAL  
APPROACHES TO PSYCHOSIS  
UNITED STATES CHAPTER

# ANNUAL REPORT

2023



[www.isps-us.org](http://www.isps-us.org)



331-318-4041



[contact@isps-us.org](mailto:contact@isps-us.org)

A word from our

# PRESIDENT & EXECUTIVE DIRECTOR



MARIE BROWN, PHD  
PRESIDENT

In 2023, ISPS-US achieved remarkable innovation and growth, marking a pivotal year for the organization's goal to advance humane approaches to psychosis and extreme states. Securing grant funding from the Sidney R. Baer, Jr. Foundation enabled us to expand our programming to short courses. In December, we launched the first of these courses, a writing program for those with lived experience and their families, fostering creativity, advocacy, and healing.

Our webinars have continued to provide educational opportunities to family members, clinicians, and people with lived experience, focusing on psychotherapeutic approaches for psychosis, advocacy efforts, and the power of personal memoir.

Additionally, our membership rates have risen 22% over the course of the year. Looking forward to 2024, ISPS-US remains dedicated to building upon these successes. Together, we will continue to redefine what mental healthcare looks like for people with psychosis and extreme states.



LEAH GIORGINI, MS  
EXECUTIVE DIRECTOR

Since becoming the Executive Director of ISPS-US, it's been a privilege to witness the remarkable growth and progress of our organization. Since assuming this role in 2022, our membership has surged by an impressive 88%, reflecting a growing community committed to advancing humane and holistic approaches within the mental health system.

Meeting members at our various online networking events, educational offerings, and at our conference has been a highlight, providing invaluable opportunities for connection and collaboration. The feedback we receive from our community has been instrumental in shaping the direction of the organization, guiding our efforts to better serve the needs of our members and advocate for transformative change in mental health practices. Together, we are building a brighter future for ISPS-US, fueled by collective power and a shared commitment to compassion and inclusivity.

Last year's

# EDUCATION

In 2023, ISPS-US continued to maximize our educational impact. We hosted 11 insightful webinars, introduced our inaugural short course, "Life Writing with ISPS-US," and witnessed a remarkable 92% increase in attendees compared to 2022. Our YouTube channel attracted 75,700 viewers to our educational videos, marking 75% growth from last year. We provided 99% more low-income scholarships while still increasing our educational revenue by 27%, demonstrating our commitment to both accessibility and sustainability.

*"Thank you - it is so uplifting to see this information and increasingly compassionate and conscious perspectives being shared like this!"*  
Webinar Attendee, 2023

## INAUGRAL ISPS-US COURSE (SOLD OUT)

**ISPS-US** THE INTERNATIONAL SOCIETY FOR PSYCHOLOGICAL AND SOCIAL APPROACHES TO PSYCHOSIS  
UNITED STATES CHAPTER

**Life Writing with ISPS-US**  
CREATIVE WRITING FOR EXPERIENCERS AND FAMILY MEMBERS

**WHEN:**  
Bi-weekly Wednesdays, starting December 20th  
1:00 - 3:00 PM PST  
4:00 - 6:00 PM EST  
9:00 - 11:00 PM GMT

**12/20/23** 2/14/24  
**1/3/24** 2/28/24  
**1/17/24** 3/13/24  
**1/31/24** 3/27/24

**FACILITATOR**  
**TANYA FRANK**  
AUTHOR OF "ZIG ZAG BOY: MOTHERHOOD, MADNESS, AND LETTING GO"

**CO-FACILITATORS**  
**CLAIRE BIEN, MEd**  
AUTHOR OF "HEARING VOICES, LIVING FULLY: LIVING WITH THE VOICES IN MY HEAD"  
**MARY CLISTA DAHL, MA**  
AUTHOR OF "MEMOIR OF MARY CLISTA DAHL: A HEALING JOURNEY TO JOY, LOVE AND COMPASSION"

