Dear Friends,

Summertime and the livin’ is busy. First of all, Happy Birthday USA. We are grateful for the opportunities that this nation provides for us to have the freedom to educate, support and provide a voice for the misunderstood and underserved.

We truly enjoyed meeting so many of you at our exhibit in San Francisco at the National NAMI Conference. Thank you to all who visited our booth; we are delighted to make new connections and provide more support for the millions who are seeking it.

Thank you all for the great support that you provide to each other and individuals you come in contact with. Without your efforts, we cannot make a difference. SARDAA relies on the many volunteers who contribute and who provide hours of work to support lives affected by schizophrenia-related brain disorders.

Welcome to the new SA groups in West Columbus, OH - West Columbus SA; Montrose Center in Houston - Montrose Center SA; New Bern, NC - RHA Behavioral Health SA; and Sacramento, CA - Wellness and Recovery SA. Margery Wakefield has been working steadily to help support people in their efforts to establish new SA Groups.

October 10th is quickly approaching; do not wait to register for the conference and gala in Houston, TX. Powerful speakers, impactful films, new friendships, fantastic auction items and amazing musical artists will reward you. You will have the opportunity to share your personal story on video with Thero.org.
Janssen will provide an opportunity for people who have no risk for psychosis to experience *Mind Storm* (a virtual hallucination simulator).

Register NOW

Sincerely,
Linda Stalters, MSN
Executive Director

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Registration NOW open

October 10, 2015
World Mental Health Awareness Day
**Brain Disorders: Global Perspectives**
SARDAA conference & GALA
Rudy Martinez, Jr. has recently joined the SARDAA Board of Directors

Mr. Martinez is President and Consultant of The Art of Labor. Rudy received his BBA from the University of Texas at San Antonio and is a Certified Public Accountant. Rudy has over 30 years of experience in Accounting.

Message From SA Coordinator
by Margery Wakefield

Hi Everyone,

Welcome to summer!

I affectionately call the very small town in Michigan where I live Mayberry. Here in Mayberry, we have been having all the signs of summer: thunderstorms, lightning, lots and lots of rain, even a tornado. As a result, everything here is very, very green. Another result, since we live on marshland, is that there are zillions of mosquito's! I stay indoors as much as I can.

SA continues to thrive. Last month we welcomed two new groups: one in West Columbus, Ohio, and a new group at the Montrose Center in Houston. Hopefully, it will be more accessible than the old group in Houston. The Montrose Center is located in downtown Houston. In progress right now are nine other new groups, located in MN, NC, MI, CA, NY, DC, IA, NJ, and MA. Alphabet soup! READ MORE

Margery Wakefield
SA Coordinator
*** 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!

This is a brief primer on how to do just that.

First, some background about myself. I was diagnosed with schizophrenia at age 19. I went through a period of denial, but finally came to my senses and got on meds. I have been on meds and in treatment since then. My recovery now is pretty good.

*** Personal Story ***

Recovering From Schizophrenia
By Zach E.

I Started to hear voices. The voices were degrading. The radio started talking to me. I thought that people were conspiring against me.

I was perplexed and disturbed. I was isolated, unable to function. I experienced a nervous breakdown and was hospitalized.

The hospital was an unfamiliar, restricted environment. My symptoms persisted and my anxiety sparked. Treatment included medications with adverse side effects.

Donate to SARDAA

Message From Family & Friends Coordinator

Of late I've had painful insight into the importance of recovery in mental illness, as a person is able. Over time I've admired those fortunate to get on that recovery road, which is not a cure at this time, but rather 'doing one's best' through accessing the many helps that are available to those diagnosed. Beyond the potential for improving life quality, I've learned that it is very important especially in averting tragedy, which can befall one having a mental illness. And to assist those toward recovery, along with the
various aspects of treatment, is the ever increasing ranks of Peer Support Specialists. Who better knows of the challenges and pitfalls than those who’ve been there? Many also find understanding and support by joining a SA group, Schizophrenic's Anonymous, if fortunate to have one in their community. With sixty some groups throughout the country, there is need for many more to provide an unconditional welcome and acceptance. I have no doubt that the FFS community shares my appreciation of recovery.

With heart,

Mary Ross, FFS Coordinator

Phone Support Groups

Family and Friends Support Group
Every Tuesday - 7 pm Eastern Time
Frequent Guest Speakers

SA Conference Call Groups
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

Adult Children of Parents with Psychosis
Every Monday 7 pm Eastern Time

Toll-free calls
The call in information: (855) 640-8271; Pass code: 88286491#
International Number: (720) 362-6499
Applications for Board Members and Volunteers
We are currently accepting applications for new Board Members.
We are also accepting applications virtual and Houston Volunteers and conference volunteers
If you are interested, please contact linda.stalters@sardaa.org

Thank you so much!

