Happy Mother's Day
Mothers Day is a day to honor mothers. Mothers who have nurtured, supported, encouraged and advocated for their children living with a schizophrenia-related neurological brain illness are to be especially honored and revered for their extraordinary mothering. YOU deserve a sincerely well-deserved happy day!

Don’t forget –

**Schizophrenia Awareness Week is May 15 – 21**

What are you doing to increase awareness?

SARDA is having a symposium and workshop in Detroit/Livonia, Michigan

Watch for a VERY special announcement within the next few weeks!
Become a Brain Advocate!

[Click Here to View the Video]

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

May is Mental Health Awareness Month. Here in Torrington, Connecticut, we will celebrate tomorrow evening with a Candlelight Vigil. At this Vigil, persons in recovery will read their personal stories of recovery.

On May 21ST, we are holding a one-day Workshop on SA. You must register before May 16TH, so we know how much food to order. Come to hear everything about SA; from its beginnings in Detroit to its expansion across the country and around the world. There is a $5 registration fee. If you cannot afford the fee, scholarships are available.

We are always looking for new SA group leaders. If there is no SA group in your area, seriously consider starting one yourself. If you have a friend to help you that will make it easier. Contact SARDAA and you will receive all the help you need. You can call SARDAA at: 1-240-423-9432.

For the month of May, attend your local celebration of Mental Health Month, start a SA group, join our SA calls on Thursday, Friday, or Sunday nights, and most of all plan to attend our SA Workshop on May 21ST.

*We are now accepting messages from SA Members to include in the newsletter. Please submit your message to: info@sardaa.org or mail to SARDAA 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 Family & Friends Coordinator

I've been involved lately in the annual 'walk' of our ally, NAMI (Greater Milwaukee chapter). With respect to our 'partnership', given all that I have learned and benefited from SARDAA's influence and commitment, I put forth an effort via team 'SZ the DAY!, SZ of course referring to Schizophrenia (and related disorders). This serves to draw attention to the challenges encountered by those diagnosed and their support partners, as well as successes. SARDAA receives many referrals from NAMI and we in turn emphasize NAMI as a helpful resource to our callers and support groups. There is strength in numbers, thus it is important given that we share a common goal of education, support and advocacy. Some decades ago these resources didn't exist, or did minimally, so it is good to look back and appreciate the valuable progress we have made.

With heart,
Mary Ross, FFS Coordinator

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

To anyone who missed the conference call with Pete Earley, here is the recording: [https://fccdl.in/mowjnB1Cs](https://fccdl.in/mowjnB1Cs) 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. Q&A did not work like it was supposed to, there was a tech issue.

Federal Grant Funds Now Available to Launch New AOT Programs!

They said it couldn't happen! As a result of our dedicated advocacy and your support, the federal government has - for the first time ever - allocated $15 million for assisted outpatient treatment (AOT).

SAMHSA posted a [grant announcement](https://www.samhsa.gov) earlier this week inviting state and local authorities to apply for up to four years of federal support of NEW AOT PROGRAMS.

Applications are due July 16, 2016.
The Center for Disease Control and Prevention released a new report, Increase in Suicide in the United States, 1999-2014. This profound study tragically shows a 24 percent increase in suicide rates in the U.S. over the past 15 years. The vast majority of people who die as a result of suicide have a brain illness such as schizophrenia, depression, bipolar disorder, and post-traumatic stress.

If there was a study revealing deaths for any other medical condition there would be an immediate declaration of a medical emergency. This study is an urgent call to action for improved access to care, elimination of stigma and improved treatment.

strangers... not
i am here... whose are you?
do you maybe wonder too?
take my arm... let's walk th' land
walk into a stranger dawn...

i am here... you are here... we are three... we are three
together for a while
we bear the weight of this moment
i smile free... I smile free...
i am who i am… you are who you are…
no names needed
we change as we exchange

you know whose we are
i am here… whose are you?
did you maybe wonder too?
let’s walk th’ land
walk into a stranger dawn…

i am who i am… you are who you are…
no names needed
we change as we exchange
we exchange as we are changed

embrace a larger vision

be free… my love… be free…

LOVE…!

Sparrow: 517.643.7671: sparrow.sang.blues@outlook.com & Ghatar John Ghaderi: ghaderijohn@yahoo.com
[…gentle guitar lessons..]
My name is Erika and I am a prior Naval Hospital Corpsman Second Class. I have served from 2006 to 2013 starting from Great Lakes, Illinois to places such as Japan and even onboard ship. I have a passion for medicine and now that I am separated I am also passionate about helping Veterans. With that being said, it is very exciting for me to be able to announce the new military focused section of our newsletter! We will be providing the latest news articles, treatments, and even hotlines to contact when in need of help.

