Message from SARDA, CEO

Dear Friend,

April is a very full month. SARDA will usher in the Mental Health Awareness month of May with our amazing events on April 20th and 21st. You do NOT want to miss this extraordinary opportunity to learn about psychosis, reclassification of schizophrenia and how to develop a winning partnership with someone who is unaware they are ill.
Today is an especially poignant day to remember the extraordinary exemplar, Dr. Martin Luther King, Jr. Our Chairman has more to say about this inspirational hero and role model below.

Individuals who are diagnosed with a neurological brain disorder such as schizophrenia, schizoaffective disorder or bipolar disorder deserve more access to appropriate treatment. One of the very grave situations we face is the lack of attention to new medications working on unique pathways to treat these sometimes life-threatening illnesses. We need to advocate for more opportunities for new and efficacious medication research and development. As advocates, we can reach out to Dr. Woodcock of the FDA to ask for improved consideration of new research and development of CNS medications with the rapid review of promising medications that will help treat psychosis, depression, addictions, and affect regulation. New pathways in the brain must be considered for treatment as the same pathways have not been as effective as needed.

Looking forward to seeing you on April 20 and 21, 2018 in Houston!

Soon we will send you invitations for you to send to your representatives in Washington, DC to be our guests at a Scientific Legislative Briefing in conjunction with our Hearing Voices of Support: Psychosis: Changing Perceptions Through Art & Science installation on June 27, 28, and 29, 2018.

Together we can improve lives affected by psychosis.

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

SARDAA’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!
Only 16 Days Remain

Schizophrenia and Related Disorders Alliance of America,
Schizophrenia and Related Disorders Alliance of America has been nominated to receive the 2018 Scattergood Innovation Award and $25,000!

Psychosis: Changing Perceptions through Art & Science

The public voting period will run through Tuesday, April 24th at 12 noon EST.

Click HERE to Vote for SARDAA today!

Message from FFS, Family and Friends, Coordinator

Living two lives, in part, that is what I feel at times in supporting my loved one, both emotionally and with daily activities. That is the essence of support for some, when circumstances disallow full participation in what life asks of us. I attended a mental health related function years ago which featured a person of
disability, perhaps homeless, who had survived many crises in his life. When asked how he had managed it he simply replied “with support”. Life holds different meanings for people, some measuring it in terms of accumulations or accomplishments, and for some of us it is thought of in how we meet challenges, or support one who struggles to meet theirs. The rewards may seem elusive, few and far between, but being there for one so challenged, many of us cannot turn away. Given a reversal of roles I/we would surly want his/her back. Stay the course, life is brief and transient. The values we hold dear in life can never be taken from us.

A quote by Wayne B. Arnason, regarding which I relate, reads “Take courage friends. The way is often hard, the path is never clear and the stakes are very high. Take courage. For deep down, there is another truth: you are not alone.”

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

April 2018 SARDAA Conference
By Sandy Dimitchik

I remember vividly the first SARDAA conference I attended, back in 2013. I had started participating in the conference calls that year, and when I heard of the conference, I was excited about going. I wanted to hear about cutting edge technology in the field of psychiatry for people with schizophrenia and/or related disorders. I wasn’t disappointed, though I missed the SA meeting. I did not participate in the awards ceremony, however.
Two years later I went to the conference again, this time as the 2015 SARDAA Volunteer of the Year. The speakers were excellent, I learned a lot at the SA Workshop, enough to want to start a group myself here in Lafayette, Louisiana. I was so impressed with the exhibits, and the volunteers did a great job, especially all the health science students. The awards ceremony was great, and the live music was spectacular.

My point is that the conference and awards ceremony is a great opportunity to learn and meet people. If you are able to attend the one on April 20-21 in conjunction with Baylor College of Medicine in Houston, Texas, I recommend going. The title of the conference is Schizophrenia: Neurological Evidence & Treatment Updates. I am now a SA group leader. On April 21 I will hold a workshop on starting a SA group, with the help of other SA group leaders.  

Click HERE for more information and to purchase tickets

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.

