

# **YOUTH MENTAL HEALTH**

## **Crisis and Solutions**

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# **YOUTH MENTAL HEALTH**

## **Crisis and Solutions**

### **Introduction**

I appreciate this opportunity to weigh in on the most important priority of American Society, the health and well-being and future of children. I make these comprehensive comments as one degree in psychology, law and business and with 45 years' professional experience in those fields, worldwide – but with no measure of pontification.

I respectfully submit that the current approaches to address the growing alienation and hopelessness in American youth are seriously flawed and doomed to guarantee a worsening of the current crisis. By all appearances, we are at the breakpoint of accelerating disintegration of youth and species.

The good news is that an understanding of the root cause of the malady as well as its remedy are within our immediate grasp, requiring only the commitment of parents and other responsible adults across the community to face reality head on, “upstream” as some call it. In so doing, given the severity of the crisis, we must step out of the prevailing box. I applaud the posture of this Initiative, reaching out to the community in search for the right path going forward.

In short, here is the deal:

If young people are confined in a world of fake reality at every turn, that necessarily involves their subjugation and ruination at every turn, and no encouragement is given for them to ask why, and they understand that such request would be outright denied at every turn, then what outcome do we expect for their health - physical, “mental” or spiritual?

Given how out of whack our approach is today, as measured by the scoreboard of young casualties, it is essential for us now to carefully revisit and clarify important concepts and causative factors. In doing so, the “cure” emerges.

## **I. MENTAL HEALTH FOUNDATIONS**

### **A. What Means “Mental Health” or Illness?**

Many lay persons and professionals in the field think of mental illness or insanity in relative terms, describing the condition of those whose mental processes and behavior deviate substantially from norms and assumptions underpinning the social order. The notion is that a society is “normal” in as much as it is functioning, and sanity or mental health is defined only in terms of the individual’s ability to adjust to those normative ways. Under this view, truth and morality are almost irrelevant. “Sanity” is functional conformity to what is socially expected, regardless of its inherent truthfulness or morality. “Insanity” reflects a serious inability to function in such a paradigm, resulting in many different types of physical, behavioral and psychic breakdowns.

However, it must be recognized that the individual and the social order are truly sane only when founded on truth and harmony with the natural order, which are optimum conditions for the free

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and unbridled pursuit of the human potential individually and collectively, and which ultimately translate to survival of the species. In truth, ‘insanity’ describes the condition of an individual or social order that is founded upon or adapted to deceptive/delusional reality depictions that may tolerate or hide serious wrongdoing that may never be challenged, in the process constraining and disintegrating human potential. Sanity is what furthers survival and abundance; insanity is what threatens it.

We must recognize that nothing is more insane than for a people to adapt to a deception of a scale that would threaten suicidal extinction of humanity and our web of life. Some say, we are there today. Let’s examine.

#### **B. Evidence-based Truth as the Foundation of Mental Health**

So, for us to have confidence in a healthy future for youth, our decisions must be founded on a *truthful connection to verifiable physical reality* as detected by the senses and validated by reason, logic, and critical thinking.

Truth depends only on that *evidentiary support*, not on the number of its followers. The fact that most people everywhere may share the same mental orientation toward what is real proves nothing about the validity of that orientation or truthfulness of its underlying assumptions. There may be comfort in numbers, in knowing everyone else is accepting the same construct, but it does not make the construct Real. *Evidence* is anything that we experience that causes us to believe or disbelieve that something is true or that something has happened as depicted. In the US legal system, we have adopted common law rules of evidence developed over many centuries back to Mother England. To be courtroom admissible, a piece of evidence must meet strict standards of relevancy, reliability, authenticity, and first-hand verifiability. It is not evidence, simply by virtue of the fact that some authority insists.

Any individual or societally adopted belief system that does not have solid evidentiary foundation for its “reality” must be considered prone to delusion. Delusions are false judgments held with extraordinary conviction and subjective certainty. They are intensely held, "stuck" beliefs impervious to reality - resistant to contrary experience, counterargument, and any consideration of evidence.

As illustrated throughout this paper, the disconnection between what might be a consensus based ‘reality’ and evidence-based reality is at the root of mental suffering (illness?) in Youth.

#### **C. The Essential Discipline of Challenging Assumptions**

A critical aspect of assuring truth-based reality is the discipline of questioning fundamental assumptions and narrations of fact in the search for evidentiary foundation. The absence of that discipline creates the opportunity for delusion to take hold and take over.

The ability to use cognitive capacities to question and insist on evidence-based reality is an essential survival skill that protects against the imposition of false and potentially destructive and enslaving reality depictions. As M. Scott Peck put it in *The Road Less Traveled*, “The

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hallmark of a healthy mind is an unyielding willingness to face the whole truth no matter how dire.” In a similar vein, Benjamin Franklin maintained that the first responsibility of every American citizen is to question authority, especially on the most controversial matters. (He didn’t feel the need then to explain why.)

