Message from SARDA, CEO

Dear Friends,

We must be extremists for love and kindness!
I find myself drenched in sorrow for all of the suffering around us. The profound discrimination
experienced by individuals and their families affected by schizophrenia and other severe brain illnesses is tragically compounded when they reside within a beautiful skin of color.

We must end discrimination and become sincerely empathic. No one knows another’s experience 100% but we do recognize the pain and suffering when we view it in real life and understand the horror suffered and sincerely listen to their personal experience and empathize with them and their loved one(s).

We must share in the solution to eliminate discrimination:

1. Abandon attitudes of prejudice – educate yourself
2. Reach out and befriend and serve someone of a different ethnicity, race, religion.
3. Teach children the power of love and to appreciate the good in others.
4. Value the differences in others-we can enhance our own lives with what others have to offer.
5. Don't generalize the action of a few to judge the entirety of a group.

Embrace your brothers and sisters everywhere and do good healing acts of kindness together.

Together we can and must reverse the plight of those who are excluded, marginalized, judged, overlooked, abused, and discounted.

We are here on this earth to love and help one another.

Sincerely,
Linda Stalters, MSN, APRN (ret)
Chief Executive Officer
Schizophrenia and Related Disorders Alliance of America
Message from SARDAA, BOD Chair

SARDAA is accepting 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  
Chair, SARDAA Board of Directors
Rethinking my message this month, given the pandemic challenges unprecedented in most of our lives and the tragedy in Minneapolis of late resulting in peaceful protests and civil unrest globally, over and above our daily concerns for our loved ones, I just want to wish all whatever peace can be found daily in life, and the strength to help in whatever ways are possible. Some good, unforeseen at this time, will come out of all this, I believe. And following, a yard sign that spoke to me in these concerning times..."The best of mankind can always find the sunshine".

With Heart,
Mary Ross
Message from SA Staff Supporter

Share Your Story
By Sandy Dimiterchik

One of the most liberating things I have done is to share my story. In the past, I was worried about being judged by others if they found out I have schizophrenia. It impacted my staying with jobs because I always feared being “found out.” My life changed when I went through peer support specialist training. This training meant that I would need to share my experiences to help others. Then, when I got hired by SARDAA as the SA Staff Supporter and joined the Board of Directors, I decided to be open about what I have, and it seemed as though a burden was lifted. Also, I could help people by providing them with hope that there is a light at the end of the tunnel.

So, there are many ways you can share your story, whether as a person who is diagnosed or as a caregiver. You can share it, even if anonymous, in the newsletter and/or Blue Book. The Blue Book has over 50 personal stories about how SA helped people with psychosis. You can share on the closed Facebook pages: SARDAA Support for anyone and SARDAA SA Support (Diagnosed) for people with a diagnosis. Finally, I am starting to interview people about their experiences with psychosis. The interview will appear on Facebook, YouTube, and possibly other social media outlets. If you are interested, please contact me at 832-439-1586 or sandy.dimiterchik@sardaa.org.

Contact addendum for Blue Book: Schizophrenia Alliance, Psychosis Support and Acceptance

Effective immediately, we have modified two protocols to better serve our community, including:

1. How to handle people who are suicidal and/or homicidal on conference calls, and

2. Protecting private information on conference calls.

The most recent Blue Book, on pages 9, and 12-13, encourages conference call group leaders to get personal information from people who were in crisis, either suicidal or homicidal, in addition to providing callers the Suicide HotLine, the Crisis Text HotLine and encouraging the callers to call 911. Now, we will only provide the Suicide HotLine, 1-800-273-8255, the Crisis Text Line by texting HOME to 741741, or 911. Any additional contact numbers like these will be added in the future, like 988 when it has become official.

Additionally, to protect confidentiality, people will no longer share private information with other members on the conference calls, such as phone numbers. Instead, if they would like for their number to be available to specific people, they can tell others they will make their number available to the office, and then call the office during office hours.
hours at 1-240-423-9432.

The next version of the Blue Book will be updated to reflect this information. If you have any questions, please contact Sandy Dimiterchik, the SA Staff Supporter, at 832-439-1586 or sandy.dimiterchik@sardaa.org.

