Dear Friends,

We honor Black History Month and celebrate the many heroes, their sacrifices and suffering along their journey influencing the nation. As a tribute to three truly great African-American women heroes, I recommend one of my favorite movies: “Hidden Figures”, a film that will open eyes to an often unknown history of greatness. Thank you to
all who show love one to another!

In these politically volatile times, we must remember to keep our focus on the policies that we are desperately working on and not forget that the people who are so dear to us live in every walk of life including on all sides of the aisle. If we don’t work together, what matters most to us, such as elimination of the IMD Exclusion, homelessness and incarceration; reclassification, increased research and improved treatments and access to them will not happen. Our Board member, Dr. Tim Murphy, serves as an example. The passing of the “Helping Families in Mental Health Crisis Act” required very difficult but vitally important work across the political lines. Let’s all continue to work together and celebrate the good that comes.

We have some exciting surprises coming to Hollywood, Florida during our “Brains on the Beach” – don’t miss this event! The Block room rate at Margaritaville ends on February 19th and there are only a couple left.

Brains on the Beach is our only event for 2020. We changed from the Fall to align with BRAIN Awareness Week and this year BRAIN Awareness Day is March 21, 2020. Don’t miss your only opportunity this year to participate in our amazing event.

Thank you for your great work! Thank you to our supporters and sponsors – we can’t succeed without you!

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

Brains on the Beach
BRAIN Awareness Day
March 21, 2020

______________________________
SYMPOSIUM
8:30am-1pm
Schizophrenia Spectrum
Policy | Criminal Justice | Research
Treatment

Schizophrenia Alliance
Families for Care
2pm

AWARDS RECEPTION
7:30pm-10pm
Tom Braxton & Corey Stoot

______________________________
SARDAA

Registration Limited
bit.ly/2020BOB

Brains on the Beach
REGISTER HERE
Message from FFC, Families for Care, Coordinator

I would like to share some words from a mentor of mine, who did so much for humanity during his time, and who recently passed, that of Ram Dass. Knowing that he lived with the challenge of a debilitating stroke for many years, I don’t doubt his lived experience and the wisdom he gained during this time. In his following words I relate to our loved ones and their challenged lives, because I’ve come to believe that sometimes being there in positive thought is all we can do for them. I remind myself that recovery is my daughter’s responsibility, and that support is mine, to the extent that she is willing to accept.

From the book ‘Still Here, chapter ‘Grace and Disease’...
“With my heart open I take the time to emphasize for a moment with those who suffer the way I do. I believe that our thoughts have a spiritual power, and with this intention in mind, I send a silent message to my fellows,...’Hey you are not alone. The rest of us are here with you’ “.

In Heart,
Mary Ross
SA groups stands for Schizophrenia Alliance: Psychosis Support and Acceptance support groups, managed through the nonprofit SARDAA, or Schizophrenia And Related Disorders Alliance of America. These support groups are for people with schizophrenia or related disorders, including bipolar disorder, schizoaffective disorder, depression with psychosis, or experience with psychosis.

So, who is eligible? Anybody who has ever experienced symptoms of psychosis - like visual or auditory hallucinations, paranoia, or suspiciousness. There are many other symptoms, and the Blue Book discusses them in the article “What Are Schizophrenia and Related Disorders?”

Also, as many people know, there are different functioning levels for people with schizophrenia. In the Blue Book article “Functioning Level”, it says:

“Although there are varying degrees of wellness within the group, most members are able to sit through a meeting and express themselves coherently when it is their turn to talk.”

We look forward to having you join us. Also, according to the Blue Book article “Functioning Level”, “although each member is encouraged to live within his or her potential, the group is non-judgmental.”

As one of the SA conference call facilitators likes to remind her group, “You Are Not Alone.”

Order your Blue Book today by calling the office at 240-423-9432, email info@sardaa.org, or order online at https://sardaa.org/shop/
Message from State Chapter Leader

Our Maryland State Advocate Evelyn Burton has been busy this year meeting with legislators and pressing forward on a bill to ensure inmates are transferred to a MD state hospital for care quickly. The bill she helped craft with TAC was passed in the senate this year but voted down in the house. The bill states hospital care cannot be denied to inmates who are certified by mental health professionals.

