Message from SARDA, CEO

Dear SARDA Family,

February is a time we think of love. Love comes in many forms. Your dog, cat, rabbit or gold fish might bring you love and caring. Unconditional love is necessary for each of us to grow and endure some of life’s most difficult
challenges. Love can be demonstrated by a smile, an opened door, a kind gesture or a small handmade gift. When we accept one another and learn to communicate with respect, lack of judgement and acceptance of differences our partnerships can lead to loving/caring relationships. Tolerance is learning of someone’s differences in perspectives and allowing those differences and continuing to nurture a friendship; it’s a piece of love. We at SARDAA hope you feel our love for you.

Our Spring Psychosis Conference will help you learn, understand and communicate in a way that will change lives. We will explore the reclassification of schizophrenia and we will delight in celebrating extraordinary people, marvelous music and Ten Years of working together improving lives affected by psychosis. Come meet people you have talked to, heard of and wanted to meet.

CME’s and CEU’s are available.
We are grateful to our volunteer Interpreters: Hanjing (Emily) Wu, MD (for Chinese), PhD and Gerardo (Jerry) Buentello, MD (for Spanish)

Register for each of these extraordinary sections:
Friday 7:30 a.m. – 4:30 p.m. Schizophrenia: Neurological Evidence and Treatment Updates
Friday 6:30 p.m. – 10:00 p.m. the Tenth Anniversary Celebration
Saturday 8:00 a.m. - Noon LEAP Training
Saturday 9:00 a.m. – 11:00 a.m. SA Workshop

Special rates for family members, students/interns/residents and diagnosed individuals.

You do Not want to miss Dr. Xavier Amador (I’m Not Sick; I Don’t Need Help); Dr. Robert Heinssen (RAISE); Honorable Dr. Tim Murphy (“Helping Families in Mental Health Crisis Act”) and many more global experts.

Looking forward to seeing you on April 20 and 21!

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

Schizophrenia: Neurological Evidence & Treatment Updates

Baylor College of Medicine, Houston, TX
April 20th 8:00 am - 4:30 pm
April 21st L.E.A.P. Training & Schizophrenia Alliance Workshop

SARDAAs
10th Anniversary Celebration & Awards Banquet

Honoring Congresswoman
Eddie Bernice Johnson

The Houston Club 910 Louisiana Street
49th Floor Houston, TX
April 20th 6:30 - 9:30 pm

April 20 & 21, 2018

Purchase Tickets NOW
Limited Seating Available!

Schizophrenia and Related Disorders Alliance of America,
Baylor College of Medicine
and L.E.A.P. Foundation Present:

Schizophrenia: Neurological Evidence & Treatment Updates
L.E.A.P. Training
by Dr. Xavier Amador

Conference Committee Co-Chairs:
Dr. Raymond Cho, M.D., M.SC & Linda Stalters, MSN

Sponsorship opportunities available:
Please contact Flora Davis, 240-423-9432, flora.davis@sardaa.org

Thank you Partners: Baylor College of Medicine and L.E.A.P. Foundation
Thank you Sponsors: Alkermes, Coalition of Behavioral Health Services, VA Health Care

Purchase Tickets NOW

Message from FFS, Family and Friends, Coordinator

I sit with sadness this eve, not able to relieve my daughter in her suffering. I relate to thoughts of Kierkegaard as he compares the final stage of human consciousness to the shirt in the old fable. “The thread is spun under tears, the cloth bleached with tears, the shirt sewn with tears; but then too it is a better protection than iron and steel. The secret in life is that everyone must sew for himself...(then) there is peace and rest and comfort in sorrow”. We must know this is our strength.

With Heart,
Mary Ross

Message from SA Staff Supporter

By Sandy Dimiterchik
SA Staff Supporter

Times are changing and so is language and understanding of terms. SA is an amazing inclusive program that we want to grow so individuals who have
experienced psychosis can realize the support and acceptance that we have enjoyed. What can we do to make that happen?

Once again, we can consider renaming SA. There is a history of changing the name to better describe our groups. When SA was first formed, it was called Schizophrenics Anonymous. However, that no longer fits because there has been a change in language, and people stopped describing themselves by the name of the illness. Also, the group offers services not only for people with schizophrenia, but also for related disorders, such as bipolar disorder, schizoaffective disorder, depression with psychosis, and experience with psychosis. Thus, the name was changed to Schizophrenia Alliance.

However, this name still does not best suit the group. As a group leader, I have many questions about who the group is for. People are frequently confused by the term Schizophrenia Alliance, and may not come to a meeting or start a group because they don’t understand that their diagnosis is included.

Also, what unites all group leaders and group members is that we have experienced psychosis at some point in our life. Psychosis includes hallucinations and delusions, and not being able to discern what is real. Psychosis may be controlled by medication. Recognizing that we are struggling with reality is a step toward recovery.

