Message From Executive Director

Dear Friends,

The year has started off with amazing opportunities, new and powerful relationships all to help improve lives affected by schizophrenia-related brain disorders. We are all challenged to educate the public, professionals and legislators about the realities of schizophrenia-related brain disorders and how critically important it is to provide treatment for the people who live with them.

We had the incredible opportunity to be interviewed by Ismael Cala of the very popular CNNE Show Cala. Carlos C, the Schizophrenics Anonymous Leader in Montevideo, Uruguay was interviewed along with Dr. Christopher Riche and myself. It was a fantastic opportunity to inform the Spanish speaking community around the world about schizophrenia, the brain, symptoms, the need for early treatment, the stigma and most importantly the hope.

The brain is our most important organ of our body. The brain controls our entire being. When someone goes to the emergency department because of pain related to appendicitis, we treat them. Why is it when someone needs help because their brain is causing them psychic pain that can be equally life-threatening, we punish them with incarceration or deny them help. This MUST cease! We must campaign for increased resources, acceptance that schizophrenia-related disorders are brain disorders that no one asks for and they deserve treatment and compassion.

We are happy to ally with other organizations in this campaign. We look forward to a collaborative effort with NAMI, Treatment Before Tragedy, Treatment Advocacy Center and other important organizations that work tirelessly for help for their loved ones and all those affected by severe psychiatric brain disorders.

CNN recognized our dear friends Dr. Fred Frese and Pete Earley as one of nine Mental Health Wellness Warriors: Fighting for Those Who Need it Most. Dr. Frese and Mr. Earley are courageous and tireless warriors, indeed. They absolutely deserve this honor. [http://www.cnn.com/2015/01/16/health/mental-wellness-warriors-fighting-for-those-who-need-it-most/](http://www.cnn.com/2015/01/16/health/mental-wellness-warriors-fighting-for-those-who-need-it-most/)

Be sure to SAVE the Date of October 10, 2015 for our conference “Schizophrenia: It's Global” at the JW Marriott Houston, TX.

Prepare for May
Schizophrenia Awareness Week - (Third Week)
Mental Health Month
Dignity Day

We encourage you to join us as we collect items to package and distribute to homeless shelters with information about SA. Collect items such as toiletries, lip balm, towelettes and gloves. We will be assembling at our local Dignity Day Rally with volunteers and during Schizophrenia Awareness week we will distribute the packages to shelters.

With sincere gratitude,

Linda Stalters, MSN
Executive Director

---

Message From SA
by Margery Wakefield
Does anyone know where January went?? I know it began, because I remember making my New Year’s resolution! But where did the month go??

I have been super busy. We produced our popular SA Newsletter, which was emailed and mailed to all the SA group leaders and potential group leaders. I am networking with people around the country who are potential SA group leaders.

We have two new volunteers helping SA: Donna and Julie, who are going to help me keep in contact with the SA groups and changes to groups and group leaders. I really welcome the help. It will free me up to work harder at starting new groups. Welcome Donna and Julie!

On a personal note, I have made the decision to move to Florida in the late spring or summer to be nearer my sister and her family. My mom will also come with me to Florida, I will have some help with my mom, who is now a feisty 91 and a half years young.

We still don’t have SA groups in every city of the US and every country of the world, so we have plenty of work left to do! We need to be there for the 1.1% of the population living with schizophrenia who are still suffering and who need our support. I appreciate all your help!

Sincerely,
Margery Wakefield

We are now accepting messages from SA Members to include in the newsletter. Please submit your message to: info@sardaa.org for consideration for next month’s newsletter.

Donate to SARDAA

Message From Family & Friends Coordinator

Why continue to call in to our weekly support group? Because without spiritual and emotional help, living or having lived with someone with mental illness is too much for me. I find that I often need help to maintain a rational perspective. The people who call in to FFS meetings are so warm and loving that I find myself feeling deprived when I stray from the group. FFS is the light that helps me find my way in the dark.

As a longtime member of the group, I am very familiar with the struggles of living with someone with Schizophrenia or a related disorder but I am no more of an authority than any other member. I try not to present myself as a paragon of wisdom and I discourage newcomers from putting me on a
pedestal. After 3 plus years of coordinating the group, I am turning over the reins to Mary from Wisconsin who has so graciously volunteered to continue coordinating the weekly meetings.

Thank you Mary for stepping up to the plate and for your patience and wisdom. You bring so much to the meetings and SARDAA is grateful to have found you!