Articles of Interest

NEW MEDICATION APPROVED
The US Food and Drug Administration (FDA) has approved brexpiazeole (Rexulti, Lundbeck, Inc, and Otsuka Pharmaceutical Co, Ltd) for adults with schizophrenia and as an adjunctive therapy to antidepressant medication in adults with major depressive disorder (MDD). It is expected to be available in the United States in early August.

NEW REPORT SHOWS INCREASE IN REPORTED ADVERSE HEALTH EFFECTS FROM SYNTHETIC CANNABINOID USE
Between January and May 2015, U.S. poison centers in 48 states reported receiving 3,572 calls related to synthetic cannabinoid use, a 229 percent increase from the 1,085 calls received during the same January through May period in 2014.

NIMH DIRECTOR’S BLOG: SOMETHING INTERESTING IS HAPPENING
A National Institutes of Health (NIH) Precision Medicine project plans to create a million person cohort that is beginning to take on something of the Uber, Facebook, and Airbnb spirit. Like these innovative companies that have grown up in a new shared economy where trust is the most important currency, the new cohort study could be a very different kind of biomedical research, also based on trust and empowered by volunteers who want to crowd source their medical data. NIMH Director Thomas Insel discusses this initiative further in his latest blog.

VIDEO: IPS CELLS AND ORGANOID-S-SCI-FI VS REALITY
Want to learn more about an evolving “disease-in-a-dish” technology that may bring personalized medicine closer to people suffering from mental illness? Watch Dr. David
Panchision, program director for stem cell research at NIMH, discuss the promise of induced pluripotent stem cells and organoids for understanding and treating mental illness. [WATCH HERE]

**SAMHSA Disaster Technical Assistance Center Supplemental Research Bulletin:**

**Disaster Behavioral Health Interventions Inventory**

In this issue of the Supplemental Research Bulletin, SAMHSA's Disaster Technical Assistance Center provides an inventory of disaster behavioral health interventions that treatment providers and disaster behavioral health coordinators may find helpful in their work. Each entry includes a brief description of the intervention, indication of where and with whom the intervention can be used, and details about its research base. [READ MORE]

**The Faces of the Precision Medicine Initiative**

NIH is launching a video series to explain the significance of the Precision Medicine Initiative. Precision medicine is an innovative approach for disease treatment and prevention that takes into account individual variability in genes, environment, and lifestyle. The goal of precision medicine is to enable an individual’s healthcare team to tailor prevention strategies and treatments to the unique characteristics of their disease. To explain exactly why this effort is so important, NIH is asking the many people involved and interested in precision medicine to weigh in. Researchers, doctors, patients, advocates, and others are sharing their thoughts. Starting this week, “The Faces of the Precision Medicine Initiative” will share what they had to say about why precision medicine is so important to the future of healthcare. [READ HERE]

**HOSPITAL READMISSIONS INVOLVING PSYCHIATRIC DISORDERS, 2012**

This statistical brief found that 30-day readmission rates in 2012 were 15.7 percent when the primary diagnosis was schizophrenia and nine percent when the primary diagnosis involved mood disorders. This compares with a 30-day readmission rate of 3.8 percent for all other non-mental health/substance abuse conditions. [READ MORE]
More Evidence That Treatment Saves Taxpayers Money
(June 23, 2015) A study released earlier this week has confirmed what the Treatment Advocacy Center and common sense have been saying for years: It costs more to incarcerate someone with serious mental illness than it does to provide treatment and counseling. READ MORE

RESEARCH: We Are Now Where Cancer Was 45 Years Ago
(June 22, 2015) In 1970, cancer was impacting every aspect of society – so much so that people would not even use the word "cancer," according to Andrew von Eschenback, MD, president of Samaritan Health Initiatives and former director of the National Cancer Institute. READ MORE

Proposed Regulations Offer Guidelines for New State-Sponsored ABLE Accounts for People with Disabilities
IRS recently issued a News Release announcing Proposed Regulations that Offer Guidelines for New State-Sponsored ABLE Accounts for People with Disabilities. The Achieving a Better Life Experience (ABLE) Act recognizes the special financial burdens faced by families raising children with disabilities. ABLE accounts are designed to enable people with disabilities and their families to save for and pay for disability-related expenses. It also permits a state to establish and maintain a new type of tax-advantaged savings program (under Section 529A of the Internal Revenue Code) for a qualified disabled person. The news provides additional links to the Proposed Regulations, Federal Register, new web page with two new draft forms; 1099-QA for distributions and 5498-QA for contributions. READ MORE

