Message from SARDAA, CEO
Dear Friends,

Please join us in celebrating Brain Health Awareness Day during Brains on the Beach, March 21st!

Brains on the Beach

News Flash!  SARDA is NOT cancelling, we are Adapting!

Join us March 21st in Hollywood, FL to learn about solutions to those neurological brain disorders that affect over 25 million Americans and over 1 billion people worldwide. **Register here** and enter Promo code VSN for a 10% discount.

11 million Americans suffer from schizophrenia or bipolar brain illness with psychosis. These are the most devastating diseases and yet 50% are not treated but left homeless, incarcerated or worse. Still a taboo subject for many - let's break the silence and talk about what can be done.
MARCH 21, 2020

Brains on the Beach

Translation to Transformation Chapter 2
Schizophrenia Reclassification
Featuring World Renowned Experts

No Travel expenses!
Interactive Live Streaming REGISTRATION
Symposium
1:30 p.m. – 5:30 p.m.
Judge Steven Lifman - Keynote
Robert Laitman, MD - Keynote

Research & Treatment: Deborah Levy, PhD; Mark Namchuk, PhD; Carlos A. Larrauri, APRN, NP

Policy: Tim Murphy, PhD; Mary Palafox, RN; Linda Mimms, MA
Criminal Justice: William Lawson, MD, PhD; Janet Hays; David Geiger, MEE

Dinner & Concert
6:30 p.m. - 10:30 p.m.

Exceptional Media – Richard Gere
Exceptional Clinician – Dr. Michael Mufson
Valiant Researcher – Dr. Robert Freedman
Legislator of The Year – Senator Gayle Harrell
Dr. Frederick Frese Award – Bethany Yeiser
Joanne Verbanic Award - Sue Dutch
Volunteer of The Year – Mary Troy

REGISTRATION

Brains on the Beach
Symposium
Dinner Concert
Registration

Brains on the Beach
Live Stream Registration

*For Live Stream Registration* After your credit card is processed you will be taken to the Live Stream registration page. Make sure you click on the Register Button at the bottom right of the page to finish your registration completely.

Sincerely,
Linda Stalters, MSN, APRN (ret)
Chief Executive Officer
Schizophrenia and Related Disorders Alliance of America
Message from FFC, Families for Care, Coordinator

In this 'National Women's History Month' this highlights the following women, among many, whose work and dedication have provided progress in science and medicine, benefiting all of our lives.

...Florence Nightingale, as the 'Founder of Modern Nursing', her efforts improved patient conditions and substantially reduced the mortality rate of the day, 1853.

...Dr. Elizabeth Blackwell, co-founded the 'New York Infirmary for Women and Children' in 1849. She authored important books addressing women and medicine.

...Nancy Dickey, M.D. served as the first female President of the American Medical Association in 1997. She developed the Patients' Bill of Rights, reshaping America's medical care. Note that one half of medical school graduates today are women.

...Patricia S. Goldman-Rakic, a neuroscientist whose research involves the pre-frontal lobe of the brain. This altered the face of neuropsychiatry by studying symptoms of mental illness and the effect of psychoactive medications, creating a foundation for the treatment of Schizophrenia.

...Elizabeth Gould, a neurobiologist renowned for her work in neuroplasticity.

...Nancy Wexler, a geneticist serving as President of 'The Heredity Disease Foundation' which works toward cures for genetic illnesses by funding continuing biomedical research.

These are but a few of the many dedicated women who work on bettering the lives of those who live with significant challenges.

In Heart,
Mary Ross
Finding Friends Who Have Something in Common
By Sandy Dimiterchik

When somebody new joins the SA groups, the group leaders like to read the Welcome Statement in the Blue Book. Part of it says “We have these things and other things in common. In a way, it’s like a homecoming. You are welcome here.”

SARDAA has many programs for people to meet others who have in common a diagnosis – schizophrenia or related disorders, including bipolar disorder, schizoaffective disorder, depression with psychosis, or experience with psychosis. The people who developed the SA groups, including the founder, Joanne Verbanic, understood how lonely it could be when you don’t know anybody who understands symptoms like paranoia and hallucinations. These programs are opportunities to meet people and to make friends. These are the in person groups, the conference calls, the closed Facebook pages, and the pen pal program.

The Welcome Statement reminds us that “the illness is not your fault... Rather, ... schizophrenia is a genetically-influenced, neuro-circuitry-based brain illnesses. About 90 percent of people with schizophrenia improve with medical treatment, and new scientific research offers hope for all those with the illness.”

So, the activities that we do can change. Perhaps while stabilizing we can only do our hobbies. That is still something to talk about and make friends with people you have that in common with. Then maybe you are able to volunteer or work part-time. Maybe you are even able to work full-time. Any activity has a potential for you developing friendships.

I have started a blog about my new credential as a career coach. Go to https://sardaa.org/blog! I look forward to hearing from you.

