MICHAEL FREEMAN

SUBJECT: PROPOSAL FOR A SEVERE TRAUMA/DISTRESS TREATMENT MODEL THAT ENSURES SUSTAINABILITY OF MOON AND MARS COLONIES BY FOSTERING BELONGING, SAFETY, AND SOCIAL INCLUSION.

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Elon Musk
Space Exploration Technologies Corp.
1 Rocket Road
Starbase, TX 78521
United States

Dear Elon Musk:

I would like to make a proposal to SpaceX and offer my services as a consultant as well as request funding from the Musk Foundation.

After hearing your inspiring plans for a Moon and Mars colony I became concerned that not enough attention was being paid to providing a sustainable and innovative mental health model that would truly benefit future Moon and Mars explorers and communities.

You have said, "*how treacherous life on Mars will be*" [3]. There will be many challenges. It may be the case that a tight knit community on Mars or the Moon may be better prepared to deal with any serious trauma or distress because of the closer community connections. This is exactly what the Trieste/Soteria practice of mental health shows. It may also be the case that many of the problems that create serious trauma on Earth such as corruption, abuse, discrimination and political causes may not get exported to Mars or the Moon. However there

have been very serious problems with the bio-psychiatric approach on Earth [4,5]. If that is not understood then future Mars inhabitants may just end up creating the same problem on Mars and the Moon, in a more difficult environment, that would threaten the evolution and sustainability of the colonies, especially in their fragile early stages.

I discovered that Nick Kanas, MD (Psychiatrist) has consulted for SpaceX. His book "*Humans in Space, The Psychological Hurdles*" contains references to the bio-medical model of psychiatry that uses psychoactive medications and other methods. As a researcher and campaigner over the last 18 years I have studied in detail, and have seen first-hand, the enormous damage that the bio-psychiatry model is capable of creating. Military veterans have been severely damaged by bio-psychiatric interventions and there is currently a homeless problem in the United States created by the ineffective interventions of bio-psychiatry. However, it needn't be this way as there are proven safe and effective methods of treating those in severe distress and trauma that have been developed since the 1970's.

These methods are the Trieste and Soteria models ...

> *"The Trieste Model is described as an 'open door... no restraint system of care for recovery and citizenship' in the city of Trieste, Italy. Trieste is a city of approximately 236,000 people in the north-eastern region, Friuli Venezia Giulia. In the mid-late 20th century, policymakers in Trieste sought to transition mental health services from a clinical model based on treating illness (for example, with a focus on clinical symptom reduction), to a wider approach that focuses on aspects of their social context that can be altered to foster belonging, safety, and social inclusion*".

Source: Council of Europe: "Hybrid" Approaches in Policy and Programming [1].

> "[Using the Soteria model] *we treated them without neuroleptic drugs as much as we could which was the vast majority had no neuroleptics for the first six weeks and we compared them with a randomised control group that got what we call quote 'usual treatment' on the wards of general hospitals, and in these two communities it turned out that the vast majority of the people who went through the experimental programs got better within the first six weeks without medications*".

Source: Loren Mosher: Yet Another Successful Non-Drug Treatment For Schizophrenia, Yet It's Not Being Used! [2]

So, I'd like to see a progressive mental health Mars module for the SpaceX Mars and Moon colonies. I could act as a consultant to SpaceX. There's also a possibility that your Musk Foundation could fund early development of research and implementation here on Earth that could act as a basis for advising the future Mars and Moon colonies. I'm aware that you may need a detailed funding proposal for this and I can provide this on request.

Best regards,



Michael Freeman

References

1. https://www.coe.int/en/web/bioethics/-/trieste-model-open-door-no-restraint-system-of-care-for-recovery-and-citizenship-

2. https://michaelzfreeman.org/yet-another-successful-non-drug-treatment-for-schizophrenia-yet-its-not-being-used/

3. https://www.tweaktown.com/news/85710/elon-musk-warns-how-treacherous-life-on-mars-will-be-for-human/index.html

4. Whitaker, Robert (April 13, 2010). Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America. Crown (Random House). ISBN 978-0-307-45241-2.

5. Peter C. Gøtzsche (2015). Deadly Psychiatry and Organised Denial. People's Press. ISBN 978-87-7159-623-6.