Message from SARDAAN, CEO

Dear Friend,

June was a whirlwind of amazing opportunities.
- We were honored and excited to present awards to Reps. Eddie Bernice Johnson and John Culberson and look forward to their continued efforts to improve lives affected by psychosis in a meaningful way.
- We were encouraged to have an overflowing crowd attend our Neurological Legislative Briefing. Many were unable to enter the room and crowded the corridor, a great indication that people are interested to learn the facts.
- We were able to connect with legislators and other organization leaders in our ongoing efforts to collaborate and change the
We are very grateful to our sponsors, ambassadors and supporters, especially the William Risser Foundation, Ann Allen Cetrino Family Foundation and Janssen Foundation that made the historical event *Psychosis: Changing Perceptions Through Art & Science* installation and briefing in The Nation’s Capitol possible.

- Volunteer Ambassadors from around the country helped welcome, guide and educate visitors. We are so proud of the ambassadors who worked many hours: Marianne Biths, Lisa Guardiola, Doris Osei, Grace Lee, Michelle Hammer, Marilyn Martin, Janet Riley, Liz Hilderbrant, Linda Manzo, Mattie White, Russ Stalters, Sandy Dimiterchik and exceptional speakers: Dr. Daniel Weinberger, Dr. Raymond Cho, Brandon Staglin and Susan Sheena.
- The Perceptin Changing Art Installation Project Director, Ian Fowler, with his magnificent expertise produced another success while given a challenging venue.
- Creative designer of Hearing Voices of Support, Sharon Howard-Butler attended with her family.
- The installation and the briefing educate in a meaningful and profound way so that people will understand that people who experience psychosis are capable of great things when given the opportunity for treatment. The installation also provides an opportunity to educate guests that psychosis is a neurological brain disease that requires treatment and people deserve the same respect, dignity and opportunities as people challenged with other diseases.

SARDAA is making a difference and with your support we will continue to do so.

Warmest regards,
Linda Stalters, MSN, APRN (ret)
Chief Executive Officer
Schizophrenia And Related Disorders Alliance of America

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**Susan Sheena Legislative Briefing Presentation**
SARDAA, HVoS Washington DC, June 28, 2018

Have you, your parents, friends or relatives ever had to call 911 to have someone hospitalized for fear they were going to hurt themselves?

Can you imagine having no choice, but to deem your own flesh and blood homeless because having them return to the house after multiple hospitalizations would create pandemonium and possible danger?

Have you ever called a loved for hours with no answer, worried sick and frantic that you would find them missing, unconscious or the unthinkable...dead?

Imagine going to visit your son in a psyche ward...waiting to be buzzed in through double barrier doors as if going to visit a criminal in prison.

[READ MORE]
Message from FFS, Family and Friends, Coordinator

Being subject to the effects of her neurological brain disorder; subject also to experiencing anosognosia, which for 33 years undoubtedly has been a significant influence and largely responsible for her inability to access recovery; and subject also to the medication regime, which sometimes at this point in time, psychiatric treatment may be a trial and error challenge. With regard to all of the foregoing, I conclude that my daughter is very strong....the strongest person I know. I express this to her and only hope that, within, she somehow understands and believes me. I am deeply saddened for her suffering, but hope that through it all, her life has been touched by one of the 'gifts of adversity' which are said to be available only to some select persons in life. I know that not all with a diagnosis are disabled by anosognosia, thus I would never discourage one, or a family member, from hoping and striving for recovery, because I have witnessed this and I stand in awe. But for her who is so affected I take solace in the wise counsel to “Let it be...let it be”. I also try to live the words of the Serenity Prayer which address courage, serenity and wisdom, appropriately chosen to close our weekly support calls.

With Heart,
Mary Ross

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 Updates
By Sandy Dimiterchik

Summer is here, and I find myself busy spreading the word about SARDAA, free Schizophrenia Alliance Psychosis Support and Acceptance groups, and assisting in late June with the Hearing Voices of Support exhibit in Washington D.C. As a volunteer, I also lead a SA group in Lafayette, Louisiana.

We held our first Students or Early Intervention of Psychosis SA Group on June 13, and the group went well. I hope that we have a good turnout also for the next one, which will be July 11 at 7 PM ET. I am meeting people from different treatment centers for First Episode of Psychosis and Early Intervention of Psychosis, and hope to start
free peer support groups at the facilities. If you would like more information, please contact me at sandy.dimiterchik@sardaa.org or call me at 832-439-1586.

I also attended a suicide prevention training called ASIST. I recommend this training to anyone, whether you find yourself helping someone as a professional, family, friend and/or a complete stranger. I feel that the training will help me to be a resource to anyone considering suicide. If you are considering suicide, there is a suicide hot line, 1-800-273-TALK (8255) or call 911.