Order the Blue Book from our shop, https://sardaa.org/shop, so you can take part in a SA group. By the way, SA stands for Schizophrenia Alliance: Psychosis Support and Acceptance.
SARDAA needs volunteers!

**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

---

**Personal Story of SA Members**

**John W.**
In the Fall of 1994, I was diagnosed with schizophrenia. It had a huge impact on my life and my family. I spent four months in the hospital, and I thought that my life would never be the same. I was correct, my life is not the same. I had to learn to cope and live with the many problems involved with schizophrenia and the side effects of the medications. In 1994, I started getting services at Adult and Child Health Services. I learned coping skills that help me learn to function with the problems that schizophrenia presents. In 2004, I started getting services in the Job Links program at Adult and Child Health and I got a job coach. In 2009, I got into college and got a Bachelor of Science in Business Administration. I worked in management on and off for six years and continued to grow in knowledge and confidence. In 2015, I got into graduate school and got an MBA. I continued to work with a job coach and learned skills that helped me function well in the workplace. In 2017, I started working for Adult and Child Health in the Job Links division. Now, I get to use the skills that I learned from participating in Job Links to help people that are enrolled in the Job Links program. I love my career and our Job Links team is incredible. I owe so much to our Team Leader, as she has encouraged me to work toward my goals. In December of 2018, my book “My Journey to MBA” made the bestseller list on Amazon. In March 2019, I became the Secretary of the Board of Directors for Key Consumer Organization. I encourage you to follow your dreams.

---

**A Book Review of Brother Gone Missing: One family's eye-opening perspective** by Michael Stevens and Luke Stevens

By Sandy Dimiterchik, SA Staff Supporter

Though well-written, I would not recommend this book to SA members because it is graphic and may be triggering, especially for those people who have experienced incarceration, homelessness, or suicidal attempts. The journey of the person who is the main character of the story is in my opinion a very difficult story to read.

Of course, I can see the benefits of reading this book for people to understand better what happens when somebody is psychotic or under the influence of powerful drugs. It also shows how easily people with psychosis get arrested and become homeless. The book shows the impact brain disorders have on family members and friends.

---

**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

---

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.

---

**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
   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.

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

For more information visit: eBay for Charity
Cognition Impaired Across Schizophrenia Spectrum
Will Boggs, MD
March 3, 2020
Cognition is impaired across the spectrum of schizophrenia, with most impairment occurring by the time of first-episode schizophrenia, researchers in Mexico report.

“These findings support a 'one-hit' model, where most of the cognitive deficits occur during the first episode and do not progress even with prolonged durations of untreated psychosis,” Dr. Camilo de la Fuente-Sandoval of Instituto Nacional de Neurologia y Neurocirugia, in Mexico City, told Reuters Health by email.

Global Cognition Linked to Thalamocortical Connectivity in Cognitive Training Tasks for Schizophrenia
Psychiatry Advisor
Emily Pond
February 25, 2020
The results potentially support the ability of targeted cognitive training to influence thalamotemporal connectivity networks in schizophrenia.

“Maybe He Was in Love With You?” How to Talk with People in Psychosis
Schizophr Bull
May-May Meijer, Femke Meijer
2020
May-May Meijer has been suffering from psychoses and mania for 10 years. She also suffered 8 years from depression until her medication was scaled down. During these intensely difficult periods her sister, Femke Meijer, always stood by her side. During May-May’s depressions, Femke called her every day. The strong bond between the sisters grew even stronger over the years. Femke, who has an MA degree in psychology, intuitively applies a caring cognitive behavioral approach to help her elder sister when she suffers from psychosis. This contributed to her recovery, and she is still using it when May-May has a slight setback.

In this article, we stress the need for love and care, applying caring cognitive (behavioral) talking skills when communicating with people who suffer from a psychosis, talking on equal footing with psychotic people and building trust. We hope that we can help people suffering from psychosis and their family members, psychiatrists and nurses by sharing our experiences.

Managing Refractory Psychosis in the Real World
Sheila Jacobs
November 18, 2019
Addition of amisulpride may be a viable treatment for patients with clozapine-resistant schizophrenia.

The antipsychotic agent clozapine is underutilized in patients with continuous, complex psychosis, due in part to the medication being prescribed late in the disease course. In fact, data on pharmacologic interventions in patients who exhibit only a partial or a minimal response to clozapine are lacking. To better refine diagnosis and management, a retrospective analysis of real-word clinical outcomes from all consecutive admissions to the National Psychosis Service (NPS) at the South London and Maudsley National Health Service Foundation Trust in the United Kingdom, was conducted. Results of the study were published in The Journal of Clinical Psychiatry.

Maternal Inflammation Early in Pregnancy May Raise Offspring’s Psychosis Risk
Brain & Behavior Research Foundation
There is new evidence supporting the theory that children born of mothers who had inflammation during pregnancy have an elevated risk for developing a psychotic disorder by adulthood. The data suggests that inflammation during the first half of pregnancy has the greatest likelihood of having such an impact, weeks or months earlier than previous studies have indicated.