To be clear, a refusal individually or collectively to submit beliefs and assumptions to rational, logical critique is a clear indicator of grave mental illness.

#### **D. Individual vs Societal Sanity/Mental Health**

To understand sanity of the individual, young or old, one must first examine the rules of the social order itself, to which the individual is asked to adapt. We need to make sure the society is intact, or some semblance of it, before going about “diagnosing” and “treating” unsuspecting and defenseless children especially. If the society is quite sick, it may be a really bad deal to send the kids to that doctor for treatment or cure.

Young people having a hard time staying grounded to a wildly gyrating, out of control spinning top are not necessarily the culprits nor should they be the center of attention. Can they ever be healthy until the top is pulled back into balance? Regardless of how balanced the child may be, in the best case, a wild ride is in store.

Eric Fromm (*The Sane Society*), RD Laing (*The Politics of Experience*) and others have maintained that the madness of the individual should be seen as the inevitable consequence of the madness of the society, that society itself, when bedeviled by certain pathologies, can be crazy making for the individual. A sane society is one which helps the individual continually give birth to herself. Conversely, a sick society stymies that ongoing rebirth and renders the individual in a state of alienation. And can the individual functioning normally, apparently well adapted to it, be other than quite sick? Aldous Huxley commented thusly in *Brave New World Revisited*:

The real hopeless victims of mental illness are to be found among those who appear to be most normal. Many of them are normal because they are so well adjusted to our mode of existence, because their human voice has been silenced so early in their lives, that they do not even struggle or suffer or develop symptoms as the neurotic does. They are normal not in what may be called the absolute sense of the word; they are normal only in relation to a profoundly abnormal society. Their perfect adjustment to that abnormal society is a measure of their mental sickness. These millions of abnormally normal people, living without fuss in a society to which, if they were fully human beings, they ought not to be adjusted.

#### **E. The Graduated Erosion of Sanity**

The essence of the human spirit deeply rooted in the instincts of all children is to blossom freely based on truthful reality. Children instinctively know when things are out of sync with truth and the natural order. At least at a deeply subconscious level, they can detect falsity, in families, in schools, and throughout society.

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For children to be compelled in some fashion to adapt to depictions of reality that are blatantly contrary to truth so runs against human grain, contravening instinct, common sense, and logic, as to create subconsciously a poisonous discord and resentment that eats at body, mind, psyche, and soul. In their depths the discord dwells, largely misunderstood and perhaps denied, but it works on children, tearing and twisting them apart, and breaking down physical and mental health.

The more blatant is the falsity, and the eviler what is being hidden, the more crazed is the child's adaptation to it. The sickness festers and eats away, compromising powers of detection of danger and causing leakage and breakdown into this or that illness or disorder, and often producing thoughts and behavior deemed 'aberrant' as not fitting the "normalcy" which in truth is nothing but severe psychological confinement. When the deception involves hiding a hideous nature or consequence, a deep, dark secret, the extent of twisting and inevitable leaking, ripping apart and breaking down in children becomes extreme.

Children locked into a prison of deception are thwarted from becoming, stripped of their pursuit of the human potential tied to truth. The natural spontaneity and joy of youthful exploration are choked out and overtaken by a rotting and ruination of the human body, mind and spirit collapsing into despair and hopelessness.

This adaptation to falsity is a graduated, ratcheting process. You start with the mild lie and step up the degree and obviousness of deception, the evil being hidden, and the forfeiture of the opportunity to realize true human potential. Very important to the process of indoctrination or conditioning, as it is with every "PSYOP"-, is to step up the improbability of the reality depictions. Children are taught to disbelieve their senses. They learn not to look, not to mentally engage, until their cognitive functioning and consciousness become overwhelmed. Doo dooby doo goes the dumb down process, fake after fake getting more obvious. Young people somehow understand that it is not OK to ask, and that no adult will be there to help or console them.

At some point overcoming cognition and instincts requires an almost conscious, affirmative buy-in, even for children. The more blatant the deception, the more the conscious mind processes and takes ownership of the adaptation to it and of the deception itself; the more synched in and irretrievably entrenched the adapter becomes, and the more deeply embedded the deception thereby gets. The more children get ratcheted to Irreality and the more massive the deceptions become, the more poisoned and twisted apart they and the entire society become, accepting the confinement of the human soul to deception, coverup, and no questions asked.

For sanity and survival, at some point the obviousness of the deception does require asking questions. We are at a crossroads. By staying silent, we not so subconsciously decide to adapt and to force adaptation of youth with us. For an adult, failure to question becomes complicity in the crimes and cover up. Adapting to false reality constructs becomes part of our identity as we become complicit in the next deception ever more outrageous. As they get older, children know deep down that by following their "protectors", they are betraying their human nature for truth and their opportunity to become and blossom in their truth.