I will be on the program Insight Into Mental Health this Thursday, July 12 at 8:00 pm CST. Watch the program HERE on July 12th at 8:00 pm CST.

**Book Review** of *The Neuroscientist Who Lost Her Mind: My Tale of Madness and Recovery*

By Sandy Dimiterchik

A couple of weeks ago, a friend loaned me a book by Barbara Lipska called *The Neuroscientist Who Lost Her Mind: My Tale of Madness and Recovery*. He knew that I was writing book reviews for the SARDA newsletter, and he felt that this was an important book. Sharing that it was a book about schizophrenia, I assumed the autobiographer was diagnosed with schizophrenia. So, I was very surprised to read the preface and find out that the writer had brain tumors. I continued reading, and was impressed by the amount of information that was related to schizophrenia.

The author, Barbara Lipska, is the Director of the Human Brain Collection Core at NIMH. She works with brains from people who have deceased. Thus, she is an expert on the brain. Her talents as a writer include tying her knowledge of the mind to the symptoms of brain tumors, treatment of the tumors, and schizophrenia. I learned so much about the different parts of the brain from this book and how they function, or in her case, dysfunction. I thought she also described well changes in personality that occur in brain disorders.

I recommend this book to SA groups because I think that information is power in dealing with brain disorders like schizophrenia. Understanding how each part of the brain works helps us with both diagnosis and relief through medication. I also liked how the author promoted exercise and setting goals physically, like running marathons. The book was a quick read and I learned a lot. I look forward to Dr. Lipska’s future research findings.

**Personal Story of SA Members**

**Amy K.**

This is my personal story of living with schizophrenia: I used to tell people, "I have a bad brain."

I am not going to say I suffer from schizophrenia but rather I endure and cope with it. My name is Amy Kay and I have schizophrenia. I do not want to hurt
I don’t hear voices anymore and I no longer live in a delusional world.

In 2008 during my initial psychiatric breakdown it started with a state of euphoria. I became very social and wanted to talk to everyone I came across! This was a sign that something was wrong. Normally I am very shy. As my brain disorder progressed I went to euphoric to delusional. I believed that I was Mother Earth. That I was responsible for taking all souls to heaven with me.

As my condition worsened I thought my best friend and my older brother were trying to poison me. I ran away from them until the police finally caught up with me. I ended up in the psychiatric ward for about five days.

Shortly thereafter my dad and step mom drop everything to rush to Orlando, Florida and get me. My closest friends help me pack up and say goodbye.

My parents drove me back to Mobile, Alabama to take care of me. When I arrived in Mobile I had no insurance and could not afford the medications.

About a month into my stay I began to suspect my stepmother was trying to harm me. I saw her walking around with a knife that she had used for gardening purposes. I ended up back in the psychiatric ward for two weeks.

After leaving the psychiatric ward I was put into a group home. I lived there for a few months. In the group home I received the medications I needed but I felt like I had lost all of my freedom! Once my medications were straightened out I went to live with my dad.

Today everyone tells me that I am handling my mental illness very well! Sometimes I feel depressed and I have trouble getting close to people. My thoughts can be disorganized. My memory is not always great. Even though I have this disorder I do more than just cope. I take my medications, receive counseling and have a good support system.

I have been going to SA for about a year now. I really enjoy going to these monthly meetings. I find it comforting to be able to talk about my mental illness with people that have similar struggles. Best of all I love the new friendships I have made through SA!

I control schizophrenia! It does not control me! Last summer I started a blog chronicling my life and how this condition slowly reared its ugly head.

Life is difficult. Even more so with a brain disorder but having a fulfilling life is possible and I am living proof of it!

I have some big plans for the future!

I live independently. I share a home with my friend. I have my own car. I work a part-time job. I want to show the world that people with mental illnesses can live an independent high-quality life and have unlimited possibilities!
We welcome your message/art from SA Members for inclusion in the newsletter. Please submit your message to: info@sardaa.org or mail to SARDA 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.

HELP SUPPORT SCHIZOPHRENIA RESEARCH

- We are currently recruiting caregivers of patients diagnosed with Schizophrenia for a PAID research study.
- If you qualify and participate, you will be paid $100.00 for a one-time, 45-minute confidential survey.
- This research will be used in academic journals to drive greater awareness and change for families impacted by schizophrenia.

For additional information, call Jane Walker at 888-392-5000 or go to: https://www.research.net/r/RCH111

Denied coverage for mental health or addiction treatment?
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.*
FOR IMMEDIATE RELEASE
June 28, 2018
Culberson and Johnson Voice Support to End Psychiatric Illness Stigma

Washington D.C. - Today, Congressman John Culberson (TX-07) and Congresswoman Eddie Bernice Johnson (TX-30) attended the Schizophrenia and Related Disorders Alliance of America’s (SARDAA) presentation of the Hearing Voices of Support (HVoS) Perception Changing Art Installation in Washington, D.C.

