August 21, 2019

℅ Mind Freedom International

454 Willamette, Suite 216

PO Box 11284

Eugene, OR 97440-3484

Ms. Ruth Mickelsen, Chairperson

Quality Committee

UnitedPartners

8170 33rd Ave. S.

Bloomington, MN 55425

I am filing a complaint against Region Psychiatric ward. Please urgently investigate the treatment of a patient who is currently hospitalized at Region Psychiatric ward located at 640 Jackson St. in St. Paul.

Charles Helmer has been subjected to twenty shock treatments, euphemistically known as ‘Electro-convulsive Treatment’ or ECT by employees of this hospital. This is against the objection of Charles and his mother and Guardian, Anne Fuller.

The United Nations, in its Convention on the Rights of People with Disabilities, (CRPD) has called on a worldwide ban on all forms of involuntary psychiatric treatment, including the use of shock, calling such ‘treatment’ a form of torture.

ECT is known to cause permanent brain damage. Dr. Peter Breggin, M.D., a well-known expert and psychiatric researcher, explains that ECT causes brain hemorrhages leading to permanent memory loss and cognitive impairment. You can view some his many books and articles on the subject on this website at [www.Breggin.com](http://www.Breggin.com)

It is disturbing that this psychiatric abuse is taking place at a medical training facility. A successful class action lawsuit by DK Law Firm was recently settled on behalf of hundreds of ECT survivors and is now opening a pathway for future ECT survivors to make claims against providers like Region for Iatrogenic Harm.

Please honor our request by instructing the employees at Region to cease and desist from subjecting Charles Helmer to this extremely risky and harmful procedure that he and his Mother have objected too.

Sincerely,

cc: Governor of MN