Message From Executive Director

Dear Friends,
Another year to celebrate gratitude. So many things to be grateful for - how do we count them all? Well, please see Mary's message below, she has a great suggestion, count them three-by-three on a daily basis.

Personally, I am extremely grateful for the opportunity to be deeply involved with the Hearing Voices of Support #HVoS initiative. A courageous multimedia initiative, educating professionals, the public and diagnosed...
individuals, eliminating stigma/discrimination, advocating for access to treatment and dignity for people living with schizophrenia-related brain illnesses while including the very voices that are most important, those of diagnosed individuals and those who care for them in a sensitive respectful manner.

**BULLETIN:**

SARDA's *Hearing Voices of Support* and the focus on schizophrenia-related brain disorders in now, historically for the first time, emblazoned on a *Times Square* jumbotron. Millions of people will see our message now through January. That means they will be viewed during the Thanksgiving Day Parade and New Years Eve. Be sure to look for it on 1500 Broadway.

If you have not already done so, go to the Facebook page *hearingvoicesofsupport* and 'like' the page and share it with all of your connections. Please go to the website *hearingvoicesofsupport.org*, watch the videos and make a supportive comment.

It would be fantastic if you would post your own video on the *HVoS facebook* page with your positive story. We must change the perceptions and change treatment.

We are working hard to prepare the experiential exhibit of HVoS to effect more impact on the public. We are working with theBloc in NY to present the exhibit in May, 2017.

When we change the language and perceptions so that EVERYONE understands that neuro-circuitry disorders are treatable and people deserve dignity and medical treatment, then parity will be realized.
With sincerest Gratitude,
Linda Stalters, MSN
Executive Director
Schizophrenia And Related Disorders Alliance of America

Jessica experienced drug-induced psychosis in her early twenties and was later diagnosed with paranoia and mania. The treatment she is taking, along with support from her family and her own determination to stay on track, mean she is doing well. She is a musician and songwriter with a following, and is optimistic about her future. WATCH HER STORY HERE

Come meet Jessica in Houston on November 19th!
Dan started to experience symptoms, including hearing voices at summer camp, when he was in his teens. He kept this secret for a year. But his symptoms worsened and, realizing that something was terribly wrong, his parents took him to a psychiatrist. He was subsequently diagnosed with schizophrenia. Finding the right treatment and the steadfast support of his family got him back on track. He loves comedy and writing, and performs regularly at comedy venues throughout New York.

WATCH HIS STORY HERE

Press Release:
New groundbreaking social platform “Hearing Voices of Support” Connects People with Schizophrenia-Related Brain Disorders to the Wider Community

NEW YORK, New York, October 10, 2016—“Hearing Voices of Support” was launched last week by highly awarded New York–based creative engagement agency The Bloc for SARDA (Schizophrenia and Related Disorders Alliance of America), a Texas-based not-for-profit organization that is active throughout the United States as well as overseas through Schizophrenics.
Anonymous/Schizophrenia Alliance, assisting with recovery and helping people with schizophrenia-related illnesses and their families live fulfilling lives.

READ MORE

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.
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 (Schizophrenia Alliance)! I understand that you want to start an SA group, and that is great! **READ MORE**

Message from Schizophrenia Alliance, Coordinator

With Thanksgiving approaching, I am grateful for all the hard work and dedication through the years, of the SA members. Because of their generosity and effort, I and others have benefited with support and friendship that
otherwise would not have occurred.

This month we all look back on everything that has happened and we try to find those things that have been positive and helpful. SA is a great thing to add to my list. Whether you're a group member, a group leader, or a visitor, I would like to thank you for your time, effort and generosity. You are so valued and I hope your Thanksgiving is filled with hope and happiness.

Thank you,
Katie L.

If you are a veteran SA Group Leader and would like to help mentor new SA Group Leaders, please contact Angel today angel.white@sardaa.org 240-423-9432. If you are assigned to mentor and help maintain a new SA group for 3 months you will receive $200.

Message from FFS, Family and Friends, Coordinator

On the subject of gratitude, as I began writing this I didn't recall that this is the month we celebrate the Thanksgiving holiday, but it might have been a prompt. I wish to share a daily practice which I've adopted that puts a lift in my days. It is simply to take the time, ideally before falling asleep at night, to think of three things for which
I'm grateful. On a light note, I rarely get to the third one and I'm asleep, i.e. a natural sleep aid too! In my search for stress reduction, which many people share these days, I've heard from a number of health sources to take the time for this simple reflection, thus it caught my attention. Originally I thought 'oh, I'll be calling up the same things over and over'....but no, it's interesting how creativity follows. I often reflect on the day closing and some goodness I saw in it. Doing it before sleep, as one source says, as one enters into a subconscious mind state, it puts one in a positive rather than negative, worrisome mode. I read that the renowned psychologist, Ram Dass, expressed 'gratitude at the end of his life for a stroke he suffered' in that he believed his mind (thinking) prevented him from entering 'enlightenment'. This relates to the idea that I've come across in my quest for positives in adversity, that one challenged, such as living with a brain disorders, may have access to a 'higher plane', which others not so challenged lack access to. I have to believe.

