

# David Carmichael Chronology - 1970 to 2024

One catastrophic year in my life: July 2003 to July 2004 after I started taking Paxil

## 1970-1973

I went to RJ Lang JHS in Toronto. I won the Outstanding Physical Education Student award in my last year at the school.



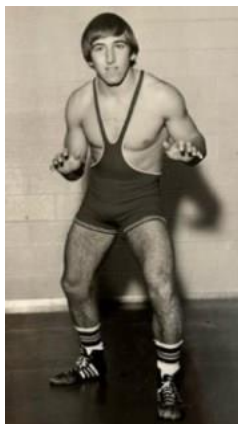
## 1974-1977

I went to Newtonbrook SS in Toronto. I was on the football, wrestling and track & field teams.

In 1974, the Willowdale Mirror published an article about my identical twin brother Jeff and I when we were on the junior football team (I'm on the right).

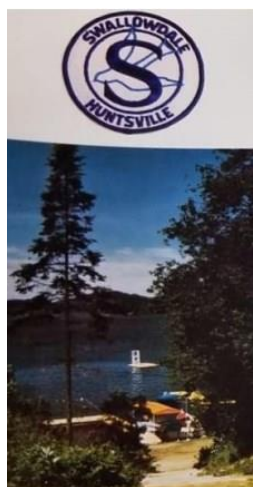


In 1977, I was Athlete of the Year at Newtonbrook SS.



1976-1985

During the summers, I worked at Swallowdale Camp in Huntsville. I was a counsellor for 3 years and the program director for 7 years.

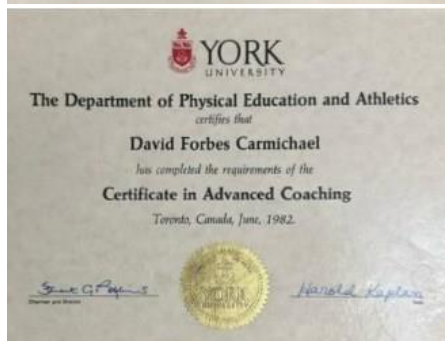
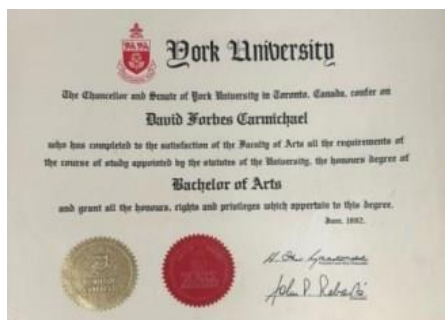


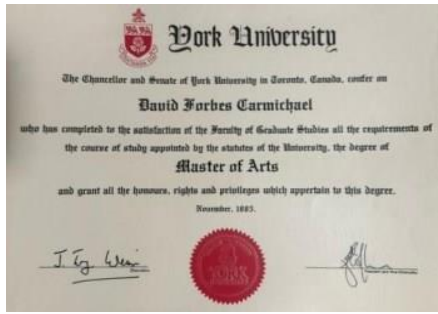
1977-1985

I went to York University in Toronto and was on the wrestling and track & field teams for the first two years. I was injured out of both sports, so I started coaching.

I got involved in the Men's Interuniversity Athletic Council and was president for my last two years of undergraduate studies.

I graduated with a physical education degree and certificate in advanced coaching in 1982, and a master's degree in physical education with a specialization in the physiology and psychology of coaching in 1985.





## 1985

After graduating from York University, I started my first full-time job in Perth, Australia as development officer of the Western Australian Amateur Wrestling Association.



## 1987

I met Beth in a Toronto fitness club after I returned from Australia. She was an injured triathlete so I designed a training program for her that would help her recover and race again, and then I started coaching her.

## 1988

Beth was the first Canadian triathlon champion at the inaugural Canadian triathlon championships in Milton. The headline in a Toronto Star article was "Triathlete captures race and fiancé."

On October 22, Beth and I got married and moved into our first house in the Yonge and Sheppard area of Toronto.



I was hired as high performance director at the Ontario Amateur Wrestling Association.



1989

I finished developing a multi-skill development program for prepubescent children called Sportability after pilot testing it in East York elementary schools and recreation programs.



With financial support from the Ontario Ministry of Tourism and Recreation, I partnered with the Ontario Physical and Health Education Association to deliver Sportability in elementary schools and through municipal recreation programs. I became its director of research and development. A major focus on my job was project development, partnership building and fundraising.



In the summer, Jeff was having mental health issues and was prescribed Prozac.

Three days after Jeff started taking Prozac, I took him to Beth's family cottage in Muskoka hoping it would help him relax and feel better. On our first night in the cottage, Jeff was pacing around in his room, which I now understand was probably akathisia. The next morning, I saw what I didn't know at the time was a delusion. Jeff spent his summers lifeguarding and teaching swimming lessons and was a master course conductor for the Royal Lifesaving Society and Red Cross, yet he thought he was going to drown in knee deep water at the cottage.

I took Jeff back to Toronto, and our father took him to North York General Hospital, where he admitted himself. He was taken off Prozac and put on Paxil.

1990

My daughter Gillian was born on June 29.

1991

I developed a 20-year athlete development model to help wrestlers with their physical, technical, tactical, and psychological development.

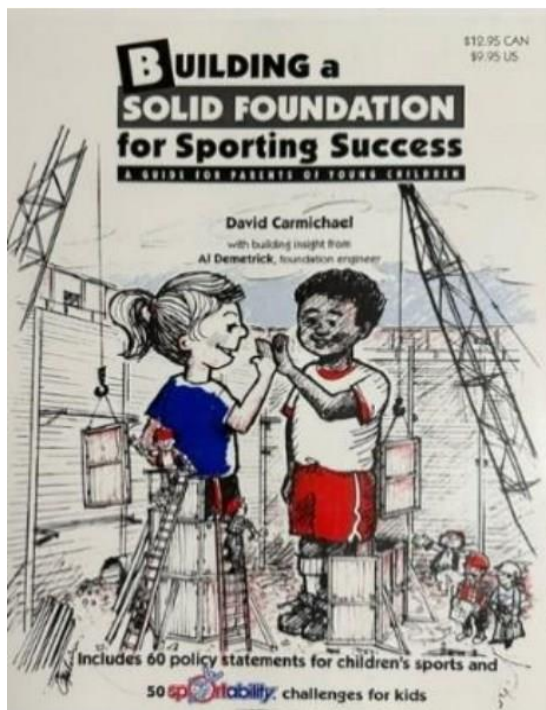
I left the Ontario Amateur Wrestling Association after funding was secured for the Ontario Physical and Health Education Association to develop health and active living resources for teachers.

