Dear Friends,

Time is passing so quickly and we have accomplished so much to help improve lives affected by psychosis. Who are the people affected, you might ask? The individual experiencing psychosis, their loved ones, neighbors, colleagues, classmates, the community and everyone else. But those who are struggling with the challenges the most intensely are the individual experiencing psychosis and their loved ones.

Schizophrenia and Related Disorders Alliance of America hears you and we want to help in a profound way that will change the paradigm in treatment, both medically and socially.
This is an ambitious goal that can only be accomplished with the efforts of thousands. We must change the perceptions of what schizophrenia and related brain illnesses/disorders are and who are the people affected. In that pursuit, we have realized amazing success with our Hearing Voices of Support initiative. The results of the exit surveys for the Perception Changing Installation in New York City indicated an average of 85% improvement in understanding of schizophrenia; 77% improvement in ability to discuss schizophrenia; 67% correction of misconceptions about schizophrenia; 80% increase in desire to help those with schizophrenia. We encourage you to visit Facebook.com/hearingvoicesofsupport and www.hearingvoicesofsupport.org to View; Like; Make Positive Comments and share so that we can change perceptions about psychosis and the people affected.

In the past several months media producers have requested interviews and written articles along with the expert help by CapitalHQ, we have been seen, heard and read in many media outlets including: The New York Jewish Week; USA Today Mental Health insert; MyNDTALK with Dr. Pamela Brewer; TheDove TV and radio; Wayne Kelly, CKKC-FM, radio British Columbia; Alicia Gallegos reporter, *Clinical Psychiatry News*; Ken Connors of the Aaron Rand Show, on CJAM News Talk Radio in Montreal, Canada; Joe Taylor of WCED-AM [News Talk Radio WCED] in DuBois, PA; Monsignor Kieran Harrington, WOR Radio and Net TV; The Doctor's Channel; Ed Tyll radio show; James Camali, Out of Shot, LLC; Florida Roundtable, Reagan Smith, host and others. These efforts help to educate the public in a positive vein.

On July 14th, noon PST, Linda Stal ters, CEO, will be interviewed on Elizabeth Bishop’s show Serving Consciously on Contact Talk Radio

We must change codes, Acts and classification. These changes can help move people through the medical healthcare system instead of the mental healthcare labyrinth; eliminate the discriminatory Institution for Mental Disorders (IMD) bed exclusion rule; improve access to appropriate and comprehensive assessment, evaluation and treatment as well as eliminate professional and societal stigma. We have stepped up to the plate and hired Guide Consulting to help us research and strategize in order to accomplish these lofty goals. Al Guida and his expert team have been fruitful in their efforts and we have begun planning our strategy. As soon as our plans are Time is passing so quickly and we have accomplished so much to help improve lives affected by psychosis. Who are the people affected, you might ask? The individual experiencing psychosis, their loved ones, neighbors, colleagues, classmates, the community and everyone else. But those who are struggling with the challenges the most intensely are the individual experiencing psychosis and their
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**Message from FFS, Family and Friends, Coordinator**

Families foremost wish the ability to relieve the daily suffering their loved one experiences. I am among them. I have not been able to. As I have learned, only the one experiencing the suffering can affect, or ideally lessen, the challenge, i.e. find recovery. Learning this helps relieve the family felt pain somewhat, releasing them to do what they can, and, very importantly, to practice self-care. For a long time, I did not realize this, rather came to understand it partly through 'life's lessons' and hearing the related words of Wayne Dyer PhD in his 'Power of Intention' message. Regarding suffering in the world, he said that no amount of empathy or sympathy we feel for the trials of another can relieve that person of sickness, hunger, lack of resources, distress, etc. One cannot get sick enough, nor poor enough to provide relief to another so affected. The emotion of feeling bad, of wishing to relieve adversity, is not helpful to the person affected, nor to us. We can only offer support, in as much as our loved one is interested and open to accepting it. Some...many do attain recovery, that is 'doing one's best', and are to be celebrated. As expressed by some who have found recovery to a greater or lesser degree, they have gained in personal growth and insights, that without the challenge they might never have benefited. What an uplift, as promised in the book 'The Gift of Adversity' by Psychiatrist Norman Rosenthal M.D. Beliefs like this give hope. My daughter has not chosen, or is able to seek recovery because of her brain disorder, so we live in the moment, looking for the good in each day.

With Heart,
Mary Ross

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**Message from a SA Leader**

**Schizophrenia Alliance Has Helped Me Recover**

Zach D. Edgerton

I would recommend attending Schizophrenia Alliance (SA) meetings for anyone who strives to recover from schizophrenia.

