

*"Sadly, yes there are medication issues in Utah. But the causes of such a complex issue cannot be summed up as succinctly as a religious problem."*

I have taken the time over the years to reflect on memories of Springville, and growing up there. There were so many. From playin hookie on the fireroad during school, to going to Sandy Beach or Payson Canyon on the weekends.

Your words are true about suicide, prescriptions and depression. It is certainly not accurate or fair to blame it all on a particular religion.

Yet I find by either school pride, home town pride, religious pride, or other factors, we tend to white-wash the things that we love and care about, to a point of pushing all of the tattered and uncared-for items under the rug.

Many experts who are Utah residents and even people like the former director of the Utah Psychiatric Association have particular hunches of why Utah is rather unique in psychiatric issues.

Since I brought the information and claims forth to being with, I feel compelled to give proper sources.

Reference:

**"Few here question the veracity of the study, which was a tabulation of prescription orders, said Dr. Curtis Canning, president of the Utah Psychiatric Assn. But trying to understand the "why" has puzzled many, he said.**

**"The one true answer is we don't know," said Canning, who has a private practice in Logan. "I have some hunches.**

**"In Mormondom, there is a social expectation--particularly among the females--to put**

**on a mask, say 'Yes' to everything that comes at her and hide the misery and pain. I call it the 'Mother of Zion' syndrome. You are supposed to be perfect because Mrs. Smith across the street can do it and she has three more kids than you and her hair is always in place. I think the cultural issue is very real. There is the expectation that you should be happy, and if you're not happy, you're failing."**

**The study did not break down drug use by sex. But according to statistics from the National Institute of Mental Health, about twice as many women as men suffer from depressive disorders.**

**Discussion of the issue inevitably falls along Utah's traditional fault lines. Some suggest that Utah's unique Mormon culture--70% of the state's population belongs to the church--requires perfection and the public presentation of a happy face, whatever may be happening privately. The argument goes that women in the Church of Jesus Christ of Latter-day Saints are beset by particular pressures and are not encouraged to acknowledge their struggles."**

(That is from the LA times, and one of many I have often referenced)

For me, when everything uncomfortable, religious challenging, or as we recently saw with how the LDS Church handled how the people spoke up for passing Proposition 2, is silenced, squashed, or hidden, that makes me want to speak out twice as much.

I went on a rant, and I mentioned a small incidence, in a small portion of my over all video, which seemed to catch the most attention.

That issue was so small, compared to the big picture of what I said and what I have been saying for many years.

I blog about Utah, Springville, and Mormonism and the pressures within on a regular basis. It's

how I cope with so much loss.

I have been writing and protesting the Springville police for many years.

This issue is something that I will be fighting until I get to my ultimate resting place I am sure.

But I think the biggest thing that bothers me, is how people hush small problems so much in this area. Like Dr. Curt Canning explains it above. Like I know it's uncomfortable to talk about. But with record suicides, suicide attempts, overdoses, and anti-depressant abuse in Utah, it is particularly important to discuss this issues. So thank you for opening this door.

Almost a decade ago, I was working on an issue exposing how Springville the little town that we grew up in, is #1 in the country for anti-depressant usage. I got my stats (which are displayed on my websites below) from Springville City Council meeting March 18th 2008, as well as from that study that I referenced above from prescription drug companies.

The way that this works out, is that Utah doubles the national average for prescription drug usage. Utah county is the highest county in Utah for prescription drug usage, and Springville (according to Pat Bird and other experts at that meeting from 2008) say that Springville uses 7/10th of a percent higher usage of prescriptions than the rest of the county, and that the county uses more than state averages and is the top county for prescription usage, and that Utah despite touting a healthy lifestyle is the number 1 place in the nation for prescription usage.

So this leads me to the conclusion that Springville is the #1 Prescription Drug capital of the USA.

I put my logic and references in this video

[https://www.youtube.com/watch?v=pcs\\_KE3GhJs](https://www.youtube.com/watch?v=pcs_KE3GhJs)

As far as it not just being a Mormon thing.

I spoke about that in my recent radio show too. How high affluence, and wealthy areas have a tendency to have higher than average psychiatric problems.

So it isn't ALL a religious affiliation or presence.

And it is also found that people who participate actively in religious orgs, tend to be less likely to commit suicide.

But the change that I think we are seeing, with suicides increasing 142% in just a few short years in Utah, is the changing demographics. Where at one time nearly everyone was Mormon. Not just over half of Utah is Mormon.

So with the LDS organization still occupying 91 seats in the Utah legislature, making LDS members occupy about 90% of the seats. Yet only around 60% of the population is LDS.

Which means that 40% of people are getting highly restrictive and overly rigid moral systems forced on them, by law, that is not likely to be in tune with their lifestyle or beliefs.

This couldn't have been more obvious than this December when the LDS church overruled the will of the voters by nullifying Proposition 2.

And it is this force, and the shaming and isolation tactics that are historically and provably

coming from one source, that I reject and resist.

My emotional outbursts when losing more friends this year was uncalled for. I was wrong for being so crass.

But I am not sorry for speaking up about this issue.

Reference to articles that I have written about this over the years:

<https://xcannabis.net/2010/10/08/springville-utahs-drug-problem-a-second-look/>

<https://disruptarian.com/utah-proposition-2-subverted-suicides-on-the-rise/>

<http://utahpirateradio.com/the-suicide-train/>

<http://utahpirateradio.com/springville-utah-is-1-in-the-nation-for-prescription-drug-abuse/>

<http://utahpirateradio.com/when-kids-get-sad/>

More references:

<https://www.cbsnews.com/news/unhappy-in-utah/>

<https://abcnews.go.com/Health/MindMoodNews/story?id=4403731>

<https://www.deseretnews.com/article/635201873/Deadly-taboo-Youth-suicide-an-epidemic-that-many-in-Utah-prefer-to-ignore.html>

Springville's minutes that they now hide on their website, I retained it on the internet archive though:

[https://web.archive.org/web/20110107184851/http://springville.org/agendasminutes/ccw/2008/ccw\\_minutes\\_2008\\_03\\_18.pdf](https://web.archive.org/web/20110107184851/http://springville.org/agendasminutes/ccw/2008/ccw_minutes_2008_03_18.pdf)

listen to my recorded interview with Troy Fitzgerald.

<http://youtu.be/41IT2aZ5-3s>

The following link is my critique of their 2010 Drug Awareness video

<http://youtu.be/GCboyxolyg0>

City Council Meeting 03/18/2008 (original Version)

<http://goo.gl/spqVoR>

City Council Meeting 03/18/2008 (whats on their website now)

<http://goo.gl/GiEJV6>

To the rest of your points, well said for sure Chris Peterson. Not sure if we ever knew each

other, but you have a reasonable mind, and I like the way you put things.

And if anyone has ANY interest in discussing these things. I would be more than happy to engage. I have been meeting with legislators and other officials for many years over these topics.

As much as I love Utah, Utah cost me 8.5 months of my life at age 19 for simple possession of marijuana (no victim, just possession). So I can't feel comfortable there.

But I can set up a video conference with anyone with any questions.

Bless up!