Message from SARDA, CEO

Dear Friends,

So many are experiencing much sadness and loss due to hurricanes, floods and fires. In these times we must keep our most precious possessions in mind. Of course, our most precious possession is our love and compassion for our family. Losing tangible things can cause grief and stress; losing our loved one is beyond imaginable. Unfortunately and profoundly sad is the additional loss families experience when affected by psychosis. When disasters occur, the losses are compounded.

The normal responses to traumatic experiences can include:

- Feeling anxious, sad, or angry
- Trouble concentrating and sleeping
- Continually thinking about what happened
Generally, these responses diminish in time. For someone with a neuro-psychiatric illness, these are not minor experiences and additional contact with their clinician is worthy.

As we are aware, stress can cause increased symptoms. Some of the things we can do to decrease stress in the face of disasters and tragedies include:
- Only view the news when it is imperative for personal safety
- Turn the TV and other devices to something pleasant and away from the news
- Engage in a mix of helping others, family time and personal time doing something you have found relaxing in the past
- Breathe – nice deep breathing along with pleasant thoughts is very helpful
- Avoid alcohol and other non-prescribed drugs
- Try to maintain a normal routine for meals, exercise and sleep
- Stay active

Sometimes the stressful thoughts and feelings continue for a long time and interfere with everyday life. For people who continue to feel the effects of the trauma, or psychiatric symptoms are triggered, it is important to seek professional help. Some signs that an individual may need help include:
- Worrying a lot or feeling very anxious, sad, or fearful
- Crying often
- Having trouble thinking clearly
- Having frightening thoughts, reliving the experience
- Feeling angry
- Having nightmares or difficulty sleeping
- Avoiding places or people that bring back disturbing memories and responses.
- Physical responses to trauma may also mean that an individual needs help. Physical symptoms may include:
  - Headaches
  - Stomach pain and digestive issues
  - Feeling tired
  - Racing heart and sweating
  - Being very jumpy and easily startled

Some people turn to alcohol or other non-prescribed drugs to cope with their symptoms. Although substance use can temporarily cover up symptoms, it can also make life more difficult.

We at SARDAAn care and want to encourage you to reach out to the SA and FFS support groups. The groups refer to the Serenity Prayer – good advice for us all:

G-d grant me the serenity
To accept the things I cannot change
The courage to change the things I can
And the wisdom to know the difference.

Warmest regards,
Linda Stalters, MSN
CEO
Schizophrenia And Related Disorders Alliance of America
If I sometimes 'blame' her regarding behaviors, it is fortunate when I remind myself that rather it is her 'disorder', and this is not how she asked to be, for her life to turn out, including the 30+ years of lacking insight, also known as anosognosia.

Recently the statement "if you don't like your life...change your attitude" caught my attention, i.e. key to whether it is largely satisfying or not. Abraham Lincoln said something to the effect 'we choose our happiness or our unhappiness in life'. I went on to think that people challenged with a biological brain disorder may have greater difficulty making that decision or choice, and all the factors which affect it. This calls for us, family and friends, to be there with understanding, perseverance and unconditional love, never to be regretted.

With Heart,
Mary Ross

Message from SA Staff Supporter

I recently became the Schizophrenia Alliance (SA) Staff Supporter. My role is to support SA Group Leaders with their work and to assist potential SA Group Leaders in forming their new groups. My function is to act as a liaison and a resource for the SA groups.

A couple of years ago, I discovered Schizophrenia and Related Disorders Alliance of America (SARDAA) while researching schizophrenia on the Internet. The amount of information on the SARDAA website was impressive and peaked my interest, leading me to volunteer. My first affiliation with SARDAA was as a volunteer grant writer in 2015. Being a grant writer afforded me an opportunity to learn about the many programs that SARDAA offers and led me to actively participate in their support groups. Later that year, I was honored to be awarded the SARDAA Volunteer of the Year award.

During one of my communications with SARDAA representatives, I expressed an interest in starting a SA group in Lafayette, Louisiana, which is due to begin in the near future. At this time, I also completed training to be a certified peer support specialist in the state of Louisiana. In September I accepted the SA Staff Supporter position and continue to promote SARDAA and all of its programs, such as the teleconference calls for those diagnosed, and for family and friends.

I look forward to communicating with and getting to know the other SA Group Leaders and SA members, and using my experience as a leader and peer support specialist to assist any way I can.