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### **II. THE AMERICAN IRREALITY SHOW for GEN Z**

#### **A. Sketchy Stories**

Growing numbers of young people across all segments of society are beginning to pull conscious focus on the fact that many if not all of the significant “events” reported to have transpired over the course of their lifetimes involve blatant deceptions filled with comic book suitable absurd impossibilities to which they have been forced to adapt as their reality, with storylines imposed and fiercely defended by those holding themselves out as authorities for young people to trust.

By way of illustration, here are a few of gravest concern to young people:

#### **1. The War on Drugs**

The story line is that we must protect our children with intense government drug interdiction and enforcement efforts; that we intend to stamp it all out; and that without strong drug laws, our society would be much more drug-ridden and ruined.

Evidence-based skeptical young people and adults consider the War on Drugs to be a war on personal freedoms and the right to control what goes into their own body, effectively, a War on Youth with drugs – including a war on their minds, to accept this and other horse laughable nonsense as truth. Using forensic skills which they had to learn largely on their own, they conclude that it is highly likely that the USA effectively controls most of the worldwide production and distribution down to the streets throughout all of America of the most dangerous narcotics. With record-high production of heroin and cocaine now highly centralized in Afghanistan (we “pulled out”, did we?) and Colombia, with mountains of synthetic opiates and related nasties produced by Big Pharma and sanctioned by the FDA and the AMA overflowing medicine cabinets, the result is rotting and ruination of minds, bodies, and futures of American youth.

All this, while we their adult protectors persist with the criminalization of marijuana, a natural herb traditionally employed by peoples everywhere (remember the native American?) for medicinal, meditative, and spiritual purposes. And in so doing, we inevitably present to the children the fuller, nasty portfolio of the state or private pusher man that shatters human body, mind, and aspirations - from dependence to doom.

Perhaps most damning is at the same time, while decrying, ‘what is wrong with those damn kids?’, we sanctify the call for another round of cocktails, slugging the dummy-down into the deadening skull of diminishing consciousness and conscience: what many call the most destructive drug of all, Alcohol - sanctioned, massively worshipped, and ritualistically indulged in, and effectuating a mass crippling of cognitive capabilities and one’s ability and willingness to decipher “stories of the authorities” in the search for reality.

Meanwhile, the Aggravated Pushing of the covid “vaccines” and boosters has served to embed in youth a ‘Just Say Yes’ mentality that would accept the notion that taking drugs including by injection of toxic concoctions is some kind of health solution - while also hiding the fact that the

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vaccines have become prime suspect in the exploding number of “Unknown Cause” Sudden Deaths suddenly erupting all around us. And now even being acknowledged by the Medicators as causing serious heart conditions in Youth. How is a kid supposed to suck up to that beating? Always smiling? Any chance he could open the investigation, with our help?

### 2. Ay, Corona!

Let’s remember that the mainstream “Covid-19” storyline, from government and unified press:

There is an invisible airborne virus on the loose. It has innumerable new variants coming at us. They cause serious and deadly disease which spreads through communities by person-to-person “contagion”. Government must impose restrictive measures on everyone, like isolation, distancing and masking. All those measures were safe, effective and necessary to “mitigate the spread” and protect health - and were legal, too. The Final Solution consists of ongoing *ad infinitum* vaccination for all members of the public. And those health authorities can even force you to comply if it comes down to it.

Significant evidence-based Youth, in joining with independent, professional adult dissent, insist to the contrary:

The same evidence-based skeptics, young and old alike, further insist that covidScam underscores the fact that the American healthcare system is in a state of shock. All the basics of human health the natural way have been set aside, scorned, and even criminalized, as defined modern medicine uncovers more and more physical and mental diseases and disorders for youth requiring a battery of Big Pharma medications that serve only to buckle and disintegrate young bodies and minds. With every childhood “disorder” there is already a pharmacological solution. And the results: American health care for children and adults is, by any measure, by far the worst and most expensive of any nation ever.

What say about the sanity of criminally condemning marijuana while demanding submission of children to state injections? ‘Teacher, where can we go to talk about this stuff?’

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#### **3. 5G good for you**

The main storyline goes that 5G is a communications marvel with negligible or no toxic impact on man and nature. While attracted to internet access and speed, growing numbers of disenchanted youth are joining the legions of highly credentialed, independent experts who insist that 5G is a ‘surveillance and control’ military technology that emits extremely dangerous microwave radiation which is sickening, crippling, and killing youth, irreparably damaging and in short order destroying cognitive and reproductive functioning in any all-systems breakdown. And when the young child’s hand is raised, “Teacher, what do those towers beam, and why were they given preferred treatment during covid to continue expanding the installations on mountain tops and valley floors? Why then were we the children were forced indoors, isolated, distanced, and no hugging grandparents? And all choked out and poisoned too, under those government orders of Masking? Who did that to us, and why, teacher, why?”