Congressman Culberson: “It’s an honor to support the work of the Schizophrenia and Related Disorders Alliance of America, and to be a part of ending the stigma that surrounds this disability. There is hope, treatment and a bright future for our neighbors and loved ones living with a psychosis disorder. I’m proud to join my colleague, Representative Eddie Bernice Johnson (TX-30) to raise my voice in support of everyone in this community – the patients, families and caregivers – so that people living with schizophrenia and related disorders will feel more supported and accepted throughout their treatment and recovery.”

Congresswoman Johnson: “Schizophrenia and other psychiatric illnesses affect far too many Americans for the stigma around such ailments to exist. My experience as a nurse provided me a unique perspective and my work in Congress has attempted to address this. Much more needs to be done to give Americans living with neuro-psychiatric illnesses access to the health care treatments and support they need to lead positive, fulfilling lives. I am appreciative to my colleague, Congressman Culberson, and to SARDAA for their commitment to improving the lives of those battling these illnesses.”

About SARDAA:
Founded in 2008, Schizophrenia and Related Disorders Alliance of America is a national non-profit organization dedicated to improving the lives of people affected by schizophrenia and related neurological brain illnesses through support, education, collaboration and advocacy. We believe that with appropriate medical treatment and support, a person with schizophrenia or a related brain illness has the opportunity to live a fruitful life in the community, free from stigma and discrimination.

SA Conference Call Facilitator and SA Group Leader Receives Advocacy Award
Sister Lucindia, one of our group leaders, has received the statewide
award in Alabama for advocacy work with people with disabilities. The award is the 2018 Jeff Ridgeway Advocacy Award. She was one of three awarded. The award has been around for 20 years, and is named for Jeff Ridgeway, a pioneer for rights for the disabled. The awardees received a crystal trophy with the name of the award, awardee’s name, and date. Sister Lucindia said that she is “happy to be a part of SA.”

Olfactory Functioning in First-Episode Psychosis
Medscape
Though olfactory deficits are well-documented in schizophrenia, fewer studies have examined olfactory performance profiles across the psychosis spectrum. The current study examined odor identification, discrimination, and detection threshold performance in first-episode psychosis (FEP) patients diagnosed with schizophrenia, schizoaffective disorder, bipolar disorder with psychotic features, major depression with psychotic features, and other psychotic conditions.

David E. Geiger Presented with Albert Nelson Marquis Lifetime Achievement Award by Marquis Who's Who
June 21, 2018, Marquis Who’s Who, the world’s premier publisher of biographical profiles, is proud to present David E. Geiger with the Albert Nelson Marquis Lifetime Achievement Award. An accomplished listee, Mr. Geiger celebrates many years’ experience in his professional network, and has been noted for achievements, leadership qualities, and the credentials and successes he has accrued in his field. As in all Marquis Who’s Who biographical volumes, individuals profiled are selected on the basis of current reference value. Factors such as position, noteworthy accomplishments, visibility, and prominence in a field are all taken into account during the selection process.

Why the National Institute of Mental Health Should Not Stop New Drug Trials for Schizophrenia
"Those with schizophrenia, their families and the public at large are clamoring for breakthroughs to better treat this debilitating disorder. The disease wreaks a devastating toll on our communities and on administrative budgets alike," said John Snook, the Treatment Advocacy Center's executive director. "What are they planning to do with the increased budget allocation from Congress, if not pursue research into better schizophrenia drugs?"

WEBINAR: Using Simulation to Evaluate Social Determinants of Health in People with Mental Illness: Potential Use of Findings in Discussions with Policymakers, Community Groups, Consumers and Advocates
AUGUST 6, 2018, 4:00-5:30 PM ET
Improving the efficacy of treatment among socioeconomically diverse populations with mental illness requires tackling the myriad of social determinants of health, including education, income, and employment. Modern research techniques, like simulation testing, can lead to efficient and effective intervention design among people with mental illness by giving an indication of what might work. This webinar in the 2018 NIMH Office for Research on Disparities and Global Mental Health Webinar Series will cover evidence for addressing social determinants; the use of simulations to test the
potential of improving income, education, and employment to improve mental health outcomes using two data sets; illustrate the reactions from policymakers, community groups, consumers and advocates on the research results; and demonstrate how research results can inform policy.

INFORMATION and REGISTRATION

WEBINAR: Suicide Prevention and the Collaborative Care Model
AUGUST 23, 2018, 4:00-5:30 PM ET
As part of the 2018 NIMH Office for Research on Disparities and Global Mental Health Webinar Series, this presentation will provide an overview of available opportunities to address suicide prevention while delivering mental health services in primary care settings using the psychiatric collaborative care model (CoCM). The speakers will introduce the core features of CoCM, with a focus on data for reductions in suicidal ideation seen with collaborative care. The presentation will conclude with potential opportunities to utilize CoCM to prevent suicide.

