Newsletter
April II 2020

SARDAA
Schizophrenia and Related Disorders Alliance of America

Register to take the stage!

REGISTER HERE
SARDAA Night Live! on Wednesday evenings is an opportunity to connect by sharing talents and good news.

Be sure to register to display your talents (remember you’re among friends): https://sardaa.org/sardaanightlive/

Registration deadline is 11:59pm Monday before each episode. Registrations received after the deadline will be scheduled to perform the following week.

April 22 episode deadline: April 20 11:59pm ET
April 29 episode deadline: April 27, 11:59pm ET
May 6 episode deadline: May 4, 11:59pm ET

Watch on our Facebook page https://www.facebook.com/sardaaorg/ Wednesdays, 7:45 - 8:45 pm ET.
To view, please click on the Videos button under our profile logo. Then, look for the Live video.
Also, like our page to be notified when each episode goes online.

Message from SARDA, CEO

Dear Friends,
This is an historical time. One day we will be able to recall where we were and the extraordinary challenges of this time. We must keep in focus that this WILL pass and we will discover that we have strengths that we did not recognize and we will develop newer and better ways to accomplish things.

One of the very glaring and ongoing disgusting reminders is how vulnerable the people we care about are and how the community continues to neglect, mistreat and dismiss their needs. Although people living with severe brain illnesses are the most at risk for the current virus and other maladies due to their co-morbidities and brain symptoms, they again, are not protected nor are they receiving the appropriate care and the communication with their loved ones are disregarded. Caregivers are truly more than concerned for their loved ones who are missing, incarcerated, and even in a treatment facility. Often the staff in facilities are protected but how about protecting the patients?

It's time for the world to recognize that people diagnosed with schizophrenia, schizoaffective and bipolar brain illnesses are worthy of medical treatment as other people with other medical illnesses. People with other neurological brain illnesses such as Parkinson’s, MS and Alzheimer’s are not at risk of dying in their adolescence and young adulthood; their lives aren’t at risk for a grave disability in their youth or early adulthood. Yet they receive respect, caregiver communication and appropriate care and are not incarcerated due to the symptoms of their brain illness.

Much love to you all as we work to drastically change how people with neuro-psychiatric brain illnesses are treated.

Remember to
Wash your hands
Wear a mask when around others outside of your household
Maintain 6 feet between you and those around you
Keep in contact with your family and friends
We can be “together apart”

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

---

Brains on the Beach Virtual Event
Replay Now Available for Viewing!

Not able to join us virtually on March 21st for Brains on the Beach? You are invited to learn about solutions to neurological brain disorders that affect over 25 million Americans and over 1 billion people worldwide via virtual replay.

Register here for the Replay

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.

REGISTER HERE

Judge Steven Leifman - Keynote
Robert Laitman, MD – Keynote
Research & Treatment Panel: Deborah Levy, PhD; Mark Namchuk, PhD; Carlos A. Larrauri, APRN, NP
Policy Panel: Tim Murphy, PhD; Mary Palafox, RN; Linda Mimms, MA
Criminal Justice Panel: William Lawson, MD, PhD; Janet Hays; David Geiger, MEE
Message from SARDAA, BOD Chair, SARDAA Chapter Coordinator

SARDAA is opening up applications for $500 maximum grants for caregivers of individuals living with a neuropsychiatric brain illness.

If you are interested in receiving an application, please contact:

Susan Sheena
Susan.S@SARDAA.org
Phone: 240-423-9432

Thank you,
Susan Sheena
SARDAA Chapter Coordinator
Chair, SARDAA Board of Directors

**Message from SA Staff Supporter**
SARDAA Launches Weekly SA Skype Group!

By Sandy Dimiterchik

In addition to the nine SA weekly conference calls, SARDAA has launched a weekly SA Skype Video Group. Held on Saturdays at 12 PM Eastern Time, the group will follow a similar format as the SA conference calls, lasting for an hour from 12 PM ET to 1 PM ET. The group will include the core element of the standard SA groups – the Six Steps of Recovery. If you are interested, you will need to register with Sandy Dimiterchik at 832-439-1586 or sandy.dimiterchik@sardaa.org. You also will need to have a Skype account, calling from your personal computer or mobile phone. Not technologically savvy?? Well, we can help you get a free Skype account.

