Message from SARDA, CEO

Dear Friends,

October was an amazing month. The Shatter Stigma Benefit in NYC was lovely and almost 250 guests, speakers and volunteers met, networked, learned and enjoyed each other, food, beverages and lovely auction items. Thank you to the many very valuable volunteers, sponsors and supporters who spent many hours helping to arrange all the various aspects that go into a lovely event. The Sheena friends and family were well represented and many happy reunions were enjoyed.

Lydiane Interdonato gave an emotionally charged presentation about how she has been affected by her parents who both live with schizophrenia and how each of them have had unique experiences. Lydiane passionately spoke of how we must bring psychosis “out from behind closed doors” and into the light so people can receive appropriate treatment and respect. Brad Sheena spoke of his and his
family’s love and pride for his brother, Lance, who has worked very hard to achieve success with the help of his family and his physician, Dr. Rob Laitman. Lance thanked his family, friends, and his doctor for his opportunity to live a better life full of meaning and enjoyment.

The event opened eyes and brought joy to the attendees. Michael D’Amico brought his gift of music to the event and sang from his heart as he enthusiastically supported SARDAA.

TV Host Cognac Wellerlane covered the event in high fashion interviewing Lydiane Interdonato, Mike D’Amico, Board Member Susan Sheena and Board Chair John Cruise.

We are also grateful for the photographic coverage by Barbara Lynne Photography and Matt Butler.

It was, indeed, a powerful and delightfully successful inaugural NYC benefit. You can be a part of the Second Annual NYC Shatter Stigma Benefit, just contact Angel at angel.white@sardaa.org – so you can help create an even bigger and more successful event for the 2018 committees are being formed NOW.

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

A few memories from the Shatter Stigma event in NYC.
We hope you will join us in 2018!

Message from FFS, Family and Friends, Coordinator
For some time, I've come on the idea from various sources that taking time to sense gratitude for things in one's life is a practice which serves one well. I've adopted this, ending my day recalling several things for which I am grateful, usually some simple things present that day. It is a peaceful way to end the day, giving promise for restful sleep. With permission of my special friend, Jean, I would like to share a poem written by her. Her creative writing is surpassed only by her artistic talent.

THOUGHT:
As I sat by the rambling brook,
And gazed into the sky,
My thoughts collected and all I could think,
Was,“Oh, how lucky am I!”.

I have two feet, for running,
Two hands to ease my cares,
A nose, to smell, and eyes, to see,
A mouth to say my prayers.

My feet can wisp me anyplace,
They carry me to and for
My hands can help in all I do,
And bring my work to show.

My nose can smell the flowers scent,
And tell me spring is here.
My eyes can gaze at all God's things.
The trees - the brook I'm near.

My mouth is used for many things! -
For things both good and bad.
It may bring cheer and joy and warmth,
Help comfort, when times are sad.

And so I see how much I've got,
When I am feeling low.
I thank the Lord, for what he's done,
And things he did bestow.

Hopefully this resonated with you, and so I ask your special thoughts for Jean as she prepares for surgery in mid-November. Thank you.

With Heart,
Mary Ross

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**Message from SA Staff Supporter**

How Sharing My Psychosis Helped Me To Become A Self-Advocate

By Sandy Dimiterchik

It was 2011. I had enrolled in an education class for people with mental health challenges. I was sitting in class one day when we discussed the steps toward acceptance. The last was self-advocacy. Basically self-advocacy is standing up for yourself and your rights. One of the ways we were told to be a self-advocate was to train to be a peer support specialist and share my lived experience to help others. At the time, I could not imagine sharing my stories of psychosis with anyone other than my doctor and therapist. I was diagnosed with schizophrenia, and I had gone through my first hospitalization in 2008. I did not want to be known for hearing voices and seeing things. I kept people at a distance because I was afraid I would be “found out”. I would stress out while working because I just knew somebody would notice that I was different from everybody else.

Plus, I also suffered from depression, which wasn’t being treated. I used to have a former co-worker who knew I had challenges say to me that my problem wasn’t my health, but my attitude. I took that to
heart, and I was hard on myself for not doing more. I discovered SARDAA on the web and participated in the SARDAA teleconference calls. The anonymity of the calls helped me to feel more comfortable talking about my symptoms and my life. I found people who had similar experiences as I had. I could talk to people without worrying about being judged for my choices.

My real diagnosis came about 2015, when I found out that I had schizoaffective disorder with depression. I was put on an anti-depressant, which made a big difference. At this time I was volunteering at SARDAA. There came a point where I had to decide whether to share my full name. It was scary for me because I was afraid people would be talking about me. In the end, this fear led to an increase in meds, which helped with the psychosis.

