Message from SARDA, CEO

Dear Friends,

This is a very trying time for millions of our friends, relatives, colleagues and loved ones. Hurricanes Harvey and Irma have wreaked such devastation; unless you experience it personally it is difficult to comprehend. This is an especially difficult time for our very vulnerable loved ones and their families who are affected by a serious neuro-psychiatric illness. Even more disconcerting is the challenge for our homeless brothers and sisters who do not comprehend the dangerous circumstances they were in and in the best of times, often refuse assistance. Our hearts and prayers are for all who have suffered losses - some are catastrophic.

When a crisis occurs we all suffer stress and confusion but for people with a psychiatric illness these can be a trigger for an exacerbation of their symptoms.

Common warning signs that you or your loved one should be in contact with your clinician for additional support and perhaps an adjustment in medications:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
• Having unexplained aches and pains, such as constant stomachaches or headaches
• Feeling helpless or hopeless
• Excessive smoking, drinking, or using drugs, including prescription medications
• Worrying a lot of the time; feeling guilty but not sure why
• Thinking of hurting or killing yourself or someone else
• Having difficulty readjusting to home or work life
There are likely stages that people will experience following a disaster: [American Red Cross Disaster Response Phases](#)

**Rescue Phase.**

People are viewed as heroes and are energetic in their efforts to help one another. People are grateful to have survived. People who were spared injury or loss might feel “survivor guilt”.

**Honeymoon Phase.**

The first few days after the disaster there is public support and media coverage.

**Disillusionment Phase.**

The stress and ongoing recovery efforts are fatiguing the community and survivors. People begin to be critical of the efforts by the elected officials, community services and non-profit service organizations. The shock and discouragement with their actual losses and the enormity of the task at hand sets in. Anger, rage and sadness can ensue and replace the feeling of gratitude for surviving.

**Reconstruction Phase.**

A long-term process when people can become frustrated with the response to their needs. The media has moved on and government and insurance providers are not providing as rapidly as anticipated. There is a limited number of workers to help with reconstruction. Homes may not be reparable and people can feel abandoned.

**SAMHSA** provides more about warning signs and risk factors for emotional distress related to hurricanes and other disasters. [READ HERE](#)

**SAMHSA** also offers the following tip sheets on coping, stress, and trauma after hurricanes and other disasters:
• **A Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services**
• **Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers – 2012** covers signs of stress reactions in different age groups and how to help.
• **Tips for Disaster Responders: Preventing and Managing Stress – 2014** includes strategies to help disaster responders prevent and manage stress during assignments. This tip sheet is also available in Spanish.
• **Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress – 2013** discusses stress-relief strategies and when to seek professional help. This tip sheet is also available in Spanish.
Warmest regards,
Linda Stalters, MSN
CEO
Schizophrenia And Related Disorders Alliance of America

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

I believe life has its lessons and there is one which keeps presenting in my life, but which I have yet to learn, that being 'I can't do it for another', that other being my daughter. I can't lessen another's suffering. I can't 'help' one to move toward recovery. I can't influence another to make good lifestyle choices to benefit their health.

It seems to me that it is hope and love which fuel my 'attempts', but the failures which keeps coming up for me seem self-destructive. It is difficult to stop hoping. I've found for me that 'distraction' is a good coping device, which may simply be focusing on my life rather than hers.

Recently I read that when one is in a repetitive, futile cycle of thought, that the immediacy of turning to a thought of gratitude is an instant salve for frustration, and avoids depletion of one's own life. I find it helpful. These notes were jotted during a particularly difficult time, but I'm glad to report that at this time, given the address of a crisis via a hospitalization and med change, that crisis was averted and things may be looking up.

With Heart,
Mary Ross
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 SARDA and schizophrenia-related brain illnesses. A cocktail reception including hors d'oeuvres, entertainment, fashion show, silent and live auctions are sure to delight attendees.

