Message from SARDA, CEO

Schizophrenia and Related Disorders Alliance of America (SARDA) works to improve lives affected by psychosis. Schizophrenia is the most misunderstood and untreated illness that when left untreated causes profound costs to individuals, families, and the community.

We have initiated a movement to change the paradigm so that people will receive the treatment they deserve within the medical system. Psychosis is caused by a neuro-circuitry disorder in the brain and people must be treated with dignity,
respect, and appropriate treatment as we do with others suffering from brain disorders such as Alzheimer’s and Parkinson’s Diseases.

Our partnered conference – Schizophrenia: Neurological Evidence, Treatment Updates and L.E.A.P. Training and SA Workshop will educate clinicians, caregivers, family members, diagnosed individuals, and the broader community to understand what psychosis is, how to treat and develop a therapeutic relationship, and ability to communicate with an individual who does not perceive they are ill so that they will accept treatment.

It seems Pres. Trump and other politicians have real intent and compassion to improve the horrific situations we have faced.

A priority for people who are successfully living meaningful and productive lives with a neuro-circuitry brain disorder such as schizophrenia, schizoaffective disorder, bipolar disorder or major depression is for everyone to realize they are brilliant, altruistic, compassionate and vulnerable people who are the 50% who have received treatment and are usually discriminated against because of the major media coverage of horrific events and the “finger pointing” at all so diagnosed.

We really do not know if or what diagnosis the perpetrator of the recent horrific tragedy has, we do know that people, including himself, were begging for help. Sadly and tragically, begging for help happens daily by millions of people, mostly families who’s “hands are tied” due to lack of clinicians, lack of residential services, HIPAA and “patient’s rights” to refuse treatment even when that decision is based on delusions and hallucinations. Our country is a wonderful one, but overly litigious. People are afraid to communicate and act in the best interest of a person for fear of legal repercussions.

There must be a multi-pronged approach. Number one, if someone is showing signs of suicidal thoughts, neuro-psychiatric illness or mental illness, do not merely “ban” the individual from guns or from places! Help the person access evaluation and appropriate TREATMENT. Treatment might require long-term medication, therapy, work/educational coaching and special housing. This approach is much less costly than incarceration, homelessness or worse. Millions of families are begging for help but the current laws allow an individual who is unaware of their illness to refuse treatment thus making an uninformed decision due to their neuro-circuitry brain disorder; the HIPAA laws are barriers to communication between potentially life altering communications.
Dr. Tim Murphy’s offering of hope for millions was indeed in part dashed by partisanism. We must help reinvigorate the movement to pass the remaining pieces of the “Helping Families in Mental Health Crisis Act” that are vital to improving lives affected by severe neuro-psychiatric brain illnesses and their loved ones. We must reclassify schizophrenia as a neurological brain disorder so that people will begin to be treated with dignity, respect and with appropriate medical treatment.

Join us on April 20 & 21st to learn more.

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

SARDAAD’s
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:
Linda Stalters, MSN & Dr. Raymond Cho, M.D., M.SC.

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

Wisdom of the ancients...."Grief can be the garden of compassion. If you keep your heart open through everything, your pain becomes your greatest ally in life’s search for love and wisdom."...by Rumi. Who would want to live a life not knowing compassion for one’s fellow beings? Not I. Sometimes, probably always, growth is not possible without growing pains. We need stand by our loved ones with understanding and support. We will not regret it. Looking forward to spring, and the sun and growth.

With Heart,
Mary Ross

The FFS phone support group is on Tuesdays at 7 pm ET. Given the time zone difference of three hours between East and West coasts it is challenging to meet everyone’s needs, so we would like to establishing a second group for the west coast callers. If you, or anyone you know, would be so committed to starting such a group please contact CEO Linda Stalters at linda.stalters@sardaa.org....much gratitude.
Message from SA Staff Supporter

Peer Support and Recovery
By Sandy Dimiterchik

Recovery begins when a person starts to see a lessening of symptoms and an increase in positive traits. This can mean less depression, less paranoia, less anxiety, less voices, and/or less hallucinations. It can also mean an improvement in features like increased energy, positive thinking, or other things. Sometimes it is hard to notice these changes, so getting feedback from peer support group members can shed insight into how a person is doing. It is also good to “toot one’s own horn,” out loud to support group members. As you participate more in the same group, you get to know people better and build relationships in a safe place. This can help you get better as you build a strong support group and build meaningful relationships and friendships. SARDAA provides many opportunities to join peer support groups. There are in-person groups domestically and internationally, and we also have our five weekly conference calls Sunday, Thursday, and Friday at 7 PM ET and Monday and Saturday at 4 PM ET. Then, a person can also post on our SARDAA Facebook page. Increase your recovery skills by joining these peer support groups! For more information go to sardaa.org, or call me at 832-439-1586 or email me at sandy.dimiterchik@sardaa.org.

We would love to get your opinion.
Please take our short survey.
We want to hear from you!

CLICK HERE to Share Your Opinion

Thank you,
Sandy Dimiterchik, SA Staff Support

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.
Recovery
By Sandy Dimiterchik

Recovery is hard to define, hard to know, but when you are experiencing it you have places to go.

You get less hung up on all the obstacles, living in the present, viewing life as less of a skeptical.

All of us at different levels,

supporting each other, finding joy in which to revel.

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
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.

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.

[Download the app](#) today! We hope that you benefit the same way she does!

[Download](#) Schizophrenia Health Storylines today!
Exercise May Help Prevent Psychosis in High-Risk Youth
Exercise may improve positive and negative symptoms, as well as social and cognitive function, in youth at ultra-high risk (UHR) for psychosis, new research shows.

READ MORE

Linda Stalters Interview Podcast with Ed of Retire-To
Scheduled release March 14, 2018
Linda tells her story and invites others to hear more about using your passion in an exceptional way.
https://www.facebook.com/EZVolunteering/ and www.retiretovolunteering.com

Earlier this month the House and Senate
Earlier this month the House and Senate, as part of the compromise to pass the 2018 Budget Resolution, inserted a provision that will “close” the Medicare Part D “donut hole” one year earlier.

READ MORE

Add-On Therapy to Clozapine Improves Schizophrenia Symptoms
Treatment with the sodium-glucose cotransporter 2 (SGLT2) inhibitor canagliflozin is associated with a decreased risk for heart failure (HF) and other cardiovascular (CV) events, compared with dipeptidyl peptidase-4 (DPP-4) inhibitors, according to a new study.

READ MORE

Bazelon Steptoe Release
Bazelon Center for Mental Health Law partners with Steptoe to advocate and provide legal counsel for college students experiencing campus mental health discrimination.

READ MORE

30 Years on: How the Neurodevelopmental Hypothesis of Schizophrenia Morphed Into the Developmental Risk Factor Model of Psychosis
At its re-birth 30 years ago, the neurodevelopment hypothesis of schizophrenia focused on aberrant genes and early neural hazards, but then it grew to
include ideas concerning aberrant synaptic pruning in adolescence.

**Co-Occurring Disorders**

Psycologytoday

Formerly known as dual diagnosis or dual disorder, co-occurring disorders describes the presence of both a mental health and a substance-use disorder. For example, a person may be abusing a narcotic and also have bipolar disorder.

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

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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](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

**Help Change Lives -- Donate Now**

Thank you to those who already made a donation. Every contribution makes a difference.

Sincerely,
Megan Rafferty, Editor
Jordan Helwig, Creative Designer
Angel White