# 3,488

Audience Members

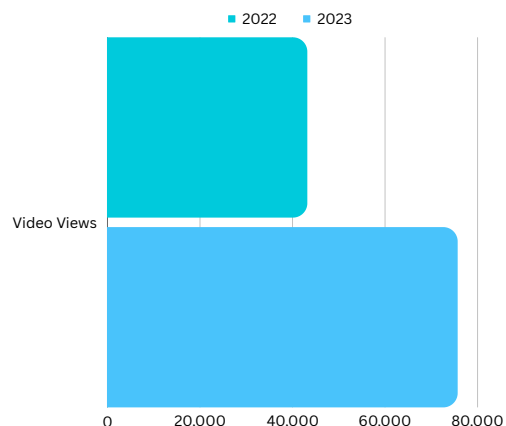
# 92%

Increase in attendees

## WEBINARS

- **Psychosis, Sociopolitical Trauma, and the Asian Diaspora** - Grace M. Cho and Claire Bien
- **Busting Myths about Psychosis and Antipsychotics** - Dr Joanna Moncrief
- **The Mysticism / Psychosis Continuum** - Jules Evans
- **The Mind & The Moon: A talk about the mind, brain, human dignity and spirit** - Daniel Bergner, Caroline Mazel-Carlton, Robert Bergner
- **Through Chaos and Calm: Holding the Experience of Psychosis in the Family** - Joanna Monaghan, Jenny Sanders Kowalczuk
- **Relating to Voices Using Compassion Focused Therapy** - Dr Charlie Heriot-Maitland
- **From Lived Experience to Professional Practice** - Sascha Altman DuBrul and Stephen Nawotniak
- **Here is a Broken Word: Psychosis & Ethical Accompaniment** - Dr Erin Soros
- **Deprescribing and Undiagnosing** - Dr Swapnil Gupta
- **Rewriting the Narrative: Healing and Advocacy Through Storytelling** - Sarah Fay, Tanya Frank

## YOUTUBE VIEWS



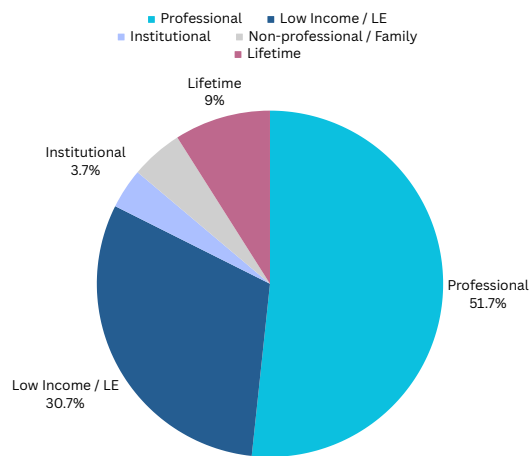
Last year's

# MEMBERSHIP

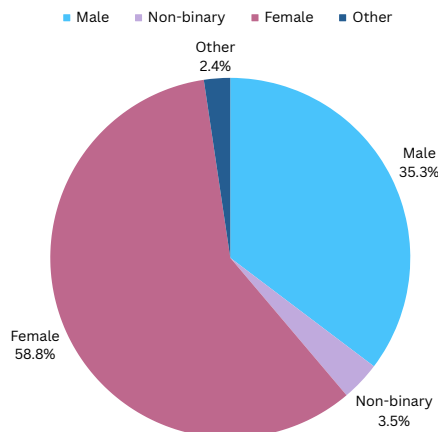
In 2023, ISPS-US experienced a notable 22% increase in membership compared to the previous year, showcasing our growing community. Members benefit from a diverse array of connection opportunities, including the ISPS Creative Online Sharing Space (ICOSS), Book Club, Peer Supervision, Meditation, Community Chat, and the Student and Early Career committee.

Our membership remains diverse, with a 4.4% rise in individuals from the low-income/lived experience category.

## MEMBERSHIP TYPE



## GENDER



# 299

Members at EOY

# 22%

Increase in members  
EOY 2022-2023

## ICOSS ART



Artists: [L] Andrea Finnegan [R] Sandra Cheng

## BOOK CLUB

ISPS-US FEBRUARY BOOK CLUB

### THE ZYPREXA PAPERS

by Jim Gottstein

"The Zyprexa Papers is a fascinating story of how Gottstein obtained and shared confidential documents showing that Eli Lilly executives had knowingly concealed data related to metabolic risks of Zyprexa, downplayed risks in published data, and illegally promoted off-label use in children and the elderly. These documents led to a series of front-page stories by The New York Times in 2006, and Gottstein became the target of the ire of Eli Lilly's army of lawyers."

