Message From Executive Director

Dear Friend,

The time is rushing by and we are excited to announce the dates and venue for the Hearing Voices of Support Experiential Event.

One Art Space, Tribeca, NY
Tuesday, May 16 through Friday, May 19, 2017
3pm and 7pm
Saturday, May 20
12 noon to 5pm
SAVE THE DATE! You do not want to miss this amazing happening.

We are accepting volunteer applications: YOU could be selected to be an important part of an exciting, interactive, art installation in Tribeca, New York. Submit your interest to volunteer by email info@sardaa.org or call 240-423-9432.

This historical event by SARDAA is part of the Hearing Voices of Support initiative - hearingvoicesofsupport.org - aiming to change community thinking and create a positive impact for those affected by schizophrenia-related brain disorders.

The installation will operate between 3pm and 7pm from May 16 through May 19, 2017 and from 12 noon to 5pm on Sat May 20. We require dedicated, focused, energetic people to volunteer their time to help direct people through the installation and assist them with operation of some of the interactive elements of the installation.

Volunteers are expected to begin one hour prior to the start of the event until the end of that day’s event.

Thank you, once again, to all of the heroic celebrities of Hearing Voices of Support, theBloc, CAVORT and the many donors who make this possible.

With sincerest Gratitude,
Linda Stalters, MSN
Executive Director
Schizophrenia And Related Disorders Alliance of America
Sachin has a brother who was diagnosed with schizophrenia. The diagnosis changed the direction of his career, because he wanted to help people with mental illness and their caregivers. Sachin is putting this into action as the Founder and CEO of TrustCircle, a digital health startup with an app that connects people for better outcomes. [WATCH HIS STORY HERE](#)

Mike’s daughter was a brilliant student with a passion for writing articles and poetry. She was diagnosed with a schizophrenia related disorder as a young woman. His daughter continued to excel in her writing after diagnosis but tragically died by suicide due to her
illness. He misses her every day, and works to try and make a difference in other sufferers’ lives. He has supported SARDA for the last 8 years.

WATCH HIS STORY HERE

Message from FFS, Family and Friends, Coordinator

Her challenge is my challenge, given our bond of love...granted a difference in intensity, impact on our lives. With regard to this I wish to share the following prayer for caregivers, provided by a fellow FFS ‘care partner’, a loving Mom.

From Flames to Heaven: New Psalms for Healing & Praise. CR 1998 by Debbie Perlman

For the Caregivers

Show me how to offer hope.  
Open Your hand with the colors of faith  
That I might begin to fill in the spaces  
To strengthen another's life.

Show me how to offer comfort.  
Point out Your nesting place,  
Feathered against the adversities
That wound those I love.

Show me the direction
When I am lost,
Searching to help,
But finding no paths.

Show me tolerance,
When I weary of helping,
And a long dreary day
Stretches toward a restless night.

You place before us life and love;
Show us endurance.
You place before us healing and hope;
Show us persistence.

Reach deep within me, Eternal Strength,
And bring my strength to consciousness.
Pull it around us:
Let it radiate with Your power,
Let it guide our way.

With Heart,
Mary Ross

Message from Schizophrenia Alliance, Coordinator

This time of year, I like to watch as my garden grows and reflect on my own personal growth. I may think on things that have helped me become more of a whole person or perhaps on a new skill, which I'm learning.

Throughout life, we are growing and maturing, constantly. I like to think of life as a garden plot. We can only grow as big as the soil will allow. Those around us impact the soil, as well, as what we put into it.
If we spend our time hanging out with positive people, we live and learn to be positive. We can grow to be happy, healthy, individuals. On the other hand, if we spend our time around negative people, we'll find that it poisons our roots and leads to unhappiness in so many forms.

This month feed your roots something good! Spend some time with a positive friend! Learn new coping skills! There are tons of things you can do to help yourself grow into the wonderful human being your higher power desires you to become.

Best wishes,
Katie L.

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 SARDA 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
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.

SARDA and Self Care Catalysts had the opportunity to work with Kristy Speaks, an individual, like you, living with schizophrenia. Kristy is a mother of 3, who after graduating from nursing school, was diagnosed with schizophrenia.

She said that out of all the apps in the market, Schizophrenia Health Storylines self-care app was the most supportive as it allows her to track her symptoms, moods and journal her thoughts. In addition, Kristy designed a Positive Affirmation tool that will be launching at the end of March!

To show your support for Kristy, we are reaching out to you to download the app today! We hope that you benefit the same way she does!

Download Schizophrenia Health Storylines today!
New Webpage: Integrated Care
This new NIMH webpage describes how integrated care, which combines primary health care and mental health care in one setting, works and why it is important. It blends the expertise of mental health, substance use, and primary care clinicians, with feedback from patients and their caregivers. This creates a team-based approach where mental health care and general medical care are offered in the same setting. Coordinating primary care and mental health care in this way can help address the physical health problems of people with serious mental illnesses (SMI)
READ MORE

Eating Disorders: About More Than Food--REVISED
This brochure describes the common eating disorders anorexia nervosa, bulimia nervosa, and binge-eating disorder, and various approaches to treatment. It notes future directions for research and where to find more information. The resource is available in English and Spanish.
READ MORE

Addressing FEP in Criminal Justice Setting: Infographic
SAMHSA’s GAINS Center explores first episode psychosis (FEP) in the criminal justice context with an infographic providing key information on this distinct form of behavioral health crisis. Individuals experiencing FEP may come into contact with the criminal justice system, particularly law enforcement and local jails, as a result of behavior associated with psychotic symptoms. Law enforcement agencies and jails can assist individuals experiencing FEP by connecting them with community-based behavioral health treatment and support services. The infographic provides an overview of the opportunities for identification, diversion, and treatment for people experiencing FEP who come into contact with the justice system.

**New Fact Sheet: Looking at My Genes: What Can They Tell Me About My Mental Health?**
This fact sheet contains frequently asked questions about genome scans and genetic testing, and their relationship to a person’s mental health.

**Scientists Improving Brain Illness Prevention and Care**
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.

**US House Committee on E&C 3 26 14 Mental Health Hearing Judge Leifman**
You Tube video a must watch for anyone who wants to stop the Insane interactions between our loved ones and the criminal justice system.
Donate to SARDA

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

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.

[Share on Facebook] [Share on Twitter]

**Sincerely,**
Angel White, Editor