Message from SARDAA, CEO

Dear Friends,
We are so excited to meet all who have the ability to join us in NYC on November 4th. It is always a genuinely invigorating and emotional experience for us to gather as peers, compassionate heroes and warriors for the most seriously brain ill. We cherish the time together with longtime and new friends.

With your help, strength, courage, compassion and tireless work we are making great strides. Our amazing awardees exemplify and stand to represent so very many of you!

Thank you for your time, talents, expertise, treasure and sincere caring!!

Very best,
Linda Stalters, MSN, APRN (ret)
Chief Executive Officer
Schizophrenia and Related Disorders Alliance of America
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
Reclassification 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
Tim Murphy, PhD
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:
HHS Assistant Secretary Dr. Elinore McCance-Katz
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

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

Continuing on a theme from a previous message, I find affirmation in the thoughts of Ram Dass in his book, 'Still Here', written following the devastation of a stoke he suffered. He stated “one of the best parts of aging (I relate regards challenges as a carer) is entering the 'don't know', learning to be someone who can rest comfortably in uncertainty”. He also, importantly, related to what I've heard expressed by some persons diagnosed with Schizophrenia, in recovery, that the stroke (challenge/suffering) can be viewed as grace (gift) from his higher power, allowing him release from an egoic existence to that of life lived on a more spiritual, soul centered (higher) plane. In both circumstances, likely rising to the higher plane might not have happened absent the challenge. I have to believe that there is good on this path in life, and sharings as these are reassuring to me.

In Heart,
Mary Ross

Message from SA Staff Supporter
Survey Results

Thank you everybody who participated in the 2019 SA Survey! 77 people mailed in surveys. I will be publishing the results in the next couple of months newsletters.

Reminder about who can attend SA groups

SA, or Schizophrenia Alliance: Psychosis Support and Acceptance, Groups are for people diagnosed with symptoms of psychosis. That includes schizophrenia, bipolar disorder, schizoaffective disorder, depression with psychosis, or experience with psychosis. It is very important to enforce this criteria! Also, if you find that you are unable to maintain this requirement, please contact the main office at info@sardaa.org or 240-423-9432. Also, you should get the approval from me or the office if you have an excessive amount of people observing the group. For observers, you need 100% approval from the members who attend your SA group. Finally, family and friends can attend the Families For Care group in person or by conference call weekly on Tuesdays at 7 PM ET. Contact the office for more information at info@sardaa.org or 240-423-9432 or go to our website SARDAA.org.

Start a SA Group

Are you interested in starting a SA group? Do you have a diagnosis of schizophrenia or related disorder, including bipolar disorder,
schizoaffective disorder, depression with psychosis, or experience with psychosis. The first step is to try out the group and see what it is like by attending a conference call or visiting our video on the website SARDA.org: https://sardaa.org/schizophrenia-alliance/sa-leader-resources/
For more information, contact Sandy Dimiterchik, the SA Staff Supporter at 832-439-1586 or sandy.dimiterchik@sardaa.org.

SARDA needs volunteers!

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

View Requirements HERE

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

**Personal Story of SA Members Csaba**

At the age of 21, when I went on holiday to California, I began to feel that I was being watched. I heard the voice of a logical unit, the artificial intelligence. The most important thing for me was to process and interpret the information. I felt a sending power goes through my mind, involving me in a cruel game. I have to make decisions or create things with my brain, for example buildings. Later I realized that things in the reality happen following my decisions. These were often tragic things. I had a guilty conscience.

I decided it wasn’t OK and flew home of my own free will. At home I was diagnosed with schizophrenia. I felt I didn’t need any drugs and decided to give up the medicinal treatment. I got back to the mental hospital twice, then I had rehabilitation treatment.

I got very interested in schizophrenia and decided to do research on the causes of my disease. I have read lots of scientific literature that are connected with the topic.

Meanwhile I joined the local mental health and social provision
system and became a member of the peer community, the SA groups. At present I receive a maintaining medication treatment. I take part in the programs regularly, I am looked after and I meet my mentor twice a week and we work out project-like solutions. I help the foundation financially as far as I can.

