Message From Executive Director

Dear Friends,

As Mary Ross and so many individuals and their loved ones struggle during this beautiful Spring, Mary reminds us that we can find strength and hope. Thank you to all of the millions of people struggling to find the hope and strength to carry on and enjoy this lovely Spring. There are many heroes working to improve lives affected by psychosis; thank you for your tireless work.

In partnership with SARDAA Board Member, Mary Palafox, we have submitted an article to USA Today for Mental Health Awareness. Our message is: reclassification of schizophrenia - what is the evidence that it is appropriate and what would be the result if legislators, insurance companies, the judicial system, healthcare systems and the public recognize that schizophrenia is a progressive neuro-circuitry brain disorder that no one elects to experience. We will share the article once it is published in May.
We applaud DJ Jaffe for all of his enormous efforts to educate everyone about the statistics that inform legislators, healthcare systems, the judicial system and the public about what is happening/not happening for and to our most severely ill fellows. His book “Insane Consequences” will be released this month. DJ is invited to our Hearing Voices of Support Experiential Installation in NYC in May – he might sign your book for you.

We must be proactive in educating everyone that millions of bright, creative, strong, vulnerable individuals are left untreated, ostracized, homeless, incarcerated and at risk of grave consequences due to no fault of their own. Diagnosed individuals and their loved ones want what everyone else want: love, health and a meaningful life with gratifying relationships; with appropriate treatment and support, they have a better prognosis to meet those expectations.

Warmest regards,
Linda Stalters, MSN
Executive Director
Schizophrenia And Related Disorders Alliance of America

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It’s here! It’s amazing!
The ‘Brave’ Hearing Voices of Support Times Square Flash Mob video.

Our Flash Mob – AMAZING Brave NYC Times Square
Click the photo below to watch
Message from FFS, Family and Friends, Coordinator

As a care partner with my daughter, over years I believe I have grown in terms of finding more positive values in life. I have gone through stages, beginning with denial of her illness due to my lack of knowledge about biological brain disorders, until I came to terms, or learned, that this was chronic and she may not return to the person I knew. The denial turned to a sense of depression for a while, still present to a degree, given my sadness for her and her struggles. From the beginning I became involved with nonprofit agencies dealing with the disorders, including NAMI Greater Milwaukee and Mental Health America, which helped me tremendously to learn, and I found comfort in the company of those on the same path. They were both families and friends, and those diagnosed who I came to greatly respect and admire for their strengths. As I grew I found the role of advocacy fulfilling in working to combat stigma in society, and as we know, challenging! I particularly found all my needs met when I joined SARDAA, because I view Schizophrenia and related, disorders unto their own, and deserving of the special focus SARDAA provides. Through the years, as I have embraced this lot which life has given me, I am grateful for this opportunity to grow, and wish the same for my daughter as she is able and accepting. Given my belief that good and positive do exist in it all, I especially appreciate the wisdom I find in related quotes, two of which I wish to share.

"...‘Suffering has been stronger than all other teaching, and has taught me to understand what your heart used to be. I have been bent and broken, but I hope into a better shape’. Charles Dickens in ‘Great Expectations’

..."Under adversity there exists the greatest potential for doing good, both for oneself and others’. ICT (International Campaign for Tibet)

Whatever your role in this life challenge, chosen or not, I wish you similar hope, as offered in 'The Gift of Adversity...The Unexpected Benefits of Life's Difficulties, Setbacks and Imperfections' as written by by Norman Rosenthal, M.D. In these things I find solace.

With Heart,
Mary Ross
Editorial

There are some thoughts to change the word that labels schizophrenia, a word that does not describe the illness it labels. Many diseases are ‘named’ for the scientist who “discovered” the illness. A couple of examples: The origin of the term Alzheimer's disease dates back to 1906, when Dr. Alois Alzheimer, a German physician, presented a case history before a medical meeting of a 51-year-old woman who suffered from a rare brain disorder. A brain autopsy identified the plaques and tangles that today characterize Alzheimer's disease. In 1817 an English doctor, James Parkinson, published his essay reporting six cases of paralysis agitans. An Essay on the Shaking Palsy described the characteristic resting tremor, abnormal posture and gait, paralysis and diminished muscle strength, and the way that the disease progresses over time.

Dr. Emil Krapelin in the 19th century first used the term Dementia Praecox or premature dementia to describe what is now known as schizophrenia and we no longer consider understand schizophrenia to be dementia. The term 'schizophrenia' was coined in 1910 by the Swiss psychiatrist Paul Eugen Bleuler, and is derived from the Greek words 'schizo' (split) and 'phren' (mind). Of course one’s mind is not split and many people now misconstrue schizophrenia to be “split personality”, an altogether different disorder. So, do we consider renaming schizophrenia Krapelin or Bleuler syndrome and then as research further discovers the etiology of the various versions of the syndrome create subcategories? Your thoughts are welcome.

Linda Stalters, MSN

From the Desk of John P.
“Happiness Series”

Numerous writers on the subject of happiness say that Americans are generally unhappy. For instance, Dennis Wholey (author of Are You Happy?) says that experts he consulted estimate that only 20 percent of Americans are happy. John Powell (author of Happiness is an Inside Job) quotes data suggesting that one-third of all Americans wake up depressed every day, and he states that professionals estimate only 10 to 15 percent of Americans are truly happy. But these expert assessments differ from the conclusions of everyday people themselves. READ MORE

The newest version of the You Are Not Alone Blue Books are available for order. Please contact Angel at 240-423-9432 or angel.white@sardaa.org to order.
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.

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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

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*** 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

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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.
SARCAA and Self Care Catalysts had the opportunity to work with Kristy Speaks, an individual, like you, living with schizophrenia. Kristy is a mother of 3, who after graduating from nursing school, was diagnosed with schizophrenia.

She said that out of all the apps in the market, Schizophrenia Health Storylines self-care app was the most supportive as it allows her to track her symptoms, moods and journal her thoughts. In addition, Kristy designed a Positive Affirmation tool that will be launching at the end of March!

To show your support for Kristy, we are reaching out to you to download the app today! We hope that you benefit the same way she does!

Download Schizophrenia Health Storylines today!

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**Masterpiece**

Jessica S. has some music for you to enjoy. For The Best by Jess Jane

LISTEN HERE
Multipronged Study of Schizophrenia associated Syndrome Receives $3.1 Million NIH Grant
March 24, 2017
A research team at Emory University is embarking on a multi pronged study of 3q29 deletion syndrome, a genetic mutation associated with a 40 fold increased risk for schizophrenia and a range of other neuropsychiatric conditions including mild to moderate intellectual disability, autism and anxiety.

READ MORE

Intellectual Disability Still a Bar to Death Penalty, Says Supreme Court
FRIDAY, MARCH 31, 2017
The U.S. Supreme Court on March 28 reaffirmed that intellectual disability was a constitutional barrier to the death penalty. The ruling in the case of Moore v. Texas upheld two previous decisions.

APA had signed onto an amicus brief last year in support of Moore with the American Academy of Psychiatry and the Law, American Psychological Association, National Association of Social Workers, and National Association of Social Workers Texas Chapter.

READ MORE

Adjunctive VNS Improves Long-Term Outcomes in Treatment-Resistant Depression
MONDAY, APRIL 3, 2017
Adjunctive vagus nerve stimulation (VNS) can lead to better five-year clinical outcomes in patients with chronic, treatment-resistant depression, reports a study published March 31 in AJP in Advance. These findings provide the first long-term evidence of the benefits of VNS.

READ MORE

Donate to SARDAA
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](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

Robly