1992

My son Ian was born on December 14.

1994

I self-published a book for parents about children and sport titled “Building a Solid Foundation for Sporting Success: A guide for parents of young children.”



1996

Ian and Gillian



1998

I left the Ontario Physical and Health Education Association to become director of national projects at ParticipACTION with a focus on promoting “Sport for All” in Canada.



My first project at ParticipACTION was a Toronto pilot project in low-income areas using running as an addiction intervention for high-risk youth. The concept, which was developed in consultation with a medical doctor and addiction specialist at the Centre for Addiction and Mental Health, was to replace their addiction to alcohol and/or illicit substances with an addiction to running. The program, Youth on the Run, was developed in collaboration with the Toronto Olympic Club and City of Toronto with financial support from the Ontario Trillium Foundation. Youth on the Run was pilot tested in Regent Park and Parkdale. Coaches were recruited from within those communities and trained.





2000

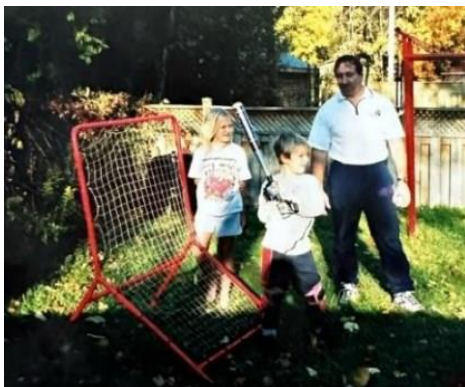
My family



I started being interviewed by the media about how to design home environments that foster motor skill development, and what to look for to help make sure competitive sport programs for children are developmentally appropriate.



The backyard of our home in Toronto was set up so Gillian, Ian and children in the neighbourhood could have fun developing motor skills.





## 2001

ParticipACTION closed its doors in January after the president told Health Canada he was going to close the doors if the organization didn't receive \$5 million in funding.

I had difficulty finding contract work after ParticipACTION closed its doors, which created cash flow issues, so I started leveraging assets, which included Beth and I taking out a second mortgage on our home.

I started working for the City of Toronto to redevelop Sportability as an experiential learning program for prepubescent children, and to develop a motor skill development program for toddlers and preschoolers called "Skills 'n' Thrills."





I started a contract with the Sport Alliance of Ontario to facilitate the establishment of community sport councils throughout Ontario and to develop 3-hour coaching clinics on healthy child development for first-time coaches.



## 2002

I was contracted by Hockey Canada as a long-term athlete development consultant, which included delivering a presentation about developmentally appropriate coaching and modifying the rules of hockey for children at a national summit for provincial/territorial organizations.



## 2003

I started a contract with the National Coaching Institute Ontario to deliver a course on long-term athlete development for Coaching Association of Canada certification programs for high performance coaches, and was contracted by the Canadian Professional Coaches Association, operated by the Coaching Association of Canada, to manage a nationwide community-based physical activity campaign called "Let's Get Moving!"



Can-Fit-Pro, a national fitness instructor certification organization, contracted me to develop a media relations and communications strategy to raise public awareness of the organization and strengthen brand identity.



I was contracted by the Ontario Volleyball Association to develop a fundraising strategy and secure funding from the Ontario Trillium Foundation for the “Spikes” fundamental skill development program for 9- to 12-year-olds.



Ian was a talented BMX freestyle rider.



Ian and I spent a lot of time together at different types of BMX parks.





I had enough contract work that I felt comfortable building a halfpipe in our backyard for Ian and Gillian, who was becoming a skilled BMX freestyle rider.



Two young men built our halfpipe in the spring, and while they were building it, they slept in the fitness studio in our basement, so I couldn't work out regularly, which was an important way for me to manage stress. The halfpipe cost more than I had expected, and I started feeling anxious about our cash flow situation and became distressed.

Ian spent a lot of time on our halfpipe.



### July 2003

In early July, I was distressed from cash flow worries. My mother came over and gave me some of her Celexa pills thinking it would help.

Jeff found out that our mother gave me Celexa and came over. He gave me some of his Paxil pills, saying that if Paxil works for him, it will work for me, and that we both had a chemical imbalance in our brains and that I should see Dr. Lau, our family doctor. Shortly after I started taking the pills Jeff gave me, I experienced akathisia and became emotionally blunted.

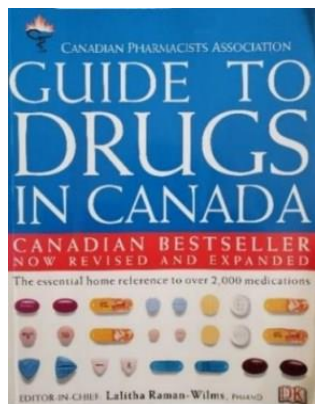
I went to Dr. Lau, who also told me I had a chemical imbalance in my brain and that Paxil would correct it. He didn't tell me about any side effects, and I didn't ask.

### February 2004

I had put on weight, was sweating a lot at night, and had sexual dysfunction issues. I did some research and found out that what I was experiencing could have been caused by Paxil.

I had an appointment with Dr. Lau to get my Paxil prescription refilled and asked him if he had any information about how to get off Paxil. He didn't have any information, and just said slowly.

I purchased the 2004 edition of Guide to Drugs in Canada to see if there was any information on how to get off Paxil.



The information on the Paxil page validated that sweating and sexual dysfunction were side effects of Paxil and stated that “withdrawal symptoms may occur if the drug is not stopped gradually. Such symptoms include dizziness, electric shock sensations, anxiety, nausea, and insomnia. These rarely last for more than 1-2 weeks.”

I weaned myself off Paxil over 5 weeks. After I was off Paxil, I told Jeff and Dr. Lau, who didn’t express any concerns.

We were in good financial shape when I decided to taper off Paxil. I had several contracts and was making about \$200,000 a year.

#### May and June 2004

In May, I was feeling stressed from juggling several contracts with most of my time going towards developing a Toronto day camp for Mike Leibmann, a wrestling teammate at Newtonbrook SS, who was owner of Frank’s Swim School.



