



## VISION TO REALITY: Inner Fire Mental Health Challenge

Inner Fire is in the process of building a new home—a residential therapeutic facility to support healing of the mind, body and spirit without the use of psychotropic drugs. We're excited to be in the first phase of construction and are asking for your help.



[www.innerfire.us](http://www.innerfire.us)

## A HEALING CHOICE:

# Suicide is the 11th leading cause of death in the United States.

While antidepressants are designed to decrease the symptoms of depression, they and other psychotropic medications too often have the opposite effect and can increase suicidal thoughts and actions with people of all ages. The impact suicide has on the lives of family members, friends, co-workers and the community is devastating. The loss of human potential is enormous.



## A VISION TO SAVE LIVES BY OFFERING A CHOICE

### ABOUT

Inner Fire at Grace Brook Farm is a 501(c)(3) nonprofit residential therapeutic community located in Brookline, Vermont that was founded with the sole purpose of saving lives by offering the choice to avoid or to taper safely off addictive, psychotropic drugs. We are not anti-medications, but believe in choice.

Our typically year-long multifaceted program provides state of the art detoxification processes, holistic treatment modalities based on proven therapeutic practices, artistic therapies that nurture and balance the soul, group counseling and peer led sessions, along with intentional grounding work in gardens, woods, kitchen and household.



Mental health challenges in the U.S. have increased dramatically over the past 50 years and now affect more than a quarter of the U.S population in any given year and nearly half of all adults at some time in their lives. Mental health challenges impact people of all ages and genders, geographic locales and occupations.

Coincident with the rise in diagnosed mental illness, there has been a pronounced shift in treatment protocols that increasingly rely on intensive use of psychotropic drugs rather than understanding the root causes of mental stresses and directing treatment to these causal issues. The long-term effects of this shift in treatment are only now becoming apparent, with mounting evidence of serious negative outcomes that include reduced life expectancy, violent behavior, elevated suicide risk, obesity, permanent unemployment and disability, addiction to prescribed substances, and a proliferation of illegal prescription drugs leaking into the streets and schools of our nation.

### BENEFITS

- Saves lives
- Helps people reclaim their lives at half the cost of state run facilities
- Pioneers healing practices without the use of psychotropic drugs
- Offers custom designed, aesthetically pleasing spaces for healing
- Provides professional compassionate care in a non-institutional setting
- Recognizes and supports the necessity for healing on a deeper soul spiritual level
- Offers follow-through for graduates to join Inner Fire's Creative Living Community where they can practice all they have learned in a substance-free environment while engaging in and contributing to the broader community

### ACCOMPLISHMENTS

- Raised over \$800,000
- Reclaiming Lives: Upon graduating, individual seekers have, with few exceptions, remained off their medications. They have learned to break unhelpful habits replacing them with creative life patterns and, by staying engaged with the program despite the horrendous withdrawal symptoms, have discovered inner strength, new abilities and broadened their self-image
- Catalyst for Change: Sets an example of ways individuals can reclaim their lives without medications
- Appreciated and acknowledged by professionals in the field of mental health, general health, police, politicians and representatives from housing associations
- Appreciative heartfelt correspondence from family members and individuals themselves seeking the choice Inner Fire offers
- Developed a Support a Seeker Fund, which to date has supported 2.5 seekers
- Supports a highly dedicated and qualified staff

# INNER FIRE'S APPROACH IS CHANGING LIVES

*"MY DAUGHTER AND I were very lucky to discover Inner Fire when we did. She was suffering so much. She was taking four prescription medicines and visiting numerous therapists. We went up to Vermont to visit the Inner Fire campus and the director Beatrice Birch. We were immediately impressed—something different was going on here; not like the other communities/facilities we had visited. My daughter began a one-year stay almost immediately after that visit. It wasn't magical; it wasn't easy; it wasn't pleasant. It was work—work that made an unmistakable and profound difference in her life.*

*The guides, as the staff are called, are at their core selfless and dedicated people devoted to the Inner Fire aim and possess seemingly limitless energy. The seekers, as the clients are called, come from near and far to change their lives.*

*With the help of a psychiatrist, seekers are slowly weaned off their psychotropic medicines. It took a little over 6 months for my daughter to be weaned off her medicines, but the accompanying therapies and patient, very patient, staff made this possible. It also made it possible for more work to be done, as my daughter was now clearer and more herself.*

*My daughter found the control that she had somehow lost in her life. It was as though she had it in her all along; this is what I believe. Her inner strength emerged and she discovered that she was not so helpless, that she could influence her moods, thoughts and actions. She didn't need to freak out, go to the hospital or run away screaming each time a difficult situation arose. It was a slow, painful process, which is in no way complete, after a year. But this is what I believe Inner Fire intended; to help the seeker find within herself the strength that lies there, untapped—strength that will be available to continue to work the rest of her life as she repairs and improves her life. Inner Fire is appropriately named, as seekers are guided back to themselves to find the fire within that brings force to their lives.*

—A Seeker's Father

*"INNER FIRE saved our daughter's life. When our daughter left Inner Fire she felt "ready to re-enter" public life and wanted to prepare herself to go back to college. We are eternally grateful to all the wonderful people who work at, create and make Inner Fire possible and we hope that many more seekers in the near and long-term future will be able to benefit from this unique place and program."*

— A Father

*"I REMEMBER after many months of Spatial Dynamics with Marguerite the moment came when I said I felt "peaceful." I was breathing, and the movement was carrying me. As an often deeply overwhelmed individual, feeling "peaceful" was nothing short of a miracle. Which is what Inner Fire is: a miracle.*

*And the greatest challenge is not the work itself, the rigor of the schedule, but actually waking up to this miracle. When so many people are used to being let down and greeted with empty eyes and handshakes, it can take months to wake up to meaning. I sometimes say Inner Fire is the first place I have ever been. This is partly because I feel most places are not real places: they are only environments where people gather without purpose, lost together. Inner Fire is truly rare in this regard, as individuals indeed gather, but united by a common and loving purpose, which each seeker that arrives will come to understand."*

—A Seeker

## FOUNDER | Beatrice Birch

Beatrice Birch founded Inner Fire to offer a choice to striving individuals seeking to be proactive in their healing process without the use of psychotropic drugs. She is a leading practitioner of Hauschka Artistic Therapy and has worked in Europe and Asia in treatment facilities and training institutes. She has applied knowledge from 35 years of professional practice in prisons, inner cities, residential facilities and her own private practice. Inner Fire will always be a place to meet in our humanity regardless of one's financial situation, race or religion. She has an undaunted belief in the resilience of the human spirit.

Your tax-deductible donation will change lives, allowing recovery and productive re-engagement in life for many. We depend upon the generosity of supporters like you. Thank you.



deep healing without meds

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