MESSAGE FROM SARDAA FOUNDER

Dear Friends,

You do NOT want to miss being a part of our Social Media Launch for Hearing Voices of Support initiative! We will usher in World Mental Health Awareness Week with our media sharing blitz around the world. Please join us! We will distribute details on the date and options of how you can have fun with your neighbors and friends while changing perceptions, eliminating stigma and increasing compassion.

Thank you to theBloc for generously working incredible hours and providing amazing expertise to design and create this fantastic initiative. We especially recognize Ian Fowler, Producer/Director; Sharon Howard-Butler & Brit Till, Creative Designers and Craig Kabhrel, Director of Multimedia.
The fantastic team worked with courageous individuals to produce sensitive and enlightening videos with the potential to change lives in an experiential event.

Stay tuned for how you can be a part of this historical happening.

Warmest regards,
Linda Stalters, MSN
linda.stalters@sardaa.org

MESSAGE FROM SA ADMINISTRATOR

By Brian Donahue

Today is Labor Day, the unofficial end of summer. A time for picnics and gatherings of family and friends.

There could be a gathering of your SA group. Your group meeting is meant to be interesting, informative and fun! This time of year you could hold a picnic. Each member of the group could bring something to eat, to hold down the cost of your picnic; it doesn’t have to be fancy. It is more important that group members socialize. One of the biggest problems for SA members is isolation. If you have no way to get out there are always the SA Conference Calls. For more information, see the SARDAA website.

In addition to a picnic, your group could have a game night, movie night or a talent show. Your group could plan to attend a concert or a sporting event. If
you need help with the cost of these events, you could ask your sponsoring agency for financial aid.

For more ways to “spice up” your SA group, see page 21 of the Group Leaders Manual.

In any event, get outside and enjoy the weather; soon it will be winter
-Brian Donahue
Message from FFS, Family and Friends, Coordinator

As a parent I spend a lot of time thinking about what impact a brain disorder might have on one's life, following diagnosis. A life unraveled may, on the surface, appear as lacking in self responsibility, but that might be an initial and simplistic query, given more questions than answers. What refutes this is that one would never choose a challenged life, that of adversity. If one delves further into the underlying cause of such disarray, as those in support normally do, what impact might a brain disorder have on a life? Possibly...

an altered sense of reality; how does one best function given this challenge?

altered or extreme emotions; how does one best function given this challenge?
I heard, or read, recently the idea that 'one's happiness in life depends in part on one's thinking'. Well, I thought, if one's thinking or reality sense is altered, what impact is there on happiness and quality of life? Life can present some unpleasant consequences under such circumstances.

Support and guidance by others, we families and friends and those caring and committed professionals, is crucial, and one is fortunate if that support is so recognized and accepted. Another very important support is that of one's peers, those who have found their way into recovery, that of 'doing one's best'. I have known some of these people, who through hard work, and likely some fortunate circumstances in life, have found recovery for themselves. They have my utmost respect, as do all traveling through life with a diagnosis, for their strength and fortitude. I admire the sincere interest of the peers, through SA (Schizophrenia Alliance) support, and possibly professional peer support as more gain employment in the field, to help those newer on the recovery road.

With heart,
Mary Ross

SARDAA has a new Facebook page for those that are living with a schizophrenia spectrum disorder.

Come join our private and secure Facebook page hosted by SARDAA and Katie L. to communicate freely with one another.
November 19th could be your Lucky Night

Schizophrenia and Related Disorders Alliance of America
SARDAA, brings you:

BRAIN Illness: Don’t Take a Chance
CASINO, APPETIZERS, AUCTION, ARTISTS & AUTOS

Saturday, November 19, 2016 at 8:00pm
Advantage BMW Midtown Showroom
1305 Gray St, Houston 77002

REGISTER NOW
D.J. Jaffe tells it like it is:

An exceedingly important bill may get heard in the Senate this week, but only if enough people who care about the seriously ill, call and email the two Senate leaders today and tomorrow.
Please call the Senate Majority Leader Mitch McConnell at (202) 224-2541 and the Democrat's Senate Leader, Harry Reid at (202) 224-3542 today. Ask them to pass the Helping Families in Mental Health Crisis Act (HR2646) which passed the House in a 422-2 BIPARTISAN vote. The Senate can create such a bill by combining the Mental Health Reform Act (S 2680) with the Mental Health and Safe Cities Act (S. 2002).