So, I found myself wondering again in 2017 about that self-advocacy step towards acceptance of having psychosis and a mental health challenge. I felt ready to share my stories of psychosis and recovery. I decided to start a support group in my town. Then, I was given the opportunity to train as a peer support specialist. Soon I will start my own SA group. I know now there is no shame in having experienced psychosis.

5th Annual Team Daniel Running for Recovery From Mental Illness 5 K walk/run

11/12/17 for the 5th Annual Team Daniel Running for Recovery From Mental Illness 5 K walk/run. Registration opens at 7:45 AM, the Kids Fun Run will be at 8:30 AM, and the 5 K walk/run starts at 9 AM. After the run meet marathon great Bill Rodgers and be one of the first to get Clozapine: Meaningful Recovery From Schizophrenia. See you there. Sign up on Active.com. Type in Team Daniel and the rest is straight forward.

Save the DATE:  April 19 & 20, 2018

SARDAA’s annual Scientific Symposium, Workshop and Recognition Dinner in collaboration with Baylor College of Medicine will be held in April 19 & 20, 2018. The Symposium will include renowned speakers sharing information about the latest neurological evidence and treatments for psychosis. The Symposium will also include a Schizophrenia Alliance (SA) Workshop providing an opportunity for training and networking. The Conference will conclude with a benefit and recognition dinner when influential leaders and celebrities of SARDAA’s Hearing Voices of Support (HVoS) initiative will be presented awards.

SARDAA extends its appreciation and gratitude to Board Member, Dr. Raymond Cho, for enthusiastically Co-Chairing the symposium.

Watch for more details in the newsletter and on the SARDAA website. Opportunities to sponsor the conference and vendor exhibits are available. Contact Flora Davis, Director of External Affairs for more information at flora.davis@sardaa.org or call 817.925.4421.
From the Desk of John P.
“Happiness Series”

What about Unhappiness? We have spent over a year talking about happiness. But, how about the times we're unhappy? The ABC News television news special on happiness concluded by asking what sort of good can come from the depths of unhappiness? ABC’s John Stossel said:

"If happiness is all we're about, don't we miss something?...Doesn't unhappiness have benefits too? Pain may aid creativity. Some of the world's most creative people have been at their best when they were unhappy...Some good things can come out of pain...Beethoven was raised by an alcoholic. He grew up tormented and sometimes suicidal, yet he gave the world `Ode to Joy.'"
This whole idea of unhappiness having benefits is picked up by famous self-help writer John Powell in his audio-tape, "Suffering: It can Make You Bitter or Better." Powell claims that a period of unhappiness can be a great teacher— that some of our most important victories are painful or costly. Those of us in S.A. who experience painful shyness can relate to this; at first, it's hard, but as we gain confidence in being outgoing, we grow in our ability to make friends in the group.

READ MORE

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Artist: Andrew Kaminski
Commissions, murals, exhibitions
andrew@andrewkaminskiart.com

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**Nominations now being accepted for annual AWARDS**

- Joanne Verbanic Award
- Shattering Stigma - Realizing Recovery
- Volunteer of the Year
- Exceptional Media Award
Clinician Extraordinaire
Exceptional Legislator
Valiant Researcher

Please submit your nomination no later than November 17, 2017. Your submission must include:
- Name of the Award
- Name of nominee
- Contact information for the nominee
- Contact information for the nominator
- Address each requirement for the award and how the nominee fulfills that requirement.
- Either email to: angel.white@sardaa.org or
- Mail to: SARDAA
  PO Box 941222
  Houston, TX 77094-8222

MORE INFORMATION

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
Saturdays - 4 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
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.

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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**WEBINAR: Tuesday, November 14, 2017, 2:00pm-3:00pm EST**
Research Updates: Improving Functioning in Schizophrenia
Presented by: Stephen R. Marder, MD

During his career, Dr. Marder has focused on pharmacological and non-pharmacological approaches to improving the outcomes of serious mental illnesses, particularly schizophrenia. His clinical intervention research began with studies that evaluated strategies
for reducing adverse side effects of antipsychotic medications, and studies that evaluated the interactions of psychosocial interventions and pharmacological approaches to improving the outcome of serious mental illnesses. Together with Dr. Green, his fellow Lieber Prize recipient, he led the NIMH-MATRICS initiative, which addressed key issues in the development of medications for improving cognition in schizophrenia.

Join by phone or on the web REGISTER HERE: bbrfoundation.org/novemberwebinar

Technical, Clinical Advances Make ECT Safe, More Effective for More Patients
Electroconvulsive therapy (ECT) should be regarded as a valuable treatment for severe major depression based on severity of illness, “not just because all other treatments have failed,” said Charles Kellner, M.D., the director of the ECT service at Mount Sinai Hospital in New York City, during a workshop Saturday at APA’s fall meeting IPS: The Mental Health Services Conference in New Orleans.

