Message from SARDAA, CEO
Dear Friend,

Please, be sure to contact your representatives in Washington, D.C. The Hearing Voices of Support Psychosis: Changing Perceptions Through Art & Science experiential exhibit will be there for them to experience on June 27, 28 and 29, 2018 in The Rayburn Office Building Foyer. Help us change their perception of psychosis, the people affected and the value of research and treatment. This is an unprecedented opportunity, help us reach as many decision makers as possible.

Guests can take as much time as they can spare, even 5 minutes will be effective. But they may stay longer to visit all of the cones and take time to talk with diagnosed individuals, family members and clinicians.

The Neurological Legislative Briefing is on June 28 at Noon in Rayburn 2103 and requires a RSVP: sardaabriefing@gmail.com.

Warmest regards,
Linda Stalters, MSN, APRN (ret)
Chief Executive Officer
Schizophrenia And Related Disorders Alliance of America
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.
Shine A Light on Psychosis Meditation in UK

If you didn't have the opportunity to take 7 minutes to enjoy this, please take the time by visiting: Here

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 - 1 pm Eastern Time

**Students or Early Intervention of Psychosis SA Conference Call Group**
Second Wednesday of each month - 7 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.*
On Thursday, June 14th, the full Senate Appropriations Committee approved the FY2019 Commerce, Justice, Science, and Related Agencies Appropriations Act. The bill provides $8.07 billion for the National Science Foundation (NSF), $301 million above the FY2018 enacted level and $597 million above the request according to the Committee report. The American Brain Coalition (ABC) previously shared with members that the House version of the bill would provide $8.17 billion to NSF. The Senate bill specifically

Paid Confidential Market Research Study - Mental Health

We are supporting research for publication in academic journals to drive greater awareness and change for families impacted by schizophrenia.

We need **CAREGIVERS** of patients diagnosed with Schizophrenia for research.

If you qualify and participate,

*you will be paid $100 to participate*

in a one-time 45-minute online survey

Our client is a major contributor in developing a wide range mental health treatments seeking to better understand the challenges and needs of patients and those who provide care and support.

For additional information,

please call Jane Waiker at (888) 392-5000

or go to:

https://www.researchnet/r/RCH111

**ABOUT US:**

RC Horowitz & Co. is a marketing research specialist. Our work is used to bridge the gap between patients and the healthcare industry.

Help us better understand your family’s journey with mental illness. Every story is significant, and your voice will make a clear difference for others and those who follow.

The information we gain from our studies is used to provide healthcare professionals with invaluable information about patient experiences.

Our studies have helped bring new drugs to the market, improve drug delivery methods, and develop patient informational materials like support websites, drug start-up brochures, and patient information packets.

The more our clients learn, the better we can make it for others in the future.
provides $6.56 billion of their total for research and related activities whereas the House bill provided $6.51 billion.

On Friday, June 15th, the House Appropriations Subcommittee on Labor, Health and Human Services, Education, and Related Agencies passed their bill. According to the summary provided by the subcommittee and the information available in the bill text, the bill provides a total of $38.3 billion for the National Institutes of Health (NIH), an increase of $1.25 billion above the FY2018 enacted level and $4.1 billion above the President’s budget request. As part of that total funding, $429 million, a $29 million increase, is for the BRAIN Initiative. The full House Appropriations Committee markup for the bill will be on June 20th.

**NIH Special Journal Issue Highlights ABCD Brain Study**
June 11, 2018
A special issue of the journal Developmental Cognitive Neuroscience features more than a dozen articles related to the Adolescent Brain Cognitive Development (ABCD) Study, a landmark study on brain development and child health led by NIDA in collaboration with eight other NIH Institutes, Centers, and Offices and the CDC.

[READ MORE](#)

**NIH Launches HerbList, a Mobile app on Herbal Products**
June 12, 2018
To help consumers navigate information about popular herbs and herbal supplements, NIH’s National Center for Complementary and Integrative Health (NCCIH) has launched HerbList™ – an app for research-based information about the safety and effectiveness of herbal products. Developed by NCCIH and launched through the National Library of Medicine’s app pages, HerbList is available on the Apple App Store and Google Play Store. HerbList helps consumers, patients, healthcare providers, and other users to quickly access information about the science of popular herbs and herbal supplements including kava, acai, ginkgo, turmeric, and more than 50 others marketed for health purposes.