Mike hired me as the first director of Human Moves Day Camp. When my job became extremely busy in the spring, we had a young man living in our basement fitness studio, so I couldn’t get in my regular workouts to help me deal with the stress. I lost a lot of weight quickly in the month of June.



#### July 2004

On July 8, I put myself back on Paxil from the prescription I had from February. I experienced akathisia and was emotionally blunted once again, but this time I also had suicidal thoughts. The thoughts got worse after a few days, and I planned my suicide. I was going to wait until a friend of my mother’s left her home in her car, and I was going to go into her garage and take my life from carbon monoxide poisoning. I waited on the road outside of her home, but she didn’t leave her house. The suicidal thoughts continued.

Jeff visited me on July 15 to see how I was doing, and I asked him if I could increase my dosage to 60mg, which was the maximum recommended dosage in the Guide to Drugs in Canada. He told me that it was alright, and that he was prescribed 60mg when he was in the hospital.

On July 16, I increased my dosage, thinking it would get rid of my suicidal thoughts, like taking two aspirin instead of one to get rid of a headache. I became psychotic.

On July 23, I planned the murder-suicide of Ian and me based on five delusions:

1. Ian had permanent brain damage because he had mild epilepsy, which I was never concerned about when I wasn't delusional, or I wouldn't have encouraged him to try difficult tricks on his BMX. Medical examination results showed there was nothing wrong with Ian's brain.
2. Ian was in living hell because he was teased every so often by other children because of a minor learning disability. This was never a concern of mine when I wasn't delusional. He was a late developing child born in December, who are the youngest children in their classrooms in Canadian schools.
3. Ian was going to kill his sister Gillian because they were arguing. Gillian was 14 years old at the time and when I wasn't delusional, I wasn't concerned about what was simply normal sibling interactive behaviour.
4. My wife was going to have a nervous breakdown caring for Ian because of what I thought, in my delusional state, was his permanent brain damage and being in living hell.
5. Ian was going to hurt other children because I saw him push a child into the swimming pool at Human Moves Day Camp.

On July 24, we dropped off Gillian at a residential camp in Muskoka, and then Beth, Ian and I went to the cottage. My plan was for Ian and me to go out in the motorboat, and for me to tie the anchor around both of us and drop it into the water so we would drown. When I went to put my bathing suit on, it wasn't in my bag. I took that as a sign from God that I wasn't supposed to die, just Ian. After we got home on July 25, I started planning his murder.

#### July 27, 2004

I purchased over-the-counter sleeping medication at Shopper's Drug Mart. When I got home, I broke open all the capsules and poured the liquid into a vial.

#### July 28, 2004

I booked a hotel room in London which was close to an indoor skatepark in St. Thomas.

#### July 30, 2004

After camp, I told Ian we were going on a father-son trip to the indoor skatepark in St. Thomas, which we had been to before. He got excited, and I helped him pack his bag.

Just before we drove off, I told Ian to tell his mom that he loved her, and he did.



When we got to the hotel in London, we checked in, went up to the room, and I called room service and ordered his favourite foods for dinner. In my mind, this was our “Last Supper.” After dinner, we watched one of his favourite movies on the television.

Around 8pm, I poured the vial of sleeping medication into a glass of orange juice and gave it to Ian. He drank the juice but instead of putting him to sleep so he would die peacefully from an overdose, like I wanted, he started hallucinating. He jumped on the beds, and we played games and watched television for the next few hours.

July 31, 2004

I strangled Ian at 3am. After he was dead, I put him in the middle of a bed, put his hands across his chest, kissed him on the lips, and told him “I love you, I’m really going to miss you, but you’re in a better place now.”

I then turned on the television and watched it for 6 hours before calling 911 so the hotel guests wouldn’t be wakened when the police arrived.

At 9am, I calmly called 911, told the dispatcher that I had committed homicide by taking my son’s life, and said that I would open the door to make it easier for the police to know which hotel room I was in.

A woman officer from the London Police arrived at the door about 10 minutes later, which I had propped open, and asked about my homicide. I took her to the bed where Ian was, and then I showed her the empty vial of sleeping medication that I gave him and my Paxil prescription, telling her that I needed my Paxil in jail. I asked her to give my wedding ring to my wife. She asked me if I had taken more Paxil than I should have, and I said no. She arrested me and I was charged with first-degree murder.

When I got to the police station, I was interviewed by a homicide detective. After being questioned, I was examined by a forensic pathologist, and then I put on an orange jumpsuit. When the detective introduced me to the forensic pathologist, I reached out and calmly shook his hand like I was at a business meeting. After I was in the jumpsuit, I was put into a jail cell.

Later in the day, I had a video appearance with a judge. She asked me if I had a lawyer, and I told her I didn’t need a lawyer, and that I just wanted to start my 25 years in prison.

When the Toronto police arrived at our home to tell Beth that I took Ian’s life and had been charged with first-degree murder, Gillian answered the door.

Beth was out, so Gillian didn’t find out why the police were at our home until Beth got home. When Beth arrived home, the police told her on the front lawn that Ian was dead, and that I had been charged with first-degree murder, and she dropped hysterically to the ground.

## August 2004

I was taken off Paxil as soon as I was arrested and was still psychotic for two weeks. Russ Kisby, the former president of ParticipACTION, took the lead on raising money for my legal fees, and I hired Phil Campbell from Lockyer Campbell Posner.

On August 5, the day of Ian's funeral, I thought of myself as a family hero while I was in segregation on suicide watch at London Middlesex Detention Centre, and knew, in my delusional mind, that it was well worth spending the next 25 years in prison to have saved Ian from a devastating future, and Beth and Gillian from Ian.

At the funeral, Ian's BMX friends from a skatepark in Vaughan carried the casket out of the funeral home and formed a procession ahead of the hearse that Gillian led.



Within 10 days from when I took Ian's life, while I was still psychotic, Phil Campbell hired a team of medical specialists to collect empirical evidence to support the anecdotal evidence that the London Police collected from my family and friends indicating that I was depressed just before I took Ian's life, which provided the basis for my criminal defense.

