Message From Executive Director

Dear Friends,

Beautiful things are happening!

SARDAA has launched The BRAIN Campaign and The White House is listening.

12 million Americans live with a schizophrenia-related brain illness. Tragically 50% do not receive treatment, tragically instead they are punished/incarcerated, ostracized without treatment, left to suffer homelessly or perhaps die by
suicide. Until the community (judicial, legislative, medical, lay public and criminal justice) recognize BRAIN illnesses like other physiological illnesses are treatable; until there is no shame to be treated for an illness of the brain, people will continue to be the victims of discrimination, mistreatment, violence and without treatment. The BRAIN campaign is an effort to replace the word “mental” and “behavior” illness/health with “brain”. This will impact parity, resources, and empathy. We do not call pulmonary disease cough disease. People think if it’s behavior – just change the behavior; if it’s “mental” illness – it’s your choice to think that way. People simply vow to call schizophrenia a brain illness thus become a BRAIN Health Advocate.

Please join us and share the link to the BRAIN Campaign and also help us be selected for the Scattergood Award.

With sincere gratitude for your continued support,
Linda Stalters, MSN
Executive Director
Founder

Become a Brain Advocate!
Click Here to View the Video

Schizophrenia and Related Disorders Alliance of America has been nominated to receive at $25,000 Award.
YOU must leave a supportive comment about SARDAA’s BRAIN campaign. The number and quality of comments will determine (by prominent judges) who will receive the award. [Click here to comment on the BRAIN Campaign.]

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**Brain Campaign:**

*Take the Pledge*

I will change my language from Behavioral or Mental disorder to Brain disorder.

I will educate others to change their language from mental illnesses to brain illness.

I will not use stigmatizing, discriminatory or derogatory language related to brain disorders.

I will encourage my peers, family members, and colleagues to advocate when they see discriminatory language or practices in the media or in public.

I will advocate that people with brain disorders have equal and comprehensive health care.

I will treat all people with brain disorders with respect and compassion.
Message From SA Administrator
by Brian Donahue

I shall start with a question: If April showers bring May flowers, what do Mayflowers bring? The answer is: Pilgrims---Ha, ha! For us the month of May is Mental Health Awareness month. SA is holding an all-day Workshop in Livonia, Michigan at the Livonia Embassy Suites on Saturday, May 21, 2016. The third week in May is Schizophrenia Awareness Week, what will you do to recognize the week?

The Workshop will cover every aspect of Schizophrenics Anonymous (SA). We will begin with the philosophy and purpose of SA; an explanation of the six steps of recovery; and how to avoid leader burnout. There will be much more including an actual SA group meeting. There will be a breakout for Families and Friends, as well. There is a $5.00 charge to secure a count for lunch; if you cannot afford this charge scholarships are available. To reserve your spot at the Workshop, and for us to know how many lunches we need, please call Angel at: 1-240-423-9432. You can also email Angel at: info@sardaa.org.

As for Mental Health Month; let’s get involved. Attend a SA group meeting in your area. If there is no group in your area, consider starting one. We still hold our telephone conference calls on Thursday, Friday, and Sunday nights at 7 PM Eastern time. These calls have attracted so many callers that we are looking for someone to volunteer as a phone call leader for a new call at a new time. If you are interested please email me, Brian Donahue, at: buzesq111@outlook.com.

We hope to see you in Michigan in May. Get involved!!!

*We are now accepting messages from SA Members to include in the newsletter. Please submit your message to: info@sardaa.org for consideration for next month's newsletter.*
Thank you for the submissions below...

By Antoinette (Toni) Hook

Life is like a whisper in the wind.
The fall gone and winter is on its way
As the days grow short and the wind is strong,
The snow will melt, and spring is on its way.
Like a whisper in the wind.
The spring will bring flowers.
And summer will be upon us.
Our life goes on like a whisper in the wind.
One day we are twenty, and the next fifty.
We may count our blessings, for one day
Are life will be a whisper in the wind.

Larry A Opines:

It has long bothered families and sufferers alike that the psychiatric community and DSM diagnostic guidebooks label the symptoms of schizophrenia, etc. as either "Positive," meaning symptoms that are classified by their presence that are there in sufferers but not in chronically normal persons: hallucinations and delusions... or "Negative," meaning symptoms that are classified by their absence: they are Not there in sufferers but Are there in chronically normal persons: lack of pleasure ("anhedonia"), poverty of speech ("alogia") and lack of motivation ("amotivation").

To the sufferers and to their loved ones, there is nothing "positive" about
anhedonia or hallucinations, alogia or delusions... none of it. And they feel
dissed by the professionals who label symptoms in this way.

This writer is a clinically trained poet; I studied chemical dependency
counseling on the graduate level for two and a half years. I have written a
couple thousand haiku. I suffer from psychiatric challenges, working daily to
transcend all the above.

It seems to me we need a new, more accurate & inclusive nomenclature when
describing symptoms to sufferers and their loved ones. They have already
suffered enough.

