



deep healing without meds

November 5, 2018

Ms Donna Jerry
Green Mountain Care Board
89 Main Street
Montpelier, Vermont 05620

Dear Donna,

With this letter, we are seeking jurisdiction for being a non-medical, therapeutic residential community. Attached are our two recent letters. The letter of August 20, 2018, as included in the text below, details the services we offer at Inner Fire and reflects that nothing we do at Inner Fire has a medical context. The only matter of a medical nature is the monthly visit to Dr. Nels Kloster who is supporting the psychotropic medication tapering process from his office in Bennington. Every seeker at Inner Fire administers their own medications, we simply witness their deed, providing assistance when requested.

I believe we have answered your question raised in the last paragraph of your September 6, 2018 letter: Nothing of a medical nature happens on the grounds of Inner Fire.

Inner Fire is a proactive healing community offering a choice for adults to recover from debilitating and traumatic life challenges without the use of psychotropic medications. We offer services that are non-medical in nature. We seek deep and lasting healing through an intensive program that first stabilizes a person in crisis, gradually replaces medication with holistic healing practices, addresses the core issues precipitating distress while developing skills for digesting and growing beyond these issues and finally becoming an enthusiastic and vital member of their community with the knowledge that indeed they do have the inner strength to work with any challenge which comes their way.

I believe it is important to add at this time, that at Inner Fire we are not anti-medication but rather, we believe in choice.

To put Inner Fire in a context:

While working at a rehabilitation center, I had too many young people coming to me declaring they hated being medicated and pleaded for a choice. After the sixth young person I knew, within two years of leaving, chose suicide over continuing to live with the dehumanizing and humiliating side effects of the mind altering, psychotropic medications it was clear that I had to draw from my years of experience in Europe, where we never medicated anyone, and simply offer a choice. If the medications work for someone, that is fine but I do not believe people need to take their lives because they are not aware of choice.

I have chosen to understand these suicides not only as a sacrifice on behalf of these young people and so many others but also as a catalyst for change. Will we wakeup? What more needs to happen?

I apologize if writing in this transparent manner in this context is out of place, but I felt it important to express the urgency of the choice we are offering and the importance that many more options like Inner Fire become available. People are dying and these young people are our future. Life is simply full of challenges, that's life... I believe we would get further if we supported our young to develop the life skills to work through challenges rather than allow them to disappear in a fog of medicated disconnect with dangerous side effects for themselves and others.

Inner Fire offers an alternative approach:

- Responsible Medication Tapering, under the direction of an off-site, independent MD/Psychiatrist, Dr. Nels Kloster
- Farm-based Work Therapy
- Complementary and Alternative Therapies
- Dietary and Therapeutic Lifestyle Changes
- Mentoring, Peer and Life Coaching

Services offered on site and provided by:

- Biographical Counseling- Biographical Therapist
- Therapeutic Eurythmy- Eurythmy Therapist
- Hauschka Artistic Therapy- Hauschka Artistic Therapist
- Music Therapy- Music Therapist
- Rhythmical Massage- Massage Therapist
- Spatial Dynamics Therapy- Spatial Dynamics Therapist
- Speech Arts and Drama- Speech and Drama Therapist
- Sauna Therapy- Liver Compress-Guides
- Work Therapy Program (garden, forest, house and kitchen)-Guides
- Peer-to-Peer Support Groups- Peers/Guides
- Family education and support- Guides
- Organic food and nutrition program- Chef/Nutritionist
- Mentoring, life skills and life coaching- Guides
- Evening activities including music, drumming, singing, etc.

Guides Services offered off-site: all provided by Guides (Staff)

- Nearby hiking, snow-shoeing and other recreational outings
- Local cultural and musical outings
- Transportation to monthly consultations with psychiatrist and occasional medical appointments and local shopping, as needed
- Occasional outside classes for job skill development, arts and crafts apprenticeships with local artisans, businesspeople and farmers (e.g., glass- blowing, blacksmithing, landscaping, restorative justice, educational assistants, etc.)

- Musical lessons and local choirs

If for some reason we do turn to onsite medical personnel, we will surely be in touch with the Green Mountain Care Board.

I remain very grateful for your interest and support,

Beatrice

(Founder/Director)