SA is a peer support group that encourages attendees to learn to help themselves recover from schizophrenia. Membership of the group consists of people who share the experience of having the illness.

When I was diagnosed with schizophrenia, I was discouraged and hopeless. I had difficulty accepting my illness, as I was in denial. It
seemed that all of my goals and dreams were shattered. I was aware of the stigma towards the illness. Coping was difficult, and treatment was taxing. Whom could I talk to that would understand?

Then I was introduced to SA. My experience as a member of SA has been essential to my recovery. SA has contributed to my recovery in key, important ways:

Fellow SA members were there for me during my dark times of despair.

SA encouraged me to accept my illness and overcome denial. Members also accepted me; there was no stigma or discrimination.

SA was there for me to help me endure treatment.

SA helped me help myself with wellness maintenance. SA members educated me about my illness, how to recognize it, and how to intervene with coping skills and inner resources. SA helped me gain confidence and control of my life following acceptance, treatment, and learning coping skills. It helped me develop dignity and sense of purpose. It instilled me with hope. It encouraged me to strive for dreams and goals. It also inspired me to help others and give back.

SA offers important elements of recovery that therapy doesn’t. Members of SA have personal experience with schizophrenia; all members share the same struggle.

Thus, all members understand each other. It is an environment of trust and caring, fellowship and companionship, and empathy. Members can learn from each other’s experiences.

SA has transformed my life in many ways. It has ensured the possibilities of recovery from schizophrenia, and the possibilities of achieving wellness.

I have seen it transform the lives of others. I believe it can transform yours as well.

Lisa Guardiola and her mother Marianne Bithos were amazing contributors to the HVoS installation, meeting with attendees and bravely answering questions about their experiences and educating visitors. Lisa displayed three beautiful pieces of her artwork at the event. One example of the beautiful art pieces by Lisa is shown above.
With a passion for her work, Lisa advocates and promotes that mental health recovery is possible by sharing her story of lived experience with mental illness with a wide range of audiences she trains in the community. Lisa has professional aspirations to one-day go back to school to earn a Masters degree in Art Therapy and eventually work as a practicing Art Therapist for a prominent mental health provider. Lisa dreams to one day open a studio/gallery in the Southern/Southwest suburbs of Chicago that offers classes to individuals living with a mental illness and the community at large. As an artist and future art therapist, Lisa has always turned to her art and the creative process for personal empowerment and as a coping mechanism for stress.

Lisa is very active about social issues concerning mental health initiatives and fights for the rights of persons living with mental illness. As Lisa is an individual living with Paranoid Schizophrenia, she believes that it is very important to fight to end the stigma that is placed on persons who are diagnosed with a mental disorder. Lisa is an active sitting member of NAMI Illinois Board of Directors and the Vice-President of NAMI South Suburbs of Chicago where she is trained as a NAMI Connections Facilitator and In Our Own Voice Presenter. Lisa is also a very talented artist that likes to work with a wide variety of media, that believes that her personal artistic creative process will help her to not only grow as an artist but will teach her the skills that can help her to be a better Art Therapist in the future. She strives to better express herself through her work and uses mythical and ethereal themes and images in her work that she hopes will create a visceral response in the audience.

Marianne has a deep passion for her work and strives to educate, advocate, and inform her community on mental health issues, mental health recovery, and fights the stigma that is so often associated with mental health disorders. As a family member of an individual living with schizophrenia, she understands that ones mental health is vital to a persons overall well-being and works to promote mental health initiatives and improve the care and treatment of persons suffering from mental and emotional disorders.

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**SAVE THE DATE!**

*Shattering Stigma*

Thursday, October 19, 2017

6:30 – 10:30 PM

Manhattan

New York City

Watch for details

Lydiane Interdonato, Chair

*Help improve lives affected by schizophrenia-related brain disorders*
From the Desk of John P.
“Happiness Series”

Personal Optimism and Happiness. An ABC television special on happiness has suggested that personal optimism is one of the five key factors leading to one's happiness. To analyze what optimism is, we would do well to break the word down into four of its elements: hope, favorable explanatory style, being a "good finder," and positive thinking.

HOPE. Although definitions of hope vary, we might say that it involves the idea that things will be well or that things will get better. In a study in Germany, young people were asked what they thought was the most beautiful word in human speech; the leading vote-getter was the word “hope.” The ABC-News special interviewed U.S. Senator John McCain on hope. During the Vietnam War, McCain was a downed warplane pilot and a prisoner of the North Vietnamese for five years--two of which were in solitary confinement. What enabled McCain to survive, he says, was--"A fundamental belief that things in the end would be OK...you had to believe that." McCain reports that armed with this fundamental belief, he and many other POWs were able to be happy often and were generally, he says, a "happy lot." Indications are that if we can be hopeful--we will be happier.