I suggest we change our tongue out of reverence toward the suffering
population; these are after all the people we are pledged to help... aren't they?
Here is my suggestion: call the delusion and hallucination symptoms, those
that are added to the experience of the world in sufferers: "additual symptoms"
or "plus one... two... three... symptoms" and call the alogia, amotivational and
anhedonia symptoms that are subtracted from the experience of the world of
sufferers: "subtractual symptoms" or "minus one... two... three... symptoms."

This linguistic effort would help heal the breach that currently exists between
sufferers, their loved ones and mental health professionals.

Someday we might begin to see a world where what are now classed as
"symptoms" might be viewed as "creative challenges" and channeled into
paths that nourish persons rather than denigrate them into a marginalized
existence.

In the Hippocratic Oath, is there not the phrase, "Do no harm?"

'Nuff said.

Lawrence A.

Long ago, my psychiatrist told me I would never recover, but could only look
forward to manual labor at restaurants, laboratories or in janitorial chores,
because I had the diagnosis of schizophrenia, that would mark me, follow me
throughout my life and cripple me until an early death.

I am a free man of intelligence and an attitude of foresight and drive. I am a
natural leader. I am a writer, a published author with over 200 speeches to my
credit. I have no use for efforts that only impoverish the spirit, label persons as
unable to succeed. I will never consider myself as belonging to a mere
diagnostic category. I am transcending all the boxes

A Poem From the Heart
Joseph L.

I can't tell you all that I feel
But time is on our side
If you're willing to get to know me...
I will tell you what is inside
The promise of things that are good
And the awareness that things aren't perfect too
The world can be beautiful like when it's sunny
And cozy when the sky is not blue
Love does come slowly
But time is on our side
The road is not always smooth
Just know that I'm on your side
I won't forget those positive things
Which are you

Message From Family & Friends Coordinator

Throughout days I find myself in search of answers...wisdom, trying to understand life's adversities. My concerns, and those of SARDAA 'Families and Friends' as I hear from others in our weekly support calls, have led me to the words of psychiatrist Dr. Viktor E. Frankl as a real source of inspiration. For me personally this involves experiencing sadness as the parent of a daughter having a brain disorder, and accepting the loss of potential, to a degree, which a parent naturally feels for a child's happiness and life. Through Dr. Frankl's ability to find meaning in the midst of extreme suffering of his, and his family, they being prisoners for years, during the Holocaust, I find hope in knowing his beliefs which he wrote in 'Man's Search for Meaning'. Some that I relate to and find helpful follow:

“ When we are no longer able to change a situation we are challenged to change ourselves”.

“People are primarily driven by a striving to find meaning in one's life, and it is the sense of meaning that enables people to overcome (or cope with) painful experiences”.

“Even in the most absurd, painful and dehumanized situations, life has potential meaning, and therefore even suffering is meaningful”.

“What is to give light must endure burning”.

With heart,
Mary Ross, FFS Coordinator

Conference Call with Pete Earley

To anyone who missed the conference call with Pete Earley, you can hear it there is a recording of it at https://fccdl.in/mowinB1Cs fast forward to 2:30 minute. You can also listen on phone by calling 712 775 7029 and entering Code 715149 followed by "#" To listen to the most recent recording, which is Pete Earley, press "#" again. DJ apologized that Q&A did not work like it was supposed to, there was a tech issue.

Lessons I’ve Learned: The Key To Recovery Is Engagement by Pete Earley

*** HOW TO START AND GROW A SA GROUP ***
By Margery Wakefield

Welcome to SA (Schizophrenics Anonymous)! I understand that you want to start an SA group, and that is great! READ MORE

Phone Support Groups

Family and Friends Support Group
Not for Individuals Diagnosed
Every Tuesday - 7 pm Eastern Time
Frequent Guest Speakers

SA Conference Call Groups
Only For Individuals Diagnosed
Every Sunday, Thursday and Friday 7 pm Eastern Time

Spirit of SA Conference Call
For SA Leaders and potential Leaders
First Wednesday of Each Month 7 pm Eastern Time

Toll-free calls
NoFearNow.com

SARDA is supporting a photo collage/movement to inspire people to have no fear regarding their mental health issues.

We are looking for people who have or have loved ones who have lived with a brain disorder/mental health issue to share their experience for a new #NoFearNow anti-stigma campaign.

Participating is simple. Simply email to info@lightwoundsmovie.com:
- A photo of you with a person in your life (feel free to hold up a sign saying #NoFearNow)
- A short paragraph of what this person means to you and why you/they have No Fear Now sharing your/their story on experience with a brain disorder/mental health issue.

The photo and paragraph submitted will be featured on NoFearNow.com.

How Diet Influences Mental Health: New Findings, New Advances

Dr. Drew Ramsey and Dr. Emily Deans are talking to patients about food and why nutrition is on the radar when it comes to brain health.

Read Dr. Drew Ramsey and Dr. Emily Deans commentary here!