With Heart,
Mary Ross

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
Identifying, Engaging Patients With First-Episode Psychosis Remains Public Health Challenge

Early identification and appropriate engagement of patients experiencing first-episode symptoms of schizophrenia remains a major public health challenge, said John Kane, M.D. (left), winner of the APA Foundation's 2016 Alexander Gralnick, M.D., Award for Research in Schizophrenia. He received the award on Saturday in Washington, D.C., at APA's fall conference, IPS: The Mental Health Services Conference. READ MORE

Housing Intervention Boosts Medication Adherence in Homeless with Schizophrenia

Participation in a scattered-site housing-based treatment program improved antipsychotic medication adherence among homeless adults with schizophrenia, compared with a congregate housing-based approach or "treatment as usual, researchers report.

"People who have schizophrenia and who are homeless are at risk for remaining homeless for long periods of time," Dr. Stefanie Rezansoff of Simon
Fraser University in Burnaby, British Columbia told Reuters Health. READ MORE

**Quality of Life and Schizophrenia, TAC & Doris A. Fuller, Chief of Research and Public Affairs**
Critics of psychiatry who argue that people with schizophrenia would be better off without antipsychotic medication misrepresent the best available evidence, including research on medication and quality of life. READ MORE

**Outreach Partnership 2016 Meeting**
SARDA is a NIMH National Outreach Partner and shared a display of the Brain Campaign and Schizophrenia App.

**Preventing and Treating Psychosis**
An area of particular importance to NIMH is the prevention, early identification, and treatment of psychosis, which was covered during three sessions at the annual meeting. Dr. Kristin Cadenhead from University of California San Diego presented the opening plenary about NIMH’s North American Prodromal Longitudinal Study, a consortium of eight research programs working to identify predictors and mechanisms of conversion to psychosis among individuals ascertained to be in a clinical high risk or prodromal clinical state, a critical first step in early identification leading to prevention of psychosis onset. READ MORE

**NIMH Releases Strategic Research Priorities Update**
To keep pace with rapid developments in research on mental illnesses, the National Institute of Mental Health (NIMH) recently released updates to its Strategic Research Priorities. These priorities serve as guidance to NIMH grantees, potential grant applicants, and staff for the design and implementation of future research. READ MORE
Real Warriors: Understanding Different Types of Therapy
This article discusses the different types of outpatient treatments for psychological health concerns, including individual therapy, group therapy, couples’ therapy, and family therapy. READ MORE

Mental Illness is Not a Horror Show
A new virtual-reality attraction planned for Knott's Berry Farm in Buena Park, Calif., was announced last month in advance of the peak haunted-house season. The name "Fear VR 5150" was significant. The number 5150 is the California psychiatric involuntary commitment code, used for a mentally ill person who is deemed a danger to himself or others. READ MORE

New Antipsychotic Effective with Placebo like Side Effects
The first phase 3 study of an investigational new drug, ITI-007, corroborates findings from an earlier large phase 2b trial in which the first-in-class novel antipsychotic was found to provide rapid and clinically significant reductions in acute psychosis at 4 weeks while having virtually no side effects in comparison with placebo.

The pooled results from the phase 2b and the phase 3 study were presented here at the Institute of Psychiatric Services (IPS): The Mental Health Services 2016 Conference

However, in a second phase 3 study of the same drug, which was not presented at the meeting, there was no difference in efficacy in comparison with placebo, although the drug was again extremely well tolerated. READ MORE

Schizophrenia and Diabetes: Shared Roots?
There is a link between first-episode psychosis and insulin resistance/impaired glucose tolerance, according to the first meta-analytic review on the topic. Investigators found that biochemical markers of both prediabetic states were more common in antipsychotic-naïve patients with first-episode psychosis than in healthy peers. READ MORE

The Finance Committee Chronic Care Working Group released draft legislation entitled, “Creating High-Quality Results and Outcomes Necessary to Improve Chronic (CHRONIC) Care Act of 2016” - READ MORE

Senate Finance Committee Press release (with link to section-by-section summary)- READ MORE

Federal Parity Task Force Takes Steps to Strengthen Insurance Coverage for Mental Health and Substance Use Disorders
For too long, Americans paid for health insurance that did not recognize that treatment for mental health and substance use disorders is as essential as other medical treatment. Access to effective mental health and substance use disorder services can mean the difference between graduating from school and falling behind; between keeping a good job and becoming involved with the criminal justice system; between living a full life in recovery and dying by overdose or suicide.

To access the full report and learn more about the Administration’s initiatives, please visit: http://www.hhs.gov/parity

Emergency Departments a 'Dumping Ground' for Psych Patients
LAS VEGAS – Dwindling mental health resources are turning the nation's emergency departments (EDs) into a "dumping ground" for psychiatric
emergencies, including those involving children.

Results of a poll of more than 1700 emergency physicians conducted by the American College of Emergency Physicians (ACEP) reveals that almost one quarter of ED physicians (21%) reported they have psychiatric patients waiting in the ED for 2 to 5 days for in-patient beds. [READ MORE](#)
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
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