Message from SARDA, CEO

Dear Friend,

We have been very busy working to improve lives affected by psychosis. Be on the lookout for the next message & the next newsletter, we will have some amazing announcements about giant steps we have made as we have been creating very important alliances and more progress in reclassification.

Stay tuned for opportunities for you to make a huge difference!

Please remember to use the term, Brain Health/Brain Illness
Warmest regards,
Linda Stalters, MSN, APRN (ret)
Chief Executive Officer
Schizophrenia And Related Disorders Alliance of America

Help Grace Lee, a SARDAA staff member living with schizoaffective disorder, raise funds to support SARDAA 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

https://my.reason2race.com/gileeJelly/TheWalkHouston2018
Message from FFS, Family and Friends, Coordinator

I have not yet been a fan of professional sports. In fact the hyper enthusiasm and great money which find their way into it has always been a bit of a sore spot with me, like why does concern for our fellow beings and their plight not draw such support? Same with big money and entertainment, etc. I have not spent much in the way of resources here either. As I've said I'm attuned to things in life which relate to my path in life as care partner of a daughter diagnosed with Schizoaffective Disorder. In a local newspaper I noted the headline “For Chick Corea, Music is an Antidote to Life's Dark (substitute challenging) Side”. Musician Armando Anthony “Chick” Corea was interviewed about his life as a keyboardist, now on tour with his akoustic band of three. He said “I'm happy when I see my audience smiling and enjoying the music or in some way experiencing pleasure from it. Music and art are a kind of antidote to the dark side of life so it's a pleasure to be able to deliver this every time I play”. Related, and regarding sports, I
recently heard someone on the radio say that the games give him some relief from the concerns of the day. With this I find I've softened my opinion of these interests held by so many in our society. We need these reprieves from the challenges in life which we inevitably face, a.k.a. 'self care'. Indulge...I will, without guilt for receiving some pleasure. The quality of our lives depends on it.

With Heart,
Mary Ross

Are you interested in meeting other people on the phone on a conference call who is a family member or friend of someone living with schizophrenia or a related disorder? Do you live on the West Coast? Here is a chance to receive training to guide family and friends of the diagnosed about the 6 Steps of Recovery. You will receive training materials and use the Blue Book format to lead meetings with a co-leader. For more information, contact the office at 240-423-9432 or info@sardaa.org. You can also directly contact me, Sandy Dimiterchik, at 832-439-1586 or sandy.dimiterchik@sardaa.org. I look forward to speaking to you and starting an additional FFS group!

Message from SA Staff Supporter

SA Updates

By Sandy Dimiterchik

October is a special month for people with brain disorders. There is the Mental Illness Awareness Week from October 7-13 and World Mental Health Day on October 10. Grace Lee, representing SARDAA, is participating in The Walk for Mental Health Awareness – Houston on October 6, 2018. For more information or to donate, go to https://my.reason2race.com/gileejelly/TheWalkHouston2018

So what can you do as a SA member? You can become a Brain Health Advocate on our web site, www.sardaa.org. Also, try to attend an in-person SA group or call in to our conference calls for the diagnosed or family and friends. All of the information about SA groups can be found on our web site, www.sardaa.org. We are always looking for leaders, co-leaders, and substitutes! Fight stigma by submitting your personal recovery story to info@sardaa.org. You also can submit artwork, poetry, or short stories. Volunteer or work in your community so that you can disprove myths about having a brain disorder.
On October 6, I am taking part in the NamiWalks located in my community here in Lafayette, Louisiana. Signing up as an individual, I hope to meet new people and share with them my experiences and provide information about SARDA, SA, and our free app, Schizophrenia Health Storylines. If you haven’t heard of the app, now is a go time to download it to your computer and/or smart phone. It has many functions, including medicine reminders, symptom tracking, and journaling.

SA Groups Found Throughout The World

SARDAA is a global organization. The SA (Schizophrenia Alliance Psychosis Support and Acceptance) groups can be found not only throughout the United States, but internationally. We have groups in Russia, Iran, India, Hungary, Kenya, and Orebro. The Blue Book has been translated into different languages – Spanish, German, Farsi, Russian, and Hungarian. The conference calls are in English and open to people in other countries. Simply call 1-720-362-6499. For more information check out our website sardaa.org or call the main office to receive the translated versions at 1-240-423-9432 or 1-800-493-2094. You can also contact us at info@sardaa.org. If you would like to start a SA group, please contact me at 832-439-1586 or sandy.dimiterchik@sardaa.org.

