Message From Executive Director

Dear Team,

As the year draws close to 2017, we at SARDAA celebrate the successes and aspirations that you help us realize:

- SARDAA is working to reclassify schizophrenia as a neurological disease so more appropriate care and treatment are provided.
- Our Hearing Voices of Support (HVoS) initiative is helping to enlighten millions of people about the realities of living with schizophrenia related brain disorders.
illness and **what is helpful.**

- We are excited to present our first Exceptional Legislator Award to Congressman Tim Murphy on December 8th at a VIP reception in New York City.
- We celebrate an historical billboard on Times Square shining a positive light on people affected by schizophrenia related brain illness #HVoS.
- Passage (assuming) of the 21st Century Cure Act incorporating some of Rep. Murphy’s *Helping Families in Mental Health Crisis* Act
- SA and FFS self-help peer support groups continue to provide socialization, understanding and encouragement globally.

We have much more to do and we can work together to build upon the successes.

Thank you for ALL of your work!

With sincerest Gratitude,

Linda Stalters, MSN
Executive Director
Schizophrenia And Related Disorders Alliance of America
Lance has been on medication for OCD and ADHD since the age of 12. Later, he started experimenting with drugs like marijuana and cocaine and became an addict. It took 6 years for Lance to be diagnosed with schizophrenia. After multiple hospital and rehab stints, Lance is now off illicit drugs and living independently in Great Neck, thanks to the support of his family and doctors. He works part-time for an e-commerce company.

WATCH HIS STORY HERE

Leslie is Emmett's dad. He realized Emmett was different as a child –
and it was challenging at times. But they've come a long way, and he is proud of Emmett and supports him fully in his endeavors and ambitions. As well as being a dad, Leslie is a networking consultant and a chorister with the Houston Grand Opera.

WATCH HIS STORY HERE

---

We are now accepting messages from SA Members to include in the newsletter. Please submit your message to: info@sardaa.org or mail to SARDAPO Box 941222, Houston, TX 77094-8222 for consideration for next month's newsletter.

Your story might be included in a SARDAA newsletter and might be published in a future edition of the SA Blue Book.

---

Phone Support Groups

SA Conference Call Groups
Only for individuals diagnosed
Sundays - 7 pm Eastern Time
Mondays - 4 pm Eastern Time
Thursdays - 7 pm Eastern Time
Fridays - 7 pm Eastern Time

Spirit of SA Conference Call
Welcome to SA (Schizophrenics Alliance)! I understand that you want to start an SA group, and that is great! **READ MORE**

**Message from Schizophrenia Alliance, Coordinator**

With the holiday season upon us, let's embrace those who are important to us. Those who help us realize what matters most in life.

They can be family or friends, or even therapists and doctors. These are the people who make life easier. We all need other people to touch our lives in ways that only they can. We reach out to people and sometimes they reach back. Touching our lives in unexpected ways.
Let’s all take time to be grateful for the people, places and things that are in our lives. We can all practice gratitude in our own way. From sending cards to those we care about, to making phone calls letting those we love know we care.

This season take time to remember that you are not alone and that you are loved.

With love,
Katie L.

Message from FFS, Family and Friends, Coordinator

Coping with the challenges that a Schizophrenia diagnosis presents is a burden for those affected. Compounding this is the stigma that is prevalent in our society, and very likely on a global level.

Great efforts to combat this are made by SARDA, as well as others such as NAMI, through attempts to highlight the issue and educate the public that the diagnosis is that of a brain disorder. One glaring example which perpetuates stigma is use of the word 'schizophrenic' when used inappropriately to describe or refer to something which is erratic, bizarre, unpredictable etc. I cringe when, too often, I hear this from speakers on the radio, or in a speech, or a personal example was that of a supervisor, on a teleconference, referring to something business related as 'schizophrenic'. For those diagnosed I imagine hearing this is quite painful. It reflects ignorance on the part of the speaker and serves to
drive the negative force of stigma. My experience in calling this to the speaker's attention is that I find the person is usually surprised and unaware of the impact of his/her words on others.