Excerpt of a review by Awais Aftab, MD

Last year's

# CONFERENCE

In October 2023, ISPS-US hosted its hybrid conference, "Humanity in Solidarity: Sharing the Journey Through Psychosis and Extreme States," at the University of Delaware in Newark, DE, from October 27-29th. The event, our largest yet, featured six simultaneous breakout sessions and, through a full-hybrid format, reached participants worldwide.

A new mid-year scholarship fundraising campaign raised \$3,672 allowing us to increase our scholarships for low-income and BIPOC attendees by 70% from 23 to 39 places funded.

The conference provided a dynamic platform for global collaboration and knowledge exchange. Lessons from this successful event will be integral in optimizing future conferences, ensuring opportunities for deeper learning and fostering a sense of solidarity in the exploration of "psychosis" and extreme states.

# 293

Attendees

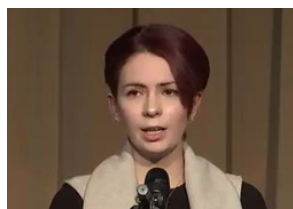
# 70%

More Scholarships Awarded than 2022

### Conference feedback:

*"I learned new techniques and strategies for communicating with people in extreme states as well as conceptualizing their distress in a way that centers their humanity"*

*"I felt I gained clinical skills from psychodynamic psychiatrists and therapists, but perhaps more importantly, from learning from the lived experience of presenters and other attendees."*



Last year's

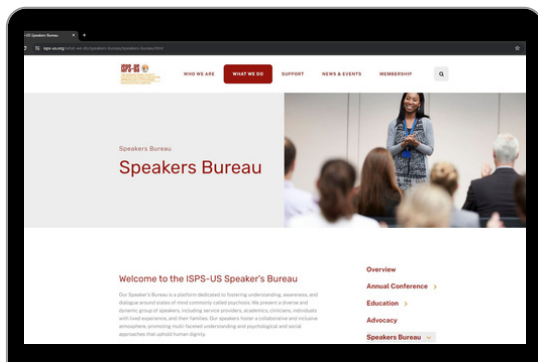
# ADVOCACY

ISPS-US has made significant strides in 2023 to strengthen our Advocacy initiatives. We established the ISPS-US Speaker's Bureau aimed at providing alternative perspectives to the media, fostering greater understanding and representation. Additionally, our successful letter-to-the-editor campaigns have effectively contributed to reshaping public discourse and challenging stigma.

We've expanded our reach by becoming involved in the National Coalition for Mental Health Recovery, opening opportunities for national-level advocacy to drive systemic change.

At our 2023 conference in Delaware, we successfully engaged state elected officials. Lt. Governor Bethany Hall-Long opened the conference with a passionate address about the power of peer-led services, and members of the State Behavioral Health Consortium were in attendance for the weekend's events.

These advocacy initiatives reflect our unwavering commitment to promoting inclusivity, challenging stigma, and advocating for transformative change in mental health policies and practices.



## Los Angeles Times

LETTERS TO THE EDITOR

Letters to the Editor: The ACLU is right to oppose Newsom's CARE Courts



Los Angeles Mayor Eric Garcetti, right, listens to Gov. Gavin Newsom speak before he signed legislation that supports the state's work to expand mental health services and behavioral health housing in September 2023. (Photo: J. Schaefer / Los Angeles Times)

SUBSCRIBERS ARE READING >

Monitor storm forecast warnings for L.A., D.C.: The danger zones, the forecast, the warnings

'Extremely dangerous situation': Hollywood Hills hit by major mudslides, flooding, record rain

Review: Jay Z spoke the truth at the Grammys. The rest of the show made it surely obvious

All the best and worst moments of the 2024 Grammys, as they happened

L.A. Times electoral endorsements for 2024 March primary

OPINION >



To the Editor: As a mother, whose daughter had psychosis and was harmed by involuntary psychiatric treatment, I applaud the ACLU opposition to the CARE Courts.

After I liberated my daughter from a hospital where she was deteriorating by the day, I found a provider trained in the Open Dialogue method, and now, three years later, my daughter is healthy and thriving, and graduated with distinction from a top university.