News of Interest

Legalized Cannabis and the Brain: NIDA Sounds the Alarm - Researchers at the National Institute on Drug Abuse (NIDA) are sounding the alarm over a possible increase in unknown cognitive and behavioral harms that widespread cannabis use may unmask. A clinical review conducted by NIDA
director Nora Volkow, MD, points out that as legalization of the drug for recreational and medical use spreads, vulnerable populations, especially adolescents, are exposed to toxic effects of the drug. "This is not a problem that is specific to marijuana," Dr Volkow told Medscape Medical News. "Young brains and drugs shouldn't mix. Period."  

Read More Here

**Premature Birth Tied to Adult Psychopathology**

Adults who were born very prematurely have an increased risk for interpersonal and behavioral problems that significantly correlate with brain imaging evidence.

Investigators at King’s College London, in the United Kingdom, found that 30-year-olds who were born very preterm, defined by the World Health Organization as birth at 28 to <32 weeks' gestation, have interpersonal and behavioral problems that are significantly negatively associated with corticostriatal tract volume in the brain...  

Read More

**Resistant Schizophrenia: Brain Imaging Provides Insight**

A comprehensive review of brain imaging studies provides support for the two main hypotheses regarding the neurobiology of treatment-resistant schizophrenia, namely, "whether treatment-resistant schizophrenia is best understood as a more severe form of responsive schizophrenia or whether it has a fundamentally different pathophysiology," Robert McCutcheon, MBBS, MRCPsych, told Medscape Medical News.  

Read More

**Scientists Find Gene Fault That Raises Schizophrenia Risk 35-Fold**

Scientists say they have conclusive evidence that changes to a gene called SETD1A can dramatically raise the risk of developing schizophrenia - a finding that should help the search for new treatments.

The team, led by researchers at Britain's Wellcome Trust Sanger Institute, said damaging changes to the gene happen very rarely but can increase the risk of schizophrenia 35-fold.  

Read about it here.

**'You Are Okay': A Support and Educational Program for Children With Mild Intellectual Disability and Their Parents With a Mental Illness**

Children of parents with a mental illness or substance use disorder (COPMI) have an increased risk of developing social-emotional problems themselves.
Fear of stigmatisation or unawareness of problems prevents children and parents from understanding each other. Little is known about COPMI with mild intellectual disabilities (ID), except that they have a high risk of developing social-emotional problems and require additional support. In this study, we introduce a program for this group, the effectiveness of which we will study using a quasi-experimental design based on matching.  

Significant Treatment Effect of Adjunct Music Therapy to Standard Treatment on the Positive, Negative, and Mood Symptoms of Schizophrenic Patients.  
Music therapy (MT) has been used as adjunct therapy for schizophrenia for decades. However, its role is still inconclusive. A recent meta-analysis demonstrated that MT for schizophrenic patients only significantly benefits negative symptoms and mood symptoms rather than positive symptoms. In addition, the association between specific characteristics of MT and the treatment effect remains unclear. The aim of this study was to update the published data and to explore the role of music therapy in adjunct treatment in schizophrenia with a thorough meta-analysis.  

Transforming Mental Health Care - Starting with Change Around the Edges  
As nurses, we hold an ethical imperative to care for all who are ill. We aspire to be forces for social good. And we are educated in holistic and humanistic theories of "caring." Yet most of us work in health care systems that operate from the medical model. Health care delivery is divided by specialty care that is intent on disease intervention and focuses on reductionist reasoning for many of the tasks we undertake daily. From this dominant paradigm, health professionals have a shared view that approaches the treatment of a person by separating mental and physical illness.  

Donate to SARDAAB
Help for people with schizophrenia and related disorders.

SARDAA Health Storylines is developed in partnership with the Schizophrenia and Related Disorders Alliance of America, and is powered by the Health Storylines™ platform from Self Care Catalysts Inc.

Now it is easy to record details and specifics about symptoms, medication, moods, and more. Choose what you want to track, and see all the information you need to help you or your loved one who is living with schizophrenia and related disorders.

How to Access SARDAA Health Storylines:
The mobile app is FREE for all users on iOS and Android devices. There is also a web version available, accessible through the browser of any desktop computer or mobile device.

Please take a moment to find out how you can help support SARDAA, not only today but every day - **at no extra cost to you!!**

When you do your at AmazonSmile, Amazon donates 0.5% of the purchase price to Schizophrenia And Related Disorders Alliance Of America.

**IT'S SO SIMPLE: just bookmark this link** [http://smile.amazon.com/ch/33-1213657](http://smile.amazon.com/ch/33-1213657), **start shopping and support us every time you shop.**
Texas and Louisiana Friends:
Re-Enroll Your Kroger Plus Cards Beginning August 1st

You can support SARDAA without spending a penny! Register Schizophrenia and Related Disorders on your Kroger Plus Card and they will donate a percentage to SARDAA each time you use your card.

[2015 Re-Enrollment Info in English and Spanish (PDF)]
Please register online at [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com)
Link to: Schizophrenia and Related Disorders–Kroger Plus Card 90425

Help Change Lives -- Donate Now

Thank you to those who already made a donation - Every contribution makes a difference.

Sincerely,
Linda Stalters, SARDAA Executive Director
Gina Robins, Newsletter assistant