Message From Founder

Dear Team,

Hearing Voices of Support is an initiative to promote acceptance, support, hope, and recovery for people living with schizophrenia and related brain disorders.

See and hear how hearing voices of support have helped these people affected with schizophrenia and related brain disorders. Share your voice of support through uploading videos, leaving posts and sharing content to build the bridge that connects those affected with schizophrenia related brain disorders to the wider community.
A true labor of love: Enlightening, Informative, and Hopeful Heartfelt stories shared by individuals who have courageously shared their insights, challenges, and dreams.

Please have as many people as possible to do the following over the next few days:
• 'like' and invite others to 'like'the Facebook page www.facebook.com/hearingvoicesofsupport
• upload their video voice of support to the Facebook page www.facebook.com/hearingvoicesofsupport
• comment on the videos that they find most engaging www.hearingvoicesofsupport.com, www.facebook.com/hearingvoicesofsupport
• share links to our site www.hearingvoicesofsupport.com, YouTube channel https://www.youtube.com/watch?v=iJDJeZ1LZqzk, and Facebook page www.facebook.com/hearingvoicesofsupport through your social media account use the hashtags #MIAW and #HVoS
• they could even tweet, see sample tweet from Elizabeth below:
   It's Mental Illness Awareness
Week #MIAW watch #HVoS and https://youtu.be/jDJez1LZqzk?list=PLGw7jK5iqr0JmgQSJWB823OCIrNV2nsj5 … via @YouTube VOICE

YOUR SUPPORT

With sincere Gratitude,
Linda Stalters, MSN
Executive Director
Schizophrenia And Related Disorders Alliance of America

You're Invited!

Schizophrenia Alliance (SA) Symposium

You are NOT alone.

Keynote Speaker
Emmett Biffle

Saturday
November 19, 2016
9AM - 12:30PM
TICKETS $5
SARDA.org

Montrose Center
401 Branard Street
Room 111
Houston, TX

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

I think often about, search, try to understand the brain disorder of Schizophrenia, usually to no avail. Something which resonated while listening to a cd by psychologist and author Wayne Dyer, Ph.D, was in a teaching he shared by philosopher Neville Goddard which says that in learning things intellectually one may examine it fully, tear it apart, may take a test, to commit it to reason and memory. But the ability to know something spiritually, to know it in one's heart, which is far less commonly available, one must 'experience it'. Now, we family members and caring friends and care partners, don't experience the hardships that a diagnosis imposes on our loved one, but we do feel and have a strong sense of their challenges because of our emotional bond and love for them. Our main option, or ability, at this point is to lend support as we are able, in hopes that it is recognized and accepted by our loved one.

Peace,

Mary Ross, FFS Coordinator
Ignorance was Bliss
My heart breaks for every man, woman and child who suffers from Schizophrenia and has been treated with disdain rather than kindness. I am so sorry for your suffering and truly hope that my disclosure of this horrifying and traumatic experience with incredibly inept and cruel people will educate those who remain blissfully ignorant of what is sadly regarded as acceptable in the United States of America. READ MORE

Emmett's Response to Halloween Haunt: Knott's Berry Shuts Down Fear VR Attraction
And comments stating that people are taking offense too frequently:
"I don't mean to sound disrespectful in any way, but what you have said is a little absurd. Maybe you don't realize how it sounds, though. Living spooky skeletons are not real. Frankenstein's monster is not real. Mistreated psych patients, though? The people who suffered under stigma and horrific abuse and neglect for centuries because of a disease they couldn't control? Those people were real. And they don't deserve to be remembered this way. A spooky skeleton does not imply that people with spinal surgery are dangerous or demonic. Attractions like this contribute to the ideas that those
with brain disorders are dangerous, scary, inhuman, or even demonic. This is dehumanizing and backward-thinking.  READ MORE

Psychiatric Beds: Getting from Not Enough to Safe Minimum
The information deficit around mental illness treatment and policy is especially deep on the subject of psychiatric beds, both public or private.  READ MORE

Suicide: How To Recognize The Warning Signs
Suicide rates in the U.S. have risen dramatically in recent years; in fact, it’s estimated that one person dies by suicide every 13 minutes, or about 40,000 each year.  READ MORE

Dr. Robert Laitman has much to Say in Support of Clozapine: Optimal Clozapine Use
Clozapine stands alone as the gold standard for effective treatment in resistant schizophrenia. Resistant schizophrenia means not achieving a sustained recovery following the first episode of psychosis. Ideally, recovery is returning to the level of function prior to illness and or being a full-time student or employed.  READ MORE

Locked Up and Locked Down: National Report Traces the Segregation of Inmates with Mental Illness
Between 80,000 and 100,000 inmates are currently segregated in prison cells nationwide for 22-24 hours per day, for days, months, years, and in some cases decades at a time.  READ MORE

Rural Veteran Transportation Service
More rural veterans like Ralph Stetson in White River Junction, Vermont can now request free transportation to and from VA-related medical appointments. VA's Office of Rural Health expanded rural transportation service to more than 80 locations nationwide
to help increase veterans' access to care.

Watch the video...

**VA a Leader in the Prevention and Treatment of SUDs**
VA is a leader in the prevention and treatment of substance use disorders, providing treatment for over 560,000 veterans, including treating over 61,500 veterans with opioid use disorders, such as heroin or prescription opioid use disorders, in FY 2015.

READ MORE

**VA Make the Connection—Resource Locator**
U.S. Dept. of Veterans Affairs Resources

View the locator...

**House Passes Mental Health First Aid Act**
• Bill would extend training programs to help police, teachers assist those with mental health issues
• Senate, House lawmakers need unified bill to send to president

Sept. 26 (BNA) -- A program to train first responders, law enforcement and teachers to assist anyone in a mental health crisis would be extended through 2021 under a House bill approved Sept. 26. READ MORE

**New Research on Mental Illness Behind Bars**
Locked Up and Locked Down, a September 2016 study by the Amplifying Voices of Inmates with Disabilities (AVID) Prison Project, reports that an estimated 80,000 to 100,000 inmates in the United States are currently held in solitary confinement (also called "segregation" or "isolation") - "placed in small single person cells for 22 - 24 hours per day, for days, if not months or years at a time." READ MORE
At a Loss for Meds, Venezuela’s Mentally Ill Spiral Downward
The voices tormenting Accel Simeone kept getting louder. The country’s last supplies of antipsychotic medication were vanishing, and Mr. Simeone had gone weeks without the drug that controls his schizophrenia. Reality was disintegrating with each passing day. The sounds in his head soon became people, with names. They were growing in number, crowding the tiny home he shared with his family, yelling obscenities into his ears. READ MORE

Donate to SARDAA

Schizophrenia
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, start shopping and support us every time you shop].*
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