Phil Campbell didn't share the test results from medical specialists with anyone other than me because it didn't support the argument that I was depressed when I took Ian's life:

- My concentration was high, which is contrary to one of the indicators of depression (diminished ability to think or concentrate). I completed the Minnesota Multiphasic Personality Inventory, which consisted of 567 true-false questions, in about 45 minutes.
- I scored very high on an IQ test; probably much higher than normal, which is contrary to being in a depression.
- A forensic psychiatrist, who met with me twice within 10 days of taking Ian's life, couldn't report that I was psychotic. My delusions were still strong at the time.

The test results prompted Phil to tell me to "tell the truth because you can't remember lies." I told him I've been telling the truth and will continue telling the truth.

Phil Campbell hired Dr. John Bradford, head of forensic psychiatry at Royal Ottawa Mental Health Centre, to assess me. When I met with Dr. Bradford at London Middlesex Detention Centre, he explained that delusions are fixed-false beliefs, and told me that people who are delusional can take an issue and "blow it out of proportion 30 times," which is what he thought happened to me based on my delusions.

#### October 2004

In October, I was sent to the Royal Ottawa Mental Health Centre, where I was further assessed by Dr. Bradford and his team of psychiatrists. I completed the Minnesota Multiphasic Personality Inventory again. This time it took me 3.5 hours over two days to answer the 567 true-false questions. I was diagnosed by Dr. Bradford as suffering from a "major depression with psychotic episodes" when I took Ian's life.

I stayed at the Royal Ottawa Mental Health Centre until early January, and then I was sent to the Secure Treatment Unit in Brockville, which is a prison for people with mental health issues who have been convicted in Ontario to two years less a day for criminal offences.

#### January-April 2005

I was at the Secure Treatment Unit until April. I was prescribed Effexor, and I was extremely depressed. For 3.5 months, I spent about 23 hours a day in a single room without anything in it other than a bed and toilet. I replaced negative thoughts during that time with the phrase "I'm a good dad, I'm going to be a dad again."

### May-June 2005

After returning to the London-Middlesex Detention Centre, Geoff Beasley, assistant crown attorney in London, hired Dr. Stephen Hucker from the Centre for Addiction and Mental Health in Toronto to assess me. After spending several hours with Dr. Hucker, his diagnosis was that I was suffering from a “major depression with psychotic episodes” when I took Ian’s life.

### September 2005

Gillian was a student Lawrence Park SS in Toronto. She joined the rugby team.



Based on a joint resolution between Phil Campbell and Geoff Beasley that I was suffering from a “major depression with psychotic episodes” when I took Ian’s life, I was judged by Justice Helen Rady as Not Criminally Responsible at the end of a 3-day trial.

After my trial, I was sent to Brockville Mental Health Centre, which is operated by the Royal Ottawa Mental Health Centre, and institutionalized as a forensic patient.

### 2006

In June, as a forensic inpatient with community privileges, I set up davidcarmichael.com to raise public awareness about the potentially lethal side effects of Paxil.

The home page of davidcarmichael.com included the message that “individuals of all ages should be closely monitored for suicidal and homicidal thoughts and behaviours for at least 1-month after they start taking Paxil and after they increase their dosage. They should also be closely monitored after they stop taking Paxil.” The message was based on 2004 Health Canada and FDA warnings.

My website also had a “through psychotic eyes” section which provided insight into my calm, organized behaviour when I took Ian’s life, and a section on “my mistakes,” which explained some of the mistakes that I made which might have prevented my homicidal psychotic episode, including weaning myself off Paxil, putting myself back on a previous prescription, and increasing my dosage.

At the end of July, Andrea Yates from Houston, Texas, a former registered nurse, had her murder conviction for taking the lives of her five children in 2001, when she was on twice the maximum recommended dosage of Effexor, overturned at a new trial. She was judged insane and sent from prison to a psychiatric hospital.



None of the newspaper articles that I read or television news broadcasts that I watched about Andrea mentioned Effexor. So, after talking with Beth and Gillian, I decided to break my silence and speak out publicly for the first time by sending an e-blast to the media on August 2.

Subject: Killed my son 2-years ago while psychotic on Paxil

On July 31, 2004, 2-weeks after I started taking 60mg. of the antidepressant Paxil a day, I killed my 11-year-old son Ian. I was charged with first-degree murder. In November 2004, I was diagnosed by one of the leading forensic psychiatrists in the world as being in a "major depression" with "psychotic episodes" when I killed Ian. On September 30, 2005, I was judged (in London, Canada) to be "not criminally responsible" for murdering Ian on account of a mental disorder. I've shared my tragic story at [davidcarmichael.com](http://davidcarmichael.com).

Paxil has lethal side effects. Research indicates that individuals of all ages should be closely monitored for suicidal and homicidal thoughts and behaviours for at least 1-month after they start taking Paxil and after they increase their dosage. Warnings about Paxil appeared in newspaper articles in May 2006.

GlaxoSmithKline, the manufacturer of Paxil, has been aware of the potentially lethal side effects of the drug for more than a decade. For example, the 1996 edition of the *Compendium of Pharmaceuticals and Specialties* (CPS), published by the Canadian Pharmacists Association, lists psychosis as a rare side effect of Paxil. Yet, many doctors in the United States were not aware of this risk until after they received a letter from GlaxoSmithKline and the Food and Drug Administration (FDA) in May 2006. Many Canadian doctors are still not aware that Paxil can induce psychosis. And none of the Paxil printouts from pharmacies that I've reviewed list psychosis as a possible side effect of this popular antidepressant (with worldwide sales in 2003 estimated at \$3 billion U.S.).

*Please make the public aware that psychosis is a rare but potentially lethal side effect of Paxil.*

Thank you for helping to prevent future suicidal and homicidal tragedies.

In memory of Ian - who I love and miss very much,

David Carmichael

2007

My first job after I received community privileges as a forensic inpatient at Brockville Mental Health Centre was part-time with the Seeds of Hope Foundation in Toronto, which was founded by David Walsh, a Toronto real estate investor.



I was hired to reach out to vulnerable people who were staying in front of retail stores along Yonge Street in downtown Toronto, and to encourage them to participate in programs at 6 St. Joseph House. Every store owner I talked with appreciated my efforts. Some of them donated to support the programs, which were designed to help people from diverse backgrounds take positive steps out of addiction, social isolation, panhandling, and homelessness.



In April, CTV W5 aired the episode "Over the Edge" about our family tragedy.



2008

Beth sold our home in Toronto and moved to Brockville with Gillian. We used the equity from the sale of our Toronto home to purchase two homes in downtown Brockville.