#### **4. ‘Climate change is real’/ ‘Chemtrails are not a thing’.**

The succinct storyline we push on young people goes,

‘We are running out of oil and gas, plus carbon fuels have ruined our otherwise beautiful environment, triggering a permanent change in climate that will destroy the planet and all life in short order.’

The solution, we/they say, is to aggressively switch to “renewable energy” sources, forever clean and green to the rescue: Wind, solar, geothermal, and other that make up about 10% of total energy sources today will boot oil and gas aside, in short order. These same climate sophisticates amongst us wholeheartedly and heatedly deny the existence of other contributors to our abounding environmental wreckage, shouting out with special zeal and glee, “Chemtrails Are Not A Thing!”.

Evidence-based skeptical young people, and others, keep pointing up, responding with, “Oh, baby” . . . A nation looking down on the handhelds and never again up to see and ask respectfully, “What the hell is that they keep spraying up there, almost every day now, everywhere?” . . . Call it ice crystals forever, and no concern about the cumulative nanoparticle toxicity for youth of metals, polymers, and surfactants showing up in soil and air testing that are being inhaled with every breath below which also, they insist, comprise the most devastating contributor to ongoing climate deterioration.

Those sorts of young people further insist that “renewables” are far more expensive and environmentally ravaging than fossil fuels and that oil and gas consumption will continue unabated as essential to the mining, manufacturing, and operation of the “renewable” systems – and that Big Oil is also the big money behind Big Renewable. “Waaa” goes the Younger Child, even though he doesn’t yet know why.

Given the seriousness of this challenge, and the insisting voice of youth deprived of any outlet on this also, would not a sane society demand exceptionally close examination before dumping on



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them a tired narrative being pushed so officiously by the vested interests and covered up so frantically and tidily by school boards, mayors and city councilors?

#### **5. Moon Landing, NASA and the whole “space program”**

The story goes, “We’ve been to the moon.” So, we have Moon Landing and Mars Roving; a manned international space station with frequent shuttles back and forth to Earth; Oh Elon! Musk and his space-mobile X doing the flyby (never seen or filmed by anyone); constant launches of this and that (never seen or filmed by anyone); and now Space Force, the mighty military branch committed to roam, patrol and protect, way out there.

Forensically inclined, evidence-based skeptical Youth (‘In America, is it OK for them to be that way?) insist No Such Thing, any of it: Nothing but made up of Flash Gordon-caliber fiction that provides yet another massive source of government funds forever outside the purview of their taxpaying parents, in the hands of suspected racketeers who have that chokehold on American minds and destiny.

As it turns out, kids are not that easy to fool. Let’s see the evidence, they insist. What say we or thee? Nada?

#### **6. Our spherical, spinning earth**

We must know that this point, any mainstream storyline on any topic, however strongly believed to be true by however many millions, over however many decades or even centuries, that today is being challenged by a meaningful number of persons, young and old alike, must as a matter of sanity and survival be allowed free and full discourse and debate.

Many young inquirers sense that the mainstream response that derogatorily labels them “Flat Earthers” has been so vitriolic and nothing but ad hominem/ “conspiracist” attacks so as to reek of yet another fraudulent reality construction being embedded into the Fearing Mind of the Masses. What a way to work with young people, to demean and intimidate. Another off-limits topic, is it? What possibly could be so dangerous or fearful about carefully examining the evidence together with them?

How hard is it to procure for them a photo or video taken from A-Deck of The Starship, if they are up there and have that 20<sup>th</sup> century technology called camera with them? Or is it state secret? How about just doing something simple with the honest, young inquirers, like working up the Earth Curvature Math, to help them “get it right”? Or is it better for them just to be ridiculed and scorned?

Let’s remember the words of Mark Twain:

In the beginning of change, the patriot is a scarce man, and brave, and hated and scorned. When his cause succeeds, the timid join in, for then it costs nothing to be a patriot.

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What would it be like to be a young person today who looks around and finds himself to be the only one on higher, patriot ground?

#### **7. Cheap food**

The story goes,

‘Mankind is growing in number (and size) and farmland is tapped out. So, feeding the planet affordably demands large-scale, intensified farm production and maximization of crop yields achievable only through controlled application of chemical fertilizers and pesticides and use of genetically modified seeds.’

Growing numbers of evidence-based skeptical youth and adults insist that all of that has backfired hugely, that most of American farmland has been stripped of natural nutrients and severely toxified and is now producing grains and animals and ultimately American food loaded with glyphosate and other deadly poisons that are ravaging children and families, causing serious illnesses and early deaths with attendant staggering costs in “health care”. They further insist that when measured by honest accounting, American food is the most expensive “per nutrient” of any country in history, the reality of which is being hidden by colluding profiteer-racketeers in industry and government. They also point that with elimination of the junk food foisted on Youth (80% of the grocery store?), there would be plenty of capacity in American farms to produce truly healthy organic food whose true cost would be far less than our current food cost, net of the massive reduction in healthcare expenses for illness attributable to poisoned food.

