

## Newsletter

April 11 2017



# SARDAA

Shattering Stigma – Realizing Recovery  
Schizophrenia and Related Disorders Alliance of America



### Message From Executive Director

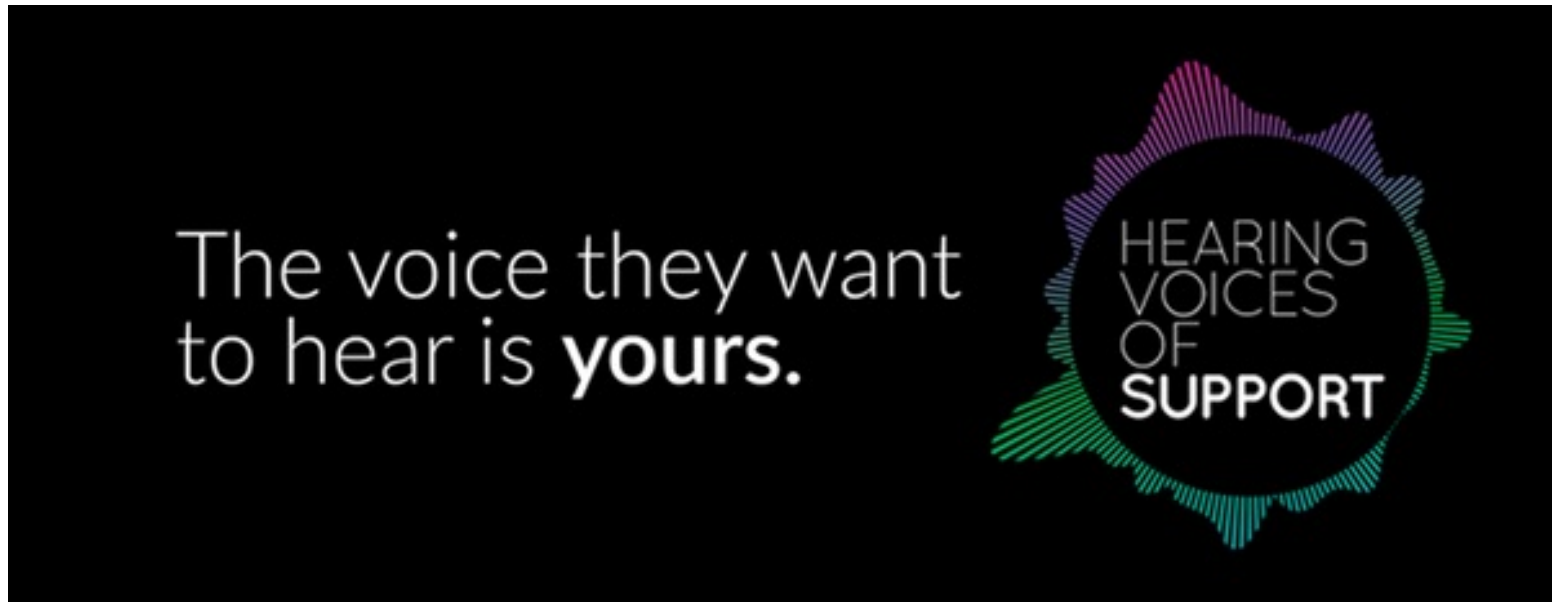


Dear Friends,

May is Mental Health Awareness Month and Schizophrenia Awareness Week is the third week of May. We are preparing to join the millions around the country and the world to speak out and voice our support for people who are affected by severe psychiatric brain illnesses such as schizophrenia, schizoaffective disorder, bipolar disorder. SARDAA is presenting Hearing Voices of Support: An Experiential Event at One Art Space in New York City. What are YOU doing to make a difference in the lives affected by psychosis? Let us know so we can inform and inspire others in their quest to improve lives affected by schizophrenia and related illnesses.

We hope to see you at One Art Space in Tribeca May 16 – 20<sup>th</sup>!

