Message From Executive Director

Dear Friends,

We are so very grateful for the many SA Leaders who donate their time, compassion and understanding with their fellows. SA is a vitally important group of associates helping one another on a challenging journey. Many express their gratitude for SA and the people in their group. The SA conference call groups continue to grow. The conference call groups provide an opportunity for people who cannot attend a local group to find the alliance with others they are seeking. Hopefully, after
attending the conference call group meetings most people will start a local group to provide the opportunity for others to meet face-to-face for support, friendship and hope.

Please have a peaceful and healthy holiday. Don’t expect more of yourself than is healthy. Know that you are a very unique and special individual with your own talents.

We are so very excited to have the first jumbotron on Times Square in New York City that highlights a positive message about schizophrenia related disorders. Next month a small VIP reception will be held in Times Square to celebrate this historic event.

We have been thrilled to present very special Awards to very special people. The most prestigious SARDA Award was presented to Margery Wakefield and the most prestigious SA Award was presented to Sr Lucindia Claghorn by Brian Donahue.

With sincerest Gratitude,
Linda Stalters, MSN
Executive Director
Schizophrenia And Related Disorders Alliance of America
Ismael had a happy but turbulent upbringing in Cuba: two family members committed suicide in his home due to schizophrenia. He has heard voices himself but deals with them by being aware of and proactive about his mental health. It hasn’t gotten in the way of being successful – he has been a radio and TV presenter with his own show Cala on CNN en Español, and is a producer, journalist, motivational author, and speaker.

[WATCH HIS STORY HERE](#)

Doris has a family member with schizophrenia. She believes that, at times, the dramatic way police
respond to psychiatric crises can negatively escalate the situation. In 2006, Doris was instrumental in developing the Crisis Intervention Training Program for the Texas police. The program involves a much calmer approach, including the responders speaking positively and quietly to the person in crisis instead of responding with force, lights, sirens, and guns. [WATCH HER STORY HERE]

Congratulations to our 2016 Award Winners

Shattering Stigma
Realizing Recovery Award
Margery Wakefield

Margery Wakefield’s courageous work to educate 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 maintaining her own personal recovery journey is powerfully extraordinary and inspiring.
SARDAA applauds and recognizes Margery’s exemplary efforts by awarding her their most prestigious recognition.

Joanne Verbanic Award
Sr. Lucindia Claghorn

Schizophrenia Alliance (SA) recognizes Sr. Lucinda Claghorn for her contributions that go above-and-beyond normal volunteering for SA. Sr. Lucindia offers never-ending inspiration, encouragement and an unwavering belief in persons with schizophrenia and related disorders. She 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 (now Schizophrenia Alliance), who wanted to personally give something back to those who offer such immense dedication to SA.

Volunteer of the Year Award
Matt Saul

Matt has shown a strong commitment to SARDAA, performing at his highest level during countless hours of volunteer services as Webmaster. He takes initiative to provide ideas to enhance, improve and grow SARDAA. He provides tireless efforts to make a difference that impacts the very concept of SARDAA and furthers the goals of SARDAA.
Exceptional Media Award
theBloc

theBloc
• Ian Fowler–Film Producer/Director
• Brit Till–Creative Designer
• Sharon Howard-Butler–Creative Designer
• Craig Kebrhel–Multimedia Director

The Bloc and Ian Fowler have produced a courageous work, Hearing Voices of Support to educate 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 voice that is most important, that of the diagnosed individual and their career in a sensitive respectful manner. Their work is powerfully extraordinary and inspiring. SARDA
applauds and recognizes the exemplary efforts of theBloc, Ian Fowler, Brit Till,
I was very surprised and honored to receive the Shattering Stigma – Realizing Recovery Award, as voted by the SARDAA Board of Directors. I want to thank the Board for their recognition of the work I have done both in my own life and in the lives of others who also struggle like I have with the challenging illness of schizophrenia.

It has been my pleasure to have started, with another woman, the SA group in Denver, Colorado, and to have facilitated this group for ten years. I have also been privileged to serve as SA Coordinator with SARDAA for almost three years.

The SA group in Denver is still thriving, and I stay in close touch with many of the members. Recently, I was told that one of the new members of the group – a young man with schizophrenia – tells everyone in the group at the end of each meeting that he will be back the following week and that he loves the group. This made me very happy. What could be better than knowing that you have made a difference in someone’s life?

There is a belief in another culture that if you save a life, you save the world. I think it should also be said that if you change a life, you change the world. I do believe that this is what we are here for – to help each other. And this is particularly true when it comes to helping people with schizophrenia.

