You are invited to participate in our inaugural Shine A Light On Psychosis Global Vigil and Meditation on May 24, 2018. On Thursday, May 24, we will
have a 10 minute guided meditation starting at 9:00 pm in Miami, Florida. You can find your local time at: http://bit.ly/shinealightonpsychosis

Gather your friends, family, neighbors, and colleagues to light a candle, phone light, flashlight, or home lights to show your support for people living with psychosis.

**Guided meditation:**

We are happy to announce that this Meditation will be guided by Ismael Cala (former SARDAA Board member). In this global vigil, please dedicate your thoughts to heightening the sense of a profound commitment to the care and cure for those affected by psychosis. It is time for people living with psychosis to be treated with dignity and respect.

Now is the time to shine a light in a symphony of thought for a more loving and compassionate world.

**If you don't have previous experience with Meditation use this basic and easy to follow meditation step:**

"When you are ready to begin, first take a few slow deep breaths while relaxing all muscle tensions, focusing your attention on your breathing.

*Volunteers needed for Sign Language Interpreter. Please contact Angel White, angel.white@sardaa.org or 240-423-9432.

**INVITACION**

**Vigilia global y meditación**

**#ShineALightOnPsychosis**

**(Encendamos una Luz en Psicosis)**

**24 de mayo de 2018**


Reúna a sus amigos, familiares, vecinos y colegas para encender una vela, la luz del teléfono, una linterna o las luces del hogar para mostrar su apoyo a las personas que viven con psicosis.
Meditación guiada

Nos complace anunciar que esta meditación será guiada por Ismael Cala (ex miembro de la Junta de SARDAA). En esta vigilia global, enfoque sus pensamientos para aumentar el sentimiento de un profundo compromiso en el cuidado y la cura de todas las personas afectadas por la psicosis. Es hora de que estas personas que viven con psicosis sean tratadas con dignidad y respeto.

Ahora es el momento de brillar una luz en una sinfonía de pensamientos para un mundo más amoroso y compasivo.

Si no tiene experiencia previa con la meditación, use este paso de meditación básico y fácil de seguir:
Cuando esté listo para comenzar, primero respire profunda y lentamente mientras relaja todas las tensiones musculares, enfocando su atención en su respiración.

*Volunteers needed for Sign Language Interpreter. Please contact Angel White, angel.white@sardaa.org or 240-423-9432.

- Receive a t-shirt for donations of $30 or more
- Send a picture of your vigil with a donation of $25, we will send you a t-shirt
- Send a picture of your vigil and a donation of $10 you will receive a SARDAA bracelet
- Send a picture of your vigil and donation of $50 you can have a choice of t-shirt, LEAP or Clozapine book
- Send your picture to Angel White, angel.white@sardaa.org

Donate to SARDAA

Message from SARDAA, CEO

Dear Friend,

Brain (Mental) Health Month is here and SARDAA kicked the month off with our amazing conference in Houston on April 20 and 21st. Attendees travelled
from Canada, and all coasts north and south. All of the speakers were fantastic and addressed cutting-edge neurological evidence of schizophrenia and anosognosia and treatment updates including appropriate prescribing of Clozapine, the use of apps, Cognitive Enhancement and Cognitive Remediation as well as Neuro-stimulation addressing auditory hallucinations. And there was so much more. Attendees were excited to learn new skills as our partner and anosognosia expert, Dr. Xavier Amador expertly taught LEAP. The Schizophrenia Alliance, Psychosis Support & Acceptance (SA) Workshop brought together peers to support each other and learn how to start a new group and spice up existing groups. The sessions were just a part of the inspiration and new supportive relationships that were created – perhaps the most profoundly important experience of the conference were new alliances and embracing the support that is available. Thank you to all of the many volunteers who made this incredible conference a beautiful success.

SARDA is proud to announce our newly elected Officers and Directors. This is an exceptional Board filled with enthusiasm and passion to actually improve lives affected by psychosis.