Personal Story of SA Members

Fran N.
I am schizophrenic. My last hospital stay was in 1980, in the state hospital for six months because my husband would no longer bring me home; he wanted a divorce after 13 years and two small children. With no home to go to, I waited at the state hospital for a bed at an adult foster care home.

After six months, I was placed in a very nice home. Michigan Vocational Rehabilitation sent me to a business school while I was there. After two semesters at the business school, it was time to find a job. By July 1981, I had a job as a bookkeeper for a small company and worked for one year while still living at the foster care home. It was time to try living on my own. I was afraid of everything. Living alone, having relapses, and just taking care of myself. I moved into a rented home and continued to work and support myself.

While I was at the foster care home, I read a pamphlet that described my symptoms perfectly. Before I read it, I did not know I had
The pamphlet said that schizophrenia was incurable but could be controlled with medication. All of my relapses were from going off my medication. From that time on, I have decided to be well. I never go off my medication or ever have it adjusted and I have been stable since 1980. I know I still have the disease but am controlling it with medication.

In 1983, I bought my own home and have my children every other weekend (my husband has custody of the children, but I am still part of their lives). I also started to attend college at night. I have been taking one class a semester for these past six years and will receive a Certificate in Accounting this December.

Because I took accounting courses at the community college, I was promoted to Accounting Supervisor in 1985. I have a very good job and enjoy it very much. In the eight years I have been working, I have not had to take time off for my schizophrenia. It has not been easy. I feel very tired in the mornings and force myself to go to work. My life is low keyed, as I cannot take much stress.

My social worker heard about Schizophrenia Alliance and suggested I get involved in it. Since I have met Joanne V. and the members of her group, my life has been transformed. I am a SA leader and now have a group of very caring and friendly people to meet with once a week. As a leader, my life has been enhanced by the possibility of helping others and myself toward recovery. Thank you, SA

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

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 SARDAA Health Storylines: your own personal health diary.

Track your mood & journal daily, for free

Download Health Storylines Today

SARDAA
health storylines
British Study Shows Cannabis Use Adversely Affects Individuals With Early Psychosis
Psychiatry Research
Laurel Ranger
September 11, 2018
Cannabis use in patients with early psychosis is a risk factor for relapse, a higher number of re-hospitalizations, and longer length of stay (LOS) in hospital, particularly in black male patients, according to study results published in Psychiatry Research.

READ MORE

Early Intervention in Schizophrenia: The RAISE Program
Tori Rodriguez, MA, LPC
September 6, 2018
Historically, there have been low expectations for recovery in schizophrenia, which is associated with high rates of morbidity, mortality, and disability, as well as estimated annual economic costs of $155.7 billion and a 10% to 15% employment rate. In recent years, the focus of mental health policy and treatment for individuals with schizophrenia in the United States has shifted from stabilization of those with chronic disease to intervention in the early stages of the illness.

READ MORE

Grading the States: An Analysis of Involuntary Psychiatric Treatment Laws
Treatment Advocacy Center
September 2018
Grading the States: An Analysis of U.S. Psychiatric Treatment Lawsexamines the laws that provide for involuntary treatment for psychiatric illness in each state. To do so, we ask a simple question: Does the state law allow an individual in need of involuntary evaluation or treatment to receive timely care, for sufficient duration, in a manner that enables and promotes long-term stabilization?

The United States is effectively running 50 different experiments,
with no two states taking the same approach. As a result, whether or not an individual receives timely, appropriate treatment for an acute psychiatric crisis or chronic psychiatric disease is almost entirely dependent on what state he or she is in when the crisis arises.

In addition to providing a detailed assessment of each state’s treatment laws in comparison with those of the rest of the country, the report also identifies specific statutory changes states can make to greatly improve access to care for this population.

**Lithium Monotherapy Effective in Treating Bipolar Disorder in Children**
Caleb Rans
September 13, 2018
Lithium monotherapy may be safe and effective for treating acute mania and preventing mood instability in children and adolescents with bipolar disorder, according to study results published in European Psychiatry.

In this systematic review, researchers searched major databases for studies that included children and adolescents who were treated with either lithium monotherapy or lithium in combination with other psychoactive therapies for bipolar disorder. After applying the search criteria, the investigators found 30 studies that included a total of 12 randomized trials. The majority of studies were short-term, being conducted for less than 8 weeks, with the exception of one that continued for more than 6 months.

**Remission of Schizophrenia Seen With Amisulpride, Clozapine**
HealthDay News
September 5, 2018
Remission can be achieved for most cases of schizophrenia and schizophreniform disorder with amisulpride and clozapine, according to a study published online Aug. 13 in the The Lancet Psychiatry.