SARDA is seeking contributions and sponsors to help support SARDA programs and anti-stigma initiatives.
Tickets are available on Eventbrite:
VIG (Very Important Giver) with exclusive benefits: -- $250
Early General Giver by September 15th -- $100
General tickets after September 15th -- $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
Chief Executive Officer, Linda Stalters
Director of External Affairs, Flora Davis

**For your convenience if you choose to stay over night**
The Dream Downtown Hotel Room Reservations:
Group Room Block Rates 10/23/17 & 10/24/17: Bronze Kings, $419.00
All rates are quoted in US dollars are room only, per room, per night and subject to 14.75% NY State and US$3.50 occupancy tax, per room per night. Taxes may be subject to change if revised by local authorities.
Reservations Method: Guests will call the hotel directly to make their individual reservations. All reservations must be made by 09/22/2017. Reservations may be booked by calling our Sales Office at 1-646-625-4880. Reservations office hours are Monday–Friday 9:00AM – 6:00PM. When making reservations by phone, guests must reference the SARDAA.
Check-in / Check-out:
Check-in time is 3:00pm. Room assignments prior to this time are subject to availability. Check-out time is 12:00pm. Should a room not be vacated by this time, the Hotel may charge a late fee of 50% of the room rate, unless prior arrangements have been made.

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

SARDAAs 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.

From the Desk of John P.
“Happiness Series”

The ABC-News Special mentioned in passing two other factors that they felt led to happiness: laughter and extroversion (being outgoing with other people). For many of us with schizophrenia it is rather hard to be outgoing, although we often see inward people with our illness become more talkative and interactive with other members when they become involved with S.A. meetings. At the same time, increasing our opportunities for laughter also appears to lead us to greater happiness. Ways of doing this might be reading Peanuts on the comic page, watching old Laurel and Hardy movies, seeing some funny television shows, being around people who crack jokes, remembering funny incidences from your life, or other ways to make you smile or chuckle.

Professor David Myers has given us some additional insights on happiness in a Psychology Today article (July/August 1993 issue). Much of what he suggests we have already covered, but there are three other items in his prescription for happiness that we might also consider: savoring the moment, good self-esteem, and exercise.

This element of "savoring the moment" occurs when we aren't painfully recounting the past or worrying ourselves to a frazzle about the future. Instead we are mindful of the present with its combination of duties and enjoyments. Certainly, an appropriate level of retrospection and planning is necessary to a sound life, but many experts believe that happiness won't be served if the present is crowded out by the past and future.
I’m (we are) Samuel Carrillo González, I’m 24 years old, I live in Mexico, I am a Musician and a Motion Graphics Designer, also a 3D Designer/Artist. I was diagnosed with schizophrenia a little bit after my 23rd birthday, although the symptoms started when I was 17 years old, also I was diagnosed with a mild form of Asperger Syndrome.

Because of my condition I tend to perceive and understand things a bit different than other people, so I compose music, draw, paint, and digital model and sculpt what happens inside my mind. I do it so more people feel or understand the same things as me so we don’t feel alone in this world.

My creations tend to be chaotic or like a paradox, but it’s a controlled chaos and things that in my mind are real and possible but many humans think otherwise.

Today I´m on medication but I’ve noticed how the illness has progressed each day, of course the “good” voices tell me not to give up and keep fighting and the “bad” voices (we are a total of 6 voices) tell me to embrace our world.

What I want with my creations is to communicate with the world what I can´t do with words or speaking and to help people with a mental illness too.

https://www.instagram.com/samuelc_mindesign/

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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 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 (beginning Sept. 16, 2017)

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! **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.
SARDA 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!

Smartphones For Smarter Care? Self-Management in Schizophrenia

Luis R. Sandoval, Ph.D., John Torous, M.D., Matcheri S. Keshavan, M.D

“Mr. A” is a 30-year-old orthodox Christian single man, originally from Eritrea, who has been diagnosed with schizophrenia. He lived in a refugee camp for 9 months before arriving in the United States. Five months after his arrival, Mr. A started to feel
“irritable, aggressive, disoriented, and confused.” Shortly thereafter, he experienced his first psychotic break. As a consequence, he could not retain his job, lost interest in school, and was asked to leave his relative’s house: in the Eritrean community, mental health problems are poorly understood and not well received. He was soon hospitalized for psychosis, the first of many experiences with the U.S. mental health care system. After his discharge, he discontinued his medication and psychotherapy sessions because he denied having a mental illness.

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**Do you want to contribute to a short story anthology?**
With the help of staff at Johns Hopkins University, I am compiling a short story anthology that will exclusively feature short stories written by people with disabilities. All of the stories will feature disabled main characters.