In MEMORY of Dr. Martin Luther King, Jr
John Cruise, Chairman of Board of Directors
April 04, 2018
THE DREAM UN-REALIZED

We are all familiar with the accomplishments of Dr. Martin Luther King Jr. If you googled what his top accomplishments are, you would easily find the March on Washington D.C., The Montgomery Bus Boycott, Southern Christian Leadership Conference, and the Nobel Peace Prize to name a few. Despite all that Dr. King accomplished people still question whether his dream was truly realized.

Dr. King dreamed of a world whereby racial and economic equality would be the rights of all men and women regardless of color. The Washington Post polled African-Americans in 2011, asking if Dr. King’s dream had been realized. 64 percent of people polled said no, the dream had not been realized. 50 years after the death of Dr. King we still live in a world plagued with racial discrimination, oppressive policing of people of color and huge income and economic disparity between the haves and the have-nots. It’s enough to make one wonder if the fullness of Dr. King’s dream is even possible.
Dr. King knew that he would not see the fulfillment of his dream in his lifetime but that did not stop him from working tirelessly toward its realization! That is the lesson that we must not overlook! The three qualities of Dr. King that we should all emulate and continue to remember him for was his hopefulness that our nation’s future could be better than its past, his undying faith that the hearts of all men would one day be changed to love each other and his massive work ethic toward being the catalyst to evoke the change that he thought was necessary in the world.

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
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!
VA Partners with Cohen Veterans Network to Increase Access to Mental Health Resources
Today the U.S. Department of Veterans Affairs (VA) and the Cohen Veterans Network, Inc., (CVN) announced a new partnership to increase Veterans’ access to mental health resources to reduce Veteran suicides.

READ MORE

Molecular Picture Point the Way to Better Antipsychotic Medications
A new high-resolution image of the antipsychotic drug risperidone (Risperdal) bound to the brain receptor through which it exerts its effects could help researchers design safer and more effective medications. Risperidone helps control the symptoms of schizophrenia, bipolar disorder, and other psychotic disorders. It is also used to reduce irritability in people with autism. Like other antipsychotic medications, it works by suppressing signaling from a type of dopamine receptor in the brain called D2. It’s one of five variants of the receptor found in the brain, each with small but highly consequential differences.

READ MORE

AoU National FAQ
We’re calling on one million people to lead the way toward better health. What is precision medicine? Precision medicine is health care that is based on you as an individual. It takes into account factors like where you live, what you do, and your family health history. The goal is to be able to tell people the best ways to stay healthy. If someone does get sick, precision medicine may help health care teams find the treatment that will work best.

What is the All of Us Research Program? The All of Us Research Program is a large research program. The goal is to help researchers understand more about why people get sick or stay healthy. People who join will give us information about their health, habits, and what it’s like where they live. By looking for patterns, researchers may learn more about what affects people’s health.

READ MORE

AoU NAT Program
What is research?
Research is the process of finding out new things.

What is health research?
Health research is the process of finding out new things about improving people’s health.

Why is health research important?
We all want to live long and healthy lives. People who do health research are identifying better preventive care to keep us healthy. And they are discovering new medicines and treatments for when we do get sick.
AoU NAT Brochure
The All of Us Research Program is a large research program. The goal is to help researchers understand more about why people get sick or stay healthy. If you decide to join All of Us, you will be contributing to an effort to improve the health of generations to come. You also may learn about your own health.

Adolescent Exposure to Toxic Volatile Organic Chemicals From E-Cigarettes
There is an urgent need to understand the safety of e-cigarettes with adolescents.

Tim Murphy Podcast
"I think as we get more providers, more places for this, and people recognizing that if much of #severementalillness and #schizophrenia is a #braindisease, let's get to more research, more focus on this, more treatment, and help people have a brighter future." -- Dr. Tim Murphy

Risk of Victimization Is High in Patients With Psychosis, Meta-Analysis Finds
American Psychiatric Association
A meta-analysis in Schizophrenia Bulletin found that rates of victimization were between 4 and 6 times higher among individuals with psychosis than in the general community. “Every year approximately 1 in 5 individuals with a psychotic disorder becomes victimized,” wrote Bertine de Vries, Ph.D., and colleagues at the University of Groningen, the Netherlands. “Clinical factors such as hallucinations, delusions, manic symptoms, and a personality disorder may increase target attractiveness.”