Don’t we owe it to Youth to do the math with them? How might doing so affect their mental health?

#### **8. Mass shootings**

The Young Mind inquiring about this story is courageous, indeed.

The mainstream narrative on mass shootings insists that Americans are a sick and hateful lot, racist and retaliatory, prone to sudden violence, and too often keen to take out our many inner disturbances on each other by guns in the form of “mass shootings”. Many of these reported shootings across America have taken place at schools, each typically with multiple reported deaths and serious injuries.

Evidence-based skeptical Youth, having grown beyond weary of the messaging and ‘active shooter’ drills, and growing deeply suspicious of everything, are asking a simple question:

How is it that all of these reported mass shootings have one striking thing in common, specifically, the absence of any courtroom admissible evidence that might support the storyline:

No death certificates. No red stuff anywhere. No desperately screeching ambulances. No security camera or cell phone videos of the crime unfolding or of people shot up dead or wounded. No screaming of the injured and dying. No gunshots heard. No desperately

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grieving parents. No survivors in shock. No hospital information nor arrival scenes. No professional cleanup crews at the site. Nothing but third-hand reports containing hearsay on hearsay on hearsay (Note: Some Youngsters are learning what hearsay means).

From this, these young, evidence-based "questioners" raise the prospect that mass shootings are being fabricated by those with agendas of deception, subjugation, and terror, to get the masses to knuckle under at their bark, to accept whatever is said to be reality regardless of the blatant absence of evidence.

The intent also, they suggest, is to create in the masses 2d Amendment fear and loathing around sacking the guns from law-abiding citizens as well as to silence dissent, even to the point where fact-based questioning of an establishment storyline is universally condemned as a form of Domestic Terrorism rather than welcomed as dissenting free speech essential to truth and democracy. These same Young Questioners point out that the stunning Absence of Evidence suggests that Americans may not be so hostile, racist, or trigger-happy, but rather, may be respectful and appreciative of each other's differences and exceptionally responsible when it comes to the exercise of Second Amendment rights.

Wouldn't this matter be something important to sort out forensically and openly with young people, so many of whom now suffer from Active Shooter Fear Syndrome whose symptoms aggravate every time they approach The Institution of Learning?

What does it mean for a nation's sanity and survival when the nature of the subject is depicted as so sensitive as to condemn and foreclose legitimate public inquiry into chronicles of terror so factually sketchy and improbable yet reported in lockstep unison by all channels? As stressed earlier, the fact that government, certain law enforcement, and the unified media "authority" insists it happened, 'right over there', is irrelevant in the search for sanity. Evidence only, the Young and Courageous insist. Is it OK for them to forensically inquire, and where and to whom?

On their own, again, are they, and now themselves suspects?

#### **B. Why We Don't Confront Falsity**

Sadly, for many if not most American adults, human cognition has been badly eroded if not disintegrated. We have lost the ability to detect even the most blatant deceptions. Whether due to the incessant pounding of Big Lie propaganda, wireless radiation, the myriad of "stabilizing" meds, vaccines, toxified GMO foods, obesity, or the daily dumbing down dose of booze, the net result is Cognition Deleted and Will Overwhelmed. At this point, everything and anything by way of manipulated reality is possible to pull off.

Young and old victims instinctively know that the truth being hidden could well be extremely horrific such that they don't want to understand it - and then the next chronicle gets even more incredible and more horrific.

Amidst all this, the young and inquiring history buff wonders if this is not exactly what CIA Director William Casey envisioned and intended when he touted, way back in 1981,

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“We’ll know our disinformation program is complete when *everything* the American public believes is false.”

Eh? Can we help these youngsters?

### C. The Problem with Proclaiming

We Americans are great at expressions of sympathy and support for the notion of mental illness abounding all around us, and worsening every day it seems, according to the messaging. We are especially sensitive (we say) to Youth in our midst who are coming undone in varying fashions for varying reasons or none whatsoever, whom we determine to have mental health issues warranting the classification of mentally ill or disordered. Witness ‘Proclamations’ across the land like ‘Mental Health Awareness Month’ and funding of organizations like NAMI. But the more we fund, the broader and deeper mental illness in Youth rampages. And the notion that Awareness of Mental Health might mean looking at what is at the root of ‘individual aberration’ in Youth, specifically, the shrieking insanity of The Proclaimer? – “Nevermore”.

For young people who cannot hold up to the deception, whose souls will simply not be corrupted into compliance with increasingly demented and numbing Irreality, and who can’t see their way through it, being classified by Normal World as mentally ill, disturbed, or disordered, is an ignorant affront that aggravates “illness” and ducks the fundamental causation, specifically, the mental illness of an adult world that would so readily accept and adapt to obvious falsity that leads to their demise – and require kids to do likewise.