Here is an outline of the work that was done to get the administration to start granting state hospital admissions to jail inmates with serious mental illness, who were certified by two mental health professionals as needing hospital care.

1. Conducted a survey in partnership with TAC of all Maryland local jails to assess the problem of denied state hospital admissions for inmates with serious mental illness. Found that hospital admission was routinely denied, and inmates were frequently held in solitary confinement or released without treatment. At least one suicide occurred when denied hospital admission.
2. Bill drafting to address the problem with the assistance of a state legislator and the state legislative services department.

3. Introduction of the bill by legislative sponsors in the Maryland House of Delegates and the Maryland Senate. (Jan, 2019)

4. Meeting with legislators about the bill and action alerts to advocates to call and write their legislator to support the bill.

5. Coordinating with other advocacy organizations, the Maryland Correction Administrators association, and the Maryland County Association regarding testimony and support for the bill.

6. Testifying orally and in writing in the House and Senate in support of the bill and submitting written testimony from advocates and families.

5. The bill passed the State Senate but died when the House committee did not bring it for a vote. (It was opposed by the administration.)

After the legislative session ended, the administration conducted a jail survey of their own and changed their policy to give priority for hospital admission to jail inmates certified by two mental health professions as needing hospital treatment, which is what the bill called for.

**Maryland State Chapter:**
* Contacted by Johns Hopkins Schizophrenia Center to assist in recruiting families for an upcoming Schizophrenia Symposium in November. This includes the Family night we started as Patents For Care where a Doctor panel meets with families to answer their questions (free reception, all are welcome) the night before the symposium
* Monthly meetings of Families For Care support groups, 3rd Saturday of the month. Contact Laura for information on meeting location and times. Laura.pogliano@sardaa.org

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**Honor a meaningful individual or program**

*Publish your special message of gratitude!*

*Show you care in the SARDAA*

**Brains on the Beach**

printed program

*Submissions due by February 29th*

[Click here to leave your MESSAGE](#)

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**SARDAA needs volunteers!**

**Brains on the Beach Event Volunteers**
Are you located near Hollywood, Florida? You can help us with this amazing event Brains on the Beach, Translation to Transformation, Chapter 2, Symposium and Reception March 21, 2020.

**Social Media Team**
Are you or someone you know a Social Media expert? [Join the SARDAA Social Media Team!](#)
View Requirements **HERE**

**Call Center Team**
We are seeking volunteers experienced in working with individuals and their loved ones affected by psychosis brain illnesses to answer phone inquiries.
**Communications Team**

We are seeking volunteers to assist the Communications Team making calls to build database for resources.

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

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**Personal Story of SA Members**

**Réka**

My disease began in 2017. I constantly devoted myself only to my work. Because of this I was exhausted and eventually I became depressed together with delusions.

In the workers’ hostel I lived, my workmates were scared. I felt they turned against me. Self-reproach characterized my thoughts, I was always looking for the reasons and purposes. My brain was constantly working so I couldn’t do a good job. I went to the factory doctor and I considered sick-leave, but it didn’t help because even at home I was often worried about what happened at the hostel. I couldn’t find my way out of this situation. I attached meaning to colors, I thought I was being watched. I didn’t dare go out to the street. Finally I didn’t eat or drink.

The result was that I went to a psychiatric rehabilitation center in Budapest. When I left it, I was a woman of full value.

Since then I have relapsed twice. The latest happened last December. The delusions returned, I began to look for the reasons in my childhood. I have found them!

With lots of help, I already know where something originates from. I accepted what life intended for me. I move in the world as a woman of full value again, thanks to the recent 5 week rehabilitation and the group at Sófok that I go to. Unfortunately the cause in the childhood cannot be undone.

In the SA group we can share our experiences. In my new job and in the world I am struggling to cope with in order to avoid relapses. The medicinal treatment can help.

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**A Book Review of The Great Pretender by Susannah Cahalan**

By Sandy Dimiterchik, SA Staff Supporter

In my opinion, the criteria of judging a good journalist is the ability to investigate thoroughly and to find the truth. In The Great Pretender by Susannah Cahalan, the author researches a study well-known to the academic fields of psychology and psychiatry that used pseudonyms for people who went undercover, pretending to have a mental health issue at psychiatric hospitals. They did this in order to expose the ineptitude of psychiatrists in diagnosing people with severe brain disorders. Cahalan uses her journalist skills to test the veracity of the study.