I would like to hear from you, about SARDAA, SA, submissions for the newsletters, or what it is like to be a peer support specialist. I can be reached at sandy.dimiterchik@sardaa.org.
Help improve lives affected by schizophrenia-related brain disorders

Led by event Co-Chair, Lydiane Interdonato and Brad Sheena, the committee is hard at work planning a spectacular event to raise public awareness of SARDAA and schizophrenia-related brain illnesses. A cocktail reception including hors d'oeuvres, entertainment, fashion show, silent and live auctions are sure to delight attendees.
SARDAA is seeking contributions and sponsors to help support SARDAA programs and anti-stigma initiatives.

Tickets are available on [Eventbrite](https://www.eventbrite.com):
VIG (Very Important Giver) with exclusive benefits: -- $250
Tickets -- $150
Tickets At the door -- $175

**PURCHASE TICKETS NOW**

For more information about the event or to become a sponsor, contact Flora Davis, Director of External Affairs at flora.davis@sardaa.org or call 817.925.4421.

**Shatter Stigma Committee:**
Co-Chair: Lydiane Interdonato & Brad Sheena
Susan Sheena
Susan Dutch
Beth Feldman Curcio
Donna Martini
Chief Executive Officer, Linda Stalters
Director of External Affairs, Flora Davis

**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](https://www.active.com). Type in Team Daniel and the rest is straight forward.

**Save the DATE: April 20, 2018**

SARDAA's annual Scientific Symposium, Workshop and Recognition Dinner in collaboration with Baylor College of Medicine will be held in April 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.

Mental Health Awareness

Schizophrenia and Related Disorders Alliance of America invites you to Sit-down for Psychosis!

On this World Mental Health Awareness Day Join the fight for psychosis awareness and treatment!

Take a stand and take a selfie of where you are sitting or sit with a group to show your support!

Write your country, city or place and hashtag #SARDAA Please share this invitation far and wide!

Help us get the message to Washington D.C. for support and reclassification of psychosis! Learn more, visit sardaa.org
From the Desk of John P.
“Happiness Series”

Other Voices on the Subject. Until now, most of the information for our Happiness Series has been taken from the compilation book written by Prof. David Myers, as well as the ABC News Special on happiness that was aired in 1996. In the July/August 1994 edition of Psychology Today, three other experts on happiness from North American universities were asked to discuss the subject matter, as summarized below.

Alex C. Michalos, Ph.D. of the University of Guelph, Ontario believes that the most important factor in happiness is good interpersonal relations—with friends, family, and other loved ones. Next in line is self-esteem, productive jobs, and then physical health. On the internal side, contentment, peace of mind, and satisfaction is valued. Having interests helps, as well as having long and short-term goals. Prof. Michalos states that one-time "Big Bang" achievements aren't as important to happiness as the sum total of all the small successes we experience every day. And to be happy we must be active, involved in purposeful activity to make the little successes happen.

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 January 15, 2018. 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
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.
Welcome to SA (Schizophrenics Alliance)! I understand that you want to start an SA group, and that is great!  

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!

Schizophrenia is a neuro-circuitry brain illness that changes the way you think, feel, and act -- and with the right treatment, it can be managed. Michelle Hammer tells her story.

WATCH HERE

Bethany Yeiser shares her story about living with schizophrenia and her journey

WATCH HERE
We’ve all heard the startling statistics regarding incarceration rates, and our burgeoning prison industrial system. What’s less known or acknowledged is the high rate of mental illness among our prison population. Nearly one in five offenders in our correctional system suffer from mental illness, and Lefford Fate believes this is unacceptable. After decades of de-institutionalizing mental health and criminalizing minor drug offenses, jails have become a primary locus for mental illness. Fate offers convincing evidence for why we need to be treating mental illness rather than locking away individuals.

From Command Chief of the nation’s premier F-16 fighter wing to the wings of an overcrowded prison system, this mental health and military professional has some thoughts about how prison can better serve the mentally ill. Lefford Fate serves as Deputy Director of Health Services for the South Carolina Department of corrections, where he oversees 600 medical professionals serving over 20,000 inmates. Now retired after 31 years in the US Air Force retiree, he brings his experience as a military mental health technician and certified addictions professional to bear in advocating for improved mental health services in our prison system.

