

Newsletter

May 2017



SARDA

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



Message From CEO



Dear Friends,

Everyone is a 'tweeter' about Mental Health Awareness Month. Wouldn't Brain Health Awareness be more appropriate? This is a month that we can all work together to educate and influence others about psychosis and change how people are treated. We are proudly being interviewed to talk about just that on various media outlets throughout the month.

Our most amazing phase of our Award Winning Hearing Voices of Support Initiative is just a few days away. People are coming from across the country to participate and experience the HVoS Experiential in New York City May 16 – 20. Admission is free. I hope we will see many of you, your friends, colleagues and neighbors there. This is an incredible opportunity to change perspectives about people affected by psychosis.

People are still talking about the New York City Times Square Flash Mob [see it here](#) and share it and hearingvoicesofsupport.org.

On May 20th at the closing of our Hearing Voices of Support Experiential Event, we will proudly stand in solidarity with the Families for Treatment of Serious Mental Illness (TreatSMI), advocates for those suffering from serious neuropsychiatric illnesses, as they march in Washington D.C., Augusta, ME, Sacramento, CA, Springfield, IL, New York, NY, and Sarasota, FL for their first annual march demanding the right to treatment before tragedy, a hospital bed instead of jail, housing instead of homelessness, and an end to the criminalization of the seriously psychiatrically ill.

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

HEARING VOICES
OF SUPPORT
AN INTERACTIVE ART INSTALLATION

Featuring voices and images of
people affected by schizophrenia

MAY 16-20, 2017
TUES 16, 3PM - 5PM
WED 17, 3PM - 7PM
THURS 18 & FRI 19, 3PM - 9PM
SAT 20, 12 PM - 5PM

ONE ART SPACE
23 WARREN ST, TRIBECA

Free admission #HVoS

SARDAA

PEOPLE
WHO
HEAR
VOICES
DESERVE
TO BE
HEARD

Limited Volunteer opportunities remain open.

Please contact Angel.white@sardaa.org to volunteer at the Experiential Event.

HVoS Times Square Flash Mob Video Testimonial:

I shared the NYC Times Square video with my son's family, prior to our having brunch together on Sunday, as he was expressing concern, issues with his sister's behavior. From his positive response to the video I think it helped him, so I was grateful for the help. The whole of society needs it...enter SARDAA :) Good day...Mary



Message from FFS, Family and Friends, Coordinator

This May we celebrate Mental Health Month, along with Schizophrenia Awareness Week in the third week. “Embrace Hope” in gold letters emblazoned over a multicolored heart, outlined in white. You may have seen this as Penzey's logo. It immediately reached out to me when I first saw it, given my optimistic nature and always in search of life's promises. This serves as a strong message we move forward with. Improved lives for persons diagnosed with Schizophrenia and related disorders has advanced since the early 80s, regarding which I can relate as a family member. Community support then was minimal for those diagnosed, possibly organized on a weekly meeting basis with few or no permanent sites for daily engaging with their peers. Today such gathering places exist in many communities, many of which have developed as the result of significant member input. Peer support is monumental in promoting recovery for those seeking to help themselves. Another source of hope lies in ongoing research which gives promise of early intervention and improved treatments. Ongoing effort by individuals and organizations help to highlight the problem of stigma within society and to increase people's understanding and compassion of those so challenged.

I believe the improvement thus far lies in the resilience and strength of those affected. They who live with a diagnosis are among the strongest people I have been privileged to meet. This likely was understood, and lived, by Helen Keller who stated “Character cannot be developed in ease and quite only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved”.

With Heart,
Mary Ross

Editorial

From Anonymous:

I cry every time I read this newsletter.
Someone out there somewhere understands.

My loved one is highly functional, for which I am forever thankful. People who don't know about his condition often think he's just awkward and shy. However, I often feel that I cannot reach out for support for fear of "outing" him, especially as he is finishing college and looking for a job.

I know you will understand how heartfelt my "Thank you" is.

Now, the name-game. While Krapelin and Bleuler both recognized the condition as "something," neither of them were on quite the right track. I say look more contemporary. I've read that a malformed chromosome is present in over 90% of people on the spectrum. Who

discovered that? Who made the genetic connection that Emory is studying?

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

Wealth and Happiness. Becoming rich won't bring you above-average happiness over time. This is the conclusion stated by happiness expert Prof. David Myers, as well as the recent ABC News special on happiness hosted by John Stossel. To illustrate this point, Stossel interviewed on camera numerous megabuck lottery winners, most of whom attested that the big money didn't bring them anything close to big happiness, and often caused them unexpected problems with loved ones--leading some to the therapist's chair. Prof. Myers further states that a study of 49 of the wealthiest Americans, as listed by Forbes magazine, found them generally to be only slightly happier than the average person, and that 37 percent of this group reported happiness levels less than the average person's. [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 welcome your comments and personal stories to include 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
Entry Code 88286491#
International Number (720) 362-6499

***** 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!



Instagram account for HVoS - @hearingvoicesofsupport

Check it out here -

<https://www.instagram.com/hearingvoicesofsupport/>

ICYMI: Murphy on C-SPAN: Continuing the Fight for Families in Mental Health Crisis

March 24, 2017

On Wednesday, Congressman Murphy continued his fight for families in mental health crisis on C-SPAN's Washington Journal. In case you missed it, check out the highlights and watch the full interview below.

