Brain Illness Awareness Week
aka Mental Illness Awareness Week
October 6 - 12

You are not alone.
Approximately 10 million people in the U.S. are diagnosed schizophrenia spectrum disorders and are among the largest number of disabled.

Share these resources with your community to encourage individuals to find help for serious neuropsychiatric brain illnesses
Message from SARDAA, CEO

Dear Friends,

It is no treat nor trick to be affected by a brain illness. Brain health is influenced by genes and the environment during brain development. If you are able, please join us on November 4th in NYC to learn more.

I look forward to seeing many of you on November 4th in NYC.

We will share some of the valuable information presented at the symposium and reception so we can work together to change how people are treated who are affected by a brain illness.

We are very grateful to our Sponsors, Board of Directors, Corporate Board Members and the amazing hardworking staff and volunteers who make SARDAA's mission work possible.

Very best,
Linda Stalters, MSN, APRN (ret)
Chief Executive Officer
Schizophrenia and Related Disorders Alliance of America

Brains on Broadway

November 4, 2019
The Westin New York at Times Square
270 W 43rd St. New York, NY 10036
2:30 – 8:30 p.m.

Glenn Close
Honorary Chair
Co-Founder of Bring Change to Mind

2:30 - 5:30 pm
COMPLIMENTARY SYMPOSIUM
Translation to Transformation
How We Can Help the Most Seriously Ill
Classification of Schizophrenia Spectrum As a Neurological Brain Illness

Panel Discussion and Speakers featuring world-renowned experts including:
- Henry Nasrallah, MD
- Elizabeth Ford, MD
- Elyn Saks, JD, PhD
- Raymond Cho, MD, MSc
- Clayton Chau, MD, PhD
- Matcheri Keshavan, MD
- Deborah Levy, PhD
- Robert Laitman, MD
- Jeffrey Lieberman, MD

Keynote Speaker:
HHS Assistant Secretary Dr. Elinore McCance-Katz
Complimentary - a separate Registration is required

5:30 - 6:30 pm
VIP RECEPTION by invitation only
International Recording Artist Paul Taylor

6:30 – 8:30 pm
STAR-STUDDED AWARDS RECEPTION
$350 - Orchestra Rate (until November 3rd)
$400 - At the Door
Keynote Speaker:
Tim Murphy, PhD
International Recording Artist Paul Taylor

Please inquire at gordon.lavigne@sardaa.org about sponsorship opportunities and angel.white@sardaa.org for information and auction item donations.

Thank you sponsors:
Ann Allen Cetrino Family Foundation

Purchase Your Brains on Broadway Tickets Now!
Limited Space Available

Consultant 360 Podcast of Robert S. Laitman, MD, on Reclassifying Schizophrenia
WATCH HERE

Shout out to folks living in and around New York City. Schizophrenia and Related Disorders Alliance of America (SARDAA) is in need of volunteers for our upcoming, Brains on Broadway event coming November 4, 2019 at The Westin New York at Times Square. This spectacular event begins with a symposium from 2:30 p.m. to 5:30 p.m. followed by a star-studded reception from 6:30 p.m. to 8:30 p.m. Hot topics include the reclassification of schizophrenia for future research and treatment and how we can help improve lives affected by psychosis.

Can we count on your support for this exciting event? A fantastic opportunity for you to learn more about brain illnesses while meeting some amazing people.

If you are interested in volunteering for this special event please contact Mary mary.troy@sardaa.org or Angel angel.white@sardaa.org or 240-423-9432.

Message from FFC, Families for Care, Coordinator
In my ongoing quest to understand and come to terms with the sadness I feel about my daughter’s life….not realistically seeking an end to suffering, rather dealing with it best I can, my attention was drawn during a reading from 'The Prophet' by Kahlil Gibran at a recent Sunday service celebration of the autumn equinox. The subject was ‘joy and sorrow’. Sharings of his wisdom on such life circumstances include “Your joy is your sorrow unmasked. And the selfsame well from which your laughter arises was oftentimes filled with your tears. The deeper that sorrow carves into your being, the more joy you can contain. Is not the cup that holds your wind the very cup that was burned in the potter's oven? And is not the lute that soothes your spirit, the very wood that
was hollowed with knives? When you are joyous, look deep into your heart and you will find it is only that which has given you sorrow that is giving you joy. I say unto you they are inseparable. Verily you are suspended like scales between your sorrow and your joy”. Back to my/our reality, when I hear of the great suffering of many people throughout the world, I am relieved for her that her basic needs are met of food, shelter and safety, even though she may not be able to appreciate them, but I know that the suffering of many is great. Katherine's suffering is but a part of that throughout the world and realizing this helps me put it in perspective. The best we can do is to face each challenge as it arises, day at a time, looking for the good that is present...it is there.

