

Newsletter
September II 2018



SARDAA

Shattering Stigma – Realizing Recovery
Schizophrenia and Related Disorders Alliance of America



Message from SARDAA, CEO

Dear Friend,

Hope all of the celebrations and new beginnings are providing an opportunity for you to refresh your strength and resilience.

SARDAA is joining the many organizations working to improve research, medical as well as social treatment for the most vulnerable among us who are affected by brain illness. This is a critical effort to change the treatment paradigm so that people recognize that the brain is the most important organ of our body and must be treated like other neurological illnesses. People must be respected and cared for as we do for others with neurological brain illnesses such as Alzheimer's and Parkinson's Diseases. We don't criminalize people with AD or PD when they are hallucinating or experiencing delusions we **MUST STOP** doing so to our loved ones, colleagues and neighbors who are experiencing neurological symptoms such as these.

SARDAA is working to further a productive collaboration with other stakeholder organizations to make these critical changes actually happen. We must all work together with a unified voice to help in the areas that will help the most critically ill.

The critically ill are eligible for social services and Medicaid/Medicare, but how can anyone this ill navigate this beyond confusing system? Others who have had support and the ability to navigate the system rely heavily upon the assistance for their livelihood.

Remember, those who are the most vulnerable among us are those who we must serve. Parents/caregivers are frustrated and feeling helpless when they can't help their loved one because of ill-advised laws that do not protect, but create barriers to help.

Let's all work together to care for those who need us most.

There is an exciting announcement coming in the next couple of weeks - watch for it!

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



Help Grace Lee, a SARDA staff member living with schizoaffective disorder, raise funds to support SARDA improve lives affected by psychosis.

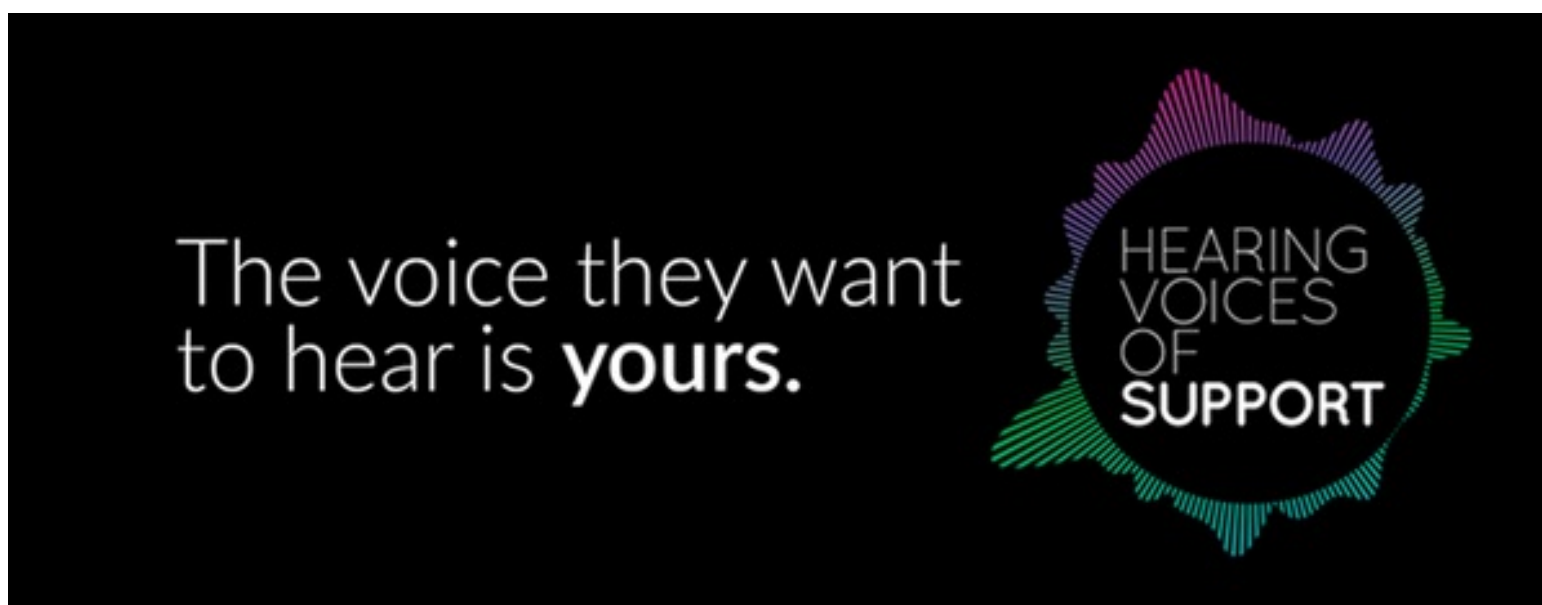
We MUST change treatment and access to treatment and STOP criminalizing people with a BRAIN illness.

Support her 5K walk [HERE](#)

The Family and Friends, 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.

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 SARDA newsletter and might be



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

Young Adult SA Conference Call Group

Saturdays - 3 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.

Do you
need more
Zen in your
life?

That's why we
made SARDA Health
Storylines: your own
personal health diary.

