

Once again mental healthcare is up for debate either because of issues with COVID-19 and social depression or traumatic events and domestic terrorism. This brief essay isn't to analyze events that cause mental health issues but rather how we respond to such problems and the lack of adequate solutions.

This has long been a catch-all topic for when we don't want to face that these events occur because of our treatment of others or our inaction or inability to treat others with humane responsibility. Rather instead we bury our heads and deny responsibility calling on others to do something about someone's so-called mental illness or other mental states.

First it must be known that the US has no such thing as a Mental Healthcare System. In fact most of the western world has no such system. We lack any understanding of a person's mental state or when such states may be abnormal. This is mostly because Western Medicine has no concept or definition of even what is a normal mental state. I am not saying that any eastern medicine or other medical philosophy does have such definitions, but at least they have made attempts which is more than what can be said for us.

Most western medicine is based on the theories of Freud and Jung, one is a fraud and the other a magician. Freud worked to reduce all thoughts into primitive structures and then interpreted those structures in a framework of base desires and instincts. Every man wants to sleep with his mother according to Freud because of the base desires between male and female. Jung meanwhile studied alchemy and defined colours of the brain as interpretations of mental states. Psychiatry is based on loose systems of rules established by so-called experts to interpret dreams and visions or images into intentions without any understanding or science to determine if such interpretations are even valid let alone correct for the patient in question.

Psychiatry is an art-form and not a science or even a theory. There is no praxis or experience to determine or explore any such theories. It is a subject that is taught by making students agree to an already established interpretation without allowing for experimentation or study to validate the established work. Then the field/industry expects graduates to maintain such theories in their practice without allowing new theories to develop or become standard.

The work of so-called experts is based more on agnostic faith and secular mythology rather than any actual study of the mind and thought. Images and models from cultural mythology is used as metaphor for modern theories without any understanding of the underlying culture that created that mythology. Freudian scholars quote Greek Oedipus lore to justify their incestuous fantasies without knowing a single word of ancient Greek or having even read the myths.

In mental states there is no $2+2=4$, and yet we are to accept their prognostication as biblical fact. They treat their inductive methods as deductive reasoning without evidence or science to back it up.

Next we have to understand Social Responsibility; not in the context of the individual but rather the opposite and society's responsibility for its actions.

Society in America has long been established by those with A-Type personality traits; Assholes. We reward, favor and build our society by those who bully, suppress and terrorize third-parties and so-called undesirables. But who makes these decisions as what is desirable or a third-party (outcasts). Well the answer is simple, it's the assholes themselves. A circular form of logic in which the king of the hill defines who is beneath him.

No measures are taken to prevent this, it is ingrained in our society even before the so-called Pilgrims landed on our shores. The Puritans, as they were originally called, were a right-wing fundamentalist cult of conservative christians and has been the basis of American society ever since. Not because we are a christian nation but rather in spite of it. When they asked for a charter to build a colony in the new world the C of E (Church of England) were glad to see the backsides of them. The C of E are also assholes having opposed the pope and their assault on Ireland.

Mass-media and the internet has only exasperated the problem propped up by religion, politics and corporate policies. Reinforced and made the pragmatic dogma of the good ole US of A; it is now standard to abuse, insult, assault, harass or even kill those who do not agree with your views. Any attempt to contradict this established order will cause them to convert you into an outcast and deemed insane for opposing society's label on you. After all only someone crazy would resist the label place on them by others.

Current measure of mental health does not address the issues of society's crimes against people. Whenever it is established that there is a problem between an individual and a community of any size or type (church, school, city, family, clubs) it is always the fault of the individual to not accept the treatment the community has decided to place upon them. All mental health procedures are then established to force the individual to accept this treatment through; counseling, drugs, threats, jail and forced committal into dark abysses were the problem can just be ignored and society rolls on.

Whenever there is any event that occurs causing trauma and injury (physical or mental or otherwise) there follows statements such as "... we cannot understand why this happened ..."; such that instead of admitting our own failure we assume the one that caused the injury is the fallible party. The inductive reasoning is "This event is madness, we don't understand the event; therefore the cause of the event is insane."; which is invalid and does not reach an actionable conclusion.

What we need is a reset. Society must recognize it is culpable in its actions towards others, be it; racism, domestic abuse, sex abuse, harassment/bullying, terrorism or violence. While criminals must still be prosecuted, blaming mental states only provides a defense and a rock to which we hide the problem under. The legal 'mens rea' principle requires criminals to be sane or else their behavior can be excused and no conclusion or remedy can be reached.

Psychiatry must be abandoned, it is an agnostic secular religion masquerading as a medical science. Degrees (MD) in Psychiatry should be revoked. We need to refocus on actual science and throw out the DSM and any other so-called standards used as a reference or database for imaginary medicine. The Diagnostic and Statistical Manual is a shopping list of so-called disorders of behaviours society won't accept rather than any actual disease or condition backed by scientific data and research. People who play at doctor use it to dope up any patient that a parent or government wants to be compliant to any abuse or just their own perceptions.