**Using Neurocognitive Profiles to Predict Conversion to Psychosis in High-Risk Patients**
Schizophrenia Research
Emily Pond
September 10, 2018
Patient neurocognition profiles may be effective diagnostic tools for identifying functional outcomes among patients with high risk for psychosis, suggested research published in Schizophrenia Research.
Researchers recruited 324 participants (mean age, 18.4 years) currently in the first phase of the North American Prodrome Longitudinal Study. The study cohort comprised 166 individuals at Clinical High Risk (CHR) for psychosis, 49 non-CHR youths with a family history of psychosis, and 109 healthy control participants. Participants were followed for 2.5 years, with study visits every 6 months to assess social functioning and clinical symptoms of psychosis per the Structure Interview for Prodromal.

**Recovery to Practice (RTP) Webinars and Podcasts:**

**PODCAST: Long-acting Injectable Antipsychotics in Mental Health Recovery**
SAMHSA
Expert speakers:
Anthony Carino, MD, Director of Psychiatry, Janian Medical Care; Assistant Clinical Professor of Psychiatry, Columbia University College of Physicians and Surgeons
Delbert Robinson, MD, Associate Professor, The Center for Psychiatric Neuroscience, The Feinstein Institute for Medical Research; Professor of Molecular Medicine & Psychiatry, Hofstra Northwell School of Medicine

[PODCAST](#)
[PODCAST Citations](#)
[PODCAST Transcript](#)

**PODCAST: More Than One: Considering Multiple Medications in a Recovery Plan**
SAMHSA
Expert speakers:
Hunter McQuistion, MD, Medical Director, Psychiatry, Clinical Professor of Psychiatry, Gouverneur Health, NYC
Scott Stroup, MD, Psychiatrist, New York Presbyterian Hospital; Professor of Psychiatry at Columbia University College of Physicians and Surgeons

[PODCAST](#)
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**PODCAST: Recovery-oriented Approaches to Psychopharmacology**
SAMHSA
Experts speakers:
Curtis Adams, MD, Senior Psychiatrist, Division of Community Psychiatry; Assistant Professor of Psychiatry, University of Maryland School of Medicine

[PODCAST](#)
[PODCAST Citations](#)
[PODCAST Transcript](#)
Michael Birnbaum, MD, Director, Early Treatment Program, Northwell Medical Center; Assistant Professor of Psychiatry, Hofstra Northwell School of Medicine

PODCAST
PODCAST Citations
PODCAST Transcript

PODCAST: Right Med, Right Time: How Medication can Support Recovery
SAMHSA
Experts speakers:
Tracee Burroughs-Gardner, MD, Chief Executive Officer, Urban Behavioral Associates, Maryland

Patricia Deegan, PhD, founder, Pat Deegan and Associates, disability rights advocate

PODCAST
PODCAST Citations
PODCAST Transcript

SAMHSA awards $215.2 million to support justice-involved individuals who have substance use or co-occurring mental and substance use disorders
The Substance Abuse and Mental Health Services Administration (SAMHSA) recently awarded up to $215.2 million over five years for justice-involved individuals who have mental and substance use disorders.

These programs are intended to provide effective treatment services to reduce further criminal justice involvement and to promote recovery for justice-involved individuals who have substance use disorders or co-occurring mental and substance use disorders.

“Providing treatment and recovery services to Americans who are involved with the criminal justice system and struggling with addiction is a crucial step in offering them a second chance,” said HHS Secretary Alex Azar. “Drug courts in particular are an effective way of helping people access treatment and enter recovery, and HHS is proud to support state, local, and tribal governments in running these programs.”

READ MORE

SAMHSA's Annual Mental Health, Substance Use Data Provide Roadmap for Future Action
September 14, 2018
Today the Substance Abuse and Mental Health Services Administration released the 2017 National Survey on Drug Use and Health (NSDUH). The annual survey comprises highly anticipated
data that help provide a statistical context for the country’s opioid crisis and other behavioral health matters.

“SAMHSA’s National Survey on Drug Use and Health contains annual data that provides critical information which helps us understand important concepts around mental health and substance misuse across the nation,” said Department of Health and Human Services Secretary Alex M. Azar II. “President Donald Trump, Assistant Secretary Elinore McCance-Katz and I share a vision for a path forward, one that involves connecting Americans to the evidence-based treatment they need.”

**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](#).
**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.

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**Help Support Schizophrenia and Related Disorders Alliance of America**

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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,
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 SARDA.

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 XA142

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