**New Schizophrenia Alliance: Psychosis Support and Acceptance (SA) Teleconference Support Sessions to Help Cope with Coronavirus Crisis**

Due to the coronavirus pandemic, face-to-face SA self-help/peer support groups throughout the US and internationally have been canceled to comply with social distancing recommendations. The stress and isolation brought on by the current health crisis impacts us all, but may be even more overwhelming for people with severe brain illnesses. The SA peer support groups play a pivotal role in helping people with schizophrenia or a related disorder achieve and maintain recovery from their illness.

Managing Schizophrenia Alliance: Psychosis Support and Acceptance Self-help/Peer support groups is one of the many activities that the nonprofit organization Schizophrenia And Related Disorders Alliance of America (SARDAA) does to help people diagnosed with schizophrenia or related brain illnesses. To continue providing the invaluable connection and support these group sessions offer people affected with psychosis, SARDAA has added new teleconference groups, in addition to the five regular weekly meetings.

**Your Help Is Needed, Especially During This Crisis**
SARDAA uses a toll-free number to allow callers who do not have long distance to participate. As a result, there is a considerable expense each month, especially with the new conference calls—about
$1000 a month. That’s why we now turn to you, our donors, for help to continue to pay for both the five regular weekly meetings and new additional meetings.

As outlined on the SARDAA donation page, [https://sardaa.org/donate2/](https://sardaa.org/donate2/)

our regular expenses include:

- $15 - One individual's support call
- $60 - One individual's support call for one month
- $360 - One individual's support call for six months
- $12,000 - One year of self-help/Peer Support conference call groups

DONATE NOW >>

Thank you for donating to help people with schizophrenia or related disorders achieve and maintain recovery. We are all impacted by the current coronavirus pandemic and coming together to support each other is an important way we can get through this crisis.

---

*We're still here for you - You Are NOT Alone*

**Watch on PBS HERE:** Bedlam An Intimate Journey into America’s Mental Health Crisis

Shot over the course of five years, Bedlam examines the mental health crisis through intimate stories of those people who are in-and-out of overwhelmed and under-resourced psych emergency rooms, jails and homeless camps in Los Angeles, while psychiatrist and filmmaker Dr. Ken Rosenberg also searches for answers to his own late sister’s mental illness.
Watch on PBS [HERE](https://www.pbs.org/): The Definition of Insanity

The Miami-Dade Criminal Mental Health Project (CMHP) comes to life in this documentary, following a team of dedicated public servants working through the courts to steer people with mental illness — as their court cases hang in the balance — on a path from incarceration to recovery.
Families For Care Grant Program Launches

SARDA is opening up applications for $500 maximum grants for caregivers of individuals living with a neuropsychiatric brain illness. Our grant program aims to support caregivers during an exceptionally challenging time through small grants of up to $500 according to their need.

Laura’s story:
Less than 3 years after my son was stricken with schizophrenia, my life’s savings were gone and we were broke. The majority of the money went to self-paid intake and therapy appointments at first, then transportation for him to therapist, labs, doctor appointments, hospital deposits and medical payments. It went to hire “sitters” who checked in on him, or stayed with him, so I could work. It
went to medications—upwards of $1,300 for a single monthly injection over 6 months. It went to court and legal fees, parking, cabs, hotels, flights, a supervised housing group home at $5,500-6K per month for nearly a year.

Please donate now to support programs like the Families for Care grant program and all of SARDAA’s life-saving work so that you can help a family like Laura’s. Donate HERE: https://sardaa.org/donate2/

Donate Here>>

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

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?

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!

Please contact Laura Pogliano, laura.pogliano@sardaa.org or Susan Sheena, susan.s@sardaa.org or call 240-423-9432.
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: Psychosis Support & Acceptance 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

Temporary Additional SA Conference Call Groups
during COVID-19 emergency
Only for individuals diagnosed
Tuesday - 1 pm Eastern Time
Wednesday - 1 pm Eastern Time
Thursday - 1 pm Eastern Time
Friday - 11 am Eastern Time

SA: Skype Video Calls
Only for those diagnosed
Sat 12 pm Eastern Time
Registration required for Skype Video:
To register email: sandy.dimiterchik@sardaa.org
First name, last initial and phone number
or call 240-423-9432

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#
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
New England Journal of Medicine Publishes Pivotal Results Evaluating Sunovion’s SEP-363856 for the Treatment of Schizophrenia

Business wire
April 15, 2020
Sunovion Pharmaceuticals Inc. (Sunovion) today announced that results of a four-week pivotal study (SEP361-201) evaluating the safety and efficacy of SEP-363856 in patients with schizophrenia were published online in the New England Journal of Medicine (NEJM).