**Raymond Cho, M.D., M.Sc**  
*Chairman*  
Houston, TX  
Senior Faculty in the Psychiatry Research Department at Baylor College of Medicine

**Mary Palafox, R.N.**  
*Secretary*  
Santa Ana, CA  
Brain Health advocate and Parent of son with schizophrenia

**Russell Stalters, M.S.**  
*Treasurer*  
Houston, TX  
CEO and Founder of Clear Path Solutions Inc. and author of gettinginformationdone.com.

**Sandy Dimiterchik, B.S.**  
Youngsville, LA  
Certified peer support specialist. SARDA Schizophrenia Alliance, Psychosis Support & Acceptance (SA) Staff Supporter. Sandy is diagnosed with schizoaffective disorder.

**Matcheri Keshavan, M.D.**  
Boston, MA  
Stanley Cobb Professor of Psychiatry at Harvard Medical School, Vice-Chair of Psychiatry at Beth Israel Deaconess Medical Center, and Senior Psychiatric Advisor for Massachusetts Mental Health Center in Boston, MA.

**William Lawson, M.D., Ph.D.**  
Washington, D.C.  
Nationally renowned expert on health disparities who has contributed significantly to substance abuse education, awareness, and research.
Robert S. Laitman, M.D.  
Bedford, NY  
Private practice physician, specializing in internal medicine, nephrology, geriatrics and the optimal management of clozapine.

Tim Murphy, Ph.D.  
Mt Lebanon, Pennsylvania  
Congressman Murphy has more than 40 years of service in Healthcare, government, the military, education, and media. Recognized as the national leader in mental health reform, his multiyear investigation into federal problems with mental health policy culminated with his comprehensive bill “Helping Families in Mental Health Crisis Act” praised as the most substantial mental health reforms in over half a century. The bill passed the House 422-2 and was then amended into the 21st Century Cures act signed into law in December 2016.

Susan Sheena  
Roslyn, NY  
Marketer, Educator, Entrepreneur and parent of son with schizophrenia.

Consuelo Walss-Bass, Ph.D.  
Houston, TX  
Associate Professor and Director of the faculty in the Division Psychiatric Genetics Program in the Department of Psychiatry and Behavioral Sciences at the UT Health Medical School in Houston (UTHSCH). Dr. Walss-Bass’ research focuses on the understanding of psychiatric disorders at the molecular level to understand the molecular mechanisms that are involved in development and expression of psychiatric illnesses and behavior.

We are working to change the language and reclassify schizophrenia spectrum disorders to neurological brain disorders so that:
- Patients will utilize a neurological specialty bed and circumvent the IMD Exclusion
- Patients will receive comprehensive medical treatment
- People will be treated with dignity, respect and appropriate care
- People with a neurological brain disorder will not be criminalized due to their illness
- People will have the opportunity to provide “Informed Consent” not refusal of treatment based on symptoms, anosognosia, delusions or hallucinations.
- Medical Laws will be utilized rather than Mental Health Laws.
  All stakeholders will experience less discrimination

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

Annual Award Recipients
Joanne Verbanic Award: Nora Baylerian
Volunteers of The Year: Susan Sheena and Grace Lee

Exceptional Media Award: Pete Earley

Clinician Extraordinaire: Robert Laitman, M.D.

Shatter Stigma – Realize Recovery: Michelle Hammer, Founder Schizophrenic.NYC

Houston HVoS Celebrities: Morgan Stevenson, Doris Osei, Mike Alsup, Katie & Dave Lamoreaux