In Heart,
Mary Ross

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Message from SA Staff Supporter
Using Affirmation Books to Maintain Positive Thoughts
By Sandy Dimiterchik
In the Blue Book, Step 5 addresses the need to keep positive thoughts to stay in recovery, “self-defeating thinking contributes to my problems, failures, unhappiness, and fears (2019 version, page 7).” To start an SA meeting, many SA group leaders read from a book of affirmations. These books provide words to inspire and give hope to each day. A SA member can also get a book and read from it each day, so as to direct the kind of attitude one hopes to have daily.

Some people also choose to write in a journal how the affirmation inspired them. As the Blue Book says on page 20 of the 2019 version, “negative thinking can defeat our aspirations to become a whole person.” It is up to each person to decide how to use the books. Some members might even want to share with their group how the words impacted them.

Follow these links to two books recommended by SA group leaders – A Restful Mind: Daily Meditations for Enhancing Mental Health [here](#) and The Promise of a New Day: A Book of Daily Meditations [here](#)
SARDAA needs volunteers!

Are you or someone you know a Social Media expert? Join the SARDAA Social Media Team!

View Requirements HERE

Please contact: Angel 240-423-9432 or angel.white@sardaa.org

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Personal Story of SA Members

Elena

Hello, my name is Elena, I am 55. I would like to share some thoughts and events with you. Unfortunately I have been ill since my childhood. My mother was bad to me since I was a baby. For example she threw the thick duvet on me, not even my head was seen, and she went to the garden hoeing. My godmother came to see us. She heard my crying, grasped me under the duvet and ran with me to granny. Allegedly she didn’t even look for me. That is how my early babyhood was.

As a child, I had no home anywhere. When I got to my mother, she tied me to the swing like a dog in the greatest heat. Then she went gardening. My father set me free and gave me a drink. He blamed my mother, he even slapped her. She apologized and said she feared that I would tread the seedling down. On another occasion she locked me in the flat without any water and food. She said she would come back soon. Then she went to the market to sell things. Money meant everything to her. I spent the night alone. She arrived late in the afternoon and by that time the sister of my father set me free. She fed me and gave me a bath. I couldn’t be happy at my grandmother’s place either because my grandfather was always drunk and shouted at us. We had to sleep with granny in the cow shed.

READ MORE

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Book Review of My Journey to MBA by John Witcher
By Sandy Dimiterchik

One of the hardest things I think with our illness is deciding what we can or cannot do in terms of goals and aspirations. John Witcher has written an inspiring autobiography based on his journals he himself wrote from 1994-2017, and it shows the choices he made to live a high quality life. Not to say there were not challenges for him.

The decision to go back to school, whether trade school, undergraduate, or graduate school can be harrowing. Sometimes it takes a person a long time to complete their studies due to medical problems and possibly hospitalizations. The author describes these challenges and his ability to persevere.

As a SA Group Leader, sometimes you have members who are interested in returning to some form of school. I think reading this book is a good idea because it reminds you that we all have journeys of recovery individually. As the author pointed out early in the book, “All my friends are in college and they have so many dreams. They just don't relate to me anymore.” It is an impressive accomplishment to see where the author is now, with a college degree and an MBA.

I would recommend this book for SA groups, individuals diagnosed with schizophrenia or related disorders, and families and friends. I also would refer the book to clinicians and case workers, so that they can see what a person with schizophrenia can accomplish.

The book can be purchased here.

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**Personal story of FFC Member**

**J.C. Family**

What if one day you awoke to realize all your hopes, dreams, and plans were gone. What if you awoke to realize the dreams for your family was simply that: a dream. What if you awoke to see that your life would never be what you imagined? Gone are the plans to travel, have a nice car, or perhaps move into your dream home. Instead, your life becomes one of turmoil, stress, and a fear of the unknown. This is the life of parents of a schizoaffective child.

Many years ago we envisioned a life with a successful son, grandchildren, and traveling the world. That was until our son was diagnosed with severe schizoaffective disorder. Instantly our dreams came to an end and now we are living paycheck to paycheck. Let me tell you, a middle class family has zero support. Our family disowned us, believing we were horrible parents, or that our son was demon possessed. Please let me reassure you, we are loving Christian parents; demons didn’t cause this, just as we didn’t. Instead it is an
organic, biological brain disease such as type 1 diabetes: it’s genetic in origin. For a middle class family, government doesn’t care. This is truly a lonely road.