Open Dialogue and other non-coercive methods recommended by the World Health Organization encourage people with mental illness to seek help. In contrast, forced treatment, like that envisioned by Gov. Newsom's CARE Court, can drive them into homelessness and tear apart families.

Scared parents looking for help for their children too often believe doctors that have been empowered by the courts but who don't know how to build trust and obtain consent, and sometimes overprescribe medications that leave patients suffering from terrible side effects. Our voices are rarely heard.

Yulia Mikhailova, Socorro, NM  
ISPS-US Advocacy Committee Chair

Last year's

# FINANCIAL SUMMARY

In 2023, ISPS-US strategically utilized the generous bequest received in 2021 to further expand our programming and enhance our infrastructure. A notable investment was made in a modern, customizable website to effectively showcase our current activities. Additionally, we proudly secured our inaugural grant from the Sidney R. Baer, Jr. Foundation, enabling the launch of short courses, with our first offering, "Life Writing with ISPS-US," commencing in December.

We are pleased to report a significant 41% increase in gross income, indicative of our continued growth trajectory. As a result, we strategically allocated \$90,000 of our reserves into an investment account, further bolstering our long-term financial sustainability.

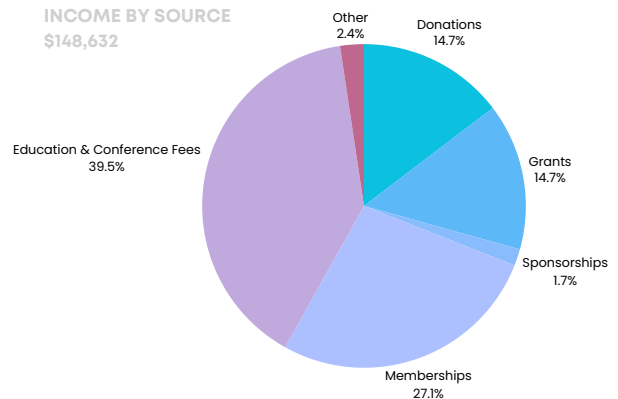
## 41%

Increase in gross revenue from 2022

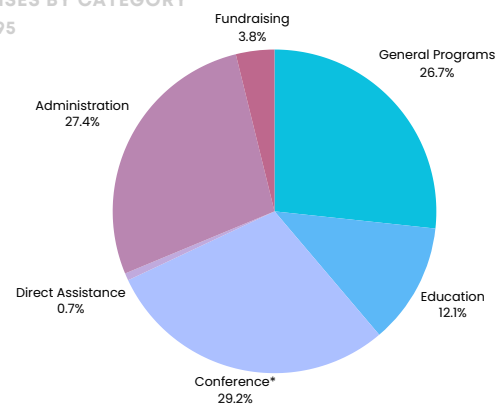
## 55%

Increase in individual donors from 2022

INCOME BY SOURCE  
\$148,632



EXPENSES BY CATEGORY  
\$151,195



\*Some expenses from the 2023 conference did not get processed by the end-of-year and will carry over to 2024.

### Statement of Financial Position as of 12/31/2023

#### ASSETS

|                                       |           |
|---------------------------------------|-----------|
| Bank Accounts                         | \$101,596 |
| Investments                           | \$90,000  |
| Other Assets                          | \$2,349   |
| Depreciation - Fixed Operating Assets | (762)     |

**TOTAL ASSETS** \$193,182

**TOTAL LIABILITIES** \$9,365

**TOTAL LIABILITIES AND EQUITY** \$193,182

“Maybe one day, with your continued work, those with mental health issues will be treated with kindness and understanding.” 2023 Donor

Looking to

# THE FUTURE OF ISPS-US

AS ISPS-US moves from strength to strength in growing our programs, we look forward to a new year where we can begin to see their impact.

We continue to envision a world where “psychosis” and extreme states are understood in their full psychological, social, political, and spiritual contexts. Moreover, that the approaches offered within the mental health system are inclusive, holistic, humane, and promote choice and autonomy. Through our educational, and advocacy work and utilizing the strength of our membership and wider community, we hope to bring this vision to life.