To start off, if you or a Veteran you know is going through a crisis, you can call 1-800-273-8255 and press 1. You can also chat online at www.veteranscrisisline.net or send a text message to 838255. This will connect you with a qualified Department of Veterans Affairs responder. This is confidential and also toll-free. According to their website, after launching in 2007 they have already answered approximately 2 million phone calls.

A recent study published Jan 01, 2016 by Journal of Affective Disorders discusses the importance of primary care and suicide prevention in veterans. They conducted a study involving people with depression psychosis, mania, PTSD, anxiety and illicit drug users. The results of this study conclude that veterans with mental health disorders were associated with high severity suicidal ideation but not suicide attempt. It also states that illicit drug use was not associated with suicidal ideation but was the only variable associated with suicide attempt. With studies such as this one, we may be able to catch the signs of suicide early enough to prevent it. If you are interested in reading the article, you can find it here.

There are many programs and services provided by the VA including treatments for various mental health illnesses such as depression, PTSD, anxiety, schizophrenia, and bipolar disorder. To continue reading this article and learn about more resources available, please click here.
Todd Jensen
Recovery Story

I always had a tough time dealing with other people while growing up. I absolutely had no laid-out plan for what I wanted to do with my life—no goals, no dreams to be anything except maybe to have my own radio show. But that is the only thing I wanted out of life. I hated having to follow rules and I was very impatient trying to make things work out for the best. I’ve been hospitalized three times, all in 1994, and believe me, it was not fun. I took up drinking in local bars a couple of years prior to my hospital stay. I went off my medication whenever I felt good or skipped doses on days I would drink any kind of alcohol.

It wasn’t until late 2015 that I finally quit altogether. One thing odd is that I never liked the taste of beer or liquor, but I would truly drink to be cool and accepted. I always loved being spotted with a tall glass of beer or wine. Twice I came very close to getting a DUI, but fortunately for me it never happened. I simply did not care over the years, and now I wish I had saved the money I made. I never gave myself much of a chance to succeed in anything until recently. I’ve lost count of all the different medicine I’ve been on over the last twenty-plus years.

There is something that happens to everyone while going through life, things that happen to them to change their lives forever. It wasn’t until 1998 that my life, once again, seemed to make a turn for the better. To continue reading Todd’s recovery story, please click here.

*** 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, Monday, 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
The call in information: (855) 640-8271; Pass code: 88286491#
International Number: (720) 362-6499

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.

News of Interest

Researchers Estimate 1 in 13 People Worldwide Will Have Psychotic Experience
Over Lifetime- According to a study that from Schizophrenia Bulletin who estimated 1 in 13 people worldwide will have one psychotic experience by the time they reach 75 years old. The study also reports the first episode is typically experienced within young adolescence but nearly 25% of individuals will have their first experience after the age of 40. These studies are important because they could help advance understanding of psychotic experiences and mental disorders. Read More Here

Vitamin D in Schizophrenia: A Clinical Review- Vitamin D, sometimes called the sunshine vitamin, is known for health benefits such as the essential role in calcium absorption in the body and bone health. Vitamin D deficiency is also commonly found in patients that also suffer from severe mental illnesses, such as schizophrenia. Studies have been done that show the link between the roles of vitamin D in the development of schizophrenia. An example includes neonatal vitamin D status is associated with the risk of developing schizophrenia in later life obesity, insulin resistance, diabetes, hyperlipidemia, and cardiovascular disease which is commonly seen with patients who also have schizophrenia. Read more here

Adherence Therapy Versus Routine Psychiatric Care for People With Schizophrenia Spectrum Disorders- A study was conducted on patients who use adherence therapy or received psychiatric care alone. This study evaluated the effects of a motivational-interviewing-based adherence therapy for people with schizophrenia spectrum disorders. The current guidelines of care for schizophrenia recommends antipsychotic medication is essential for patients longer-term maintenance treatment but their non-adherence to this medication is still a main obstacle when it comes to relapse prevention. Read more here

Jumping to Conclusions Predicts Worse Psychosis Outcomes- New research conducted in Florence, Italy says patients with first time episodes of psychosis who jump to conclusions may be at higher risk for significantly worse longer-term clinical outcomes. JTC, or jumping to conclusions can be linked to a significant increase in the amount of days hospitalized. It is also linked to more than three times the risk of undergoing involuntary hospitalization after four years of follow up. For more information, read more here.

Study Suggests Heavy Cannabis Use Early in Life May Increase Risk of
Death - This Swedish study that followed 50,373 men from the time of military conscription ages 18 - 19 then followed up to age 60 has found that those with a history of heavy cannabis use early in life had a higher risk of death than those who have never used the drug. 
read more here.

Donate to SARDAA

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.

Schizophrenia Health Storylines™
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.

2015 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,
Linda Stalters, SARDAA Executive Director
Erika Castle, Newsletter assistant