Message from SARDAA, CEO

Dear Friend,

We continue to work our mission to improve lives affected by psychosis. What does that mean, really? Who is affected by psychosis? Not only the individual diagnosed but their family, neighbors, their colleagues and the community are all affected. So SARDAA works to inform and make the changes necessary to make a truly profound change in how people who are experiencing psychosis are treated both medically and socially.

SARDAA has some really great news to share in the near future. Don’t miss it.

Have a great rest of the summer, stay cool and hydrated. Help those who haven’t a place to stay cool or hydrated. Order books on SARDAA.org store to help you learn how to help.

Many thanks to our fantastic staff and amazing volunteers who work daily to improve lives.

Warmest regards,
Linda Stalters, MSN, APRN (ret)
Chief Executive Officer
Schizophrenia And Related Disorders Alliance of America
Message from FFS, Family and Friends, Coordinator

Regarding my ‘turning to distraction’ as a strategy in dealing with my sadness and frustration in standing by my daughter’s suffering life, she not having been able to access recovery for three plus decades following diagnosis, I have been gratefully affirmed that this has been right or positive for me, and not a negative cop-out as I feared. I came upon, and so related, to this wisdom in a nonfiction book involving a primitive aboriginal tribe and its attitude and view toward pain being experienced, that being physical pain due to the circumstances, but I related as emotional pain. The verbal address is “Forget the pain...learn to endure....focus your attention elsewhere....you can do nothing now” (with assurance that address of the pain will be later). This helped me. My takeaway is that this way of coping, for my self care, is sound and not selfish. Sometimes, often, we can do nothing to ease our loved one’s suffering except to be there, listen and wait.

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
Volunteering
By Sandy Dimiterchik

Have you ever thought of volunteering? It can be a daunting task, finding the right organization and right volunteer work to do. A good web site to go to is VolunteerMatch.org. Volunteering can help you find your gifts, like Step 3 says: “I now come to believe that I have been provided with great inner resources, and I will use these resources to help myself and others.”

I am seeking volunteers to help out with the SA support groups. This can include starting a group, being a co-leader or substitute for a conference call, serving as a resource for the group leader as a pro support, helping the main office, or submitting stories, perhaps on “What SA Means To You”, artwork, and poetry or other writings.

You can also get involved with your local SA group, such as writing a newspaper article about the SA group or SARDAA, or participating in
shows on TV to inform the public about what we do. I have been on the public access channel twice now, on Insight Into Mental Health, which also can be found on Facebook. The channel is found in Lafayette, Louisiana.

For more information to help, contact info@sardaa.org or me at sandy.dimiterchik@sardaa.org or 832-439-1586.

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**Personal Story of SA Members**

**Zach E.**

The voices were telling me that people were against me; that I was no good, and inadequate. They told me that I deserved to be demeaned and degraded. The radio and the television seemed to be reading my mind and controlling my thoughts. I was perplexed and confused. I would doubt why people seemed to be against me. How could a musician on the radio know what I was thinking? There was no evidence; yet, it seemed so convincing and real.

I was always an ambitious, devoted student who enjoyed the challenges of school and studying; I also earned good grades. Now, I would sit in classes at school, and my concentration span was frozen. I was immersed in the turmoil of the chaos of my symptoms. All that I could do is dwell on the pain.

Things became progressively worse. There was no escape from my anguish. I had a nervous breakdown and was hospitalized. I entered the doors of the hospital. The doors were locked and there were no windows. I encountered people that I had never seen before. My freedom seemed to be breached.

Once a medication started to alleviate my symptoms, and I endured cognitive behavioral therapy, I was stabilized and discharged from the hospital.

The diagnosis on the sheet was labeled Schizophrenia. I recalled all of the negative connotations associated with that word. The stigma. The prejudice.

When I returned to the community, I was assigned to outpatient treatment. Treatment and therapy were difficult. They were a reminder that I had to face my illness, and not try to avoid it or run away from it.

A glimmer of hope awakened me when the counselor mentioned the word "recovery." That was the catalyst for me overcoming my denial. It was the word that I and my therapist would rehearse throughout the often-taxing therapy.

Another important avenue for accepting my illness was the way that the therapist treated me; the absence of stigma. I was a valued, respected individual. I was given the respect and the opportunity to be the leader in my road to recovery.

The counselor asked me what my goals were for recovery. "Not to have this illness" was my immediate response. Nevertheless, the fact that the counselor was instilling hope that I could recover, and
treating me with great respect and self-determination, nurtured my self-esteem and alleviated a great deal of fear.