**FIND OUT MORE**
Emily Dorffer, disabilitysubmissions@gmail.com, 281-734-7370

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**Virtual Event: Annual Summit: Advances in the State of the Science and Best Practice**
**September 19-21, 2017**
The 2017 Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Annual Summit will connect health care professionals, researchers, and academicians involved in all aspects of psychological health and traumatic brain injury care for the military community. This year's event will offer real-time access to up to 28 hours of state-of-the-science programming. Join others from around the globe to participate in panel discussions and question and answer sessions, network with professionals and peers, visit the virtual exhibit hall for resources, and earn up to 14 CECs during the virtual event.

REGISTER HERE

Counseling From the Red Cross
To reach out for free 24/7 counseling or support, contact the Disaster Distress Helpline at 1-800-985-5990 or text “TalkWithUs’ to 66746.
Disasters are upsetting experiences for everyone involved. Children, senior citizens, people with disabilities and people for whom English is not their first language are especially at risk and are likely to need extra care and help. But everyone, even the people that others look up to for guidance and assistance, is entitled to their feelings and deserves support throughout the recovery process.

READ MORE

New Calculator Helps Predict Risk of Developing Psychosis Across Diagnoses
September 4, 2017
Many scientists believe that early intervention may alter the course of psychosis. For this reason, researchers have sought to improve tools for predicting who might develop psychosis later in life, laying the groundwork for prevention and early treatment.

READ MORE

Small Study Finds Signs of Brain Inflammation in Patients with Obsessive-Compulsive Disorder
In a first-of-its-kind study, researchers have found signs of inflammation within the neurocircuitry associated with adult obsessive-compulsive disorder (OCD). The findings were reported June 21 in JAMA Psychiatry.

READ MORE

Prenatal Nicotine Exposure and Risk of Schizophrenia Among Offspring in a National Birth Cohort
Cigarette smoking during pregnancy is one of the most common adverse exposures during the fetal period: approximately 12%225% of pregnant women in Western societies smoke while pregnant (1). Nicotine readily crosses the placenta into the fetal bloodstream, with higher concentrations than in the pregnant woman (2). Nicotine specifically targets fetal brain development, causing short- and long-term changes in cognition (2), neumorphology (3, 4), and neurotransmitter function and altered regulation of neuronal apoptosis (5). These effects occur in part through modulation of brain nicotinic acetylcholine receptors, which have a vital role in brain maturation (6). Moreover, prenatal nicotine exposure is related to epigenetic events (7), dysregulation of gene transcription in
placental and fetal cells (8), and oxidative stress (9), which adversely influence brain development. Each of these effects potentially contributes to neurodevelopmental abnormalities (6).

**Virginia's Free Quitline**
The state contracts with Alere Wellbeing to provide the quitline service. Quit Coaches have 270 hours of training.

**Scientists zap 'voices' from schizophrenia sufferers**
September 5, 2017
Scientists have pinpointed a part of the brain where "voices" torment schizophrenia sufferers, and partially muted them with magnetic pulse treatment, a team reported on Tuesday.

More than a third of sufferers treated with magnetic pulses in a patient trial experienced "significant" relief, the scientists said in a statement.

"We can now say with some certainty that we have found a specific anatomical area of the brain associated with auditory verbal hallucinations in schizophrenia," the team said.

"Secondly, we have shown that treatment with high frequency TMS (Transcranial Magnetic Stimulation) makes a difference to at least some sufferers."

**The Concept of Schizophrenia Is Coming to An End**
August 24, 2017
The Concept of Schizophrenia is dying. Harried for decades by psychology, it now appears to have been fatally wounded by psychiatry, the very profession that once sustained it. Its passing will not be mourned.

Today, having a diagnosis of schizophrenia is associated with a life-expectancy reduction of nearly two decades. By some criteria, only one in seven people recover. Despite heralded advances in treatments, staggering, the proportion of people who recover hasn't increased over time. Something is profoundly wrong.

**Potential rare gene mutation could act as predictor for schizophrenia and autism**
August 30, 2017
Huntington's disease, cystic fibrosis, and muscular dystrophy are all diseases that can be traced to a single mutation. Diagnosis in asymptomatic patient for these diseases is relatively easy You have the mutation? Then you are at risk. Complex diseases, on the other hand, do not have a clear mutational footprint. A new multi institutional study by Japanese researchers shows a potential rare gene mutation that could act as a predictor for two neurodevelopmental disorders, schizophrenia and autism.
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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**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](https://smile.amazon.com/ch/33-1213657)

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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.

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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