A 5-page Twitter summary compiled by Marie McInerney, tweeting at @WePublicHealth, for the Croakey Conference News Service. Reporting on #VMIAC2019 presentation by Dr Daniel Fisher.

#VMIAC2019 @WePublicHealth - Oct 31
Now hearing from Dr Daniel Fisher, keynote at #VMIAC2019. Cofounder and CEO of National Empowerment Centre: ‘Recovery is really a matter of the heart. We can only recover through each other.”

#VMIAC2019 @WePublicHealth - Oct 31
"The more that we can get beyond this 'either/or' thinking the better we will all be." Dr Dan Fisher on non-binary thinking on gender, mental illness, disability #VMIAC2019

#VMIAC2019 @WePublicHealth - Oct 31
"You of all people should know what it's like to be queer," Dr Dan Fisher's daughter reminds him of the need to look beyond the label. "They teach me every day." #VMIAC2019

#VMIAC2019 @WePublicHealth - Oct 31
“Those of us who have been labelled with mental illness are like the canaries in the cultural mine” Dr Daniel Fisher #VMIAC2019. “Everyone is like the White Rabbit in Alice in Wonderland”

#VMIAC2019 @WePublicHealth - Oct 31
“The whole idea of chemical imbalance (as causes of mental illness) has set us back. It’s just some of us are more vulnerable to our culture.” Dr Daniel Fisher #VMIAC2019

Heartbeats of Hope: The Empowerment Way to Recover Your Life
By Daniel Fisher, MD, PhD I hope for a day when: Every person who experiences extreme emotional...
power2u.org

Was a very strong consumer movement in the US that got bought off and is now trying to reconvene, says Dr Daniel Fisher. “The system is very adaptive” #VMIAC2019

"I was a scientist by day and a hippie by night." Dr Dan Fisher was trying at 25 to bring those two parts of himself together, he thought ‘why not take a pill’! It was mescaline. "I’m not advocating e’one take psychedelics but ...." says to much laughter at #VMIAC2019

“The more I delved into the biochemical basis of psychological approaches, the more I felt it dehumanises us, takes away our soul. Is there a chemical formula for hope in a test tube?” Dr Daniel Fisher #VMIAC2019

Dr Daniel Fisher talking about his journey in mental health: was at 25 was a “hot shot researcher” looking to find a chemical breakthrough on mental illness, sparked by his sister’s struggle with anorexia. #VMIAC2019
#VMIAC2019 @WePublicHealth · Oct 31
#VMIAC2019 delegates asks @dbfisher21 why he chose to be psychiatrist not psychologist after own lived experience. "I wanted to be at the top of the food chain".

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"I’m not anti-medication but they can have terrible side effects. When I hand over the script I say this won’t solve your problem this will give you a little time but you need to work on your problem because it’s your soul and spirit that’s important." @dbfisher21 #VMIAC2019

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#VMIAC2019 @WePublicHealth · Oct 31
Imagine if just 2 yrs prior you had been hospitalised, forced to take medicine and then you are the psychiatric resident at an inpatient unit, told to “order medications for these people”. “The pills I hated, the pills that made me feel like I was dying". @dbfisher21 #VMIAC2019

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Clare EMM @ClareActual · Oct 31
“If I get out of this hospital I’m going to become a psychiatrist and unlock every psychiatric hospital” Dr Daniel Fisher speaking his dream at #VMIAC2019 That desire to work to fix the health system you spent a lot of time being a part of is very relatable to me!

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Centre for Mental Health Learning @CMHLvic · Oct 31
Daniel Fisher - who was able to reach you in hard times? Was it a clinician? Show of hands here indicates not for a lot of people #VMIAC2019

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Centre for Mental Health Learning @CMHLvic · Oct 31
Daniel Fisher - Be in touch with your heart so your heart can reach someone else's heart. So find your heart so you can find someone else's heart. Take the time #VMIAC2019

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"if you not in touch with your spirit, you lose hope": @dbfisher21 #VMIAC2019

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("Impressed with the he/him she/her they/them buttons, but even they are labels by the way," says @dbfisher21) #VMIAC2019

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“This is not to bash clinicians, I'm a clinician myself but the training I think is wrong.” @dbfisher21 asks #VMIAC2019 delegates who was able to help you: the expert clinicians or those “lower in the food chain”? Majority hands up say the latter.

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“The only good thing about six moths locked up (in mental health facility) was it gave me time to reconsider what I was going to do with my life.” @dbfisher21 says he wishes it had been peer run respite but was an opportunity to think. #VMIAC2019

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@dbfisher21 talking about terrifying experience of medication after psychosis diagnosis in his 20s. “What brought me there was I wasn't in touch with my feelings, with my soul, and that continued to haunt me,” he says, adding that he self medicated for a while. #VMIAC2019
Clare EMM @ClareActual · Oct 31
Dr Daniel Fisher talks about need for Peer Run Respites - places where people in distress can receive care & understanding from people w/ lived experience. They have a small number of them in the US & it would be great to have them here. We need hospital alternatives! #VMIAC2019

#VMIAC2019 @WePublicHealth · Oct 31
#VMIAC2019 @dbfisher21