We must not look to the methods of the sick society as a prescription for “recovery” of young people who don’t fit into the “normalized” modality. Young people are discovering that The Proclaimer of sensitivity only wants to drum in the dummy down, a game no child of any age should be forced to play, and that those adults purporting to understand and come to the rescue are often the most sick - and dangerously incompetent to boot.

By classifying youth who struggle with the insane turbulence as “depressed”, “ill” or “disturbed”, We Normal seek to keep our world confined and avoid coming to grips with our own complicity in the perpetration and coverup of underlying falsities. We sacrifice our youth, our most vulnerable and in need of protection, by not so subtly pressuring them to surrender their precious uniqueness in order to “fit in” to the fundamentally crazed, “normalized” world. We are content to enchain them to the false paradigm, for life, well knowing that in so doing, we sabotage their human potential and destiny. And how about generations to follow?

In fact, expressions of sensitivity to the plight of the young, depressed, and disturbed serve only exacerbate their suffering while shielding the complicity of The Proclaimer. Those doing the loudest proclaiming win by being on the inside; the status quo serves them – ‘We are the normal and you (child or adult) are the mentally ill’, when the truth is the opposite. This “sensitivity” is a false front which serves to castigate and confine Children while shielding the culpability of the proclaiming society from facing their grave disorder of sucking up the deception.

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For the duly proclaimed, “disturbed” child, there is a great sadness, knowing deep down that there never will be a true accounting, that never will they be given the opportunity to blossom and grow freely, *and that they will have to sort it out on their own* - if it is even worth it.

The truth is, adult health authorities consider those youngsters who do not go along with Deception Central, who are intent on seeing through the fog being churned up constantly, to be the sickest and most in need of our help. But for those not able to adapt to a crazed society and who break up trying – does that make them crazy or, more kindly, ‘suffering from mental health problems’?

For many young people, the culture of false, ‘consensual reality’ does not work. Among this group we sometimes find youngsters, perhaps of greater integrity and sensitivity than the majority, who are incapable of accepting the cultural opiate, while at the same time they are not strong and healthy enough to live soundly “against the stream”. The net result might be skewed and aberrational behavior we call mental disorder, but the great craziness is the desperately out of order society compelling dishonest adaptation.

So it is, the child who is seen as most aberrational as defined by the doctors of normalcy may be the most healthy and sane of all. For is not Depression a natural and logical, biochemically based sensitivity or awareness, at a not so subconscious level, of the existential void and absence of meaning and insanity implicit in being compelled to adapt to a societal order based on massive deception and coverup of crippling crimes and shenanigans?

From the first moment of life, the human being is trained to deny his senses, perceptions, and instincts for survival and to trust and substitute in their place fabricated and false reality constructs. The sense of falsity together with the inability to address it and the need to conform and adapt is the seed of their Troubles.

Let’s be clear, we proclaim sensitivity to mental illness, to those who are “strange”, yet when a Child who never will be mainlined cries out in the dark, asks to look at what is real, we seek to shun and silence, to discourage and scourge their lonely voice. And when Children see the Aberrant and the Extraordinary being so scorned, they learn to stay mainstream, confined - if they can hold up to it.

Importantly, the most vulnerable to the twisting are the children of parents who have consciously and hypocritically adapted to the twisted falsity. Kids can detect and see through, but it becomes a guide they in turn will follow, their illness aggravated by the not so subconscious knowledge that it is the parent who betrayed them.

Many experts insist that the “aberrational expressions” of Youth must be allowed to express and engage for any hope of their sanity and survival tied to truthful, evidence-based reality. Can’t we do that for them?

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### D. Those Madly Mummifying Meds

According to the medical-pharma industry, “mental illnesses” in children like depression, bipolar, and attention deficit are very common and increasing, with new diseases and disorders being continually discovered, and further, that the best way to deal with them is new and improved psychotropic medications that stabilize the mind and alleviate the suffering of the misfit. More and more behaviors and feelings in Youth are deemed to be strange and unwanted, comprising “disorders” for which pharmacological relief is just a pill or shot away - according to those whose core business is treating and supplying.

By any definition, psychotropic drugs are big business, *and the industry sees the strongest business growth potential to be diagnosing and medicating exploding numbers of “mentally ill” children.* The notion is that unwanted behavior or the troubled state of mind can best be addressed by altering brain chemistry with a pill. The end goal is to stabilize and normalize the suffering, aberrant Youth to some degree of comfort and more “ordered” functioning in society.

The “aberrant” Youth, who feels outside the bounds, who is twisted and teetering to make sense of rules and meaning in the crashing waves of deception - all of that we must submit to prescribed treatments to neutralize and stamp out “deviance”, of course with our stoutest sympathies.