The point is any mental health bill has to have provisions to help the seriously mentally ill. That includes more hospital beds, telling the Substance Abuse and Mental Health Services Administration (SAMHSA) to focus on the seriously ill, funding Assisted Outpatient Treatment (AOT, Kendra’s Law and Laura’s Law), and fixing problems in HIPAA that allow doctors to shut parents out of helping their loved ones.

After you call, use the email contact form to email your message to Senators Harry Reid and Mitch McConnell. Senator Reid’s is at http://www.reid.senate.gov/contact and Senator McConnell is at https://www.mcconnell.senate.gov/publ…/index.cfm/contactform

Finally, you can also tweet to Senator Mitch McConnell (@SenateMajLdr) and Harry Reid (@SenatorReid)

Please act today AND tomorrow (Tue./Wed.) Thank you. We are the only ones who care about the most seriously mentally ill so we have to be the ones to make the calls.
http://mentalillnesspolicy.org/
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

With schizophrenia, self-care makes a world of difference
Q&A with Brian D. Administrator at Schizophrenics Anonymous
The Sovereign Health Group is pleased to partner with Schizophrenia and Related Disorders Alliance of America, or SARDAA, to promote schizophrenia awareness and advocacy. Schizophrenia and other schizophrenia spectrum disorders (e.g., schizoaffective disorder) are some of the most widely misunderstood diseases out there. During Schizophrenia Awareness Week (May 17-23), we hope to provide education and resources for both people living with schizophrenia and the general public. READ MORE.
Hillary Clinton's Comprehensive Agenda on Mental Health
Today, Hillary Clinton announced her comprehensive plan to support Americans living with mental health problems and illnesses—by integrating our healthcare systems and finally putting the treatment of mental health on par with that of physical health. Nearly a fifth of all adults in the United States, more than 40 million people, are coping with a mental health problem. READ MORE.

Guidelines for Speaking with a Person Experiencing Psychosis
By Anonymous Consumer
1) Try to keep the environment calm, restful, and pleasant. If the person experiencing psychosis is living with you, try to create a beautiful environment with pleasant music, beautiful images, and little or no outside media (radio, TV, internet) on while he is present. He's an emotional sponge, provide an atmosphere for positive emotions. READ MORE.

Review Finds Measurement-Based Care Improves Patient Outcomes
Measurement-based mental health care significantly improves outcomes, provided that symptom severity data are collected frequently and the results are provided to the clinician shortly before or during the clinical encounter, according to a literature review published Thursday in Psychiatric Services in Advance. READ MORE.

VA PROVIDES SERVICE DOG BENEFITS TO VETERANS WITH MENTAL DISORDERS
The VA announced that it is piloting a protocol to implement veterinary health benefits for mobility service dogs approved for Veterans with a chronic impairment that substantially limits mobility associated with mental disorders. READ MORE.
WHAT TO EXPECT IN THERAPY
Therapy can help one find new tools to manage concerning thoughts, feelings, and behaviors. It also can help improve how individuals get along with family and peers. This article about learning what to expect in therapy can make it easier to schedule a first session. READ MORE.

This NIMH symposium will integrate the advances made over the last 60 years in the understanding of the neurobiology of memory, perception, and action. Speakers will share insights from studies of nonhuman primates, humans, and rats using lesions, electrophysiology, imaging, and related techniques. Talks will focus on how these advances led to current scientific understanding, and how that trajectory points the way toward new research questions that will drive the field forward. READ MORE

SCHIZOPHRENIA, AUTISM RISK GENE TRAJECTORIES POINT TO SHARED CAUSES
Risk genes for schizophrenia and autism conspicuously activate in the same neuronal neighborhood of the brain’s cortex, or outer mantel, during infancy. This suggests some related underlying illness processes – even though known genetic variations associated with the disorders overlap by only 5 percent, say researchers. Their study, which pinpointed the developmental trajectories of the suspect genes in the monkey brain, also identified divergent timing of risk gene activation that might help to explain the differing courses of the illnesses. Autism-related genes first switched on in newborn neurons during prenatal development, while schizophrenia risk genes didn’t activate until infancy. READ MORE

NIH RESEARCH MATTERS: AN EXPANDED MAP OF THE HUMAN BRAIN
Researchers created a high-resolution map of the human brain, identifying 180 distinct areas in each half of the outermost layer, the cortex. The study provides new insights and tools for understanding the roles of specialized brain regions in health and disease. READ MORE.

NATIONAL LIBRARY OF MEDICINE: INFORMATION FOR CAREGIVERS
The National Library of medicine has pinned resources for caregivers on mental health information and treatment, both for themselves and loved ones. READ MORE.

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 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.

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.