## Advocacy

IISPS-US continues to look towards ways to enact systemic change through both local and national advocacy. The Advocacy Committee is currently exploring the possibility of engaging in Public Policy Advocacy in Washington DC in Summer 2024, alongside others, as organized by the National Coalition for Mental Health Recovery.

## Education

ISPS-US will launch our ambitious Spring 2024 workshop series *Diverse Psychotherapeutic Approaches for Voice Hearing* in March 2024, featuring sessions on IFS, CBTp, ACT, CFT, Psychodynamic Therapy, and Creative Arts Therapy. We plan on offering more courses throughout the year to facilitate deeper learning opportunities, on top of our regular webinars.



## Governance

ISPS-US is seeking to update our bylaws in order to make them more reflective of how the organization currently operates and to make it easier for our members to get involved in our organizational leadership. We look forward to presenting these changes for membership vote early in 2024.



Thank you to our

# SUPPORTERS

## ISPS-US 2023 BOARD OF DIRECTORS

Claire Bien - President, Marie Brown - Vice President, Nancy Burke - Secretary, Halle Thurnauer - Treasurer, Bret Fimiani, Julie Kipp, Denise Maratos, Ron Unger.

## 2023 LIFETIME MEMBERS

Ronald Abramson, Jessica Arenella, Marie Brown, Nancy Burke, John Thor Cornelius, Martin A. Cosgro, Charles Feldman, Bruce Flagg, Michael D. Garrett, Ben Cooley Hall, Tina Ireland, Barbara S. Kane, Robert Kirk, Eric R. Marcus, Nancy McWilliams, Louisa Putnam, Navraaj Sandhu, Constance Shope, Stuart B. Silver, Ross Tappen, Ruvanee Vilhauer, Leslie A. Wolowitz.

## 2023 SPONSORS

Advocacy Unlimited, CORAS Wellness and Behavioral Health

## 2023 DONORS

Alice Armen, Willard Ashley, Claude B. Barbre, Jeannie Bass, Scott Baum, Barri Ann Belnap, Lily Bergstein, Claire Bien, Mary Lynn Bigelow, Kenneth Blatt, Marie Brown, Nancy Burke, Kirsten Byrnes, Grace Capozzelli, John Calvin Chatlos, Jane Christol, Ashleigh Colin, Ben Cooley Hall, Flora Crew, Susan Davidson, Françoise Davoine, Lindsay Doyle, Martha Edwards, Michael Eigen, Matthew Eveleigh, Thomas E. Fink, Michaela Fissel, Harry Wells Fogarty, Al Galves, Eve E. Gardien, Michael D. Garrett, Beverly C. Gibbons, Amanda Goldman, James E. Gorney, Deanna Greco, Joanne Greenberg, Swapnil Gupta, Susan Hall, Murphy Halliburton, Sydney Harris, Kathleen Herling, Veronica Hernandez, Kate Holland, Andrea Hollebakken, Irene Hurford, Carina A. Iati, Tina Ireland, Kelley Irmien, Deborah Kasdan, Judith Katz, Beau Kealy, Huggy Kindness, Julie Kipp, Robert Kirk, Toshiko Kobayashi, Barna Konkoly-Thege, Irene Kosted, Dr. Jo-Ann Elizabeth Leavey, Debra Lee, Luiza Lodder, Jen Macdonald, Alice Lombardo Maher, Denise Maratos, Christopher Meyer, Yulia Mikhailova, Christine V. Miller, Sylvia Mitsopoulos, Jenna Moffitt, Joel Michael Monroe, Michael Montgomery, James Ogilvie, Janet Ottmann, Justin Palanci, Robert Pierro, Adriana Popescu, Samantha Reznik, Manny Rich, William Robertson, Leah Rokeach, Ammi Rostin, Rocio Lorena Ruiz, Patrick Salas, Navraaj Sandhu, Althea Schoen, Burton N. Seitler, Jeanne L. Seitler, Gregory Shankland, Vicky Sigworth, Tricia Stafford, Janet Svirsky, Halle Thurnauer, James Towe, Charles E. Turk, Fehmida Visnagarwala, Linda Voith, Kathy Volke, Aimee Weide, Birgit Woolley, Pat A. Wright, Philip T. Yanos, Catherine Young.

We thank you for your continued support.