Now I live without any symptoms. Unfortunately I express myself in a rather complicated way, but in the community I do my best to become simple, easy to understand.

At my previous workplaces I couldn’t meet the requirements for long, but I started a seasonal business that we operate at a family level. It involves a lot of stresses, but it works well.

For me it is a success story that I am capable of living together with my disease and I can stand my ground. It is very important for me to analyze the difficulties together with my psychiatrist, community mentor and members of the SA group. We go to the school of schizophrenia for our whole life.

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Book Review of *Breakdown: A Clinician’s Experience in a Broken System of Emergency Psychiatry* by Lynn Nanos

By Sandy Dimiterchik

As a patient with a severe mental illness or brain disorder, a person meets many clinicians on the journey to recovery. This can include psychiatrists, nurse practitioners, social workers, therapists, and other types of case managers who help you not only receive medication, but also find a quality of life worth living. As you meet each professional, you may only see the person briefly, and may not have the opportunity to get to know them well, like understanding why they chose their profession of work. When you go to an emergency room, the conversation is even briefer, as decisions are made that can dramatically impact your life.

The book *Breakdown: A Clinician’s Experience in a Broken System of Emergency Psychiatry* by Lynn Nanos, a social worker in Massachusetts, gives the reader insight into many things that occur in her profession. Her honesty about what she sees in a “broken system” is admirable. She analyzes research from both her own state and throughout the United States.

The book is well-documented and the author discusses many topics that seriously mentally ill patients face, especially the issues of accurate occurrence of violence, anasognosia (lacking insight into mental well-being), and the need for advocacy by not only the person but by family, friends, clinicians, and
governmental officials. The only thing I disagreed with the author on was her description of peer specialists as found in Chapter 4 and Chapter 18. As a Louisiana state certified peer support specialist, I know from my own experience that there is training involved that does promote taking medication and working with clinicians.

Though scientific, full of research studies, and anecdotal stories, I found the book easy to read. I recommend this book to all people involved in receiving a diagnosis and achieving and maintaining recovery. This book provides a description of the inner workings for the mental health system, especially for the serious mentally ill.

The book can be bought at Amazon click [Here](http://amazon.com).

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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.](mailto:laura.pogliano@sardaa.org)

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

Have you ever wanted to be a pen pal? By pen pal, we at SARDAA mean someone who corresponds with a person who has schizophrenia or related disorders, including bipolar disorder, schizoaffective disorder, depression with psychosis or experience with psychosis. The person you are writing to could possibly in prison, a hospital, or neither, just someone with the diagnosis looking for a friend to correspond with. You can specify. Also, you can be anonymous, receiving an anonymous SARDAA email address or sending your letters anonymously to our office staff, who will then send the letters to the person.

If you are interested, please contact the office at 1-240-423-9432, 1-800-493-2094 or info@sardaa.org
-Sandy Dimitrichk

Congratulations to Sister Lucindia, SA Group Leader for the appointment to Vice-Chairman of the Mobile, Alabama Advisory Commission for the Disabled. Sister Lucindia advises the City Council on disabilities and mental illnesses.

Preventing Suicide
Even a single tip can become a friend or family member’s lifeline.

- Someone I know may be at risk of suicide
- I’m having thoughts of suicide
- I’m feeling down
- Someone close to me has experienced a suicide loss
- My child has lost someone to suicide
I’ve lost someone to suicide

Suicide is the second leading cause of death among people aged 15 – 24. There are always things we can do to advocate for the emotional well-being of our community and ourselves.

- Help a friend in need (pdf)
- What to do if you’re concerned about a teen’s mental health (pdf)
- Seize the Awkward
- JED resources in Spanish

Algorithm to Predict First-Episode Psychosis in a Population

Treatment Advocacy Center

Methods to identify rates of first-episode psychosis in the general population are needed in order to appropriately serve high-risk individuals with an early treatment program. Without such methods, comprehensive systems that conduct outreach, assessment and treatment for individuals with first-episode psychosis, such as coordinated specialty care, cannot adequately be met.