[READ MORE](#)

**NIH Update: Suicide: How You Can Make a Difference**
June 11, 2018
A new CDC report on increasing suicide rates has brought the topic of suicide into everyday conversations. Learn about what to do if you think someone might be at risk for self-harm by reading NIMH’s 5 Action Steps for Helping Someone in Emotional Pain, some contributing factors and warning signs for suicide, and how you can make a difference in suicide prevention.

[READ MORE](#)
NIH News in Health: Dealing With Trauma: Recovering From Frightening Events
June 2018
It’s natural to be afraid after something scary or dangerous happens. When you feel you’re in danger, your body responds with a rush of chemicals that make you more alert. This is called the “flight or fight” response. It helps us survive life-threatening events.

But the brain’s response to frightening events can also lead to chronic problems. This can include trouble sleeping; feeling on edge frequently; being very easily startled, anxious, or jumpy; having flashbacks; or avoiding things that remind you of the event.
This article describes healthy ways to cope after scary or dangerous events happen.

SAMHS-HRSA Center for Integrated Health Solutions
Webinar: Clinical Strategies to Promote Medication Adherence
Joe Parks, MD, Medical Director, National Council for Behavioral Health
June 19, 2018, 2:00-3:30 PM ET
Join the SAMHSA-Health Resources and Services Administration Center for Integrated Health Solutions for this webinar to review the importance of medication adherence and key recommendations for organizations to promote medication adherence.

Anosognosia is the best predictor of non-adherence to treatments and the reason that SARDAA has partnered with the L.E.A.P. Foundation and Dr. Xavier Amador in our quest to train all care givers, practitioners, first responders, faith leaders, psychiatric facility staff and other community members in the L.E.A.P. skills for communication.

Webinar: National Partnership for Action to End Health Disparities
MODERATOR: Donney John, PharmD, Executive Director, NOVA ScriptsCentral
SPEAKER: Dr. Dara Richardson-Heron, Chief Engagement Officer, All of Us Research Program, National Institutes of Health (NIH)
June 21, 2018, 1:00-2:00 PM ET
This Mid-Atlantic Regional Health Equity Council webinar focuses on providing the audience with an overview of the NIH All of Us Research Program. All of Us is a participant-engaged, data-driven enterprise supporting research at the intersection of human biology, behavior, genetics, environment, data science, computation, and much more to produce new knowledge with the goal of developing more effective ways to treat disease. The webinar also will highlight the program’s engagement efforts with community and health care provider organizations. The audience will learn about how to become involved with All of Us and will be able to share information with those they serve and/or represent.
July is National Minority Mental Health Awareness Month and the month offers organizations of all types and sizes an opportunity to create mental health awareness in diverse communities. The U.S. House of Representatives proclaimed July as this special month in 2008, aiming to improve access to mental health treatment and services through increased public awareness. Since then, many organizations have hosted a variety of events and activities in communities across the country each year.

**NIMH Institute Update: Conference to Explore Mental Health Services Research**
May 14, 2018
NIMH is hosting the 24th Mental Health Services Research (MHSR) Conference with the theme: “What's the Next Big Thing?” MHSR is organized every other year by the Services Research and Clinical Epidemiology Branch, part of NIMH's Division of Services and Intervention Research. The conference aims to promote high-priority areas in mental health services research and identify opportunities with potential for significant impact for people with mental disorders.

**Portable Eye Device May Aid Schizophrenia Diagnosis**
Batya Swift Yasgur, MA, LSW
June 6, 2018
A portable device used by optometrists and ophthalmologists may aid in diagnosing schizophrenia, as well as help predict relapse, evaluate symptom severity, and assess treatment effectiveness, new research suggests.

Investigators used flash electroretinography (fERG), a technique used to examine retinal function, to compare retinal electrical activity in patients with schizophrenia vs a group of healthy persons who acted as a control comparator.

Results showed abnormalities in several aspects of retinal function in the patients with schizophrenia, including differences in cellular activation and cone response time.

"What's novel about our study is the use of the ERG device as a clinical tool," lead author Docia Demmin, a doctoral candidate in the Department of Psychology, Rutgers University, New Brunswick, New Jersey, told Medscape Medical News.
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

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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.

**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,
Jordan Helwig, Creative Designer
Angel White, Editor