Ultimately, what I have learned is that God loves us; He does not judge as people tend to do. Furthermore, you are not alone. Families across the country are daily struggling to handle a life no one ever envisioned. My wife and I are just another percentage. Our hope lies in the fact we believe in recovery. As we endure our own personal hell, we have hope that others will overcome this terrible disease. Please know we accept the life God has given us, and we will endure it with joy in anticipation that it will bring hope to anyone enduring a brain disease. We will always be in your corner, cheering you on.

- David Geiger

We are actively recruiting State Chapter Leads, State Chapter Members, and Families for Care Group Leaders

SARDAA is the only advocacy organization focused on psychosis, the most debilitating symptom of brain illness.

Are you interested in starting a SARDAA State chapter, being a chapter lead, or member? Running a local Families For Care support group? Helping other families in their journey through brain illness? Contact Laura Pogliano, laura.pogliano@sardaa.org or call 240-423-9432.

We will send you all the info you need to get help for your family &
find resources on brain illness, and also information on starting a state chapter, becoming a member and forming a local support group.

We need you! Join us in making a difference.

Our mission: improving the lives of people living with psychosis!
Thank you, Laura Pogliano

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

Spirit of SA Conference Call
For SA Leaders and Potential Leaders
First Wednesday of Each Month - 7 pm Eastern Time

Families For Care Conference Call
Not for individuals diagnosed
Every Tuesday - 7 pm Eastern Time

Coming Soon! Spanish Speaker's Families For Care - Monday evenings

Toll-free Calls
Call-in information (855) 640-8271
Entry Code 88286491#
International Number (720) 362-6499

Facebook Support Groups
Only for individuals diagnosed
SARDAA Support
JOIN The Facebook Group Here
**Become a SARDAA Pen Pal**

New Webinar on SARDAA Pen Pal Program
By Sandy Dimiterchik

On October 17, 2019 at 1 PM Eastern Time, SARDAA will unveil a new webinar on its Pen Pal Program. This informative meeting will provide information on why the program is needed, how to become a pen pal, and how to get further information. We are excited to show the public what the program is about.

Here is the Pen Pal Webinar Link and Information:
Join Zoom Meeting  
[https://zoom.us/j/117924316](https://zoom.us/j/117924316)
Meeting ID: 117 924 316
One tap mobile
+19294362866,,117924316# US (New York)
+16699006833,,117924316# US (San Jose)
Dial by your location
+1 929 436 2866 US (New York)
+1 669 900 6833 US (San Jose)
Meeting ID: 117 924 316
Find your local number: [https://zoom.us/u/acQ7DNZKsM](https://zoom.us/u/acQ7DNZKsM)

For more information or if you have questions, contact SARDAA at info@sardaa.org or 240-423-9432.

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SARDAA has chosen eBay for Charity so you can directly support SARDAA when you sell and buy items on eBay.
Auction Items to Benefit SARDA

EBAY FOR CHARITY

1. IN THE LISTING FLOW, SELECT THE OPTION TO "DONATE A PORTION TO CHARITY"

2. SELECT SARDA

3. SELECT THE PERCENTAGE YOU WOULD LIKE TO DONATE
   You can verify the charity and donation percentage on your item by checking the information included in the item description.

4. SARDA will be notified of your listing according to its account preferences and has the right to request an item cancellation if it prefers not to benefit from your listing.

5. SELL AND SHIP

   PAYPAL
   PAYPAL GIVING FUND
   After the item sells and the buyer pays, ship the item. The donation is not collected immediately to ensure the transaction is complete. In approximately 21 days, PayPal Giving Fund automatically collects the donation from the seller and sends a confirmation email.

   At the end of each month, PayPal Giving Fund combines the donations from individual sellers and sends 100% to the selected charity.

For more details:
https://charity.ebay.com/help/seller

For more information visit: eBay for Charity
Brain (Mental) Illness Awareness Week 2019
Mental Illness Awareness Week (MIAW) is a dedicated time for the community to come together and fight the stigma associated with mental illness. As we work to increase awareness, drive conversation and educate others, it is important to remember that the stigma so many face can go beyond their psychiatric condition.