There is no actual established definition of 'normal', until that occurs we must hold off on labeling someone as 'abnormal' in mass-media, social media or government actions. Just because someone does something You don't like, does not make Them crazy or insane. Their actions may be criminal but not mentally ill. We need to disconnect this notion that anything criminal, unwanted, different or strange is equivalent to madness, insanity, crazy or mentally ill. These are not valid conclusions.

Racism, violence and illness must be treated as racism, violence or illness and not conflate them with each other. Every shooter is crazy, every rapist is abhorrent and every criminal is mad. Those are not accurate or valid equivalencies, the speech of media and social groups must be held accountable.

Guns need to be addressed as an issue of violence and not an issue of mental health. There are calls for gun violence to be treated as a disease, while there is some validity to such calls, there is no validity that it is a mental health problem; especially when there is no mental health system in place.

During the pandemic we had a rise in so-called 'mental health apps' where a person can talk to a mental health professional; that is it, just talk. There is no concrete definition of a professional in such industries as phone apps. And just having a conversation with a face or text message, when we are unable to meet with others and studies show that phone-based conversations have no social or emotional value, is worthless in the face of mental health crises.

Talk and dialog are well-wishes used by those without critical thinking skills. Someone who may actually be ill will not be able to use such dialogues to understand any elements of their health; that would be the actual definition of mental illness.

The conclusions are short and may be impossible in the current environment. Without reasonable science there is no mental health system to put in place. Calls for action on mental health are as useless as the calls for laws on gun control. There is an established foundation of controls in place, the problem is a lack of enforcement and national standards. Guns are regulated by state in a piecemeal fashion with no coordination or cooperation.

We expect the ability to use a non-existent science to judge who may use a regulated legal product. When this system fails, we then expect an immediate fix that will be accurate and permanent. There is no such solution and cannot be without a more accurate foundation to build upon.

There also can be no solution until society understands it is responsible for a growing population of what they call malcontents with access to violence that they can use when redress of grievances fail. Society and government claims such people have no voice and then try to silence them when they resort to the only language assholes in power understand; violence.

Hate is the language and violence the dialect understood by those in power that have propped up bullies, fascists and extremists as pillars of our communities. But it is a language only those in power are allowed to speak (Evilspeak). Should you ever dare to speak to those in power in the same voice, you are insane and must be silenced, medicated and thrown in a dark, hidden place.

Don't speak the language of government to government, don't speak the language of police to police, students don't speak the language of principals to principals. Such action will cause your suspension, arrest or committal to treatments.

Until we address the failure of agencies, corporations and governments to address grievances and needs of others there will continue to be those who use violence to be heard.

Until society stops ostracizing populations and hold themselves accountable, there will be those who use violence to strike back. Vengeance requires two graves; but society needs to look down and see there is a third (theirs).

Until we have science and understanding of actual mental health and stop using blind faith and free associations, there will no sanity or health.

Carroll County has no specific issues in the recent past but as this trend continues it is only a matter of time. The problems of Baltimore, Philly or DC could easily bring such violence and issues to our doors.

We must begin by actually addressing issues as they occur and giving redress of grievances to the community. Our medical facilities need to focus on actual science of thought and the mind, we cannot dwell on false science of old men who dreamed of monsters and mothers.

There are four elements of thought and these elements can apply to other sciences as well. It is not Earth, Water, Fire and Air as Jung studied in Alchemy. The four elements are Perception, Understanding, Conclusions and Manifestations.

Most psychology and science only study Perception and Manifestation, examining how we take in stimuli and show behaviours. But we also need to study Understanding and how we glean data from stimuli; as well as Conclusions, how we use that data and information from other stimuli to draw conclusions.

This is not done by the existing Mental Healthcare or the sanity-theatre industry we address as such.

It was recently stated in studies and programs that the reason for the success of gun buy-backs is a lack of education and experience with firearms. This means that a large portion of the gun-owning population does not actually know how to use, maintain or properly store a lethal product. And yet we claim that violent use of guns are always intentional acts of malice.

Whenever there is a fight or assault, we assume acts of aggression and anger without any thought of defense or prevention of bullying and harassment. The attacker is always the offender. Authorities always see Act Two of such dramas and assume that is Act One. There is no attempt to find a precipitating event. They seem to forget the basic principle of cause and effect. We then place the victim of harassment in counseling and anger-management, the "... take two aspirin and call me in the morning ..." treatment of mental health, without discovering the root cause of anger and if such anger may have actually been appropriate.

The entire basis of mental health is based on the notion taught to children that "Violence is never the answer". With riots, police assaults/raids, war, overreaching military actions, inaction to pandemics, doping malcontents, death penalties and Evilpeak; it would seem adults actually believe otherwise.