Beth, Gillian and I went to Phoenix for a holiday, and during that time I flew to Houston, Texas to meet with trial lawyer Andy Vickery to talk about me filing a lawsuit against GlaxoSmithKline. Andy encouraged me to file a lawsuit based on a fraudulent concealment argument, which can extend the statute of limitations period. His fraudulent concealment argument about Paxil was successful in 2001 for a murders-suicide lawsuit filed by the Tobin family against GlaxoSmithKline in Cheyenne, Wyoming.

I established a not-for-profit organization called Brockville Sports.



We set up a fitness studio in the basement of one of our homes.



We bought a wakeboard boat, and Brockville Sports offered a free wakeboarding program for all children and youth. Our major fundraiser was a wakeboarding relay from Kingston to Cornwall on the St. Lawrence River.



Gillian enjoyed wakeboarding and, along with me, became a certified boat driver and wakeboard and water ski instructor.



Brockville Sports had a masters track & field program, and I started coaching Beth again. In 2008, Beth won the Niagara Falls International Marathon at 50 years of age.

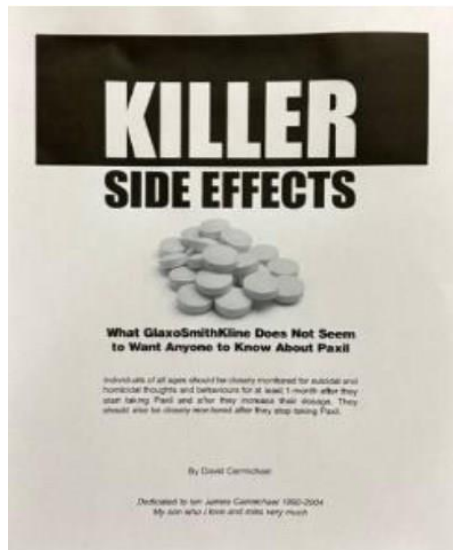


In September, Gillian went to Brockville CI and joined the rugby team.



## 2009

In February, I published “Killer Side Effects” and posted it on davidcarmichael.com to raise public awareness about pharmaceutical industry fraud and the dangers of SSRI antidepressants.



In December, I received an absolute discharge from the Ontario Review Board.

## 2010

In January, Dr. Yola Lucire, a psychiatrist from Australia, conducted a pharmacogenomic test on me, and helped me wean off Effexor over 8 months.

I spoke at my first conference. I was on a panel at the PsychOut Conference in Toronto, which was organized by Dr. Bonnie Burstow from the Department of Adult Education and Counselling Psychology at the Ontario Institute for Studies in Education at University of Toronto.

Beth and I moved from Brockville to Huntsville because of my interest in running as an independent candidate against former Conservative provincial and federal health minister Tony Clement in the 2011 federal election. Tony owned 25% of a small pharmaceutical company during his tenures as the Ontario and federal health minister without disclosing it.

## 2011

At the first candidates debate in Huntsville, in addition to talking about the shares that Tony Clement owned in a small pharmaceutical company, I cited a study that showed that children in foster care were 19 times more likely to be on antipsychotics than children outside of foster care, often just to manage their behaviour. The next day I was called into the office of our Ontario Works file manager, who was very upset with what I said about antipsychotics at the debate and questioned me about how I could afford to run in the election.

About two weeks after my meeting with our case manager, senior management at the Ontario Works office in Bracebridge called us into their office and said that we were no longer eligible for financial assistance because Beth did not disclose a trust fund that her father left her after he died; a trust fund that Beth wasn't able to access at the time and was being held by her mother. We had received \$12,000 from Ontario Works.

While we were in Huntsville, I set up a company called Lifestyle Sports.



We operated a wakeboarding program, I trained a few triathletes, and continued to coach Beth. At a retro triathlon in Bala, Beth was recognized as the first Canadian triathlon champion, and she raced on her 1988 custom bike with one of the first aerobars, and in the tri-suit she wore in 1988.



After the Bala event, Beth won the Ontario Triathlon Championships in Bracebridge at 50 years of age. We left Huntsville in the fall after Beth took a job as a swim instructor at a private swim school in Oakville.



On October 5, I filed a lawsuit against GlaxoSmithKline claiming that Paxil caused my 2004 homicidal psychotic episode. I couldn't find a lawyer, so I filed it on my own. My lawsuit was based on a fraudulent concealment argument, which allowed me to argue that the statute of limitations started when I knew or should have known that Paxil caused my homicide.

Shortly after I filed my lawsuit, and before GlaxoSmithKline filed its statement of defense, Teresa Walsh from Norton Rose in Toronto, the law firm representing GlaxoSmithKline, called me and told me that if I don't withdraw my lawsuit, and I lose, GlaxoSmithKline will come after me for all my assets to cover their legal costs. She told me that my lawsuit was almost certainly going to be dismissed because I filed it after the two-year statute of limitations period. I told Ms. Walsh that I wasn't going to withdraw my lawsuit and that GlaxoSmithKline could have my 1998 Hyundai Accent if I lose.

I shared my discussion with Peter Rosenthal, a Toronto trial lawyer, and he decided to take my case, along with his colleague Michael Smith.

## 2012

Gillian moved in with us in Oakville, joined a boxing program and later started powerlifting.

In April, Gillian answered the door for the Ontario Provincial Police, and Beth and I were charged with fraud over \$5,000 for not disclosing the trust fund that Beth had in her name but couldn't access when we applied for financial assistance from Ontario Works. Beth and I were taken to the local Ontario Provincial Police detachment, where we were fingerprinted, and our mug shots were taken.

I represented Beth and me in criminal court in Bracebridge. After a few appearances over several months, the prosecutor withdrew the charges when we agreed to pay back \$12,000 that we received in financial support from Ontario Works between 2009 and 2011.

I was hired by Dr. David Healy, a psychiatrist and psychopharmacologist and CEO of RxISK, for two years as its media relations officer.



During my two years at RxISK, I moderated the panel discussion at an event called "You and Your Meds: Are they Safe?" in downtown Toronto. The panelists included Dr. Healy, federal Conservative Member of Parliament Terence Young, who lost his 15-year-old daughter Vanessa in 2001 to a side effect of the heartburn drug Prepulsid, and Dr. Sholom Glouberman, founder of Patients Canada.