With blessings and gratitude,

Susan Sheena, FFS Coordinator

Phone Support Groups

Family and Friends Support Group
Every Tuesday - 7 pm Eastern Time
Frequent Guest Speakers

SA Conference Call Groups
For Individuals Diagnosed
Every Sunday and Thursday 7 pm Eastern Time

Spirit of SA Conference Call
For SA 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

Personal Story
By SA Member

Brain
My eyes are different from your eyes. No problem.

I weigh more than you do. No problem.

You are taller than I am. No problem.

My brain is different from your brain. BIG problem, especially if I happen to have schizophrenia, which I do. Because I live with a diagnosis of schizophrenia, I can be fired from my job, thought of as a deranged killer, called names like “nuts,” “psycho,” “fruitcake,” “wacko,” “crazy,” “weirdo,” “loony,” and many others. So, I learn to keep it all a BIG SECRET.

I first knew that something was wrong when I was about seven years old. I was at a summer picnic at my grandparents' house and I suddenly knew that I was different from the other kids. They were all playing and I didn’t feel like playing. Something was wrong and I called it the “shadow.”

Applications for Board Members and Volunteers
We are currently accepting applications for new Board Members.
We are also accepting applications for Spanish speaking virtual volunteers
If you are interested, please contact linda.stalters@sardaa.org

Thank you so much!

Articles of Interest
Treatment-Resistant Bipolar Disorder Responds Better to ECT Than Medication, Study Finds
Electroconvulsive therapy (ECT) for treatment-resistant bipolar disorder appears to be more effective than an algorithm-based pharmacologic treatment in terms of symptom improvement, says the report “Treatment-Resistant Bipolar Depression: A Randomized Controlled Trial of Electroconvulsive Therapy Versus Algorithm-Based Pharmacological Treatment” in the January American Journal of Psychiatry.

Reasons to Support the Mental Health Crisis Act
In early 2013, Rep. Tim Murphy (R-Pa.), a psychologist, introduced legislation, H.R. 3717: The Helping Families in Mental Health Crisis Act. H.R. 3717 currently has
115 House co-sponsors, of which 77 co-sponsors are Republican and 38 co-sponsors are Democrats. Importantly, Rep. Eddie Bernice Johnson (D., Tex.), a liberal Democrat, member of the Black Caucus and former psychiatric nurse, has co-sponsored the legislation. The latest action on this bill was on April 3, 2014, when Rep. Murphy chaired a subcommittee hearing. READ MORE (This was favorited and retweeted Congressman Murphy)

Is the Statistics on Veteran Suicides Reliable?
There's no doubt that the rising veteran suicide rate is one of the most serious issues currently being discussed in the news. With various reports focusing on different statistics and emphasizing different areas of concern, however, it can be difficult to determine precisely what information is being conveyed. What is the suicide rate among military veterans, and how have these numbers been compiled? READ MORE

Rate of Nicotine Metabolism May Predict Best Way to Quit Smoking
How quickly a smoker metabolizes nicotine could determine which type of cessation strategy has the best chance of success, according to a new study that represents one of the largest pharmacogenetic analyses of tobacco dependence to date. READ MORE

News from NIMH: FDA Consumer Advice on Powdered Pure Caffeine
The Food and Drug Administration (FDA) is warning about powdered pure caffeine being marketed directly to consumers, and recommends avoiding these products. In particular, FDA is concerned about powdered pure caffeine sold in bulk bags over the internet. The FDA is aware of at least two deaths of young men who used these products. These products are essentially 100 percent caffeine. READ MORE

Methamphetamine Or Amphetamine Abuse Linked To Higher Rick Of Parkinson’s Disease
People who abuse amphetamine-type drugs such as methamphetamine may be at increased risk for developing dopamine-related disorders such as Parkinson’s disease, according to recent research funded by NIDA and the National Cancer Institute. This is consistent with prior studies in animals showing that abuse of these drugs can damage dopamine neurons. READ MORE
Understanding Memory Loss: What To Do When You Have Trouble Remembering
This booklet from the National Institute on Aging describes the difference between mild forgetfulness and more serious memory problems; causes of memory problems and how they can be treated; and how to cope with serious memory problems. READ MORE

Suicide Prevention Resource Center Video Series
SAMHSA’s Suicide Prevention Resource Center announces the launch of a new video series, SPARK Talks: Suicide Prevention, Innovation, and Action. SPARK Talks are short, provocative, action-oriented, realistic, and knowledgeable videos of leaders in the suicide prevention movement. Each of these innovators describes a new development or direction in the field that can have an impact on suicide and issues a call to action. READ MORE