[WATCH NOW](#)

Top 6 'Must See' Moments

[READ HERE](#)

To learn more about the Helping Families in Mental Health Crisis Act, click [here](#).

You Need To Be Watching What Is Happening In Washington:

A Big Shift Maybe Coming

BY PETE EARLEY, 5/2/17

Texas Senator John Cornyn, the Republican majority whip in the Senate, is putting federal dollars behind his Mental Health and Safe Communities Act, that was signed into law during the final days of the Obama administration.

Because of the hoopla about Pennsylvania Republican Rep. Tim Murphy's Helping Families in Mental Health Crisis Act, Cornyn's legislation didn't get as much attention as it deserved.

Getting a law passed and funding it can be two separate challenges. Cornyn just got \$2.5 million set-aside for supporting a dozen national Crisis Intervention Team training centers to help better prepare law enforcement officers for dealing with individuals in a mental health crisis.

[READ MORE](#)

How this couple stopped mental illness from tearing them apart

Giulia and Mark Lukach

By: David Butow

San Francisco-based teacher Mark Lukach was married to his wife Giulia for just three years when she had her first psychotic episode at age 27. In the years that followed, he and Giulia and their young son, Jonas, learned how to cope with the terrifying psychosis, the crippling depression, recovery and relapses that came along with Giulia's late-onset bipolar disorder.

[READ MORE](#)

Assisted Outpatient Treatment in New York State: The Case for Making Kendra's Law Permanent

Stephen Eide, Urban Policy Housing Welfare NYC

Assisted outpatient treatment (AOT) is a procedure by which seriously mentally ill individuals are placed under a court-ordered treatment plan while continuing to live in the community. New York State's version of AOT is known as "Kendra's Law," named after Kendra Webdale, a New York City resident pushed to her death in front of a subway train in 1999 by a man with untreated schizophrenia.

Kendra's Law was enacted on a trial basis and has been temporarily reauthorized twice. It is up for reauthorization again during the current legislation session. Based on experience and extensive research, the state government should make the law permanent.

[READ MORE](#)

Enhancing Patient Engagement Efforts Across the FDA

The FDA is soliciting input on ongoing efforts to enhance mechanisms for patient engagement at the Agency. In this tradition, FDA intends to enhance future patient engagement by providing a more transparent, accessible, and robust experience for patient communities. To achieve these goals, FDA is considering establishing a new Office of Patient Affairs. This concept was directly informed by the public feedback solicited through the prior public docket regarding FDA's stakeholder engagement responsibilities outlined by the FDA Safety and Innovation Act. The purpose of this notice is to outline FDA's proposal for the future of patient engagement at the Agency so that the perspectives of patient communities can be better captured. Comments on this proposal are accepted through June 12, 2017.

[READ MORE](#)

Estrogen Alters Memory Circuit Function in Women with Gene Variant; Hormone-Gene Interaction May Underlie Sex/Individual Differences in Mental Disorders

Shau-Ming Wei, Ph.D., NIMH Section on Integrative Neuroimaging
Fluctuations in estrogen can trigger atypical functioning in a key brain memory circuit in women with a common version of a gene, National Institute of Mental Health (NIMH) scientists have discovered. Brain scans revealed altered circuit activity linked to changes in the sex hormone in women with the gene variant while they performed a working memory task. The findings may help to explain individual differences in menstrual cycle and reproductive-related mental disorders linked to fluctuations in the hormone. They may also shed light on mechanisms underlying sex-related differences in onset, severity, and course of mood and anxiety disorders and schizophrenia. The gene-by-hormone interaction's effect on circuit function was found only with one of two versions of the gene that occurs in about a fourth of white women.

[READ MORE](#)

College Students at Increased Risk for Smoking Marijuana

National Institute on Drug Abuse (NIDA)

An analysis of national survey data indicates that students attending college are at a significantly higher risk of beginning to use marijuana than those not enrolled in college, underscoring the need for improved prevention efforts. The research, conducted by scientists at the University of Michigan, was funded by the National Institute on Drug Abuse (NIDA).