Tardive dyskinesia (TD) is estimated to affect at least 500,000 people in the United States.1,2 Tardive dyskinesia (TD) is a prime example of what patients may encounter on their journeys, further contributing to the stigma associated with mental health and the environment of shame, fear and silence that prevents many people from seeking help and treatment.3 TD may be persistent and is an often irreversible, involuntary movement disorder associated with prolonged use of certain drugs, such as antipsychotics, commonly prescribed to treat schizophrenia, bipolar disorder and severe depression.4-6 Imagine a patient who is struggling to control their mental health and then is faced with excessive blinking; uncontrollable lip smacking; trunk or hip rocking; tongue darting or protrusion; twisting or dancing fingers or toes; jaw distension, chewing or grimacing.6,7 The stigma patients with TD may encounter can impact their lives socially, physically and emotionally,8 making them feel embarrassed or judged by others and, in some cases, leading them to withdraw from society and isolate themselves from the outside world.6,8,9

During MIAW, it is important for the community to recognize these patients and the broader impact of mental illness. To learn more about TD and ways to open up a conversation about the condition, visit www.TalkAboutTD.com

Tardive Dyskinesia Patient Quote
“When I saw my doctor, I explained to him how concerned my family was about the jerking movements and I told him that I was concerned too. He explained to me what I was experiencing was a result of the medications that I was taking, and it was a condition called tardive dyskinesia (TD).

I think a lot of patients living with TD are afraid and ashamed of what
others may think. What would help is to build a more compassionate community around TD by educating the public. People don’t have a lot of knowledge about what the condition looks like.” – Terrylin, Patient Living with TD
Terrylin’s full story is available [here](#)

**Presentation: Living With Schizophrenia**
October 14, 2019
3:30 PM - 5:30 PM
Grand Ballroom, NEW Center
Northeast Ohio Medical University
Rootstown, OH 44272
2019 Dr. Fed and Penny Frese Lecture
Author of Living With Schizophrenia [Read Here](#)
Dr. Robert Laitman, Daniel Laitman Speakers
[Register Here](#)

**Symposium: New Perspectives on Cerebellar Function: Implications for Mental Health**
2019 Society for Neuroscience (SfN) in Chicago
NIMH- Sponsored symposium
October 18, 2019, 8:30 AM - 5:00 PM CDT
Research suggests that the cerebellum plays a significant role in cognitive, emotional, and social processes, and its dysfunction has been linked to a variety of psychiatric disorders. This NIMH-sponsored symposium will bring together experts in basic and translational neuroscience to discuss the state of the field and identify opportunities to advance our understanding of how the cerebellum contributes to cognition, emotion, and social behavior in both healthy and psychiatric populations.
For more information and to register, visit [Here](#)

**Podcast: How Can Computer Models Help us Better Understand the Brain?**
NIMH Brain Experts podcast
How brain imaging might help us understand the brain with computational neuroscientist Dr. Niko Kriegeskorte from the Zuckerman Institute at Columbia University.
Listen and Read More [Here](#)

**Dr. Torrey Delivers Keynote Speech to APA**
October 3, 2019
Treatment Advocacy Center
Highlights Anosognosia, Criminalization of Severe Mental Illness in Call to Action
ARLINGTON, VIRGINIA - On Thursday, Dr. E. Fuller Torrey gave the keynote speech at the American Psychiatric Association’s IPS Mental Health Services Conference in New York.
Widely considered a celebration of Dr. Torrey's monumental career, the speech focused on one of the most important questions facing modern mental health care: what did American psychiatry get so wrong that caused our system to fall apart?

**READ MORE**

### Are Many Homeless People in L.A. Mentally Ill? New Findings Back the Public's Perception
**October 7, 2019**
Dan Maxwell, Los Angeles Times

Mental illness, substance abuse and physical disabilities are much more pervasive in Los Angeles County’s homeless population than officials have previously reported, a Times analysis has found.

The Times examined more than 4,000 questionnaires taken as part of this year’s point-in-time count and found that about 76% of individuals living outside on the streets reported being, or were observed to be, affected by mental illness, substance abuse, poor health or a physical disability.

**READ MORE**

### Psychiatrists Can Do More to Help Patients Quit Smoking, Addiction Experts Say
**October 8, 2019**
Daniel Maxwell, Los Angeles Times

Several medications are proven to help people stop smoking, but few patients with tobacco use disorder are being offered them, according to addiction experts at APA’s IPS: The Mental Health Services Conference in New York.

Despite the higher rates of smoking by people with mental illness compared with those without mental illness, only a quarter of facilities that treat patients with substance use disorders in the United States offer nicotine replacement therapy or medication treatment, and two-thirds allow tobacco use on their grounds, explained session chair Michael Brus, M.D., a clinical instructor of psychiatry at Icahn School of Medicine at Mount Sinai, during the session “The Deadliest Drug Epidemic: How Psychiatrists and the Media Miss the Boat on Tobacco Addiction, and What to Do About It.” Brus called for psychiatrists to do more to address tobacco use in this population.

