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 multimedia 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 Elfenbein, 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 #Dljafffe; 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
SARDAAn 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

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!
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.]
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.

*** 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

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!

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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.

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.

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.
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.
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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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 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.**

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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.

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