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



Sincerest gratitude to the Bride and Groom and their wedding guests for their compassionate support of SARDAA. John and LaSonya Johnson Cruise selflessly asked their guests to donate to two charities in lieu of personal gifts to attend their reception. Thank you all for the generous \$9,000 gift!!! View John's video at <http://hearingvoicesofsupport.org>.  
[Watch donation presentation here](#)



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**From the Desk of John P.  
“Happiness Series”**

Happiness and Adaptability. Circumstances in life change for everyone, with varying degrees of difficulties and delights. In general, most people adjust to these situations, good or bad. Difficulty most often brings resilience, and delight eventually wears off.

According to Professor David Myers, arguably the nation's foremost expert on the study of happiness: "I don't mean to minimize the trauma, but you tell me that you have in mind someone who, more than a year ago, became paraplegic in a car accident, or won a million dollars in a state lottery, and you've given me virtually no clue to their personal happiness today."

[READ MORE](#)

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*We are now accepting messages from SA Members to include in the newsletter. Please submit your message to: [info@sardaa.org](mailto:info@sardaa.org) or mail to SARDAA PO Box 941222, Houston, TX 77094-8222 for consideration for next month's newsletter.*

*Your story might be included in a SARDAA 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

#### **Facebook Support Group**

##### **Only for individuals diagnosed**

[JOIN The Facebook Group Here](#)

*This is a Closed group, ask to be added.*

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**\*\*\* HOW TO START AND GROW A SA GROUP \*\*\***  
By Margery Wakefield

Welcome to SA (Schizophrenics Alliance)! I understand that

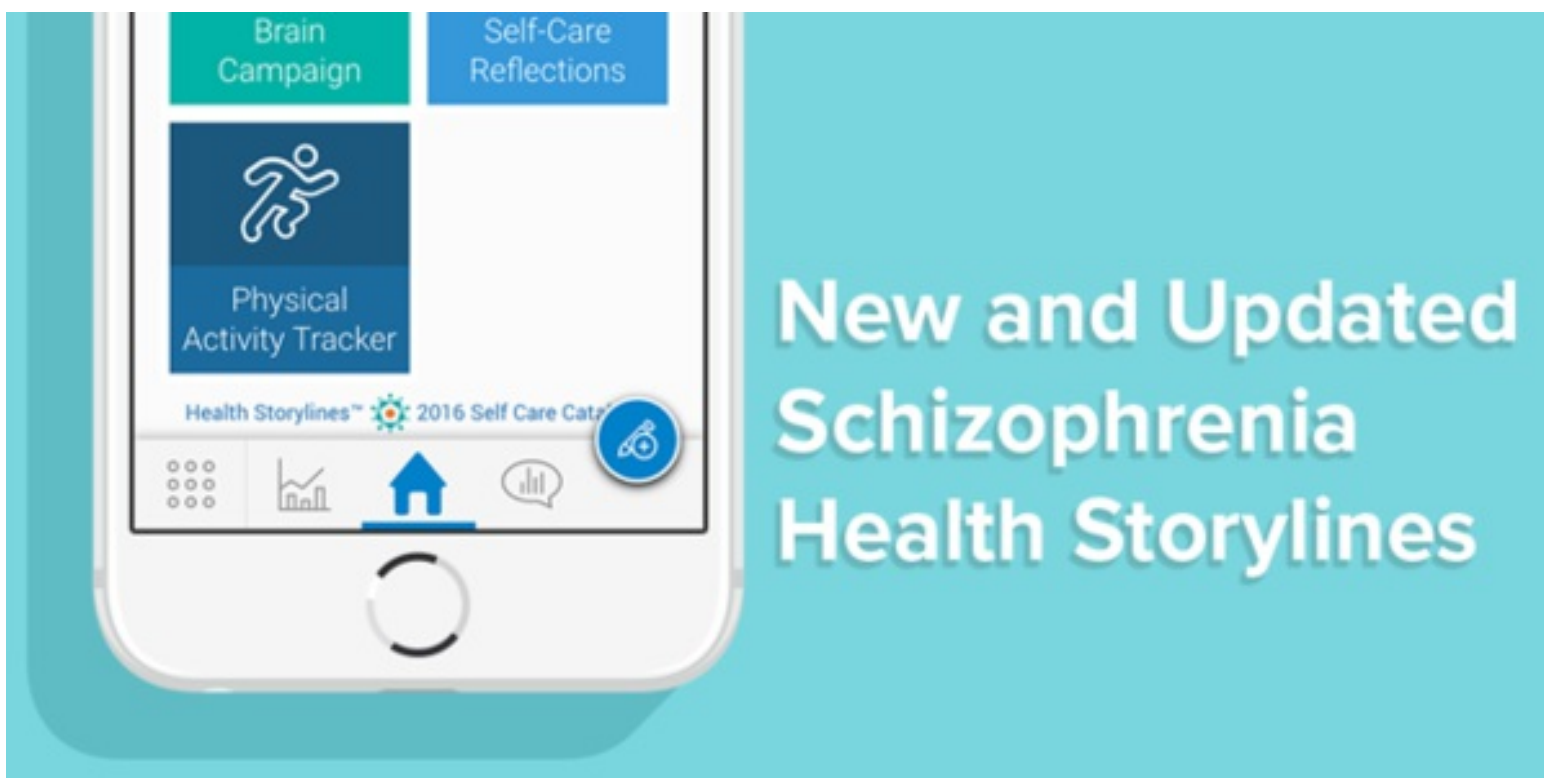
you want to start an SA group, and that is great! [READ MORE](#)