And never do we raise the prospect that the accepted adult addiction to alcohol may be prime suspect. No child in distress or bona fide search should ever face an adult caretaker whose boozy intoxication reeks disinterest and lack of care.

And rarely is there any emphasis on traditional, natural means of achieving life balance, such as by sleep, sound nutrition, and recreation in the wrap of mother nature – together with open dialogue, no topics off limits. In fact, the process of “medically” flattening behavior and personality upsets and cripples the body’s natural balancing processes, including cognition itself. We medicate away even the capability to detect and inquire into Irreality’s causative madness.

Meanwhile, by any measure, the more funding that is dedicated to it, the worse is the state of mental health, in youth and adults. Few “diagnosed” and “medicated” young people ever “get better” and off the meds. Many who attempt to do so experience difficult and dangerous withdrawal. According to the medicators, typically over time ‘conditions can be expected to deteriorate’, requiring new and better, more sophisticated (and stronger) cocktails, each not quite sufficient, so the story will go, to repair the disintegrating human organism. In reality, the more diagnosed and medicated children are, the more disconnected and disintegrated they become.

Sadly, that which is deemed aberrant by the American Madness is often where the real brilliance and inspiration is, youth fighting for the human spirit to survive and blossom - yet too often abandoned, without real home, left all alone, and hope fading if not gone long ago.

## YOUTH MENTAL HEALTH Crisis and Solutions

### IV. THE CHILD'S WAY HOME

- 1) Build natural foundations of health - Immerse children in sleep and the wonder of dreaming. Exercise rigorously in sunlight, bare feet rooted in soil whenever possible. Invest in best water purification systems that remove fluoride and other toxicities. Clean up the food - nothing but fresh and organic (healthy soil/ healthy gut) - and lose the FDA approved junk food (most of the grocery store). Get control of your body. Lose the obesity.
- 2) Get children off all altering meds, including all psychotropics. Use the medical industry as emergency backup only. Cut back "health care" insurance coverages; invest instead in health building.
- 3) Call out and end alcohol stupidity. That means you, too. Model the right thing.
- 4) Build core discipline and balance of body, mind and spirit starting at the youngest ages. Train martial arts rigorously. Protect and build cognitive skills.
- 5) Stop imposing belief systems and build evidence-based reality verification tools for all ages. Encourage them not to trust but instead to challenge every storyline, especially coming from history's grandest fabricators, to accept nothing as reality unless it holds up to rigorous evidentiary scrutiny. Teach them common law rules of evidence and the basics of logic and probabilities, and how to apply them in their area of inquiry.
- 6) Educate and train (all ages) on the core US Constitutional (Bill of Rights) protections of individual freedoms and, ultimately, sanity and survival that must never be compromised. Model and insist on free speech challenge and dissent. *Embed in all children the understanding that no governmental entity at any level has the right to impose restrictions on Inalienable Rights as it sees fit.* This includes the right to breathe, gather and speak freely and the right not to be coerced to inject drugs or to be subjugated to any false narrative that involves them losing their liberties or life without full Due Process of Law, the most important and distinguishing protection of we free people.
- 7) Pull children out of government schools now –enough of the fake realities, freakish social agendas, and the threat of real or fabricated mass shooting. Build education systems that teach how to critically think, not to recite facts. Refund education tax money to parents to help them with home schooling and other education alternatives.
- 8) Expose and eliminate the most blatant toxicities poisoning children's body, mind and psyche, that have persisted in our community, despite continuous public pressure for many years on our government authorities to address:
  - a) Round up the Roundup. Get the glyphosate off and out of lawns, forests, rivers. Support legal actions by farmers and consumers to end the poisoning of American farms and food, and bodies and brains.

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- b) Stop 5G Fast. Demand full explanation from government and telecoms on health risks connected with the towers that beam and what we can do to minimize or terminate.
  - c) Strip Search the Elephant in the Sky, to out and end the toxic aerosol spraying involved with government weather modification programs denied or deceptively misnamed “cloud seeding”.
  - d) Put That Needle Down! Shutdown and come to the aid in the vaccine killing fields, finally admitted by the pushers to be damned dangerous to youth.
- 9) Expose the historical Big Lies, and account to the victims for the terror of our ways. Run “out and outta here” all public officials who fell for and imposed covidScam and its massively mangling measures, in suppression of truth and vile violation of law and Constitution.
- 10) Treasure and protect the uniqueness of those “troubled” young people (the majority at this point?) who cannot or will not adapt to any Madness. Spare them the mental health proclamations. Free them to free expression of their human potential tied to truthful reality. And provide them the outlets for free speech expression and investigation in a community that embraces and treasures rather than condemns and silences respectful dissent, discussion and debate on the most important and controversial subjects, especially if they are deemed “sacred cows” by vested interests and would-be tyrants.

In this regard, attached are two artistic “Best Breaking News” submissions from the era of covidScam: “BUCHENWALD HIGH”, a lament for what might have been, and “FLY, FLY AWAY” depicting a nightmarish future world for the Young Child that must never happen.

