Announcing the Launch of SARDAA Health Storylines™

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

Message From Executive Director

Dear Friends,

Dear Friends,
As Thanksgiving Day approaches, we take time to ponder the people, events and things for which we are grateful. Strange that we require a designated Holiday for such. It will bring us the same sense of hope and motivation if we take moments each day to review what we are thankful for. There is always something. Some of the things that we take for granted or are seemingly insignificant, if we reflect upon them we discover they are very significant in our life. Journaling each day helps us to remember to take that moment and document our gratitude in a way that we can review these things especially when we are struggling to find hope. The SARDAA Health Storylines app will help people to do just that. It also provides a tab with affirmations, among a great deal of other helpful tools.

We at SARDAA celebrate with Carlos Calderyo, the SA Leader in Uruguay who is featured on the CNNE Show Cala interview – please read the press release announcing the prestigious award that he has received.

Our conference and gala were absolutely incredible. The presentations and workshop were amazing. For the many of you who were unable to attend, videos of the presentations will be posted on our utube channel, on our facebook page, tweeted and blogged. Each talk was brilliant and provided vital information, hope and encouragement as well as reality. Thank you to all of the speakers and many volunteers who worked so hard!

Giving Tuesday is quickly approaching, be sure to make your donation on our website or via your phone on the first Tuesday following Thanksgiving, December 1st. Details will be emailed/texted to you soon.
Thank you for your contributions to help SARDAA continue to educate, advocate and provide support – only with your support can we continue the work.

Sincerely,
Linda Stalters, MSN
Executive Director

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**Shari Strong’s presentation at SARDAA conference A Mother’s Message:**
*Overcoming Life’s Obstacles by Shari Strong*

*Click Here to Watch the Video*

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**The SARDAA Conference**
My trip to the SARDAA conference in Houston was synonymous with my road to recovery from Schizophrenia; I encounter fear, face it, and it turns out to be one of the most rewarding experience of my life...[READ MORE]

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**Congratulations Carlos Caldeyro, SA Leader, Uruguay**
Good news!!! The National Committee of Disabled Persons Annual Award for his 35 years work with Schizophrenia and fight against Stigma and Discrimination of the individuals affected in Uruguay. It is a great achievement for a person affected by a psychiatric brain illness, to be recognzned for his efforts and rewarded publicly.

*Read Dr. Peréz’s speech here*

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*From The Desk of John P.*
*Reflections on Hope and Despair*
Hope liberates. It frees us from the dark dismal periods that would dominate us in the face of discouragement. When a group of students in Germany were asked what they thought the most beautiful word in human speech was, they chose "hope."(1) It is no wonder. For those experiencing hardship and adversity, hope is often the bridge leading to the strength needed while resolving problems. Hope gives a sense of steadiness as we walk our pathways of life. 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, 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

The American Psychological Association conducted a “holiday stress” poll which revealed that more than eight of every 10 Americans anticipate stress during the holiday
season (American Psychological Association, 2015). Heightened stress during the holidays can trigger unhealthy behaviors, such as overeating and drinking to excess. But there are other coping behaviors that you can adopt during the holiday season that are both healthier and longer-lasting. This “Coping with Holiday Stress Worksheet” introduces nine important strategies to help ensure a happy and healthy holiday season.

A SARDAA volunteer with a 26-year history of schizoaffective disorder and extensive experience as a health care professional wrote this article and adapted this worksheet from the November 2009 version of Cigna’s “Coping with Holiday Stress” Wellness Workbook.

Next in this series will be an article by the same author entitled, "SARDAA Offers Tips for Peace of Mind during the Holiday Season."

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**Articles of Interest**

**CARDIOVASCULAR DISEASE, RESPIRATORY DISEASE, AND DIABETES IN ADULTS LIVING WITH SCHIZOPHRENIA**

Cardiovascular, Respiratory Disease among Top Causes of Death in Adults with Schizophrenia
JAMA Psychiatry
October 28, 2015
Adults with schizophrenia are more than 3.5 times as likely as the general U.S. population to die prematurely, according to a new study which analyzed data from more than 1.1 million people diagnosed with schizophrenia and covered by Medicaid between 2001 and 2007. Read More

And even more...

'Shocking' Stats for Diabetes Screening in Mentally Ill
JAMA Internal Medicine
November 9, 2015
Despite long-standing recommendations that severely mentally ill patients who take antipsychotics undergo annual screening for diabetes and other indicators of metabolic change, only 30% receive such screening, new research shows. Read More

LIFESTYLE INTERVENTIONS FOR ADULTS LIVING WITH
SCHIZOPHRENIA

Combating Early Death in People with Serious Mental Illness
November 15, 2015
National Institute of Mental Health
Early death among people with serious mental illness has been recognized for some time. It is also known that unhealthy lifestyle behaviors such as poor diet, lack of exercise, and smoking, contribute to many of the physical problems common among people with serious mental illness. This science update highlights what the National Institute on Mental Health is doing about this issue. Read More

Active-Play Video Games May Boost Fitness in Schizophrenia
Psychiatric Services
October 1, 2015
People living with schizophrenia are much more likely to be sedentary than those without lived experience of the illness. New research suggests that active-play video games may help people living with schizophrenia boost activity levels and improve aerobic fitness. Read More

NEED TO BETTER SUPPORT CAREGIVERS

Largest Schizophrenia and Schizoaffective Disorder Caregiver Survey Reveals Overwhelming Burden and Inadequate Assistance
November 13, 2015
PR Newswire
In recognition of National Family Caregivers Month, Janssen Pharmaceuticals, Inc. announced on November 13, 2015 results of "A Large-Scale Survey of Caregivers of Persons with Schizophrenia and/or Schizoaffective Disorder Designed to Identify Unmet Needs" that showed that caregiving is a significant burden and that caregivers lack sufficient support and assistance. The survey assessed caregiving burden for those living with schizophrenia or schizoaffective disorder in a community sample of more than 1,100 caregivers. Read More

THE MENTAL HEALTH REFORM BILL

Milestone Reached as Subcommittee Passes Comprehensive Mental Health Reform Bill American Psychiatric Association News Alert
November 5, 2015 Read More

On November 4, 2015, a House subcommittee passed the “Helping Families in Mental Health Crisis Act of 2015” (HR 2646). The bill, which is co-sponsored by 117 Republicans and 45 Democrats, includes provisions to expand options for care, boost Medicaid funding for mental health services, augment the mental health workforce, and increase the number of inpatient psychiatric beds. Read More
How to Save the Mentally Ill from Themselves
The New York Times
November 17, 2015
Norman Ornstein, whose son died at age 34 from carbon monoxide poisoning, describes in this New York Times op-ed piece the incentives provided by the “Helping Families in Mental Health Crisis Act of 2015” (HR 2646) to fund expanded treatment—called assisted outpatient treatment, or A.O.T.—for those like his son with a long history and pattern of posing a danger to themselves or others. Mr. Ornstein believes that HR 2646, if supported by a majority of Congress, could help keep other parents and siblings from suffering as he and his family have. Read More

Donate to SARDAA

Click here for NIH research opportunities

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.
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
Gina Robins, Newsletter assistant