There is a lot of information in this book to discover. As we follow Cahalan on her journey, she provides the reader with some of the history of psychiatry in the last century. Though not necessarily a proponent of either side, one can conjure some explanation of why the anti-psychiatry movement exists. Additionally, a person can begin to understand why organizations like SARDAA are promoting reclassification of schizophrenia so that there is more guidance as to how to help people with severe disorders receive help and get the right diagnosis and treatment.

I recommend this book to SA members and families. According to the book, this study impacted the field of psychiatry and the DSM. I agree with the author that it is important to know the truth behind the study.

Here’s a link to Susannah Cahalan’s publisher page, where readers can buy [HERE](#).

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**Become a SARDAA State Chapter Lead, State Chapter Member, or Families for Care Group Leader**

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? Leading a local Families For Care support group? Helping other families in their journey through brain illness?

Please 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

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We welcome all forms of art to be considered for inclusion in our newsletters and Instagram. To submit your art please email angel.white@sardaa.org or mail to 2308 Mount Vernon Ave., Suite 207, Alexandria, VA 22301-1328.

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**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

**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 SA Support
JOIN The Facebook Group Here

Only for Caregivers
SARDAA Families for Care
JOIN The Facebook Group Here

For Caregivers and Diagnosed individuals
SARDAA Support
JOIN The Facebook Group Here

Diagnosed, Caregivers, Professionals
LOBBY CCAC - Circle of Comfort and Assistance Community
JOIN The Facebook Group Here
These are Closed groups, ask to be added

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

EBAY FOR CHARITY

1. In the listing flow, select the option to "Donate a portion to charity"

2. Select SARDAA

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. SARDAA 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.

SARDAA

Schizophrenia and Related Disorders Alliance of America

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

For more information visit: eBay for Charity
New Approach to Lessen Negative Symptoms in Schizophrenia is Based on Brain Circuit Discovery
Brain & Behavior Research Foundation
A research team has advanced an important step toward developing a new way to help lessen negative symptoms in schizophrenia. For the first time, they have generated evidence that malfunctioning in specific brain circuitry causes negative symptoms. They have also tested a way to manipulate that circuit to reduce symptoms.

APA Rings Alarm in Nation’s Capitol About Crisis in Mental Health Care
American Psychiatric Association
Mark Moran
January 1, 2020
In a series of meetings on Capitol Hill and with Trump administration officials, APA President Bruce Schwartz, M.D., hopes to alert policymakers that it is the shortage of inpatient beds that is driving the mental health crisis in the United States. The crisis in American mental health begins in the hospital with a drastic, and growing, shortage of psychiatric beds, especially publicly funded state and county hospital beds. From there the crisis spreads to the nation’s city streets and to its jails and prisons, where the largest number of people with serious mental illness now reside. It will be exacerbated in coming years by the shortage—also expected to worsen—of psychiatrists and child psychiatrists.

We're Hiring for 2020!
United States Census 2020
The Census Bureau is hiring up to 500,000 temporary, part-time census takers for the 2020 Census in communities across the country to reach our goal of more than 2 million applicants.

Higher Maternal Choline Levels in Pregnancy Had Protective Role in Infant Brain Development
Brain & Behavior Research Foundation
Robert R. Freedman, M.D., M. Camille Hoffman, M.D., MSc
January 9, 2020
Children born to mothers who had infections early in pregnancy performed better in two key postnatal measures of healthy brain function when their mothers had higher levels of choline—an essential nutrient—during pregnancy, compared with children whose mothers had lower choline levels. The study bolsters the case for choline supplementation during pregnancy.

Blinders for Coping with Schizophrenia
Psych Central
Jason Jepson
February 10, 2020
When horses pull a carriage, sometimes they are wearing blinders over their eyes so they cannot look to the right or left. They can only look forward without any distractions coming into their view. This is a good picture of how I approach my life in recovery from schizophrenia. Metaphorically speaking, putting on blinders each day is a way I have learned to cope with my diagnosis of schizophrenia.