Direct Current Stimulation Boosts Cognition in Schizophrenia
Transcranial direct current stimulation (tDCS) may improve short-term memory in people with schizophrenia, a small study suggests. Cognitive impairment is nearly ubiquitous in patients with schizophrenia, and effective ways to address it are lacking. "If tDCS could remediate the neurocognitive dysfunction that afflicts most patients with schizophrenia, it could prove to be an enormously important adjunctive treatment for the disease," David J. Schretlen, PhD, with
the Departments of Psychiatry and Behavioral Sciences and Radiology and Radiological Science at Johns Hopkins University, in Baltimore, Maryland, told Medscape Medical News. READ MORE

**Bipolar Disorder Linked to Altered Brain Development**
Areas of the brain involved in the regulation of emotion develop differently in adolescents with bipolar disorder, new research shows. Investigators at Yale School of Medicine, New Haven, Connecticut, found that adolescents with bipolar disorder showed greater gray matter reduction over time and less white matter expansion compared with healthy adolescents. READ HERE

**TIPS FOR HANDLING YOUR MEDICATIONS** READ MORE

**Psyberguide: Your Go-To Guide to Mental Health Apps**
IMHRO has introduced a new resource for people with mental illness will identify and review useful mental health apps. The “Psyberguide,” according to their website provides information for consumers by using nonclinical language to orient consumers to available apps that could help manage mental health conditions. “Right now there are 5000 apps on the market for mental health conditions,” said Dr. Mike Knable, speaking about Psyberguide at the 2015 Kennedy Forum on mental health. “This resource attempts to provide an unbiased centralized source of information about them.” READ MORE

**Reintroduction of revised “Helping Families in Mental Health Crisis Act.”**
Schizophrenia and Related Disorders Alliance of America sends letter on behalf of those who are affected by the most severe psychiatric brain disorders applauding the reintroduction of the landmark “Helping Families in Mental Health Crisis Act” by Representatives Tim Murphy (R-PA) and Eddie Bernice Johnson (D-TX). READ MORE

Donate to SARDAA

Nominations now being accepted for annual AWARDS

Please submit your nomination no later than August 1, 2015. Your submission must
include:
- Name of the Award
- Name of nominee
- Contact information for the nominee
- Contact information for the nominator
- Address each requirement for the award and how the nominee fulfills that requirement.
- email to: Nicole.dunavant@sardaa.org or
- Or Mail to: SARDAA
  PO Box 941222
  Houston, TX 77094-8222

Joanne Verbanic Award
- Awarded by Schizophrenics Anonymous (SA) and presented by SA Leadership
- Recognizes an individual’s contributions that go above-and-beyond normal volunteering.
- It is awarded to a select individual who offers never-ending inspiration, encouragement and an unwavering belief in persons with schizophrenia and related disorders.
- The individual also offers on-going support leading to the growth of the SA self-help/peer support network.
- The Joanne Verbanic Award is the highest award that can be bestowed by SA and was initiated by Joanne Verbanic, founder of Schizophrenics Anonymous, who wants to personally give something back to those who offer such immense dedication to SA.

Shattering Stigma – Realizing Recovery
- This awards an exemplary individual who,
- While actively participating in a personal recovery journey,
- Is a mental health advocate,
- Educating the public about severe mental illness.

Volunteer of The Year
- This award recognizes an outstanding SARDAA volunteer who
- Has shown a strong commitment to SARDAA
- Performing at their highest level during countless hours of volunteer services
- Takes initiative to provide ideas to enhance, improve and grow SARDAA
- Provides tireless efforts to make a difference that impacts the very concept of
SARDAA and furthers the goals of SARDAA

Outstanding Media Award
- This award is awarded to a journalist, photographer, broadcaster or blogger who
- Takes a significant interest in presenting mental health issues
- Exercises a true interest in reporting mental illness in a way that breaks myths with factual information and in turn shatters stigma.
- Reports in a positive, informed light
- Includes the voice of the patient in the coverage.

Events and Opportunities

www.Thero.org

SARDAA has partnered with theroin to increase awareness and eliminate stigma that leads to discrimination. Thero.org "recently launched their first anti-stigma reduction campaign called the The Be Heard Campaign which is an online video campaign aimed at reducing stigma toward mental disorders by showing realistic examples of people sharing their experience with Schizophrenia". You can be part of The Be Heard Campaign at the October 10th conference.

Interviews on Schizophrenia

Schizophrenia Forum Radio
IMHRO Brain Waves Radio

Click here for research opportunities

SUPPORT SARDAA

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, 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.

2014 Re-Enrollment Info in English and Spanish (PDF)
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,
Jacqueline Hardie, SARDAA Volunteer

AND

Linda Stalters, SARDAA Executive Director