I started providing management support to Sports Wellness Consulting, a company Beth set up to operate a swim school at Oakville National Fitness.



In October, I joined Kim Crespi in Charlotte, North Carolina for a talk to help get her husband David a new trial. In 2006, during a psychotic episode a week after starting Prozac, David took the lives of their twin 5-year-old daughters, Tessara and Samantha. He took a plea deal to avoid the death penalty and was sentenced to two consecutive life terms.

David Crespi was a successful banker in Charlotte with five children when he took the lives of Tessara and Samantha.



The event in Charlotte was attended by family, friends and neighbours of the Crespi family. It received significant media coverage.





2013

At 51 years of age, Beth won the Niagara Falls Women's Half Marathon. She took 5 minutes off the course record.



2014

My contract with RxISK ended and I was hired by Pat Gill, president of People's Right to Integrative Medicine, as its executive director.



On October 16, I moderated a panel discussion as executive director of People's Right to Integrative Medicine at an event in downtown Toronto called "Celebrating Vanessa's Law." Vanessa's Law is the Protecting Canadians from Unsafe Drugs Act. The event recognized the efforts of Terence Young for getting the law passed unanimously in the House of Commons and Senate as Oakville Member of Parliament.



The panelists at the event included Terence, Dr. Linda Rapson, a Toronto integrative medicine doctor, and Blair Hamrick from Seattle, Washington. Blair was a GlaxoSmithKline sales representative when he became a whistleblower for a False Claims Act lawsuit by The Government of the United States against GlaxoSmithKline. It was settled in 2012 for \$3 billion. Canadian whistleblowers Dr. Nancy Olivieri, a scientist who conducted a clinical trial for Apotex at the Hospital for Sick Children, and Joanna Gualtieri, a lawyer and former employee at the federal Department of Foreign Affairs and International Trade, provided closing remarks.

After Vanessa's Law received Royal Assent, which was on November 6, I attended a celebration in Ottawa with Terence and talked with Conservative Health Minister Rona Ambrose about how important the law is for preventing family tragedies.



## 2015

I established Canadians for Vanessa's Law as a not-for-profit charitable organization.



Canadians for Vanessa's Law was established to help Canadians make informed choices about prescription drug use.

## 2016

In May, RxISK published my article "Three Weeks to Prescripticide" on its blog. The article provides insight into my experience on Paxil from when I started taking it again on July 8, 2004 until I took Ian's life on July 31, 2004.

The lawyers representing GlaxoSmithKline, Randy Sutton and Kate Findlay from Norton Rose, conducted an examination for discovery with Beth and Gillian, and two examinations with me.

I went to England for the book launch of “The Pill That Steals Lives,” which includes my story.



After the book launch, I shared my story at a London symposium on treating depression without antidepressants that Dr. Kelly Brogan, a holistic psychiatrist from the United States, was holding for women.

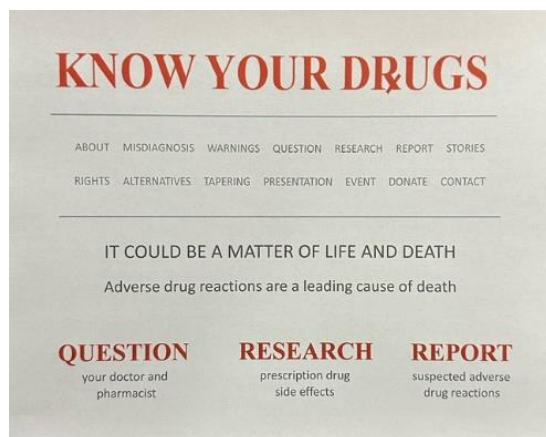
## 2017

GlaxoSmithKline filed a motion to have my lawsuit dismissed based on a statute of limitations argument. James Yapp joined Michael Smith, with support from Adrienne Schnier who had recently become a lawyer after getting her PhD in health policy from York University, to form my legal team.

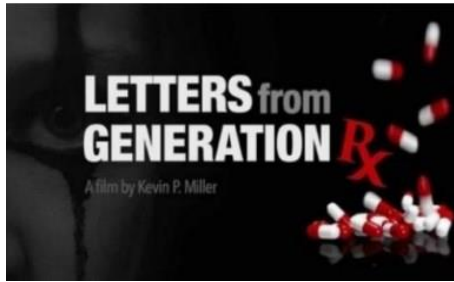
Know Your Drugs, which I had been working on for a few years, was launched as a global awareness campaign of Canadians for Vanessa’s Law. Know Your Drugs was modeled after the Nike slogan “Just Do It” as a call-to-action.

## **KNOW YOUR DRUGS**

I developed KnowYourDrugs.org, which is largely a portal to help people access information from other organizations about what questions to ask their doctors and pharmacists, how to research the side effects of prescription drugs, and where to report adverse drug reactions.



Gillian and I talked about our family tragedy in the documentary “Letters from Generation Rx,” which was about SSRIs, suicide and homicide, and positioned the need for alternatives to SSRIs and other psychiatric drugs. We also appeared in the BBC Panorama documentary “A Prescription for Murder?”



## 2018

In February and March, I participated in the Mental Health in Crisis Lecture Tour in Australia and New Zealand. The event was organized by Maria Bradshaw, who had lost her 17-year-old son Toran Henry in 2008 to suicide 15 days after he started taking Prozac. All the speakers were medical researchers, except Maria and me.

One of the things I learned on this tour is that the mainstream media is interested in “True Crime” stories. Live talk radio stations in New Zealand didn’t interview Maria or the featured speakers on the tour, medical researchers Dr. Peter Gotzsche or Robert Whitaker. Talk radio shows only interviewed me. I was introduced by one talk show host as “killer dad,” with the first question being “what does it feel like to kill your own child?”

By the end of the talk radio interview, the host seemed to understand the connection between SSRIs, suicide and homicide. When the interview was over, he rationalized why his introduction was so harsh by telling me that it would engage more listeners.

On my way back from New Zealand, I met Gillian in New York City for the taping of a True Crime episode of The Dr. Oz Show, which aired in April.



In May, Mad in America published my article “Calm, Organized, Homicidal Behavior – My Connection to School Shooters” on its blog.

In June, Dr. Healy submitted a report on fraudulent concealment to support our legal efforts to get the motion by GlaxoSmithKline to have my lawsuit dismissed based on a statute of limitations argument dismissed. Dr. Stephen Fleming, a clinical psychologist, submitted a report claiming that I didn't have the psychological capacity to prepare and file a lawsuit until well after I received my absolute discharge from the Ontario Review Board in December 2009.

