

## Newsletter

June 2017



# SARDAA

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



### Message from SARDAA CEO



May was amazing! The Hearing Voices of Support Perception Changing Interactive Art Installation in NYC was by all measures a success. We are grateful for our partnership with The Bloc, CAVORT, Dan Giella and Glowing Bulbs to create and install a very unique and powerful experience for hundreds of people. Thank you to CapitalHQ for their public relations

expertise that brought media attention to the event and many multi-media interviews to educate the public about psychosis.

Thousands of volunteer hours and contractual hours made the experience possible. Thank you to Russ Stalters and Angel White of SARDAA for your ever constant support and sacrifices. Sharon Howard-Butler names some of the others: “ The cones of light in different colors made it beautiful and extremely intimate, a one-on-one experience even in a room full of people. Love this shot by [Matt Butler](#). Thanks for being there every day to get stills and video footage of people interacting with the installation. Thank you also to [Elizabeth Efenbein](#), [Stephanie Berman](#) and [Jennifer Wilson Matthews](#) for supporting our HVoS initiative and our interactive art installation idea. Also thanks to [Kelly Provan](#) for account service and production

support; [Farkas Fulop](#) and his team for working with director/producer [Ian Fowler](#) on the amazing light and video projection design/build that brought the idea to life; Kirill [Ki Real](#) and JC for the event posters and social post designs; [Agnieszka Wielgosz](#) for handling social media; all of the brave people who told their stories - Dan, John, Rob, Doris, Emmett, Leslie, Susan, Lance, Jessica, Katie, David, Ismael, Morgan, David, Mike, Sachin, Brandon, Garin and Shari; John, Calen, Megan, Emmett, Leslie, Lisa, Marianne, Michelle, Rob and Susan for being there to talk to people about what it's like being affected by schizophrenia; authors [#RonPowers](#) and [#DJJaffe](#); all the volunteers who helped out in their own time”.

The team of Sharon Howard-Butler, Brit Till, Craig Kabrhel, Ian Fowler and Linda Stalters traveled from NYC to Houston, TX to Northern CA to interview and film incredible individuals. The interviews provide the basis for HVoS with inspiration and express the realities of living with psychosis and offer the opportunity to change perceptions. Brave individuals inform the wider community that people who are affected by psychosis deserve respect and the opportunity for treatment.



May 20th we stood in solidarity with the Families for Treatment of Serious Mental Illness March



AN INTERACTIVE  
ART INSTALLATION

MAY 16 - 20, 2017  
DURING SCHIZOPHRENIA  
AWARENESS WEEK

ONE ART SPACE  
23 WARREN ST, TRIBECA

FREE ADMISSION



**SARDAA**

Schizophrenia and Related Disorders Alliance of America

STANDS IN SOLIDARITY WITH FAMILIES  
MARCHING ON MAY 20, 2017 FOR **TREATMENT**  
OF SERIOUS NEUROPSYCHIATRIC ILLNESS

**SHATTERING SILENCE**  
LET YOUR VOICE BE HEARD

SARDAA volunteers make all of the work we do possible:

SA Coordinator: Katie Lamoreaux

SA Leaders around the country, globally and conference call groups

On The Call Team: Marie

FFS Coordinator: Mary Ross

Administrative Assistants: Krystle King and Janet Mahaffey

Social Media Team: Jordan Helwig, Kaitlyn Niederstadt, Joshua Lunn

Webmaster: Matt Saul

CIO: Russ Stalters

Board of Directors:

John Cruise, Chair

JD Garnier, Vice Chair

Mary Palafox, Secretary/Treasurer

Susan Sheena

Ismael Cala

Jud Barbour

Patricia Caesar

Matcheri Keshavan

Thank you for your valuable time, compassion, passion, and  
treasure!