Studying Psychotic Symptoms in Marijuana Smokers at High Psychosis Risk
September 17, 2017
A small pilot study published September 17, 2017 in Psychiatry Research finds that marijuana can cause a temporary increase in psychotic-like states in people who are at high clinical risk for psychotic disorders.

Neurostimulation Therapeutics in Psychiatry —The Promise and Potential Pitfalls
October 16, 2017
The potential for therapeutic applications of electromagnetic energy to the brain has long been recognized. The earliest recorded report of neurostimulation was that of Mesopotamian physician Scribonius Largus who applied a live torpedo fish on the scalp to treat a headache.

Schizophrenia Fries More of The Brain’s Wiring Than We Thought, Study Shows
October 19, 2017
Schizophrenia can disrupt the entire communication system running through the brain, a new study has found, affecting more regions of the mind than scientists previously thought and shedding new light on how the condition takes hold.

NCCIH Introduces Know the Science Initiative
October 19, 2017
The National Center for Complementary and Integrative Health (NCCIH), part of the National Institutes of Health, has launched Know the Science, an initiative aiming to clarify and explain scientific topics related to health research.

Menthol Boosts Nicotine’s Effects
October 20, 2017
Mentholated cigarettes account for about a quarter of the U.S.
market, and appeal particularly to adolescents.

**NIDA scientists review impact of smoking among adolescents with ADHD**
*October 18, 2017*
Scientists in two separate studies funded by the National Institute on Drug Abuse (NIDA) looked at how adolescent smoking and attention deficit hyperactivity disorder (ADHD) symptoms might interact to affect long-term health and behaviors.

**New app helps parents track child’s developmental milestones**
*October 24, 2017*
Is your child’s development on track for his or her age? Now you can find out with CDC’s new free Milestone Tracker app. The app makes it easy for parents to track, support, and celebrate their young child’s development.

**Treatment for Adults With Schizophrenia**
*October 26, 2017*
People using assistive technology may not be able to fully access information in these files. For additional assistance, please contact us.

**Implementing Medication-Assisted Treatment for Opioid Use**
Implementing Medication-Assisted Treatment for Opioid Use Disorder in Rural Primary Care: Environmental Scan, a new AHRQ report, examines factors that may limit access to medication-assisted treatment (MAT) for opioid use disorder in rural primary care settings.

**Podcasts About Zero Suicide Efforts**
The VA Rocky Mountain Mental Illness Research, Education, and Clinical Center for Suicide Prevention presents this series of podcasts on Zero Suicide efforts. The podcasts include a conversation about the importance of caring messages in preventing suicide, a discussion with SAMHSA’s Chief of the Suicide Prevention Branch, and an interview with the Director of Colorado’s Office of Suicide Prevention.

**Depression, Repeated Doses of Ketamine, and Neuroimaging**
The purpose of this study is to evaluate the rapid and sustained antidepressant effects of repeat doses of ketamine in the brain. We want to learn how ketamine affects areas of the brain important in regulating mood and if there are unique signatures that could help predict who may respond to the drug. Also, we want to see if repeated doses of ketamine are safe and effective in treating the symptoms of depression.

**Treatment for Bipolar Disorder in Adults**
*October 26, 2017*
The AHRQ’s Effective Health Care Program encourages the public to participate in the development of its research projects. The Program uses these comments to help focus its research and ensure that the final comparative effectiveness reviews answer the most important
questions that clinicians, patients, consumers, and policymakers have about a given treatment, test, or procedure. The Program is currently seeking comments for:

**Request for Information (RFI) on Enhancing Utilization of the NIH Clinical Center**

*October 24, 2017*

NIH is seeking input from the community about areas of scientific opportunity that would benefit from the unique research resources of the NIH Clinical Center in Bethesda, Maryland. In particular, input is being sought to identify areas where the need for in-patient research beds exceeds availability. The NIH plans to use the input to consider new partnerships for enhancing utilization of the Clinical Center to address research questions that can be most effectively and efficiently answered by interventions or procedures that require hospitalization in a unique, research-focused setting. Responses accepted until November 24, 2017.

**Donate to SARDAA**

### Schizophrenia

**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.

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

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 Search for and select Schizophrenia and Related Disorders Alliance of 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, 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.

Texas and Louisiana Friends:
Re-Enroll Your Kroger Plus Cards
You can support SARDA without spending a penny! Register Schizophrenia and Related Disorders on your Kroger Plus Card and they will donate a percentage to SARDA 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
Jordan Helwig, Creative Designer

Robly