Letter to My Younger Self
Elyn Saks
Congratulations on getting accepted to college! It’s a big step, leaving home, and it marks your official entry into adulthood. You’ve chosen wisely—far enough from your parents that they won’t be too involved in your life, close enough that you can get back easily for holidays and vacations, even for a long weekend if you want.

In the midst of your studies—as an undergraduate and later as a graduate student—you’re going to discover that you’re different from your classmates: Your mind is your best friend but at times will feel like your worst enemy. There’s an illness in your brain that has a name, schizophrenia.

Schizophrenia Is A Disease, Not An Extreme of Normal Variation
Johns Hopkins Hospital, Psychiatry and Behavioral Sciences, Schizophrenia Program
January 29, 2020
Researchers say the current NIMH approach for study of many types of major mental illness is misdirected and must be improved “Bipolar disorder and schizophrenia, and many other types of mental illness, are diseases of the brain and should be treated and studied as such,” say Johns Hopkins researchers.

Schizophrenia Linked to Mutations in Genes Critical to Synaptic Function
People with schizophrenia have damaging mutations in genes that are critical to synaptic function, and these mutations are unique to each individual, according to a study in the Xhosa population of South Africa.

"Each person with schizophrenia in the study had different mutations, and most of the rare damaging mutations occurred in different genes," Dr. Jon M. McClellan of the University of Washington, in Seattle, told Reuters Health by email. "This suggests that most people with the illness have a different genetic cause. This helps explain why there is so much clinical heterogeneity in how the illness presents, and why there is so much variability in how affected persons respond to different medication treatments."

‘Star Wars’ Actor Jake Lloyd who Starred As Young Anakin Skywalker Struggling with Schizophrenia: Family
New York Daily News, SNYDE
Michael Sheridan
January 30, 2020
“Star Wars” actor Jake Lloyd has struggled for years with schizophrenia, but a new diagnosis has complicated his condition.

His family revealed the 30-year-old actor suffers from anosognosia, a condition which causes him to be unaware of his own mental issues.

Americans Have Failed People with Mental Illness. Trump’s New Budget will Change That.
The Washington Post
Joe Grogan
February 9, 2020
President Trump is exceptionally focused on fighting for Americans who can’t fight for themselves and confronting problems other administrations, Democratic and Republican, have ignored. This is particularly true for Americans who suffer from addiction and serious mental disorders. In this year’s budget, President Trump is proposing the boldest reform in decades for the millions of Americans who live with serious mental illness.

What Schizophrenia Does to Families
The Washington Post Magazine
Abigail Jones
January 13, 2020
Alissa Dumsch flips through her high school yearbook, pausing on a photo of a hulking young man with sandy hair and a chiseled jaw. “There’s Aaron,” she says, pointing to her brother. “He was so good-looking.” She turns a few more pages. “Here he is at student council. I ran every year — and I lost every year,” she says, laughing. “He ran one year and, like, won by a landslide!”

We’re sitting in her home in Scarsdale, N.Y., along with her parents, Anita and Pat, and her sister, Amanda. Alissa’s husband quietly tapes hockey sticks in the corner while the youngest of their three boys, a toddler, waddles into the room with an oversized navy helmet teetering on his head.

Help Support Schizophrenia and Related Disorders Alliance of America

Amazon donates to Schizophrenia & Related Disorders Alliance. Shop for great deals at smile.amazon.com

Easy steps to support Schizophrenia and Related Disorders Alliance of America through Amazon Smile:

1. Sign in to your Amazon account at amazon.com/smile.

2. 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.

3. 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.

4. 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 SARDA, not only today but every
day - **at no extra cost to you!!**

Shop with PayPal and choose SARDA to Donate with PayPal Giving Fund to help support SARDA.

Texas and Louisiana Friends:  
Re-Enroll Your Kroger Plus Cards

You can support SARDA without spending a penny! Register Schizophrenia and Related Disorders on your Kroger Plus Card and they will donate a percentage to SARDA 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.

Donate to SARDA>>>

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[SARDA Seal of Transparency 2019 Gold](#)

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**Sincerely,**  
Angel White, Editor