Message From Executive Director

Dear Friends,

Thank you all for the courageous and brave work you do every day. Everyone who lives with psychosis and wakes up to live each day to their best ability and maintain their plan to pursue a meaningful day, congratulations. Everyone who helps their loved one or others get through each day in their pursuit of hope and success in their life, congratulations. You are heroes and you each have
your unique challenges and gifts and success is measured distinctively for each individual. We applaud you all.

We are grateful for your helping us help others and welcome your comments and suggestions.

Please be sure to create a brief video to add to the hearingvoicesofsupport facebook page and add your voice of support on the hearingvoicesofsupport.org website. Based on these entries we will create our very unique and award winning Hearing Voices of Support Experiential event in New York City during Schizophrenia Awareness Week, the third week in May. Your voice can be heard by thousands!

Please share your artwork – we will post the juried items.

Warmest regards,
Linda Stal ters, MSN
Executive Director
Schizophrenia And Related Disorders Alliance of America
Congratulations Rep. Tim Murphy for receiving the Exceptional Legislator award from Schizophrenia and Related Disorders Alliance of America and for your continuing support to help the most critically ill to obtain treatment and help families seeking to relieve the pain their loved one is suffering.

Left to right: Susan Sheena, SARDA Board Member, Rep. Tim Murphy, Linda Stalters, SARDA Founder and Executive Director, Russell Stalters, SARDA Director of IT.
SARDAA's Executive Director, Linda Stalters, expresses sincere gratitude for and the immense importance of Rep. Tim Murphy's Helping Families in Mental Health Crisis Act that was partially incorporated in the 21st Century Cures Bill. Rep. Tim Murphy, recognizes that the most seriously ill deserve the opportunity for treatment, not discrimination, punishment and abuse that is the current
treatment and states that he is continuing this vitally important work for the millions affected by schizophrenia related brain illnesses.

Garen is Brandon’s dad. With his wife Shari, he is the co-founder and chairman of One Mind; co-founder, president, and trustee of IMHRO/One Mind Institute; co-founder and director emeritus of Bring Change 2 Mind; and public relations manager of the Staglin Family Vineyard. He currently serves on the Board of Directors of Silicon Valley Bank, EXL Services, NVoice Payments, and Profit Velocity Solutions.

WATCH HIS STORY HERE
Shari is Brandon’s mom. She has worked with Brandon’s dad, Garen, to drive research to find better treatments and help combat the stigma of mental illness. With her husband, she is a co-founder and trustee of One Mind; co-founder, founding president, and trustee of the IMHRO/One Mind Institute; co-founder and director emeritus of Bring Change 2 Mind; and CEO of Staglin Family Vineyard.

WATCH HER STORY HERE

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Message from FFS, Family and Friends, Coordinator

Ideally 'self-care' should be at the top of our priorities in our lives. We love our family members, our friends, but if we are not at our optimal best we are less able to be there in a support role of them. In my search for self-care I realized that I fortunately have found myself on a health path for decades, but somehow have overlooked the health of one's brain. I've been aware of a renowned psychiatrist by the name of Daniel Amen, MD, who has gone above and beyond, in my opinion, in teaching about the importance of practicing brain health. I found his comprehensive address of this in his book 'The Brain Warrior's Way'. Having a stack of books awaiting time to read them I
opted for his version of the book in CD form. While on lengthy drives to visit my daughter I listen with interest to his insights. In summary Dr. Amen advocates looking at one's lifestyle including a health supportive diet (not the SAD...standard American diet), engaging regularly in physical activity and exercise (not being sedentary) and stress reduction by participating in things such as meditation and yoga, among others. Dr. Amen's website is www.brainhealth.com if you wish to learn more. This message is intended for care partners of those diagnosed, but I believe the information would be appropriate for one on the recovery road or having interest in getting there.

To your health,
Mary Ross

The newest version of the You Are Not Alone Blue Books are available for order. Please contact Angel at 240-423-9432 or angel.white@sardaa.org to order.