INFORMATION and REGISTRATION

WEBINAR: A Psychiatrist's View: The Role of Medication in a Recovery-Oriented Framework for Care
JULY 11, 2018, 1:00-2:00 PM ET
In this SAMHSA Recovery to Practice webinar, Lisa Dixon, M.D., M.P.H., a professor of Psychiatry at Columbia University Medical Center and the director of the Center for Practice Innovations at the New York State Psychiatric Institute will discuss the importance of including prescribers in decisions about person-centered approaches, understanding how individuals may view the role of medication in their lives, and integrating medication recommendations with holistic healthcare.

INFORMATION and REGISTRATION

NIMH Conference to Explore Mental Health Services Research
AUGUST 1-2, 2018, ROCKVILLE, MD
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.

INFORMATION and REGISTRATION

Find Clinical Trials by State: CLICK HERE
Nationwide Recruitment: NIMH Study Concerned that your teenager has depression? NIH Research

Join a research study seeking to find causes and treatments of depression in teenagers.

The study is recruiting participants ages 11-17 who are depressed and have a pediatrician or medical provider. The study begins with an outpatient evaluation (clinical assessment, interviews, and questionnaires). Outpatient study visits include a clinical assessment, research tasks, and brain imaging, up to age 25. Eligible participants may receive treatment of evidence-based cognitive-behavioral therapy (CBT), and if indicated, standard medicines. Enrollment is
from across the United States. Transportation expenses to NIH in Bethesda, MD are reimbursed. There is no cost to participate, compensation is provided. www.nimh.nih.gov/TeenDepressionStudy
Call 1-301-827-1350 [TTY: 1-866-411-1010] or Email depressedkids@mail.nih.gov
Department of Health & Human Services, National Institutes of Health, National Institute of Mental Health, Protocol Number: 18-M-0037

Video:
https://youtu.be/Ik3qMFWQ9Mg

Facebook:
Concerned about your teen’s depression?
Symptoms include depressed mood, loss of pleasure, lack of interest, problems with sleeping, eating, and concentration. Study seeks to find causes and treatments. Parental permission required. Contact us depressedkids@mail.nih.gov or call 1-301-827-1350
www.nimh.nih.gov/TeenDepressionStudy

Twitter:
Concerned about your teens depression? Research study enrolling ages 11-17 for evaluations and treatment.
www.nimh.nih.gov/TeenDepressionStudy

Therapy Reduces Risk in Suicidal Youth; Clinical Trial Shows DBT Therapy Effectiveness
June 27, 2018
A recent NIMH-funded clinical trial of a psychotherapy called dialectical behavior therapy (DBT)—which has been shown to be effective in reducing suicide-related behavior in adults—showed that DBT can also reduce suicide attempts and suicidal behavior in adolescents.

NIMH Releases Updates to it's RDOC Framework; New Update Reorganizes the Positive Valence Domain
June 28, 2018
The NIMH's Research Domain Criteria (RDoC) is a research framework for studying mental disorders. From its initial creation, RDoC was envisioned as a dynamic and continually developing framework. Now, the RDoC Unit has unveiled changes to the RDoC framework—a reorganization of content within the Positive Valence domain. The main alterations include the changing of some constructs in the previous version to sub-constructs in the new version (e.g., Initial Responsiveness to Reward) and the addition of new constructs (e.g., Probabilistic and Reinforcement Learning). The reorganization is intended to make the constructs more straightforward and to align them more closely with computational and animal model perspectives, as well as data from human neuroimaging studies.

Guide for Taking Care of Yourself After Your Treatment in the Emergency Department: After An Attempt
This brochure available in English and Spanish helps support people recovering from a suicide attempt. It discusses how to move ahead after receiving emergency department treatment for a suicide
attempt and how to cope with thoughts of suicide. The brochure lists information resources for suicide and mental illness.

Guide for Taking Care of Your Family Member After Treatment in the Emergency Department: After An Attempt
This brochure available in English and Spanish helps family members cope after a relative's suicide attempt. It describes the emergency department treatment process, lists questions to ask about follow-up treatment, and describes how to reduce risk and ensure safety at home.

Fact Sheet: Suicide Prevention Facts and Resources
SAMHSA
This fact sheet includes information about suicide in the U.S., the Suicide Assessment Five-Step Evaluation and Triage for clinicians, and the warning signs for suicide. It also provides a list of suicide prevention resources and online directories for treatment and crisis services.

Donate to SARDA

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.

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**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.

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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**

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**Help Change Lives -- Donate Now**

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

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