We want your opinions of the name change. Also, we need to come up with an acronym and possibly a new logo, something like PA/SA, (p)SA, or (p)SA. We will discuss this at the March 7th Spirit of SA meeting at 7 PM ET. If you want to comment and are unable to make the meeting, please contact me at 832-439-1586 or sandy.dimiterchik@sardaa.org. I look forward to hearing from you!

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.
VOLUNTEER
Super Opportunity to Improve Lives
You Will
Receive
Volunteer Hours Certification
Amazing T-shirt
Inspiration
Awesome Sense of Compassion
& Meet VIPs

What: Conference and Banquet
When: April 20 & 21, 2018
Where: MD Anderson Onstead Auditorium Conference
       The Houston Club (Banquet)
For: Schizophrenia And Related Disorders Alliance of
     America (SARDAA.org)
     Baylor College of Medicine
     L.E.A.P. Foundation
Contact: Angel White
        Angel.white@sardaa.org  240-423-9432

The voice they want to hear is yours.
Hearing Voices of Support

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.

*** HOW TO START AND GROW AN 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.

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!
Youth Later Diagnosed With Psychotic Disorders May Show Up in Acute Care Settings First
Most people receiving a first diagnosis of a psychotic disorder have had some indication of mental health problem in the previous year.

What Can Different Motor Circuits Tell Us About Psychosis?
Signs of motor dysfunction are evidenced across a range of psychiatric disorders including schizophrenia.

Project RockSTARR recognized by CenterWatch as Top Innovator of 2018

Study reveals negative longterm effects of heavy cannabis use on brain function and behavior
New study in Biological Psychiatry: Cognitive Neuroscience and Neuroimaging looks at the effects of heavy cannabis use on brain function and behavior

Study finds rise in number of adolescents receiving psychiatric or neurodevelopmental diagnosis
According to a national register study comparing Finnish birth cohorts from 1987 and 1997, an increasing number of adolescents receive a psychiatric or neurodevelopmental diagnosis.

Speech Analysis Program May Improve Psychosis Prediction in At-Risk Youth
A speech analysis software program is able to predict which youth at risk for schizophrenia will transition to psychosis with about 80 percent accuracy, according to a report in World Psychiatry.

Social Skills Training May Reduce Negative Symptoms in Patients With Schizophrenia
Social skills training (SST) is effective for treating negative symptoms in schizophrenia, according to a metaanalysis in Schizophrenia Bulletin comparing SST and other interventions on a number of outcomes.

Sandy Dimiterchik, SARDAA SA Staff Support will be on "Insight into Mental Health" on Acadiana Open Channel www.aocinc.org on Thursday
February 15 at 8 pm CT.

Statement of Elinore F. McCance-Katz, MD, PhD, Assistant Secretary for Mental Health and Substance Use regarding the National Registry of Evidence-based Programs and Practices and SAMHSA’s new approach to implementation of evidence-based practices (EBPs)
SAMHSA and HHS are committed to advancing the use of science, in the form of data and evidence-based policies, programs and practices, to improve the lives of Americans living with substance use disorders and mental illness and of their families.

My Healios Survey

MSU scientists seek to identify brain mechanisms related to psychosis
Why do some people who are diagnosed with schizophrenia experience psychosis, a disconnection from reality that can make them believe their actions are being controlled by aliens or the government?

Evidence suggests two patterns of early symptoms precede and predict later BD risk
Two patterns of antecedent or "prodromal" psychiatric symptoms may help to identify young persons at increased risk of developing bipolar disorder (BD), according to a new analysis in the Harvard Review of Psychiatry.

Management of Treatment-Resistant Schizophrenia With Clozapine Augmentation
A 44-year-old woman with a history of chronic schizoaffective disorder, epilepsy, social phobia, anxiety, and panic attacks presented with concern for “feeling anxious.” After a history, physical examination, and laboratory tests, the woman received a diagnosis of treatment-resistant schizophrenia

How Do Antipsychotics Affect Mortality Risk in Schizophrenia Patients?
Long-acting injection (LAI) use is associated with an approximately 30% lower risk of death than the use of oral agents in patients with schizophrenia, according to the results of a recent study.

Glutamate, GABA Abnormalities May Disrupt Memory in Schizophrenia
Human papillomavirus 16 (HPV16) is common among human immunodeficiency virus (HIV)-positive men who have sex with men (MSM) and may be a useful determinant of anal cancer risk, a new study showed.

Computer based speech analysis has potential to improve prediction of psychosis
Computer based analyses of speech transcripts obtained from interviews with at risk youths were able to predict which youths would later develop psychosis within two years, with an accuracy of up to 83 percent.

Closing In On Closing Rikers Conversation
THE MASS INCARCERATION OF PEOPLE WITH MENTAL ILLNESS AND SUBSTANCE USE DISORDERS:

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.  

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](http://smile.amazon.com/ch/33-1213657)

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Select Schizophrenia and Related Disorders Alliance of America

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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](http://smile.amazon.com/ch/33-1213657), start shopping and support us every time you shop.*
Shop with PayPal and choose SARDA to Donate with PayPal Giving Fund to help support SARDA.

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