Valiant Researcher: Robert Heinssen, PhD

Message from FFS, Family and Friends, Coordinator

With May being Mental Health Month, may people feel a sense of renewal at this time of winter’s end, a rebirth of hope. Related to this, and regarding my value of self care, I've come to believe in the wellness benefit of the practice of earthing/grounding, that being having access to the healing energies of the earth. This is possible through enjoying 'bare footing' on the grass at one's home, or wherever such as in the moist sand at the beach, another good place for maximum benefit. Have you ever noticed having a good, renewing feeling after having done this? Might be those 'energies'. It is claimed that we've separated ourselves from these energies through our modern lifestyles, our footwear in particular being a major factor. This holistic practice is documented in the book 'Earthing: The Most Important Health Discovery Ever' by Clinton Ober, a tech guy, and Stephen Sinatra M.D., a cardiologist. Self care, given our challenges as care partners, should be primary in our daily lives. Thus earthing in the sands along the shore of Lake Michigan was something I did for myself this week, and it felt good...was one of the highlights in my day. Please check in with yourself and see what you can do to nourish yourself. Holistic and natural health practices usually cost very little, or nothing, such as this practice, taking time for a daily walk, etc. They help us to access our body’s inner ability to support and heal. Connections with nature are readily available supports for us also. In Japan it is called 'forest bathing', meaning being in nature with its healing powers. I wish you well.

With Heart,
The Friend and Family, 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

SARDAA and SA Events
By Sandy Dimiterchik

There have been a lot of things going on with SARDAA and the SA groups. We have decided to change the name of the SA groups to Schizophrenia Alliance: Psychosis Support and Acceptance. That way, people will know that the groups are for people with schizophrenia and related disorders, including experience with psychosis. Psychosis is the main symptom group members and group leaders share.

SARDAA, with Baylor College of Medicine, held its conference April 20-21, 2018 in Houston, Texas. The speakers presented invaluable information. Discussing reclassification of schizophrenia and possible name changes for schizophrenia, the panel, consisting of psychiatrists, myself, a nurse, and a former congressman, was able to shed light on the subject and expressed different opinions. Saturday I held a SA Workshop, and I hope to start new SA groups.

Friday night was the awards dinner. The awardees were presented, including Nora Baylerian who is the 2018 Joanne Verbanic Award winner. Dinner was delicious, followed by music and dancing. A silent auction was held.

Next, Hearing Voices of Support will present its art installation at the Rayburn Building in Washington D.C. June 27-29. A scientific briefing will be held for members of Congress and their staff.
We are accepting personal recovery stories from SA group members. The length should be several paragraphs. The stories are due May 11, 2018. We will randomly draw a name from the submissions and award the person with a $50 Starbucks gift card.

**Book Review of What Is A Schizophrenic Supposed To Look Like**

Author: Lori Rochat
By Sandy Dimiterchik

Lori Rochat has written an informative book, *What Is A Schizophrenic Supposed To Look Like*, on schizophrenia. The book helps people understand the illness and addresses the stigma that unfortunately accompanies the illness. By sharing her personal story and research she conducted, the author is able to shed light on an illness that most people don’t understand. She discusses important factors, including her own experiences at the hospital and taking medication. Describing her doctors helps the reader familiarize themselves with the process of finding the right doctor.

She also mentions things that can complicate the illness. For example, street drugs and smoking make it harder to treat the illness. Street drugs can cause symptoms similar to the illness. Smoking can be a way of self-medicating. Overall, both street drugs and smoking are bad for a person’s health. Additionally, obesity, a common side effect of the medications, contributes to a person’s overall health issues. The author also provides nutritious recipes.

Finally, Lori provides information on what to expect when having schizophrenia. A person might encounter police, sometimes trained in Crisis Intervention. There might be incidences of self-harm or harm to others. Of course, there is the problem of stigma. In recovery, a person may decide to work or volunteer.

Thus, this is a good book to read. At the end of the book, Lori mentions resources, which are invaluable. I recommend it for SA group members. The book can be purchased at Createspace.com, Amazon.com, Petropublications.com, and Barnes and Noble bookstores.

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.*
New York University School of Medicine Study

New York University School of Medicine is recruiting 18-30 year old participants who have been diagnosed with schizophrenia or bipolar disorder and psychosis in the last five years. An initial telephone screening and clinical interview will establish eligibility for the study.

The primary objective of this study is to understand how brain anatomy relates to function and health. This study is funded by the National Institute of Mental Health and is conducted at New York University School of Medicine.

The study involves:
Clinical assessment
MR scanning
Blood draw
Cognitive Assessment

This is a non-therapeutic study that does not involve treatment and does not interfere with any ongoing treatments. If eligibility criteria are met, a compensation of $160 will be provided for participation. For more information please contact us at cbibrainlab@nyumc.org
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,
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!