How To Cope With Sheltering In Place
This fact sheet offers tips people can use to cope with sheltering in place. It explains reactions people often feel when sheltering in place; suggests ways to care for oneself and the family, such as making a plan and staying connected; and provides additional helpful resources. READ MORE

Testifying In Court About Trauma: The Court Hearing
This fact sheet from SAMHSA’s National Child Traumatic Stress Network (NCTSN) helps clinicians prepare for testifying in court. In addition to a case example, it depicts what clinicians can expect in court, defines legal terms, delineates the types of cases in which clinician testimony might be required, explains the roles of “expert” witness and “fact” witness, describes how to testify effectively (with specific talking points), charts behaviors traumatized children may display and possible contributing factors from a trauma perspective, explains witness rights, presents a checklist to use prior to the hearing day, and gives self-care tips for managing anxiety during the hearing. READ MORE

Teen Health by State
The U.S. Department of Health and Human Services (HHS), Office of Adolescent Health updated its fact sheets on teens’ healthy relationships, mental health, physical health, reproductive health, and substance abuse. Based on new federal data, these fact sheets enable visitors to see the health status of adolescents across all 50 states, Washington,
February 2, 2015, National Harbor, Maryland
SAMHSA will convene its 11th annual Prevention Day in conjunction with Community Anti-Drug Coalitions of America’s National Leadership Forum. This year, SAMHSA's Prevention Day will focus on “The Power of Prevention: Making Impact in a Time of Change.” This one-day event provides an exciting forum for prevention practitioners, community leaders, researchers, scientists, consumers, and advocates in the behavioral health field to learn about effective programs and the latest prevention-related developments in the areas of substance abuse and mental health. Participants are able to network with other SAMHSA grantees and partners, and will have the opportunity to take part in workshops to enhance their strategic planning and to share experiences and information.

Telephone Consultation Improves Care of Children's Mental Health in Primary Care, Study Finds
Pediatric primary care providers in Massachusetts reported a dramatic improvement in their ability to meet their patients' psychiatric needs because of a project to provide telephone child psychiatry consultations and specialized care coordination to primary care providers.

A Systematic Review on Improving Cognition in Schizophrenia
Which Is the More Commonly Used Type of Training, Practice or Strategy Learning?

Duration of First Psychosis Found Longer in U.S. Community Settings
Patients experiencing a first-episode psychosis and treated at community based clinics had longer duration of psychosis (DUP) than has been reported for those treated at academic medical centers, according to the study “Duration of Untreated Psychosis at Community Treatment Centers in the United States,” published online in Psychiatric Services.

Feasibility, Acceptability, and Preliminary Efficacy of a Smartphone Intervention for Schizophrenia
The FOCUS smartphone intervention was developed to provide automated real-time/real-place illness management support to individuals with schizophrenia. The system was specifically designed to be usable by people with psychotic disorders who may have cognitive impairment, psychotic symptoms, negative symptoms, and/or low reading levels. READ MORE

Starting the New Congress by Helping our Veterans
After being sworn in on the opening day of the 114th Congress, the House of Representatives immediately started its work and passed the Hire More Heroes Act (H.R. 22) with Congressman Tim Murphy's support. This bill will encourage small businesses to hire veterans without being punished by Obamacare mandates. READ MORE

Murphy Mental Health Bill Topic at Global Neuroscience Summit
On Friday morning, Congressman Murphy delivered a keynote address at the Alexandria Summit, a gathering of the country's foremost experts on neuroscience and brain researcher to discuss innovative new approaches to tackle the most critical global healthcare challenges. READ MORE

Genome-wide findings add to evidence blurring traditional psychiatric categories
Risk genes for different mental disorders affect the same biological pathways, a new and powerful analysis of genome-wide data has found. People with schizophrenia, bipolar disorder and depression shared genetic risk affecting pathways for a key gene expression regulation mechanism, the immune system, and neuronal communication. READ MORE

NIH study reveals many Americans at risk for alcohol-medication interactions
Nearly 42 percent of U.S. adults who drink also report using medications known to interact with alcohol, based on a study from the National Institutes of Health released today. Among those over 65 years of age who drink alcohol, nearly 78 percent report using alcohol-interactive medications. READ MORE
SAMHSA’s new report tracks the behavioral health of America
A new report from the Substance Abuse and Mental Health Services Administration (SAMHSA) illuminates important trends -- many positive -- in Americans’ behavioral health, both nationally and on a state-by-state basis. READ MORE