Warmest regards,

Linda Stalters, MSN

CEO

Schizophrenia And Related Disorders Alliance of America



## **Message from FFS, Family and Friends, Coordinator**

Leaving Mental Health Month of May and all that helps us move forward, this shares a prayer which was offered by a family member. It was meaningful for me as I hope it will be for you.

### **“A Blessing”**

“May you be comforted by your ability to care and to give comfort.  
May you derive strength from your own deeply held faith to be  
emotionally present to suffering and grief.

May your prayers give voice to the awesome state of our mortality in  
the face of the infinite.

And may you find grace to help others see that rage against loss  
carries within it the feisty spark of its own divine energy. That our  
outcry is as important as our tears”

By Dr. Ken Gorfinkle

Adapted from 'When a Child Dies: Helping the Rabbi Help

With Heart,  
Mary Ross

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ASUMIR is SARDAA's SA Group in Uruguay and we are proud to announce that the World Federation for Mental Health Secretariat has been informed that our friend and colleague, Carlos Caldeyro, and his organization ASUMIR were invited to the Conference in Peru.

Deborah Maguire, Director of Administration WFMH writes, “I wanted to first wish you a very successful meeting and applaud your efforts to include Service User organizations in your program. The WFMH works hard to promote mental wellness around the world and always strives to have consumers/service users included in all levels of conferences. We were very pleased to hear that someone from ASUMIR will participate and have the opportunity to address the Conference participants.

We have worked with ASUMIR in the past and as they are the only known organized Self-Help and Peer-Run group in Uruguay, it is important that they be encouraged and assisted in their work throughout Uruguay and Latin America.

We hope all goes well and that ASUMIR has the opportunity to educate the participants on service users needs and rights!

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The voice they want  
to hear is **yours.**



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**From the Desk of John P.  
"Happiness Series"**

Happiness and Relationships. One of the five factors that ABC News identified as contributing most to developing personal happiness is the role of relationships. In fact, according to the ABC-TV special on happiness, close and supportive relationships between people may be

the biggest predictor of happiness. At the same time, happiness expert Prof. David Myers states simply: "Close, supportive, and connected relationships make for happiness..."

"Relationships," as cherished interpersonal experiences, don't need to be limited to marriage, or even to having a "boyfriend" or "girlfriend" of the opposite gender. Many people find meaningful relationships among friends or among members of their family. Of course, as Myers suggests, very close relationships--as in the people we love or live with--often provide our greatest joys and our greatest heartaches. Still, surveys show that four out of five adults rate love as important to happiness. 1 - [For our purposes in S.A., perhaps we should emphasize that friendships can be loving relationships, and we can learn to do things to promote this sort of emotional closeness with others.]

[READ MORE](#)

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We welcome your message/art from SA Members for inclusion 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.



SARDAA 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!



### **The Jewish Week**

May 19, 2017

In conjunction with Schizophrenia Awareness Week, May 15-21, 2017, Schizophrenia and Related Disorders Alliance of America (SARDAA)

SARDAA.org marked the week by bringing one of their premier programs, Hearing Voices of Support (HVoS) Hearingvoicesofsupport.org, to life by creating a perception changing interactive light and sound experiential artistic exhibit in Tribeca at One Art Space, 23 Warren Street.

[READ MORE](#)



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

April 11, 2017

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.

[READ MORE](#)

### **Why Reclassifying Schizophrenia Is Necessary**

While most mental illnesses carry some measure of stigma, many people — including high-profile celebrities and other public figures — speak openly about depression, bipolar, anxiety, substance use and other disorders.

[READ MORE](#)



May 22, 2017

"In the Arena", host Monsignor Kieran Harrington, CEO of Schizophrenia & Related Disorders Alliance, Linda Stalters, talk about Mental Health Awareness Month.

[WATCH VIDEO HERE](#)

### **Pennsylvania sued over treatment of mentally ill inmates**

May 11, 2017

Despite promises to do better, Pennsylvania continues to allow mentally ill inmates to languish in prison as they wait for court-ordered treatment, the American Civil Liberties Union charged Thursday in a renewed lawsuit.