**Enrollment for the All of Us Research Program Begins on May 6, 2018**

On May 6, the All of Us Research Program, will begin national enrollment, inviting people ages 18 and older, regardless of health status, to join this a momentous effort to advance individualized prevention, treatment and care for people of all backgrounds. Part of the National Institutes of Health, All of Us is expected to be the largest and most diverse longitudinal health research program ever developed.
Participants will be asked to share different types of health and lifestyle information, including through online surveys and electronic health records, which will continue to be collected over the course of the program. Those who join will have access to study information and data about themselves, with choices about how much or little they want to receive.

**Internet Use May Trigger Psychosis Relapse**
Liam Davenport
April 9, 2018

FLORENCE, Italy — A substantial proportion of patients with psychosis have had bad experiences online and are suspicious of the Internet, and in some cases Internet use triggers psychosis relapses, warn Spanish researchers.

The survey of almost 100 patients with psychosis showed that about 20% of patients feel suspicious about the Internet while almost 40% have had bad experiences online. The results also indicated that the frequency of Internet access and having a social media account were linked to Internet related psychosis relapses and pathologic Internet use.

"Younger patients, recent diagnosis of psychosis, and being in a nonactive employment situation seem to be related to these pathological results too," say Julio Sanjuan, MD, professor of psychiatry, University of Valencia School of Medicine, Valencia, Spain, and colleagues.

"These findings suggest that, although technology is widely accepted by patients, the Internet is a source of information that could be interpreted as a false alarm signal that may trigger paranoid symptoms."

The study was presented here at the Schizophrenia International Research Society (SIRS) 2018 Biennial Meeting.

**Participation in Early Psychosis Program May Reduce Risk of Death**
Nick Zagorski
April 18, 2018

The Study of an early psychosis intervention program in Ontario also demonstrated how much programs help to keep patients with psychosis and psychiatrists connected over the long term.

Early psychosis intervention users have 75% reduced mortality. In the first two years following admission into the EPI program in London, Ontario, people with first-episode psychosis had significantly lower all-cause mortality rates than comparable patients with psychosis who did not use EPI services.

**Study Challenges Halting Antipsychotics in Stabilized Patients With Schizophrenia After Several Years**
American Psychiatric Association

Many guidelines for treating patients with schizophrenia with antipsychotics recommend that after stabilization, antipsychotics should be continued for one to five years, and, if possible, longer exposure should be avoided. A study published today in AJP in Advance by Jari Tiihonen, M.D., Ph.D., of the Karolinska Institutet in Stockholm and colleagues suggests that the risk of treatment failure or relapse after discontinuation of antipsychotic medication does not decrease the longer a patient is stable on antipsychotics and that long-term antipsychotic treatment is associated with increased survival.

“We expected to observe that relapse risk decreases as [a] function of time, and if the decrease reached a plateau at a certain time point, that might help in estimating an optimal duration of antipsychotic treatment among stabilized patients,” Tiihonen and colleagues wrote. “To our surprise, however, the risk of relapse and treatment failure related to antipsychotic discontinuation increased..."
at least through the first eight years, and no hint of any safe timing for discontinuation of treatment could be observed.”

**With Early Intervention, Patients With Schizophrenia Experience Greater Improvements in Health, Function**

American Psychiatric Association
May 2, 2018

Patients with early-phase psychosis who received integrated, coordinated antipsychotic treatment and psychosocial care experienced greater improvements in health and function over a two-year period than those who did not participate in these programs, according to a comprehensive meta-analysis published today in *JAMA Psychiatry*. Such outcomes included a reduced risk of hospitalization and treatment discontinuation, shorter stays at the hospital, and better quality of life.

“These findings should provide further impetus for the widespread implementation and funding of EIS [early intervention services] in the United States and across the world, as has already begun,” wrote Christoph Correll, M.D., of the Zucker Hillside Hospital in Glen Oaks, N.Y., and colleagues.

Donate to SARDAA

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**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

Easy steps to support Schizophrenia and Related Disorders Alliance of America through Amazon Smile:

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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