My mother persevered with me during our times of pain and trauma. She would be in the counseling sessions with me, often as hopeless and confused as I was. Yet, she endured the pain with me, and was my greatest support on the long and winding road of recovery. She loved me unconditionally, and she never lost sight of my potential. She guided me on the path to wellness.

I admitted that I needed help; I couldn't do it alone. Eventually, I began to feel better and function better.

One of the most significant breakthroughs in my recovery was Schizophrenia Alliance. Through SA, I was able to bond with people who shared my experiences with Schizophrenia. SA mended the bruise of isolation; I was not battling alone. SA also involved learning from those who had lived experience with Schizophrenia. It was a great relief to see the evidence of the prospects for recovery, from people who had achieved it.

The prospects for me graduating from high school were not good. Through treatment and hard work, I graduated from high school and college.

In addition to SA, I use my passion of advocacy to speak about mental illness, and I serve on committees that advocate for people living with and experiencing mental illness.

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.
SARDAA is the recipient of this week’s Best of the Counseling and Mental Health Web award from Mastering Counseling!

You can listen to it here: https://www.mastersincounseling.org/09-kepler.html

(Note: SARDAA is highlighted near the end of the episode if you want to skip ahead to check it out).

"Our listeners nominate web resources and organizations that are
providing quality tools in mental health for professionals and/or those struggling with it. From there, we select those we feel are most worthy of recognition and feature them in an episode. SARDAA's selection was a no-brainer. :)

**FDA OKs Once-Monthly Risperidone Injection for Schizophrenia**
Medscape
Megan Brooks
July 30, 2018
The US Food and Drug Administration has approved the first once-monthly subcutaneous injection of risperidone (Perseris, Indivior) for the treatment of schizophrenia in adults. Perseris uses an extended-release delivery system to form a subcutaneous depot that provides sustained levels of risperidone over 1 month. Clinically relevant levels of the drug are reached after the first injection without use of a loading dose or any supplemental oral dose of risperidone, the company noted in a press release.
"Treatment adherence is a major challenge in schizophrenia due to the complexity of the disease. It is important to have additional treatment options available to physicians to help them improve their patients' symptom severity," Maurizio Fava, MD, executive vice chair of the Department of Psychiatry, Massachusetts General Hospital, and Indivior clinical research consultant, said in the release.

**50 State Report on Public Safety**
The Council of State Governments (CSG) Justice Center recently released. The 50-State Report on Public Safety is a first-of-its-kind, web-based resource featuring more than 300 data visualizations comparing crime, recidivism, and state correctional practices across all 50 states. The report combines these data with the latest research on strategies that work to improve public safety and more than 100 examples of public safety innovations drawn from every state in the country. With 3 core goals, 12 strategies, and 37 action items, the report provides a playbook that policymakers can customize to tackle the issues most relevant to their communities.

**'Overactive Immune System': Is Schizophrenia a Body-Wide Disorder?**
Genetic Literacy Project
Schizophrenia is considered a disorder of the mind, influencing the way a person thinks, feels and behaves. But our latest research shows that organs, other than the brain, also change at the onset of the disease.

**Parent Advocate Tells Fed Panel That HIPAA Often Is Used To Stonewall Families**
Pete Earley
July 25, 2018
Mental Health Advocate Doris A. Fuller returned to Washington D.C. recently to testify before the Federal Commission on School Safety at the Departmental of Education about the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and how it often is used to “stonewall” families trying to help a loved one with a serious mental illness. There are three hot button issues, in my opinion, that often are divisive in mental health circles – HIPAA,
Prioritizing mental health will decrease medical healthcare costs: OPINION
Dr. Neha Chaudhary
July 19, 2018
Mental health issues aren’t easy to talk about. Not in the White House, not in hospitals, and certainly not when they are occupying a spot at the dinner table. But, talking about mental health needs to become a priority, or it will keep costing everyone--both financially, when it comes out of everyone’s pocket in the form of taxes, or personally, when people see their friends and loved ones struggle.

Treatment Advocacy Center provides comparisons between Assisted Outpatient Treatment versus Mental Health Courts, here; homelessness among veterans with serious mental illness, here; whether the use of anti-psychotic medications and the presence of a security officer may prevent needing to resort to seclusion and restraint in inpatient psychiatric hospital settings, here; and fascinating new research indicating that nitrates - chemicals used to cure meats such as in beef jerky, hot dogs, and other processed meats - may contribute to mania, here.

Donate to SARDAAS

I will change my language from Behavioral or Mental disorder to Brain disease.
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 diseases.
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 diseases have equal and comprehensive health care.
I will treat all people with brain diseases 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 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,
Jordan Helwig, Creative Designer
Angel White, Editor

Robly