READ MORE

We welcome your message/art from SA Members for inclusion in the newsletter. Please submit your message to: 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.

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  
Enter 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.
SARDA 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 launched 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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Do you want to contribute to a short story anthology?
With the help of staff at Johns Hopkins University, I am compiling a short story anthology that will exclusively feature short stories written by people with disabilities. All of the stories will feature disabled main characters.

[FIND OUT MORE]

Emily Dorffer, disabilitysubmissions@gmail.com, 281-734-7370

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Under The Radar
Written by, Sandy D.

Under radar,
Criteria met.
Joshua Gordon Wants to Remake Mental Health Care, On A Budget
June 16, 2017, Joshua C. Kendall
The new head of NIMH hopes to do for schizophrenia and depression what his Nobel-winning mentors did for cancer. Will he have the funding he needs?

READ MORE

Optimal Clozapine Dose for Schizophrenia Remains Elusive
June 27, 2017
The existing evidence leaves open the question as to whether a standard, low-, or very-low-dose regimen of clozapine yields the best results in patients with schizophrenia, according to a new Cochrane review.

READ MORE

Wider Use of ECT May Lead to Lower Readmission Rates, Study Finds
Patients with severe affective disorders who receive inpatient treatment with electroconvulsive therapy (ECT) may be less likely to be readmitted for psychiatric care 30 days following discharge than those who do not receive this treatment, reports a study published Wednesday in JAMA Psychiatry.

READ MORE

A Psychiatrist Reveals the Most Important Lesson From 83,000 Brain Scans
June 20, 2017
Daniel Gregory Amen is a famous psychiatrist who specializes in brain disorders and is also a Times bestselling author on the side. In his TED talk, he talks about the most important lesson we can learn from 83,000 different brain scans:

**ICOSR 2017: Modeling Schizophrenia, Bipolar Disorder in a Dish**
June 21, 2017
In a plenary talk on Tuesday morning, March 28, at the International Congress on Schizophrenia Research meeting in San Diego, Fred Gage of the Salk Institute presented new research demonstrating the usefulness of induced pluripotent stem cells (iPSCs) for modeling schizophrenia.

**Cannabis Compound Could Unlock New Cognitive Treatment for Schizophrenia**
June 5, 2017
Summary: According to researchers, Cannabidiol, an active compound in cannabis plants, could help to alleviate cognitive impairment in people with schizophrenia.

**Drug Eases Tardive Dyskinesia Linked to Antipsychotic Use**
July 5, 2017, Megan Brooks
Deutetrabenazine (Austedo, Teva Pharmaceuticals) significantly reduced abnormal involuntary movements in patients with tardive dyskinesia (TD) caused by antipsychotic medications and was generally well tolerated in phase 3 study.

**The NIH NeuroBioBank: Addressing the Urgent Need for Brain Donation**
July 7, 2017, Dr. Diana Bianchi (NICHD Director), Dr. Joshua Gordon (NIMH Director), and Walter Koroshetz (NINDS Director)
When unraveling the complexities of neurological, neurodevelopmental, and neuropsychiatric disorders, there is no substitute for studying human brain tissue. Brain donation is critically important, now more than ever. The more brain tissue available for research, the faster science can advance toward a better understanding of how to prevent, diagnose, treat, and cure disorders of the human brain.

Donate to SARDA
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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**Help Support Schizophrenia and Related Disorders Alliance of America**

Amazon donates to Schizophrenia & Related Disorders Alliance. Shop for great deals at [smile.amazon.com/ch/33-1213657](http://smile.amazon.com/ch/33-1213657)

Easy steps to support Schizophrenia and Related Disorders Alliance of America through Amazon Smile:

Sign in to your Amazon account at smile.amazon.com.

Select Schizophrenia and Related Disorders Alliance of America and search for the organization to support.
America as your charity. Once selected, you will receive a confirmation email.

Shop and checkout as you would on Amazon. No extra cost is passed on to you, but Amazon will automatically donate 0.5% of your purchases to Schizophrenia and Related Disorders Alliance of America.

Please share with your friends and family to join you to support Schizophrenia and Related Disorders Alliance of America!

By choosing Schizophrenia and Related Disorders Alliance of America as your charity on smile.amazon.com, Amazon will donate 0.5% of your eligible purchases to Schizophrenia and Related Disorders Alliance of America.

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!!**

**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.**

Shop with PayPal and choose SARDAA to Donate with PayPal Giving Fund to help support SARDAA.

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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

Robly