Network Analysis Demonstrates Importance of Early Interventions for Schizophrenia
Nicole Bowens, PhD
February 25, 2020
The network approach to psychopathology attempts to explain mental illness as a network of interconnecting nodes that represent causally connected symptoms.

Network analysis showed that nonrecovered patients with schizophrenia had stronger connections between poor
real-life functioning and psychopathology than recovered patients, according to a 4-year follow-up study published in World Psychiatry. The findings highlight the potential importance of early interventions for patients with schizophrenia.

Oscillatory Electroencephalography Biomarkers May Improve Cognition in Schizophrenia
Psychiatry Advisor Contributing Writer
December 26, 2019
Investigators assigned each patient with chronic schizophrenia or schizoaffective disorder to receive either treatment as usual or treatment with targeted cognitive training.

Event-related and oscillatory electroencephalography (EEG) biomarkers have been demonstrated to predict full-course treatment gains in focal and global cognitive ability in treatment refractory schizophrenia, according to study results published in Schizophrenia Research.

Rationale Behind the Transdermal Delivery of Antipsychotic Medications
Sheila Jacobs
November 22, 2019
The transdermal drug route could potentially increase treatment compliance in patients with schizophrenia.

Future advancements in delivery technologies, along with their evaluation in clinical trials, might help to broaden the clinical use of transdermal drug formulations for the treatment of psychiatric disorders. The current study was designed to evaluate progress regarding the use of transdermal antipsychotic drug formulations by conducting a search of papers, patents, and clinical trials that have been published on the topic in the last 10 years. Results of the analysis were published in CNS Drugs.

Reproducible Epigenetic Signature for Schizophrenia May Explain Gene-Environment Interactions
Dibash Kumar Das, PhD
The pathways that distinguished schizophrenia from other profiles were primarily related to synaptic and neurodevelopmental processes.

Researchers may have identified a reproducible blood DNA-methylation signature specific to schizophrenia, which is linked to altered dorsolateral prefrontal cortex hippocampal (DLPFC-HC) functional connectivity and methylation differences. The findings point to a potential epigenetic basis for schizophrenia, according to study results published in JAMA Psychiatry.

Reward Learning May Be an Important Familial Marker in Schizophrenia
Psychiatry Advisor Contributing Writer
December 30, 2019
In individuals with schizophrenia spectrum disorder there might be a generalized insensitivity to reward social cues in those with a familial liability to the disease.

Patients with schizophrenia spectrum disorder and their relatives may have a general reduced sensitivity to reward, indicating that reward learning may be an important familial marker in schizophrenia spectrum disorder, according to study results published in Schizophrenia Research.

Second-Generation Antipsychotics as Targeted Treatment in Schizophrenia
Schizophrenia Advisor
December 27, 2019
Investigators found olanzapine to be associated with the greatest difference in the striatum and frontal cortex in patients with schizophrenia, which is consistent with the literature.

Treatment with different second-generation antipsychotic agents, including risperidone, olanzapine, quetiapine, and aripiprazole, is associated with differing profiles of 5-HT2A and 5-HT6 receptor availability. A first-of-its-kind in vivo study was conducted in men to examine 5-HT2A and 5-HT6 receptor availability in patients with schizophrenia who were receiving chronic treatment with a second-generation antipsychotic agent compared with unmedicated, age-matched healthy male controls. Results of the analysis were published in the journal Psychiatry Research: Neuroimaging.

Washington Mother Fights to Lower Threshold of Involuntary Commitment During Mental Health Crisis
King 5 News
Drew Mikkelsen
February 21, 2020
A bill to make it easier to get someone mental health treatment, against their will, has the support of Jerri Clark.

The Washington, Washington mother said current law made it hard to get help for her adult son, Calvin Clark. “My son met criteria for involuntary treatment the moment that he stepped off the roof of a hotel and plunged to his death,” Jerri Clark told state Representatives Friday. Calvin Clark was 23 when he died from suicide.

We are Physicians, Not Providers, and We Treat Patients, Not Clients!
Henry A. Nasrallah, MD
One of the most malignant threats that is adversely impacting physicians is the insidious metastasis of the term “provider” within the national health care system over the past 2 to 3 decades.

This demeaning adjective is outrageously inappropriate and beneath the stature of medical doctors (MDs) who sacrificed 12 to 15 years of their lives in college, medical schools, residency programs, and post-residency fellowships to become physicians, specialists, and subspecialists. It is distressing to see hospitals, clinics, pharmacies,
insurance corporations, and managed care companies refer to psychiatrists and other physicians as “providers.” It is time to fight back and restore our noble medical identity, which society has always respected and appreciated.

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 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 SARDAA, not only today but every day - at no extra cost to you!!

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

I'm a new Text block ready for your content.

Help Change Lives -- Donate Now

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

Donate to SARDAA>>>
Sincerely,
Angel White, Editor