[READ MORE](#)

Request for Information: Inclusion in Clinical Research

Across the Lifespan

National Institutes of Health (NIH)

In response to scientific need and a congressional mandate in the 21st Century Cures Act (P.L. 114-255), the NIH is convening a workshop of experts on the appropriate inclusion of pediatric and older populations in research studies involving human subjects and is seeking input from the wider scientific community and the public concerning inclusion in research. The NIH is interested in hearing from the public on a number of topics, including best study designs that ensure the inclusion of participants from a broad range of ages, sex/gender, and race/ethnicity in clinical trials or clinical studies; potential ethical challenges when including those individuals under 18 years of age, or frail or cognitively impaired older adults in trials; strategies to expand current successful practices for inclusion of these populations; and potential barriers to and the opportunities for inclusion of pediatric and older populations in clinical studies. Responses will be accepted until June 30, 2017.

[READ MORE](#)

Handgun Legislation and Changes in Statewide Overall Suicide Rates

Michael D. Anestis, PhD; Joye C. Anestis, PhD; Sarah E. Butterworth, BS

Am J Public Health. 2017;107(4):579-581

Firearms account for approximately half of all suicide deaths in the United States. A strong literature base has indicated an association between firearm ownership and suicide, even after accounting for a wide range of clinically relevant variables. Studies also have identified safe firearm storage as an important consideration.

[READ MORE](#)

Webinar: Relationships Matter!

Motherhood: What It Means for Women's Recovery

Tuesday, May 9, 2017, 2:00-3:30 P.M. EST (1:00 CST, 12:00 MST, 11:00 PST) Speakers: Vivian Brown, Ph.D., Iliana Rivera Ojeda, CADA, LACD-1 Moderator: Shannon Taitt, M.P.A.

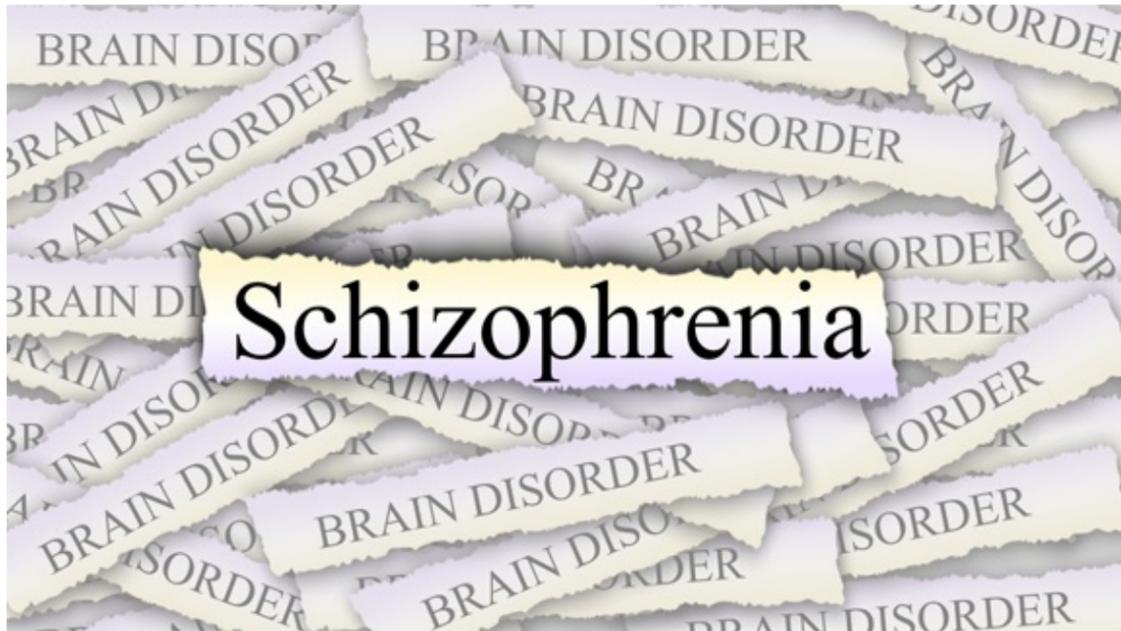
Learn what professionals need to know about the role of relationships in the lives of women with mental health and substance use issues. Relationships Matter! is a webinar series on women's behavioral health that explores the role of relationships in the lives of women experiencing mental health and substance use issues. Relationships Matter! showcases the role that relationships play and offers concrete strategies to help women and girls understand, develop, mend, and maintain healthy relationships. The material presented aims to improve behavioral health services by preparing the workforce to better understand the pitfalls, promise, and power of relationships in women and girls' mental health and substance use services.

SAMHSA created the Relationships Matter! series to:

- Help practitioners who serve women with behavioral health problems understand and address the impacts that relationships have on women's treatment and recovery
- Present relationship-specific interventions and approaches that work with women
- Offer practical hands-on tools that a wide variety of practitioners may use to support women's recovery.

[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>, start shopping and support us every time you shop.

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

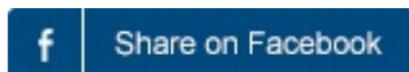


You can support SARDAA without spending a penny! Register Schizophrenia and Related Disorders on your Kroger Plus Card and they will donate a percentage to SARDAA each time you use your card.

Please register online
at www.krogercommunityrewards.com
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