Towards A Genomic Psychiatry: Recommendations of the Genomics Workgroup
NIMH
In his latest Director’s Message, NIMH Director Dr. Joshua Gordon reviews the recent recommendations of the Genomics Working Group of the National Advisory Mental Health Council. The report delves into how researchers can make progress given the complexity of the genetic landscape underlying psychiatric disorders.

Brain Network for Social Understanding Develops in Early Childhood
NIH
A new NIH-funded study reveals that a network of brain areas involved in interpreting other people’s states of mind has started developing by age three. The findings provide insight into the development of social understanding and may lead to insights into conditions that involve difficulty with social interactions.

Update On ALL OF US' Genomics Plan
In this video blog, Eric Dishman, director of the All of Us Research Program, gives an update about the program’s genomics strategy. All of Us recently announced its intent to fund genome centers to do genotyping and whole genome sequencing for one million participants. The program will also be launching a pilot initiative to responsibly return genomic data to participants.

Office of Health Equity: 2017 Health Equity Report
This report from the Health Resources and Services Administration (HRSA) presents a comprehensive analysis of HRSA’s efforts in reducing health disparities and promoting health equity for various populations at the national, state, and local levels. Trends are presented for program areas such as mental
Partnering for Health Equity
The theme for the 2018 National Minority Health Month is “Partnering for Health Equity.” Partnerships at the national, state, tribal, and local levels are vital to the work of reducing health disparities and advancing health equity. During National Minority Health Month, the HHS Office of Minority Health (OMH) will join with partners, health advocates, and organizations in highlighting the role of partnerships in improving the health of people and communities across the country.

FDA Center for Drug Evaluation and Research (CDER) Public Workshop
April 3, 2018, Silver Spring, MD
The FDA Center for Drug Evaluation and Research (CDER) is conducting this public workshop for patient advocacy groups. It builds upon previous efforts to help advocates understand how they can engage with the FDA to enhance drug development and safety. The workshop will include educational presentations about the drug approval process, an interactive panel featuring patient advocates who will offer guidance on engaging with CDER, as well as an opportunity for questions and answers following many of the presentations. Finally, presenters will explain CDER’s new procedure for requesting drug-related meetings.

OMH Webinar
April 10, 2018, 3:00 PM ET
Brain health disparities affect populations such as racial and ethnic minorities who may face greater challenges in accessing care and receiving services that are culturally appropriate. This OMH webinar highlights state policy approaches to reducing those disparities. To understand how state legislators address brain health challenges and disparities in their states, the National Conference of State Legislatures, with OMH guidance and support, conducted an analysis of legislation introduced in 2017 related to brain health disparities. This webinar focuses on the results of the analysis. Presenters will describe brain health issues and challenges, key barriers to care, and factors contributing to brain health disparities; highlight state actions from the 2017 legislative sessions and identify common legislative approaches, and describe emerging strategies to improve access to brain health providers and services.

SAMHSA Webinar
April 12, 2018, 12:30-2:00 PM ET
This webinar will launch this a new series from the SAMHSA’s Service Members, Veterans, and their Families Technical Assistance Center with an overview of the specialized needs of Veterans and individuals with military experience who are experiencing homelessness and behavioral health conditions. Content will include the characteristics of veterans and other individuals with military experience who experience or are at risk of homelessness, as well as the clinical interventions, support services, and collaborations that benefit them. Topics will include traumatic brain injury, PTSD, military sexual trauma, domestic violence, reintegration challenges, health concerns, substance use, and serious mental illness, as well as the strengths and assets that are common among individuals with military experience.

FDA and NIDA Public Meeting
April 17, 2018, Silver Spring, MD
The FDA, in collaboration with NIDA, is hosting a public meeting on patient-focused drug development for opioid use disorder (OUD). The FDA is also working closely with patient advocacy and community organizations to encourage participation from persons with OUD. This meeting aligns with FDA’s ongoing work aimed at reducing the impact of opioid abuse and addiction. The FDA is interested in learning patients’ perspectives on OUD, including the effects on their health and well-being that have the greatest impact on daily life, their experience using prescription medical treatments and other treatments or therapies for OUD, and challenges or barriers to accessing...
or using medical treatments for OUD. Participants can attend in person or via webcast.

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

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
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