WATCH HERE

UM SOM study finds intriguing relationship between sleep, cognition and kynurenine compound
September 28, 2017
More than 3.2 million Americans suffer from schizophrenia; about 100,000 people are newly diagnosed every year. The disease includes a wide range of symptoms including visual and auditory hallucinations, cognitive problems and motivational issues.
It is well-established that individuals with bipolar disorder and schizophrenia live much shorter lives than the rest of the population, dying an estimated 10 to 25 years younger, depending on the nation where they reside.

**Study: Gene linked to schizophrenia risk controls early neurodevelopment**
*September 26, 2017*
A gene associated with the risk of schizophrenia regulates critical components of early brain development, according to a new study led by researchers from Penn State University. The gene is involved in the translation of proteins from RNA and in the proliferation and migration of neurons in the brain.

**Schizophrenia 'voices' quietened by magnetic stimulation**
*September 5, 2017*
A new study confirms the brain region involved in generating the 'voices' that occur in schizophrenia.

**Researchers design new test to determine cognitive capacities of schizophrenia patients**
*September 15, 2017*
Researchers from the Universitat Autònoma de Barcelona (UAB), in collaboration with the University of Oviedo and the Biomedical Research Networking Centre in Mental Health (CIBERSAM), have designed a test which can help determine the cognitive capacities of patients with schizophrenia.

**Scientists discover and target brain area in patients with schizophrenia who 'hear voices'**
*Sep 4, 2017*
For the first time, scientists have precisely identified and targeted an area of the brain which is involved in "hearing voices", experienced by many patients with schizophrenia. They have been able to show in a controlled trial that targeting this area with magnetic pulses can improve the condition in some patients.

**Bringing My Own Kind of ‘Madness’ to the Office**
*SEPT. 25, 2017*
I've been fired more times than I care to admit. I have even more resignation letters to my name. Work and paranoid schizophrenia aren't exactly a recipe for success. At one job I had, on the ground floor of a city office, there were bars on the windows. The bars were no doubt put in for security reasons, like all the other shops and offices on the street.

**Using DNA to predict schizophrenia and autism**
*06 Oct 2017*
Researchers in Japan show in a multi-institute collaboration that a single amino acid substitution in the protein CX3CR1 may act as predictor for schizophrenia and autism.
People with schizophrenia left out of longevity revolution

September 15, 2017
A team of researchers has analyzed all eight published longitudinal studies of mortality in schizophrenia that met their strict research criteria and found that the mean standardized mortality ratio — a measure of the mortality rate in schizophrenia — has increased 37 percent from pre-1970s studies to post-1970s studies.

READ MORE

20 Minute Test Determines Attention and Memory Capacity in Schizophrenia Patients

October 4, 2017
Researchers at UAB have developed an assessment test, that can be completed within 20 minutes, to assess the cognitive capabilities of those with Schizophrenia.

READ MORE

Gene Associated With Schizophrenia Risk Regulates Early Brain Development

October 3, 2017
ZNF804A, a gene that contributes to schizophrenia also affects brain function and structure during early stages of fetal development, researchers report.

READ MORE

Intriguing Link Between Sleep, Cognition and Schizophrenia Identified

September 28, 2017
A study in Sleep reports on a link between cognition, sleep and a metabolite called kynurenic acid. The metabolite has previously been linked to schizophrenia.

READ MORE

The President’s Commission on Combating Drug Addiction and Opioid Crisis met in Washington DC. The Commission, established in March and appointed by the President, is led by Governor Chris Christie. The topic was innovative pain management and prevention measures for diversion.

Several stakeholders were invited to provide testimony to the commission. The Director of the National Institutes of Health, the President and CEO of PhRMA, The CEO of Alkermes’ Richard Pops and nine other CEOs and medical experts shared perspectives about how to address this crisis.

There are multiple paths to recovery and Alkermes’ goal is to increase awareness of and access to all available treatment options. To that end, Mr. Pops testified about the importance of implementing the Comprehensive Addiction and Recovery Act (CARA), a critical piece of legislation that ensures treatment providers have the capacity to provide directly, or by referral, all medicines approved by the FDA for the treatment of opioid use disorder, as well as appropriate counseling and other ancillary services.

Mr. Pops also highlighted the impact of untreated or under-treated depression as an important factor in the epidemic. He stressed that
new treatments are needed to address psychic pain as well as physical pain, as both contribute to substance use disorders. Information about the Commission and the meetings can be found here:
https://www.whitehouse.gov/ondcp/presidents-commission/meetings
https://www.whitehouse.gov/featured-videos

Donate to SARDAAA

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 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
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