[READ MORE](#)

### **Register now for the inaugural NCATS Advocacy Day — Partnering with Patients for Smarter Science**

June 30, 2017

The purpose of the event is to inform patients and their advocates about NCATS and its programs, identify patient needs, and collectively discuss ways for improved patient inclusion in NCATS' [translational science](#) activities. Designed for patients, families, caregivers and patient advocacy groups, the event will foster an open dialogue among patients and their advocates to discuss common translational science roadblocks, brainstorm ideas for improvement, and apply that knowledge to strengthen patient and community engagement at NCATS. Admission is complimentary, but space is limited so be sure to register early. You can learn more about the event [here](#) and register [here](#).

### **Why Reclassifying Schizophrenia Is Necessary**

USA Today Article May 18, 2017

[Advocacy](#) Schizophrenia needs to be officially classified as a neurological disease for society to be able to give people with schizophrenia support.

Linda Stalters, MSN, CEO, Schizophrenia and Related Disorders Alliance of America

[READ MORE](#)

### **NIMH to Host Multimodal Brain Stimulation Speaker Series**

May 24, 2017

On May 31, 2017, the NIMH launched a speaker series intended to bring together leaders in the field conducting research using non-invasive brain stimulation and functional imaging, including electroencephalogram (EEG), functional magnetic resonance imaging (fMRI), and transcranial magnetic stimulation (TMS). All events will be broadcast via WebEx and archived for later viewing. Speakers are scheduled through November 2017.

[READ MORE](#)

### **NIH RESEARCH MATTERS: NEW ROLE DISCOVERED FOR THE THALAMUS**

The thalamus, a brain region long assumed to be merely an information relay, also sustains the ability to distinguish types of information and hold thoughts in mind. The results suggest that the region may play a pivotal role in the brain's thinking circuitry and might be a therapeutic target for certain psychiatric disorders.

[READ MORE](#)

### **Lives in the Balance: Addressing “Deaths of Despair” among People with Serious Mental Illness**

The U.S. had seen decades of continually declining mortality rates, as advances in healthcare and safety have allowed us to live longer. This century, however, mortality rates among certain demographic and socioeconomic groups have increased. SAMHSA Center for Mental Health Services Director Paolo del Vecchio describes the findings of a recent study attributing this uptick to what the authors call “deaths of despair,” which are drug and alcohol overdoses, liver disease associated with chronic alcohol use, and suicide.

[READ MORE](#)

### **Self-Care for Providers During Change and Stress**

Healthcare workers may neglect their own wellness while helping others. This article lists five tips to help mood, physical health, and patient care quality through self-care.

[READ MORE](#)

### **WELCOME TO THE COMMUNITY PROVIDER TOOLKIT**

This toolkit supports the behavioral health and wellness of Veterans receiving services outside the U.S. Department of Veterans Affairs (VA) healthcare system. Resources available in this toolkit include information on screening for military service, handouts, trainings to increase knowledge about military culture, and mini-clinics focused

on relevant aspects of behavioral health and wellness.

[READ MORE](#)

### **Three Ways to Start the Conversation About Mental Health Treatment**

Bringing up mental health with a Veteran loved one can be challenging. There's no one-size-fits-all answer. Every situation is unique, whether a Veteran returned home years ago or is transitioning from service now. The VA Make the Connection website offers resources that can help start the conversation about mental health treatment.

[READ MORE](#)

### **10 Mental Health Blogs You Don't Want to Miss**

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) strives to provide the most up-to-date information and resources on research, tools, and services available for the military community. DCoE, including its centers and campaigns, produces blog posts to help make the information available to everyone, and easier to understand. Take a look at 10 recent posts related to mental health.

[READ MORE](#)

### **Is Clinical Research Right for Me?**

Share this NIA infographic and help spread the word about the benefits of participating in clinical trials and studies.