I believe that until one is affected by a diagnosis, either personally or that of a loved one, that ignorance and insensitivity about the illness continues. This is our challenge, to raise awareness and to seek understanding and support for all affected by Schizophrenia.

With Heart,
Mary Ross

Help for people with Schizophrenia and Related Disorders.

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.

Get the Schizophrenia Health Storylines™ Mobile App Today! 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.
What are you doing for your self-care today? With your feedback, Schizophrenia Health Storylines introduces two new health tools to help you track your self-care and physical activities. Self-care goes beyond the pill and we want to make sure your tools reflect that. With the new and improved tools, you will be able to:

- **Reflect holistically on your self-care activities with the Self-Care Reflection Tool**
- **Track the intensity of your physical activity with the Physical Activity Tracker**
House Passes the 21st Century Cures Act – on to the Senate

On 11/30/2016 the House of Representatives passed the 21st Century Cures Act (H.R. 34) by a vote of 392-26. This wide-ranging, $6 billion bipartisan health legislation includes significant mental health components.

The bill incorporates elements of legislation previously put forth by Reps. Tim Murphy (R-Pa. To be honored by SARDAA with the Exceptional Legislator Award on 12/8) and Eddie Bernice Johnson (D-Texas) in the Helping Families in Mental Health Crisis Act as well as provisions in the Mental Health Reform Act of 2016, sponsored by Sens. Chris Murphy (D-Conn.) and Bill Cassidy (R-La.) READ MORE.

Worldwide Study Seeks to Unlock the Brain’s Genetic Code; Data scientists discover seven genetic variants linked to intracranial volume, Parkinson’s disease risk, and cognitive ability, NIMH

Scientists collaborating across 250 institutions in 35 countries have identified variations of the genetic code that are associated with intracranial volume, which is a reflection of the maximum brain volume an individual achieves over a lifetime. These variations were also found to be associated with a person’s
individual risk for Parkinson’s disease and to cognitive ability. The findings, supported in part by the National Institutes of Health (NIH), provide new avenues of research that may lead to an enhanced understanding of how differences in our genetic code can predispose individuals to brain disorders. Science Update: READ MORE.

Molecular Tool Parses Social Fear Circuit Intertwined with Aggression Hub
In its debut performance, a powerful new genetic engineering tool has revealed secrets of functionally distinct brain circuits for social fear and aggression in mice. This, even though these sets of neurons seem hopelessly intertwined. The tool, called CANE (Capturing Activated Neuronal Ensembles), helps trace distinct pathways embedded within the brain’s spaghetti-like wiring. National Institute of Mental Health (NIMH) grantee Fan Wang, Ph.D. of Duke University, and colleagues, reported on their discovery November 23, 2016 in the journal Neuron. Science Update: READ MORE.

How Health Communicators and Journalists Can Help Replace Stigma with Science
National Institute on Drug Abuse (NIDA) Director Nora Volkow, M.D. blogs about how one can use science to counter the stigma of drug addiction. There are still people who believe addiction is a moral failing that could be solved if the person had more willpower. In fact, the science is clear: Addiction is a chronic, relapsing neurobiological disorder caused by changes in the brain that make controlling drug use extremely difficult, even when an individual knows it has terrible consequences for his or her life and health and wants to stop. Journalists can help reduce the stigma toward addiction by providing information that helps the reader understand the person suffering from addiction rather than writing stories that generate anger and disgust.
Increasing the public understanding of the underlying pathology and cultural reinforcers of addiction is a critical first step for improving the way our society addresses addiction. Journalists can dig deeper and ask how everyone can facilitate a more compassionate public health-based approach to those suffering from addiction. READ MORE.

**NIDA: Nonmedical Treatment for Cocaine Addiction Shows Promise in Pilot Trial**

In this pilot study, patients who received transcranial magnetic stimulation (TMS) were more likely to abstain from cocaine than patients who received medications for symptoms associated with abstinence. NIDA researchers concluded that TMS appears to be safe and its efficacy as a treatment for cocaine addiction deserves to be evaluated in a larger clinical trial. READ MORE.