**READ MORE**

### The Joker: Choosing the Unsentimental and Tender Eye
**October 8, 2019**
Deborah Geesling

I’m probably the last person you would expect to see “The Joker.” I’ve never cared for Rated R movies and violence. I am the mother of someone who battles a significant mental illness and I anticipated, based on the trailers, that this would rip me apart. So, I braced
myself as I walked into the theater alone with pen and notebook in hand. Admittedly my heart was racing a bit.

**Factors Associated with Return to an Involuntary Treatment System in Washington State**
Treatment Advocacy Center
Jessica Walthall
Collecting and analyzing outcome data for public programs, especially those related to the treatment of severe mental illness, is vital for making evidence-based policy decisions. Having reliable information about a program's effects allows policymakers to determine whether the program is actually helping who it is supposed to help and takes some of the guesswork out of making improvements.

**Single-Session Mobile-Augmented Intervention in Serious Mental Illness**
Medscape
Colin A. Depp; Dimitri Perivoliotis; Jason Holden; Jennifer Dorr; Eric L. Granholm
Abstract
Psychosocial interventions for serious mental illness are resource intensive and poorly accessible. Brief interventions (eg, single session) that are augmented by follow-on automated mobile health intervention may expand treatment access. This was a randomized single-blind controlled trial with 255 individuals diagnosed with schizophrenia or bipolar disorder. Participants were randomized to one of three conditions: CBT2go, which combined one individual session of cognitive behavioral therapy with automated thought challenging/adaptive behavior delivered through mobile devices; Self-Monitoring (SM), which combined single-session illness psychoeducation with self-monitoring of symptoms; and treatment-as-usual (TAU). Participants were assessed at baseline, 6 weeks midpoint), 12 weeks (posttreatment), and 24 weeks (follow-up) with our primary outcome global psychopathology (Brief Psychiatric Rating Scale–expanded version [BPRS-24]), and secondary outcomes community functioning (Specific Level of Function; SLOF) and defeatist performance beliefs (DPBs). We also collected data on adverse events. Outcome analyses on the primary outcome, BPRS Total score, indicated a significant time (0–24 wk) by group interaction with significant but modest improvement comparing two active conditions (CBT2go and SM) relative to TAU. Effects of CBT2go were not different from SM. There was a significant time × group interaction with better SLOF scores in CBT2go across 24 weeks, but not in SM. There were no time-by-group effects on DPBs. DPBs decreased in the CBT2go condition but not in SM. These results
indicated that single intervention augmented by mobile intervention was feasible and associated with small yet sustained effects on global psychopathology and, when inclusive of CBT, community function compared with usual care.

**Study Reveals Sex-Based Differences in the Development of Brain Hubs Involved in Memory and Emotion**

October 2, 2019

NIMH

Researchers have uncovered sex-based differences in the development of the hippocampus and amygdala-brain areas that have been implicated in the biology of several mental disorders that impact males and females differently.

**NIH Announces Winners of High School Mental Health Essay Contest**

Teens across the country submitted powerful essays addressing stigma and social barriers to seeking mental health treatment

The National Institutes of Health is pleased to congratulate the winners of the Speaking Up About Mental Health national essay challenge, which was designed to spur conversations about mental health and encourage youth to seek help for mental health issues.

Ten winners and two honorable mentions were selected from among more than 160 teens from across the U.S. and Puerto Rico who opened up the conversation about the impact of mental illness among teens, barriers faced when seeking treatment, and innovative approaches to overcoming those barriers.

**NIH Funds $945 million in Research to Tackle the National Opioid Crisis through NIH HEAL Initiative**

Today the National Institutes of Health (NIH) has awarded an unprecedented $945 million in total fiscal year 2019 funding for grants, contracts and cooperative agreements across 41 states through the Helping to End Addiction Long-term Initiative or NIH HEAL Initiative. This trans-NIH research effort to reverse the opioid crisis aims to improve treatments for chronic pain, curb the rates of opioid use disorder and overdose and achieve long-term recovery from opioid addiction. NIH is taking an “all hands on deck” approach leveraging expertise from almost every NIH institute and center to approach the crisis from all angles and disciplines, and across the full spectrum of research from basic to implementation science.

As part of the NIH HEAL Initiative, NIMH is working with other NIH institutes to test collaborative care for treating those with opioid use disorder and co-occurring mental health conditions in community
settings. We encourage you to learn more by reading NIH's announcement and visiting the HEAL website.

Find Clinical Trial Participation by State: HERE

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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 XA142

Help Change Lives -- Donate Now

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

Sincerely,
Angel White, Editor