### **Final thoughts -**

With regard to this “Youth Behavioral Health Initiative”, I applaud good intentions on the part of many who seek to come to the aid. However, one wonders, how is it that Saint Luke's medical institution and Boise State University are the ones leading the way? And what is up with the notion of a five-year contract between the two, funded by Saint Luke's - and government too? To conduct annual surveys of the state of mental health in youth, or the degree of collapse thereof? Don't these folks understand that the need is now and immediate?

Suspicion has also been raised about the recent emergence across the country of all these “schools of public and population health” in our universities, many with the same curriculum seemingly lacking any rigorous psychological content. In looking at the curriculum of the degrees offered in those schools, where is the substance academically or otherwise? The skeptical, existentially troubled young person might ask, what good is all this? Maybe lots - if they implement the upstream plan.



## **YOUTH MENTAL HEALTH Crisis and Solutions**

Without intending offense, and with sincere appreciation for the caring efforts of many in the medical establishment over the years, the major medical institutions including St. Luke's are under increasing public scrutiny for the failures of the many health measures and treatments on which they were insisting during covid. At least until the extent of government funding to such institutions is made transparent, there is and should be hesitancy about possible conflict of interest on projects like this going forward.

I ask responsible servants in government, education, and health care, to *distribute this document broadly, to young people everywhere*, be they troubled or soon to be, or just 'all good'. Let's implement the "upstream measures" - and then re-do the mental health surveys.

**And so it is, the American destiny, of sustainable health and happiness for young people:** We hold it in our hands. Protect it. Embrace it. Insist on it. As Marcus Aurelius put it, so long ago yet so applicable today: "What we do now will echo in eternity."

I hope you understand.

Sincerely,

James Hungelmann

Ketchum

**YOUTH MENTAL HEALTH  
Crisis and Solutions**

**BUCHENWALD HIGH**

**2021**

[Guitar to the tune of "*San Quentin*"]

“Hi, my name is Johnny Cash. Buchenwald High. I hope you understand.”

Wood River, you've been living hell to me.  
You've locked us down since March of twenty-twenty.  
I've seen them come and go and I've seen their spirits die -  
And long ago I stopped asking why.

Wood River, I hate every inch of you.  
You've cut me, and you've scarred me through and through.  
And I'll walk out a wiser, weaker man -  
Mister school board man, you can't understand.

Wood River, what good do you think you do?  
Do you think I'll be different when you're through?  
Your covidScam has triggered our last stand -  
Choke out our breath and treat us like the damned.

Wood River, you killed the joy of youth.  
Do you think we buy any of your untruths?  
You bend my heart and mind, and you warp my soul;  
Your stone walls and minds turn my blood a little cold.

Wood River, may you rot and burn in hell;  
May your walls fall down and may we live to tell.  
May all the county forget you ever stood,  
And all the country regret you did no good.

Wood River, I hate every inch of you.

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**FLY, FLY AWAY**

April 2020

I don't remember much about my daddy; I do remember his voice was strong and beautiful and so tender too . . . When he sang to me all tucked in bed, that Baby Tree song, I knew he loved me so much. They say he died fighting to protect us, in a war in some faraway place so we would be free forever, but I can still hear him singing to me.

I do remember my grandpa and I miss him so much. He told me about how once upon a time there was a bad, bad thing that jumped here all the way from the other side of the big ocean. It was something so spooky that made some people feel really sick, so they had no choice but to lock the world all down just like it is now. They said they did it for our own good because it would have been so much worse. It seems like most people still are so afraid because they say it will come back, probably even scarier. They promised to tell us when it will be safe for us to go outside. I hope it will be by my birthday next year, when I will be 8 years old.

I can't really remember much about being outside. My grandpa used to tell me that outside up above the trees there was a really bright warm sun shining everywhere in a deep blue sky and things were flying all around, birds with wings flying around wherever they wanted to go, and singing like they were really happy which made people happy too. My grandpa would always smile so much when he talked about it, but sometimes he would get really sad and then just start crying a lot, like we both did when they came and took away my mommy for asking some questions I didn't understand but my teacher said were too scary to even think about.

I hope someday they will let us be outside. I want my grandpa to come out with me too. I haven't seen him since I was five. I don't know why they won't let him see me. I hope they let him come out with me, next year on my birthday. I sure hope mommy will be there outside waiting. I wouldn't even know what to do if that ever happened, probably crying and smiling at the same time - so, so much. No matter what, when I grow up, I am going to be just like mommy. I can tell, she is not afraid of anything. She never told me, but I could tell she didn't believe the spooky story.

I hope there are still birds singing out there when I come out. I want them to show us how to sing like they do, and how to fly too, just like in my dreams. I want us to fly away with them, forever free like my daddy always wanted us to be. I just know that is going to happen.