We are now accepting messages from SA Members to include in the newsletter. Please submit your message to: info@sardaa.org or mail to SARDA PO 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.

Message from Schizophrenia Alliance, Coordinator
In these eventful times, it may be good to take a moment, for ourselves. Perhaps, leaving Facebook and Twitter to fend for themselves; and to focus on our coping skills. What coping skills are we using to help bring ourselves to the surface? Are we acquainted with the calm place inside of us?

Have you tried meditation or radical acceptance? These skills help bring the busy world into perspective and help us to see our place in it.

Maybe, in the next month, we can work on our positive coping mechanisms. We can bring ourselves closer to that healthy perspective that we all aim for.

Best wishes,
Katie L.

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
For SA Leaders and Potential Leaders
First Wednesday of Each Month - 7 pm Eastern Time

Family and Friends Support Group
Not for individuals diagnosed
Every Tuesday - 7 pm Eastern Time

**Toll-free Calls**
Call-in information (855) 640-8271
Entry Code 88286491#
International Number (720) 362-6499

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

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

**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
Masterpiece
Jessica S. has some music for you to enjoy.
For The Best by Jess Jane
LISTEN HERE

Dr. Carrie Bearden, CAPPS & the NAPLS: Early Detection and Intervention for Psychosis
Under Dr. Bearden's leadership, CAPPS has revealed new evidence supporting biomarkers for oncoming psychosis, and provided life-saving treatment for hundreds of youth at risk.

Psychosis is one of the most distressing and debilitating mental health symptoms one can experience, and the earlier someone afflicted receives treatment, the better the potential outcome. The best-case scenario: prevention. READ MORE

Blocking Overactive Enzyme Could Treat Symptoms of Schizophrenia
By Brain and Behavior Research Foundation

New research suggests that cognitive and behavioral symptoms of schizophrenia may stem at least in part from elevated levels of an enzyme called STEP, which is also thought to be overactive in the brains of people with Parkinson's disease and Alzheimer's disease. READ MORE

Impaired Glucose Homeostasis in First-Episode Schizophrenia A Systematic Review and Meta-analysis

Findings In this meta-analysis of 14 case-control studies comprising 1345 participants, individuals with first-episode schizophrenia had elevated fasting plasma glucose levels, elevated plasma glucose levels after an oral glucose tolerance test, and elevated fasting plasma insulin levels, as well as greater insulin resistance compared with healthy individuals serving as controls. READ MORE

A Cause For Community

by Elizabeth Elfenbein, Columnist, February 3, 2017

We live in a patient-empowered world. People understand their healthcare challenges like never before. They become mini-experts during their journey to getting diagnosed. Yet, once a patient arrives at their diagnosis, they reach an inflection point and are suddenly alone with their experience. That's where communities come in. READ MORE

Emptying the 'New Asylums'
On February 6, 2017 the American Enterprise Institute presented a panel discussion, *Emptying the 'new asylums': A model for moving mentally ill inmates out of jail*.

Doris A. Fuller, chief of Research and Public Affairs for the Treatment Advocacy Center, presented the findings of Treatment Advocacy Center’s latest groundbreaking report, *Emptying the ‘New Asylums’*. Doris and the distinguished panel of experts discussed how small changes to public policy can significantly reduce forensic bed wait times at relatively low cost, providing those in need with a bed. Panelists included:

_Sally Satel_, AEI  
_Doris A. Fuller_, Treatment Advocacy Center  
_Kristen Lich_, PhD, MHSA, the University of North Carolina  
_Judge Steve Leifman_, Miami-Dade County Court Criminal Division  
_Matthew Chase_, National Association of Counties  
_Mike Rezendes_, The Boston Globe

If you would like to share the discussion with others, or if you missed the event, you will find the recording on [AEI.org](http://AEI.org).

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.

We would love your support!

Buy your Valentine's Day gifts at smile.amazon.com and Amazon donates.

Please take a moment to find out how you can help support SARDA, 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, start shopping and support us every time you shop.

Texas and Louisiana Friends:
Re-Enroll Your Kroger Plus Cards
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
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