## 2019

In January, the motion to have my lawsuit against GlaxoSmithKline dismissed based on a statute of limitations argument was dismissed by Justice Thomas Lederer at the Superior Court of Justice – Ontario.

## 2020

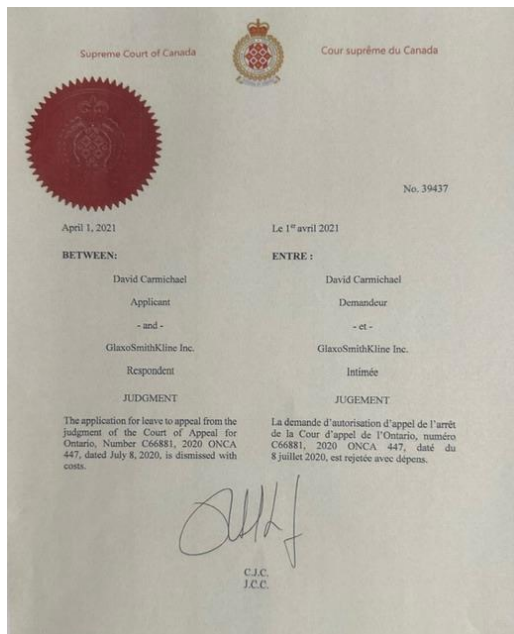
In July, the Court of Appeal for Ontario overturned the 2019 judgment at the Superior Court of Justice – Ontario that dismissed the motion by GlaxoSmithKline to have my lawsuit dismissed based on a statute of limitation argument.

In September, I filed an application for leave to appeal with the Supreme Court of Canada.

Beth was forced to close her swim school after Oakville National Fitness went bankrupt.

## 2021

In April, my application for leave to appeal the Court of Appeal for Ontario decision to dismiss my lawsuit against GlaxoSmithKline was dismissed by the Supreme Court of Canada.





In October, CTV W5 aired the episode “The Problem with Pills,” which include interviews with Beth, Gillian and me. This was the first time Beth spoke out publicly about our family tragedy, and it opened with Beth telling Avery Haines, the host, that “running’s what saved my life.”



## 2022

Beth and I finished putting together a tentative plan for a North American prescription drug safety tour, which was going start in Canada in 2022 and end in the United States in 2023.

In February, Beth purchased a van and travel trailer for the tour.

In April, we started a three-month Cross-Canada Tour. The nine-city Canadian tour received newspaper and television coverage, including from Avery Haines when she was promoting two more airings of the 2021 CTV W5 episode “The Problem with Pills,” and in an episode of “My Big Story,” an ABC Channel 7 News current affairs show in Australia.



During the cross-Canada tour, I facilitated public discussions about prescription drug safety, and delivered my presentation “Preventing Another Opioid Crisis: How consumers of prescription drugs can be protected from side effects that cause death, disability and dysfunction.”





We started the Canadian tour on April 5 in Halifax and ended it in Victoria on June 21. In May, after our Toronto event, we took the travel trailer for a safety inspection to Smithville RV, where Beth purchased it, and they noticed that the left rear wall had separated from the frame. Smithville RV repaired it temporarily and told us to find a dealer after we finish the tour that would repair the wall under its one-year warranty.



When the tour was over, I took the trailer to Big Boys Toys in Nanoose Bay on Vancouver Island. The service manager assessed the damage and thought that all the walls should be replaced and found several other things that should be repaired. It was sent back to Braxton Creek, the manufacturer in Shipshewana, Indiana.

The trailer stayed at the Braxton Creek manufacturing plant for 6 months and was returned to Big Boys Toys without the walls being replaced. Beth and I decided not to risk pulling it behind the van, and the United States part of our tour, which was going to focus on SSRIs, was postponed. I tried resolving the issues with Braxton Creek, but they were not receptive to a resolution, and the around-America tour was cancelled.

I filed a negligence lawsuit against Braxton Creek at LeGrange County Superior Court, but it was dismissed by Judge Lisa Bowen-Slaven because I didn't own the trailer. Since the trailer is unsafe to pull behind a vehicle and is worth little with the damaged walls, Beth stopped making payments to TD Auto Finance. At a meeting I had in LeGrange County to try and negotiate a settlement, a manager at Braxton Creek agreed that it's worth little in its condition.

2023

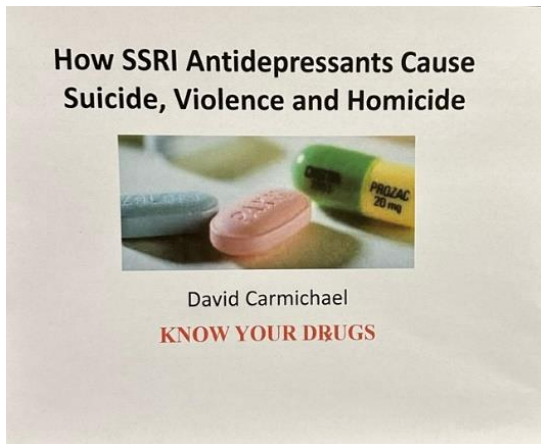
In January, there was a family tragedy in Duxbury, Massachusetts that had similarities to the 2001 Andrea Yates family tragedy. Lindsay Clancy, a registered nurse, took the lives of her three young children after being on 13 prescription drugs in the previous four months, including Prozac and Zoloft.



There were many similarities between the planned and calm homicides of Lindsay Clancy and my own homicide, so I compared our behaviours in the article “SSRIs, Lindsay Clancy, and Me,” which was posted by Mad in America on its blog.



In October, I delivered my presentation “How SSRI Antidepressants Cause Suicide, Violence and Homicide” in Duxbury and Cheyenne, Wyoming.



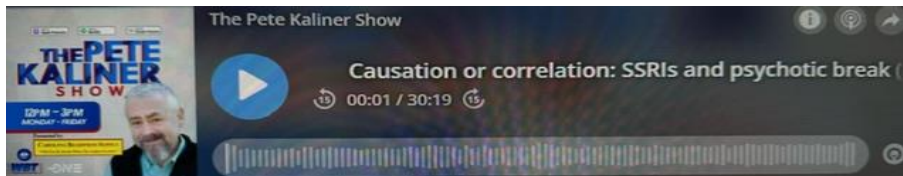
The presentation in Cheyenne was part of an Antidepressant Safety Day, which also included seminars on alternatives to antidepressants and tapering off antidepressants, and a screening of the documentary “Letters from Generation Rx.”