The Ignorance Project
At the recent World Economic Forum, brain research was a hot topic. NIMH Director Thomas Insel reports on statistics presented at the conference that inspire optimism that progress can be made on difficult problems, including mental disorders. READ MORE

Webinar Series: Suicide Prevention: An Action Plan to Save Lives
The National Council for Behavioral Health in collaboration with the National Action Alliance for Suicide Prevention and NIMH are sponsoring a series of webinars organized around the key questions in the Prioritized Research Agenda for Suicide Prevention: An Action Plan to Save Lives. The research agenda released by the Action Alliance’s Research Prioritization Task Force outlines the research areas that show the most promise in helping to reduce the rates of suicide attempts and deaths in the next five to 10 years. READ MORE

Brain in Progress: Why Teens Can’t Always Resist Temptation
National Institute on Drug Abuse Director Nora Volkow describes why adolescence is a crucial period both of susceptibility to the rewards of drugs and of vulnerability to the long-term effects of drug exposure. Adolescence is a time of major brain development—particularly the maturation of prefrontal cortical regions involved in self-control and the neural circuits linking these areas to the reward regions. READ MORE

Relationship Between Use of Quality Measures and Improved Outcomes in Severe Mental Illness (SMI)
Provisions of the ACA require the use of validated quality measures (QMs) to evaluate the quality of healthcare programs, services, and outcomes. The need for such measures is crucial in SMI, a long-term illness involving substantial functional impairment over multiple symptom domains that affects more than 11 million U.S. adults.
Using QMs to assess the effect of programs designed to improve the mental health of SMI populations is an important task in improving the quality of these programs and services and, ultimately, health outcomes. READ MORE

Disparities in Healthcare Quality Indicators Among Adults with Mental Illness
This management brief presents the results of a systematic review of healthcare disparities among adults with a mental health diagnosis. The review focused on differences in preventive care services and screening, differences in management of chronic conditions among those with mental health diagnoses compared to those without, and whether any observed disparities varied based on race/ethnicity, VA user status, geographic location, sex, or sexual orientation. READ MORE

New Factsheet on Marijuana and PTSD
This fact sheet addresses marijuana use and PTSD, including epidemiology, neurobiology, and the physical and mental health effects of marijuana use. READ MORE

Donate to SARDAA

Research Opportunities
The Tufts Medical Center Caregiver Survey
Do you provide care to a family member or friend who has been diagnosed with schizophrenia or schizoaffective disorder?
Family members and friends of individuals with mental illness play a large part in providing care. Many are also managing a job and other life responsibilities.

This study is intended to learn more about the impact that caregiving is having on different aspects of your life including your ability to work, health and well-being. Information from this study will help to improve services to caregivers and the people they support.

Participation is voluntary. It involves completing a 20 to 30-minute survey on the study's privacy-protected, secure website. This survey is completely anonymous.

At the end of the survey, some caregivers will be asked to volunteer to take one or two brief follow-up surveys for which
Local Recruitment (Washington, D.C., Maryland, and Virginia)

How Does Puberty Affect Brain Development?

Your healthy child age 8, 12 or 13, is invited to participate in an NIH outpatient research study that examines how puberty affects brain development.

Participation includes 1-3 day outpatient visits to the NIH Clinical Center in Bethesda, Maryland every 8-10 months until age 17, for a physical examination, body measurements, questionnaires, MRI scans, blood draws, urine collection and x-rays. Participants must NOT have any chronic medical or psychiatric illnesses, nor be on any long-term medication.

Parents must agree to their child's participation.

Evaluations and research procedures are free of cost. Compensation is provided. Call for information and eligibility criteria: 301-496-9576, TTY: 1-866-411-1010.

Detailed Protocol Description: www.clinicaltrials.gov, Protocol 11-M-0251

Schizophrenia Survey: Effects on the Caregiver and Public Perception

Survey regarding caregivers of people diagnosed with schizophrenia and how they perceive schizophrenia as well as their experiences/challenges. This study is being conducted to better understand the impacts of schizophrenia on caregivers as well as their awareness of the disease. The results of the study will create a better understanding of how caregivers understand schizophrenia, how they treat it, and how it affects them; therefore, the results can be used to create better situations for caregivers, many of whom are struggling. To participate in this survey click here.

Click here for other research opportunities

SUPPORT SARDA

Please take a moment to find out how you can help support SARDA, 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
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.

2014 Re-Enrollment Info in English and Spanish (PDF)
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,
Jacqueline Hardie, SARDAA Volunteer

AND

Linda Stalters, SARDAA Executive Director