Significantly greater improvement in the Positive and Negative Symptom Scale was demonstrated in schizophrenia patients treated with SEP-363856, a TAAR1 agonist, compared to placebo.

Effects on extrapyramidal symptoms, weight and other metabolic parameters were similar in the SEP-363856 and placebo treatment groups.

READ MORE

Olanzapine May be More Effective Than Other Antipsychotics for Patients with Schizophrenia, Alcohol Use Disorder

Journal of Clinical Psychiatry
Sanjeev Pathak, MD; Ying Jiang, PhD; Lauren DiPetrillo, PhD; Mark S. Todtenkopf, PhD; Yan Liu, PhD; and Christoph U. Correll, MD
April 7, 2020
Patients with schizophrenia and alcohol use disorder experienced a worse illness course than those with only schizophrenia, according to results of a post hoc analysis published in Journal of Clinical Psychiatry.

Researchers found that olanzapine may be associated with a longer time to first and recurrent exacerbations vs. other antipsychotics among this patient population.

READ MORE

COVID-19, Mobile Health and Serious Mental Illness Mobile App

John Torous, Matcheri Keshavan
As the COVID-19 global pandemic rapidly expands, the potential of digital health for mental health has become urgently apparent. The surge in interest and use of digital health to meet the demands of patients in quarantine, with social and physical distancing restrictions, and a lack of in-person care has centered on anxiety and depression and largely ignored those with serious mental illnesses (SMI) such as psychotic disorders. Adapting digital health to the needs of SMI patients is an emergent need.

READ MORE

Peer Support and the Complexity of Mental Health

Disease & Mental Health, PBS
Lennlee Keep
April 6, 2020
The film Bedlam explores mental illness from the perspectives of physicians, politicians, parents, and patients themselves. The power of documentary film is that it generates conversations about more than what is on the screen. After I watched Bedlam the first time, I wanted to watch it again with my friend “Pete.” [We changed his name for privacy protection.] He’s a filmmaker and writer, and has been diagnosed with a mental illness. There is a very thin line between the personal and the political when you are talking about mental health. And I learned quickly that some words and phrases that are commonly used to describe mental health issues are not only incorrect but in some situations even weaponized.

READ MORE

"My Family's Tragedy is an American Tragedy": Bedlam Filmmaker's Journey to Depict Mental Health Crisis

Disease & Mental Health, PBS
Craig Phillips
April 8, 2020
In his film Bedlam, Kenneth Paul Rosenberg, MD follows the lives of three patients who find themselves with a chronic lack of institutional support, while he also weaves in his own story of how the system failed his late sister, Merle, and her battle with schizophrenia. As Rosenberg wrote in a powerful op-ed for the L.A. Times, “To my working-class Jewish parents, Merle’s mental illness was a ‘shanda,’ Yiddish for ‘disgrace,’ something to be hidden and denied if it couldn’t be quickly and quietly fixed. Our secret isolated all of us from potential help in our community — none more than my sister.”

READ MORE

COVID-19: Psychiatric Patients May Be Among the Hardest Hit

Medscape
Pauline Anderson
April 9, 2020
The COVID-19 pandemic represents a looming crisis for patients with severe mental illness (SMI) and the healthcare
systems that serve them, one expert warns.

However, Benjamin Druss, MD, MPH, from Emory University's Rollins School of Public Health in Atlanta, Georgia, says there are strategies that can help minimize the risk of exposure and transmission of the virus in SMI patients.

Is Psychosis Toxic to the Brain?
Current Psychiatry
Merald Martone, MS, MSN, PMHNP-BC
April 2020
Schizophrenia has been described as the “worst disease” to afflict mankind. It causes psychosis, which is an abnormal state of mind marked by hyperarousal, overactivation of brain circuits, and emotional distress. An untreated episode of psychosis can result in structural brain damage due to neurotoxicity. Patients who experience psychosis may be affected by inflammatory processes, oxidative and nitrosative reactions, mitochondrial dysfunction, decreased synaptic plasticity and neurogenesis, demyelination, and autoimmune attacks—all of which can contribute to cell necrosis and irreversible neuronal atrophy.

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 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