In December, with my public awareness raising efforts focusing on the United States, Canadians for Vanessa’s Law was dissolved.

## 2024

In April, I delivered the presentation “How SSRI Antidepressants Cause Suicide, Violence and Homicide” and screened “Letters from Generation Rx” during Kim Crespi Support Day in Charlotte, North Carolina.



Gillian started playing rugby again in Philadelphia, Pennsylvania.



I developed a “Sport for Mental Health” concept, positioning coaches as alternative mental health service providers who can help athletes develop the mental skills they need to deal with mental health challenges. Beth and Gillian have never taken a psychiatric drug to deal with our loss of Ian, or our materialistic losses. And I’ve been off psychiatric drugs since September 2010.

I integrated the concept into my presentation “How SSRI Antidepressants Cause Suicide, Violence and Homicide” within the context of the need to recognize and support alternatives to SSRIs.




I started developing “Sport for Mental Health” as an information portal for coaches after I talked with a mother in Sacramento, California in May when I was promoting an Antidepressant Safety Day. She told me that their family doctor wanted to prescribe her 5-year-old son Prozac because he got very nervous before batting in Tee Ball.

**Prescribing of psychiatric drugs in sport for normal mental health challenges starts at a young age**

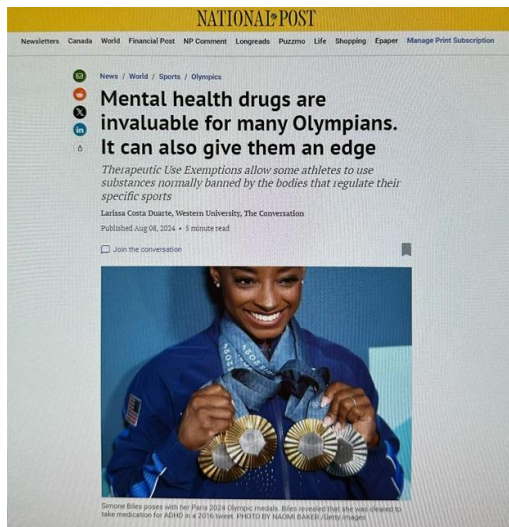
“My family doctor wanted to prescribe Prozac to my 5-year-old son because he got really nervous before batting in Tee Ball”

Mother  
Sacramento, California, May 2024

A photograph of a young boy, approximately 5 years old, wearing a dark blue baseball jersey with "Ball Ball" written on it, light-colored pants, and a black helmet. He is standing on a dirt field, holding a bat and preparing to bat. In the background, another child is visible near a tee ball post.

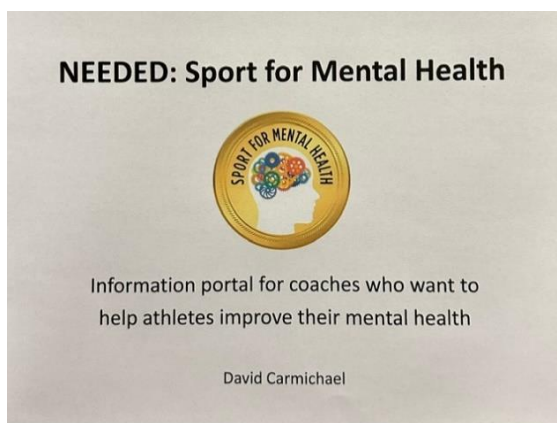
The need for an information portal for coaches was reinforced after athletes on the United States Olympic Team talked about their mental disorders at the Summer Olympics in France, which I thought would lead to a significant increase in the prescribing of psychiatric drugs for misdiagnosed mental disorders and normal mental health challenges.

I was concerned that this National Post headline alone would contribute to the overprescribing of psychiatric drugs, including to enhance performance.



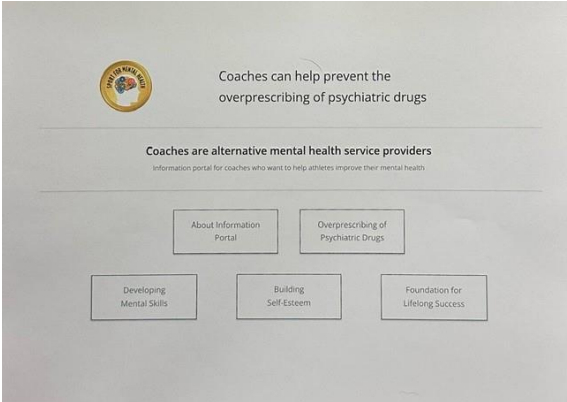
In September, I developed the presentation “NEEDED: Sport for Mental Health” to help the public understand two major reasons why psychiatric drugs are overprescribed:

1. Pharmaceutical companies mislead the public about the safety and effectiveness of psychiatric drugs by fraudulently concealing negative clinical trial data and illegally promoting drugs for off-label uses.
2. Misdiagnosis of mental disorders and the prescribing of psychiatric drugs for normal mental health challenges, and the lack of recognition and support for alternatives.

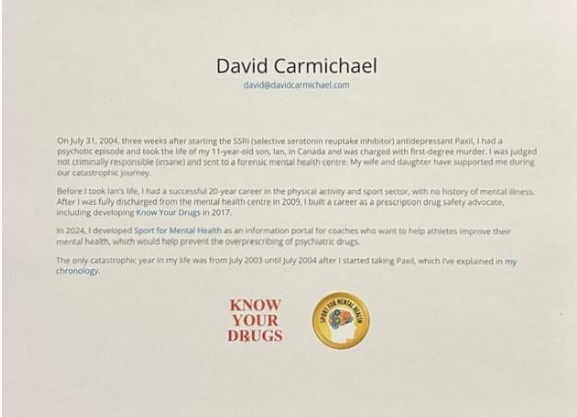




I developed SportForMentalHealth.com in September as an information portal for coaches.



In September, I reconstructed davidcarmichael.com, which had not been operational for more than a decade, to position the merger of my previous 20-year career as a physical activity and sport advocate with my career since 2006 as a prescription drug safety advocate.



September 12, 2024