My introduction to mental illness came early in my life. I was born to two parents who each had a major mental illness. My father suffered from clinical depression, and he was untreated for this until the end of his life. My mother also was mentally ill, as she suffered from a psychotic disorder, which I came to understand much, much later.
At the age of nineteen, after suffering a devastating mental breakdown, I was diagnosed with schizophrenia. I found this out by seeing my chart in the hospital in the window of the nurses’ station. On the chart was written the word: schizophrenia. Instead of being terrified, I was hopeful. If what I was feeling had a name, I reasoned, then something could be done about it. And so, my battle with – and recovery from - schizophrenia began.

Now, almost fifty years later, my diagnosis has been upgraded to PTSD and schizoaffective disorder, bipolar type. Fortunately, I respond well to medication, and these days I suffer very little from my illness. But, I have learned some survival skills such as keeping my stress levels down and faithfully taking my medications.

I plan to always be an advocate for those with mental illness in whatever way I can. Those of us who can, must do. I am just finishing a book on my own journey with mental illness as well as other challenges I have had, and I am hoping to publish this book in 2017 in paperback and on Kindle. This is just one way in which I can speak out and help to educate people. I believe in the power of the pen.

We must eradicate stigma. Stigma is disrespectful to the people who suffer with these illnesses. The illness of schizophrenia is not the fault of the person. It is a random or genetic brain disorder which can be treated with medication. Even though there is currently no cure, persons with schizophrenia can survive to lead productive and meaningful lives. I have seen proof of this in many of the SA members in the groups. The illness is not our only enemy – the real enemy is stigma.

I plan to continue to be active in speaking out about mental illness, in whatever forum I can. One day in the future, schizophrenia and other major mental illnesses will fall into the same category as diabetes, cancer, AIDS and HIV and other stigmas of the past. One day, schizophrenia will be just another illness – a brain disorder that can be successfully treated.

I live for this day, as I am sure, you do also.
Hopefully, it will come soon.
Thank you all for being my peers in this fight.
I consider you all my friends.

Sincerely,
Margery Wakefield
Haslett, Michigan

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

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**
SA in Uruguay Message from Carlos Caldeyro

We had a great Mental Health Month, here in Uruguay, with all sort of activities. The new Mental Health Law is in the Congress, for its approval.

My friend Nicolas had a very interesting travel to Lima, Perú and learned a lot about Mental Health Community Services.

I was twice in TV’s interviews, together with families and Professionals.

On the World Mental Health Day, October 10, I was the principal speaker at the Presidential house, as a user.

With the SA groups we continue our work, at all levels.

Our independent view upon Mental Health issues, is highly effective and well recognized by all.

We send all our love from Montevideo,

Carlos

Released, Relapsed, Rehospitalized:   Length of Stay and Readmission Rates in State Hospitals, A Comparative State Survey, from Treatment Advocacy Center

The key takeaway: States with shorter median psychiatric hospital stays have significantly higher readmission rates than states with longer median stays,
both at 30 days and at 180 days. View the report to see how your state compares. READ MORE

New Model Predicts Transition to First-Episode Psychosis, by Will Boggs, M.D.
A probabilistic model that combines history, clinical assessment, and fatty-acid biomarkers accurately predicts the transition from ultrahigh risk to first-episode psychosis, researchers have found. READ MORE

Hurdling the Clozapine Barriers, Doris A. Fuller, Chief of Research and Public Affairs, Treatment Advocacy Center
In the medicine cabinet of serious mental illness drugs, clozapine-traademarked Clozaril-occupies a number of unique positions. READ MORE

Legalized Marijuana Boosts High School Dropouts Rates, by Dr. Andrew Plunk
Legalizing medical marijuana may have an adverse affect on educational attainment, new research shows. A study examining the impact of laws that legalize marijuana on educational attainment shows that states with these laws had an increase in the high-school dropout rate among 12th graders. READ MORE

Cultural formulation interview can help you identify unique needs of patients, by Esperanza Diaz, M.D.
Culturally sensitive care has the potential to improve trust and communication between clinicians and patients and, in turn, promote service use. In an article published Tuesday in Psychiatric Services in Advance, Esperanza Diaz, M.D., ad colleagues from the Department of Psychiatry from Yale University School of Medicine describe how the Cultural Formulation Interview (CFI) can be used to tailor more culturally responsive mental health services. READ MORE
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.

#StartWithaSmile at [smile.amazon.com/ch/33-1213657](http://smile.amazon.com/ch/33-1213657) for your holiday gifts or anytime and Amazon donates to Schizophrenia & Related Disorders Alliance.

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.

Sincerely,
Angel White, Editor