Track your mood &
journal daily, for free.

Download Health Storylines Today



NEWS



Hear Norm Ornstein on "Confronting the Tragedies of Serious Mental Illness" via Scattergood. Foundation

Thursday, October 4, 2018, 6:00 PM - 8:00 PM EDT at National Constitution Center, 525 Arch St Philadelphia, PA

In 2015, Norman Ornstein lost his son Matthew after a 10-year

struggle with serious mental illness. Dr. Ornstein-- a nationally acclaimed political scientist, writer, and commentator-- will describe the challenges he faced and lessons he learned while trying to help Matthew receive adequate treatment within our fragmented mental health care system.

Please join us for a reception at 6pm followed by Dr. Ornstein's lecture at 7pm.

[Register HERE](#)

Machine-learning Helped Identify Newly Diagnosed Schizophrenia Patients and Predicted Treatment Response

Brain & Behavior Research Foundation

Using machine-learning techniques to analyze functional imaging data, a team of Foundation-supported researchers reports that it was able to identify the presence of schizophrenia in 78 percent of a group of newly diagnosed patients. The team could further predict, with 82 percent accuracy, which patients would respond to treatment with the antipsychotic medicine risperidone.

This is a step toward finding reliable biomarkers to assist doctors in diagnosing schizophrenia, and eventually, even to predict the illness before symptoms appear, according to Bo Cao, Ph.D., a BBRF 2016 Young Investigator at the University of Alberta, Canada. Dr. Cao was first author of the team's paper, published in June in *Molecular Psychiatry*

[READ MORE](#)

Medicinal Herb May Relieve Worsening Symptoms of Schizophrenia

Brain & Behavior Research Foundation

A small clinical trial reported July 10 in the *Journal of Clinical Psychiatry* suggests that patients with schizophrenia whose symptoms have recently worsened may benefit from taking a medicinal herb called ashwagandha in addition to their regular medications.

Ashwagandha, or *Withania somnifera*, has been used as a traditional medicine in India for thousands of years. In a randomized study involving 66 patients, it was more effective than a placebo at reducing the "negative" and other general symptoms of schizophrenia as well as patients' stress over a 12-week treatment period.

[READ MORE](#)

Judge Steve Leifman Wins National Award For Getting Individuals With Serious Mental Illnesses Into Treatment, Not Jail

July 12, 2018

Miami-Dade Florida Judge Steve Leifman has won the Pardes Humanitarian Prize

for his leadership in reducing inappropriate incarceration of individuals with mental illnesses.

Judge Leifman is a good friend and also the hero in my book, *CRAZY: A Father's Search*

Through America's Mental Health Madness. I am delighted and hopeful that publicity about this honor will encourage other judges to become leaders in developing jail diversion, mental health dockets and increased community mental health services for those in need. Are you listening judges, prosecutors and politicians in Virginia?

Arrests in Miami Dade have decreased from 118,000 to 56,000 annually and recidivism

has dropped by almost 50 percent. The jail population plunged from 7,300 to 4,000

inmates, closing a jail and generating \$12 million in annual savings. Crime and burdens

on taxpayers have been reduced, and public health, safety and

recovery outcomes have improved.

[READ MORE](#)

Survey

Would you consider genetic counseling for your **personal** and/or **family history** of neuropsychiatric or mental health problems? If you are 18 years or older and have a **personal** and/or a **family history** of

- Depression
- Anxiety disorders
- Bipolar disorder
- Schizophrenia
- Alcohol use
- Substance use

or

- other mental health conditions

You are eligible to participate in this one-time 15-minute survey!

[READ MORE](#)

Sleep Disorders May Be Missed in Patients With Psychosis

American Psychiatric Association

Sleep disorders appear to be common in patients with psychosis, but few appear to be receiving sleep assessments or treatment for such disorders, suggests a report in Schizophrenia Bulletin.

“Taking sleep disorders in psychosis seriously may have important benefits,” Sarah Reeve, D.Phil., of the University of Oxford and colleagues wrote. “Recent manipulation studies have demonstrated that simulating insomnia increases psychotic experiences, and, conversely, treating insomnia reduces psychotic experiences. ... [B]y improving sleep it may be possible to improve psychosis, representing an exciting new treatment target.”

[READ MORE](#)

Clozapine Pharmacogenomics: A Review of Efficacy, Pharmacokinetics, and Agranulocytosis

Kevin J. Li; Haley V. Solomon; Lynn E. DeLisi

Abstract and Introduction

Purpose of review: To examine recent literature regarding the pharmacogenomics of clozapine (CLZ) efficacy, pharmacokinetics, and agranulocytosis. Clozapine Efficacy

[READ MORE](#)

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 SARDAA](#)



Brain Campaign:

Take the Pledge

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 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

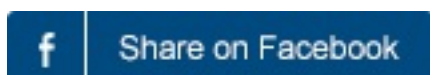


You can support SARDAA without spending a penny! Register Schizophrenia and Related Disorders on your Kroger Plus Card and they will donate a percentage to SARDAA each time you use your card.

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,

Jordan Helwig, Creative Designer
Angel White, Editor