[READ MORE](#)

### **NIH Multimodal Brain Stimulation, Angel Peterchev**

by Thomas Radman

This lecture in the NIMH Multimodal TMS Speaker Series, which brings together the leaders in the field conducting research using non-invasive brain stimulation and functional imaging, will describe novel TMS device development, MRI-informed modeling, and concurrent TMS and intracerebral recordings intended to build, from the ground up, better tools for selective neural engagement. The event will be broadcast via WebEx and archived for later viewing.

[READ MORE](#)

### **NIMH LECTURE: MULTIMODAL SPEAKER SERIES**

June 9, 2017, 1:30-3:30 PM ET

This lecture in the NIMH Multimodal TMS Speaker Series, which brings together the leaders in the field conducting research using non-invasive brain stimulation and functional imaging, features Christian Windischberger, Associate Professor of Medical Physics and Deputy Head of MR Physics at the Center for Medical Physics and Biomedical Engineering at the Medical University of Vienna, and Faranak Farzan, an independent scientist in the Temerty Centre for

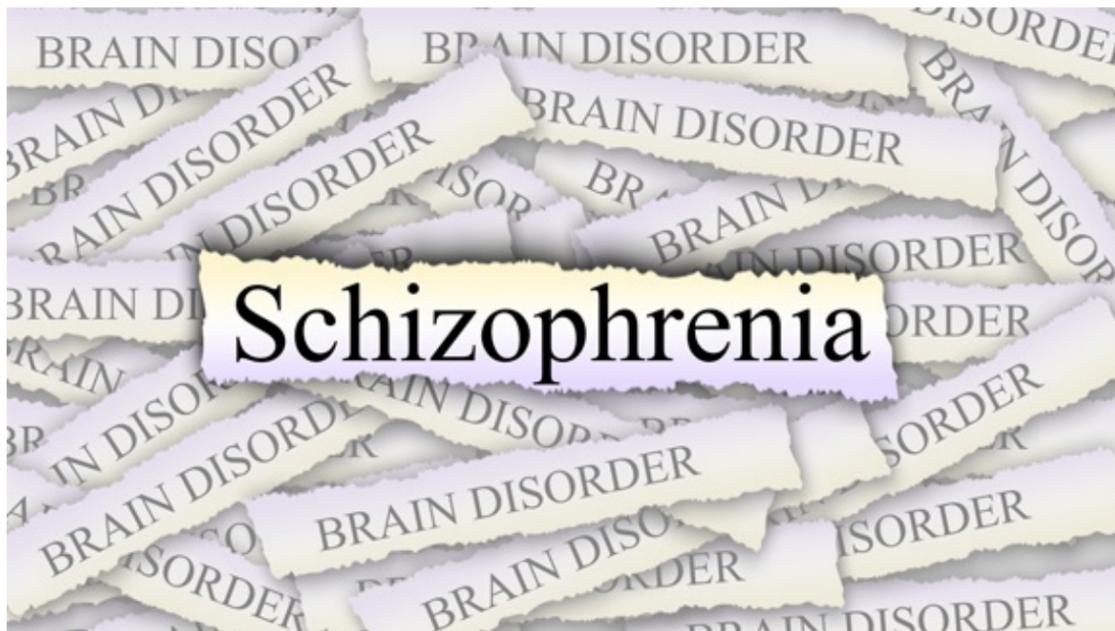
Therapeutic Brain Stimulation at the Centre for Addiction and Mental Health. The event will be broadcast via WebEx and archived for later viewing.

[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**



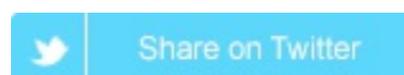
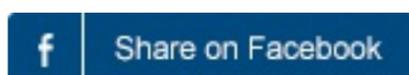
You can support SARDAA without spending a penny! Register Schizophrenia and Related Disorders on your Kroger Plus Card and they will donate a percentage to SARDAA each time you use your card.

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