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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.



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**
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## **Duke researchers link specific differences in brain structure to multiple forms of mental disorder**

April 11, 2017 at 1:42 PM

A Duke University study is the first to link specific differences in brain structure to what is common across many types of mental illness. Having a single mental illness like anxiety, depression or schizophrenia is hard enough on its own. But studies consistently show that up to half of people with one mental illness also experience one or more additional forms of mental illness at the same time.

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## **HIGHER DEATH RATE AMONG YOUTH WITH FIRST EPISODE PSYCHOSIS: NIH-FUNDED STUDY HIGHLIGHTS NEED FOR INCREASED EARLY INTERVENTION PROGRAMS**

A new study shows that young people experiencing first episode psychosis (FEP) have a much higher death rate than previously thought. Researchers analyzed data on approximately 5,000 individuals aged 16-30 with commercial health insurance who had received a new psychosis diagnosis, and followed them for the next 12 months.

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## **VA REACH VET INITIATIVE HELPS SAVE VETERANS LIVES: PROGRAM SIGNALS WHEN MORE HELP IS NEEDED FOR AT-RISK VETERANS**

Suicide prevention is one of the Department of Veterans Affairs' (VA) highest priorities. As part of VA's commitment to put resources, services, and all technology available to reduce Veteran suicide, VA has launched an innovative program called Recovery Engagement and Coordination for Health - Veterans Enhanced Treatment (REACH VET).

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## **VA BLOG POST: IMPORTANT OFFICE THAT MOST PEOPLE HAVE NEVER HEARD OF**

This post describes the VA's National Center for Patient Safety, which has contributed to an 82 percent decrease in deaths from suicide in VA inpatient mental health care.

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### **THE ALL OF US RESEARCH PROGRAM SEEKS FEEDBACK FROM THE COMMUNITY**

The All of Us Research Program (formerly known as the Precision Medicine Initiative Cohort Program) will create a community of one million or more people from across the U.S. to improve the future of health. Those who join the program will contribute their health, environment, and lifestyle information over an extended period of time.

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### **CIGARETTE SMOKING RATES SIGNIFICANTLY HIGHER AMONG ADULTS EXPERIENCING MENTAL ILLNESS**

Adults (ages 18 and older) who experienced a mental illness in the past year were more likely to smoke cigarettes than adults who have not experienced a mental illness, according to a new report by the Substance Abuse and Mental Health Services Administration (SAMHSA).