READ MORE

What Shaped My Career

E. Fuller Torrey, M.D.

It is difficult to be certain what shapes our lives and careers. If we were born again with just one thing changed, such as our parents or birthplace, then we could determine the essential factors. Alas, we are each living a unique social experiment with an N of one.

My best guess is that my life and career were largely shaped by four seminal experiences. The first was my younger sister’s psychotic breakdown in 1957, at age 18. Rhoda had serious schizophrenia with anosognosia as well as treatment resistance. At one time she was suicidal and homicidal. She was hospitalized continuously in a New York State hospital for 25 years and spent the rest of her life in group homes and nursing homes. I was a third-year premed student in college when she got sick, and I envisioned myself practicing family medicine. Because my father had died when we were young, I accompanied my mother and sister as they sought a definitive diagnosis and treatment at psychiatric centers recommended by friends—Columbia, Massachusetts General, Silver Hill, the Brattleboro Retreat, Baldpate, etc.

READ MORE

Genes Underscore Five Psychiatric Disorders

Neuroscience News

July 27, 2019

Nineteen gene sets have been identified that contribute to at least five psychiatric disorders. The gene sets were associated with ADHD, ASD, bipolar disorder, major depressive disorder, and schizophrenia.
Study Finds Lithium Has Advantages Over Other Mood Stabilizers in youths with Bipolar Disorder
Brain & Behavior Research Foundation
For years, the drug lithium has been widely regarded as a first-line treatment for adults with bipolar disorder. The scientific evidence of its advantages over other mood-stabilizing medicines has been persuasive to many doctors, with studies repeatedly indicating that lithium is effective for acute and maintenance treatment. Moreover, cumulative evidence by different investigators has shown that in comparison with other medications commonly used to treat bipolar disorder in adults, lithium significantly diminishes the risk of suicidal ideation and attempts.

The Ghost of the Schizophrenogenic Mother
Josephine Johnston, LLB, MBHL
Virtual Mentor, American Medical Association Journal of Ethics September 2013
A few years back, my colleague Erik Parens and I ran a project whose basic aim was to understand the debate over using psychotropic medications to treat children with emotional and behavioral problems [1]. Of course this debate is really a number of debates nested together. Some say that diagnostic thresholds in psychiatry are too low, causing too many children to be diagnosed, while others counter that mental disorders are under recognized in children. Some argue that troubled children need behavioral treatments not drugs, while others point out that many medications show impressive efficacy in clinical trials. Some say that problematic moods and behaviors are caused by brain malfunctions that are no more prevalent today than they were 30 or 50 years ago, while others argue that we have the etiological picture all wrong: it’s our society that is troubled, not our kids [1, 2]. We found important insights on all sides of these debates—and, in fact, if you scratch the surface you find significant agreement where you initially saw polarization (overdiagnosis and underdiagnosis can coexist, for instance.

When Mental Illness Strikes
Allen Giese
August 22, 2019
When your adult son or daughter is diagnosed with a serious mental illness, everything changes. Suddenly, all of your financial planning is thrown into turmoil as you’re focus turns from your needs to the immediate and long term care of your child. The cost of diagnosis and treatments can derail your retirement unless you develop a financial strategy that provides for your child’s future while
safeguarding your own. READ MORE

Find Clinical Trial Participation by State: HERE

WARNING SIGNS OF SUICIDE:
The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:
▷ Wanting to die
▷ Great guilt or shame
▷ Being a burden to others

FEELING:
▷ Empty, hopeless, trapped, or having no reason to live
▷ Extremely sad, more anxious, agitated, or full of rage
▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:
▷ Making a plan or researching ways to die
▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
▷ Taking dangerous risks such as driving extremely fast
▷ Displaying extreme mood swings
▷ Eating or sleeping more or less
▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline 1-800-273-TALK
Crisis Text Line
Text “HELLO” to 741741

www.nimh.nih.gov/suicideprevention

Donate to SARDA

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.](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 **XA142**

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**Help Change Lives -- Donate Now**

Thank you to those who already made a donation. Every contribution makes a difference.
Sincerely,
Angel White, Editor