**Archived Webinar: Advancing Comprehensive Community Suicide Prevention: An Overview**

This event was the first in the webinar series, *Advancing Community Suicide Prevention*, which aims to disseminate comprehensive models of community suicide prevention based on the best existing evidence and drawing on experiences from across the globe. SAMHSA, the Public Health Agency of Canada, and the Mental Health Commission of Canada highlighted the work of the International Initiative for Mental Health Leadership and the National Action Alliance for Suicide Prevention, and introduced the webinar series. WATCH HERE.

**Archived Webisode: Diverting to Treatment: Community Policing and Mental Illness**

This webisode explored the changing role of law enforcement in addressing youth and young adults with a mental illness. The program discussed
evidence-based strategies to combine efforts of police officers, mental health educators, and community advocates to resolve potentially violent situations in more positive ways. Additionally, the webisode featured presentations from states that have implemented diversion programs, a law enforcement officer and crisis intervention team trainer, and a firsthand youth perspective. **READ MORE.**

**Understanding Child Welfare and the Courts**

Families involved with the child welfare system must often engage with the judicial system. This Administration for Children and Families factsheet is designed to demystify the legal process and inform families of their rights and responsibilities. It includes frequently asked questions about the different stages of court proceedings, how parents and family members can prepare for court hearings, and who and what to expect in the courtroom and throughout the process. **READ MORE.**

**December 14-15, 2016, Washington, DC**

**9th Annual Conference on the Science of Dissemination and Implementation: Mapping the Complexity and Dynamism of the Field**

Join those on the front lines of dissemination and implementation science by registering for the 9th Annual Conference on the Science of Dissemination and Implementation, co-sponsored by NIH and AcademyHealth, along with the Agency for Healthcare Research and Quality, the Patient-Centered Outcomes Research Institute, the Robert Wood Johnson Foundation, and Veterans Administration. This meeting will focus thinking on the highest priorities for dissemination and implementation science now and in the future to help optimize health and health care. **READ MORE.**
The *All of Us* Research Program Seeks Feedback from the Community

The *All of Us* Research Program will create a community of one million or more people from across the U.S. to improve the future of health. Those who join the program will contribute their health, environment, and lifestyle information over an extended period of time. By gathering information from such a large group of people, researchers will be able to learn how specific factors impact an individual’s health, and disease prevention and treatment. This approach to tailoring health care for each unique individual is called, "precision medicine." The research program developers want to hear from everyone about their thoughts and ideas for how to make *All of Us* a success. Ideas on topics such as participant engagement and communications, health information data security, and the type of data to be collected are welcome from researchers, health care providers, patients, or anyone who wants to contribute to greater knowledge. [READ MORE.](#)

Repetitive Transcranial Magnetic Stimulation Research Clinic at Yale-New Haven Psychiatric Hospital

**What is Repetitive Transcranial Magnetic Stimulation?**

Transcranial magnetic stimulation (TMS) utilizes an electromagnet placed on the scalp that generates magnetic field pulses roughly the strength of an MRI scan. The magnetic pulses stimulate a small area on the surface of the brain about the size of a quarter. Low frequency (once per second) TMS has been shown to induce small, sustained reductions in activity in the part the brain that has been stimulated. Currently we are conducting studies to determine whether low-frequency TMS can reduce hallucinated voices. Below are descriptions of these studies and information about how to contact us. [Transcranial Magnetic Stimulation as an Investigational Treatment for Auditory Hallucinations or "Voices"](#) [READ MORE.](#)
Study Suggests Omega-3s May Not Improve Outcomes in People at High Risk of Psychosis
For years, researchers have been encouraged by evidence from a small, single-center trial that suggested omega-3 polyunsaturated fatty acids (PUFAs) might reduce the risk of onset and improve outcomes in patients at ultrahigh risk (UHR) for psychosis. READ MORE.

Donate to SARDAA
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.

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 shopping 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

![Kroger Plus Card](image)

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.

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,
Angel White, Editor