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### **PRESIDENTIAL EXECUTIVE ORDER ESTABLISHING THE PRESIDENT'S COMMISSION ON COMBATING DRUG ADDICTION AND THE OPIOID CRISIS**

President Donald J. Trump signed an Executive Order establishing the President's Commission on Combating Drug Addiction and the Opioid Crisis. The Commission will be chaired by Governor Chris Christie and will study ways to combat and treat the scourge of drug abuse, addiction, and the opioid crisis, which was responsible for more than 50,000 deaths in 2015, and has caused families and communities across America to endure significant pain and suffering.

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### **FDA APPROVES FIRST DRUG TO TREAT TARDIVE DYSKINESIA**

The U.S. Food and Drug Administration (FDA) today approved Ingrezza (valbenazine) capsules to treat adults with tardive dyskinesia. This is the first drug approved by the FDA for this condition. Tardive dyskinesia is a neurological disorder characterized by repetitive involuntary movements, usually of the jaw, lips, and tongue such as grimacing, sticking out the tongue, and smacking the lips. Some affected people also experience involuntary movement of the extremities or difficulty breathing.

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### **ARCHIVED LECTURE: NONINVASIVE NEUROMODULATION IN**

## **PSYCHIATRY: STIMULATING THE SCIENCE OF MENTAL HEALTH**

This archived NIH lecture provides an overview on advances in neuromodulation interventions featuring: Matthew V. Rudorfer, MD, Chief of the Somatic Treatments and Psychopharmacology Programs in the NIMH Division of Services and Intervention Research, and Sarah H. Lisanby, MD, Director of the NIMH Division of Translational Research and Director of the Noninvasive Neuromodulation Unit in the NIMH Experimental Therapeutics and Pathophysiology Branch.

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## **Transitioning from Prison to Community**

Jails and prisons house significantly greater proportions of individuals with mental, substance use, and co-occurring disorders than are found in the general public. Upon release from jail or prison, many people with mental or substance use disorders lack access to services and, too often, fall into a recurring, costly cycle of involvement with the justice system.

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## **PERFORMANCE UPDATE OCTOBER 2011-DECEMBER 2015: JUSTICE AND MENTAL HEALTH COLLABORATIVE GRANT PROGRAM ACCOMPLISHMENTS**

The Justice and Mental Health Collaboration Program seeks to increase public safety by facilitating collaboration among the criminal justice and mental health and substance use disorder treatment systems. The program encourages early intervention for multisystem-involved people; maximizes diversion opportunities; promotes cross-training for justice and treatment professionals; and facilitates communication, collaboration, and the delivery of support services among justice professionals, treatment and related service providers, and government partners.

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## **Doctors Aren't Taking Young People's First Mental Breakdowns Seriously**

TS Kelly Burch Apr 14 2017, 11:31am

People under 30 who have experienced first-time psychosis are 24 times more likely than their peers to be dead within a year. The first thing the voice said to Dan Laitman was "I can help you with your comedy."

[READ MORE](#)

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[\*\*Donate to SARDAA\*\*](#)

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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.

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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.***

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## Texas and Louisiana Friends: Re-Enroll Your Kroger Plus Cards



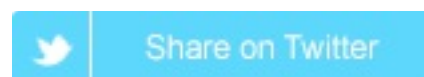
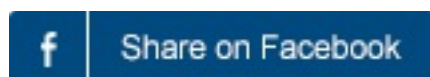
You can support SARDAA without spending a penny! Register Schizophrenia and Related Disorders on your Kroger Plus Card and they will donate a percentage to SARDAA each time you use your card.

Please register online  
at [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com)  
Link to: Schizophrenia and Related Disorders-Kroger Plus  
Card **90425**

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### Help Change Lives -- Donate Now

Thank you to those who already made a donation - Every contribution makes a difference.



**Sincerely,**  
Angel White, Editor  
Jordan Helwig, Creative Designer