Interview with Miriam Feldman, 5/18/2020, author of “He Came In With It: A Portrait of Motherhood and Madness”

By Sandy Dimiterchik
SA Staff Supporter

READ ABOUT IT HERE

Book Review of He Came In With It by Miriam Feldman
By Sandy Dimiterchik, SA Staff Supporter

The book He Came In With It, by Miriam Feldman, is a first for me as a book reviewer for SARDAA. I have not read a book from the perspective of the mother of a person with schizophrenia. After reading the first chapter, I told my own mother that she should read it. It helped me to understand how my parents felt the first 10 years of my having a severe brain illness before 2010, when I was prescribed clozapine and finally stabilized.

The book reminded me of the unconditional love a mother can feel for her son, regardless of the situation. It is an inspiring book, as the author writes of an unending process to care for her son who has schizophrenia. Her hope and persistence is redeeming. The book also depicts the pitfalls in the medical system for people who have severe brain illnesses. As a reader, I am left with a desire to send the book to my legislators so that they understand what a parent goes through emotionally, mentally, and financially. The book is well-written and a quick read. There is some profanity, but I felt that the book was too good to pass because of that. I recommend it to SA members and FFC members. You can purchase the book at Amazon, Barnes and Noble, Indiebound, and Turner Publishing bookstore.

A Mother’s Perspective of He Came In With It
By Betty Dimiterchik

My daughter Sandy, who was diagnosed with a brain illness 20 years ago, reviews books for SARDAA. While reading He Came in with It, written by Miriam Feldman, Sandy highly recommended that I also read this book. According to her, most of the books she reviews are written from the perspective of the person with the mental illness diagnosis. After reading this book, her views from the parent’s perspective were enlightened.

As every page and every chapter were read, Miriam Feldman’s words, her actions, her emotions mirrored many of those that I experienced on my journey with Sandy. The denial that her son’s illness was a permanent, life-changing illness. The pain that she felt that her child whom she loves so deeply was having to experience such a difficult illness. The anger at the role stigma plays and the difficulty of locating affordable resources and treatments for those who have these illnesses through no fault of their own. The roadblocks placed in front of her while advocating for her son during those times when she was his only voice; the helpless feeling of being physically and emotionally depleted and not knowing where to turn, yet hanging on by a thread of hope; and always, the hope and
determination to do everything possible to help her son Nicholas. This, in so many ways, is my story, too, as well as so many others.

Miriam Feldman writes her story in such a relatable way. While reading the book, I was reminded of the painful times on our journey, as well as recalling the thankful and hopeful times for those baby steps Sandy took leading to glimpses of lucidity, improvement and recovery. Reading this book reminded me of how alone I felt during certain periods of time during those ten years; yet, at the same time, it also reminded me of how thankful I was for those lives who crossed my path when my body and mind were bankrupt. These people took me by the hand and lead me forward to the next level of doing what a mother or primary caregiver does: continue to be there for our loved one, as well as for the others in our family; continue to fight for her, continue to advocate; and continue to believe and have faith because she deserves it.

To anyone who wants to understand how mental illness is a life-changing event that is forever changing but always there, how it impacts the entire family, and how difficult it is to access quality care, housing and treatment for those with mental illness, I highly recommend this book to you. Miriam Feldman writes this book from her heart in such a personal and relatable way, you will not want to stop reading until you have read her last sentence.

To mothers and primary caregivers, Miriam Feldman understands us and what we and our families are going through. Most importantly, while reading the book Miriam Feldman validates us as we see ourselves through her eyes and in her words.

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**Coronavirus Guidelines for SA Groups**

By Sandy Dimiterchik

After weeks of mandatory stay-at-home orders due to the coronavirus pandemic, some communities are beginning to reopen. The reopening is at different stages throughout the U.S., depending on where you live.

SA groups should continue to conduct virtual meetings until notified otherwise by SARDAA. As we plan to start SA face-to-face groups again, here are some things to consider:

- SA group leaders should contact the facilities where meetings are held to find out if any changes need to be made so that the groups can meet.
- Check out how the facility is disinfecting areas.
- Find out if the group size needs to be smaller.
- Keep in mind the requirements for masks and social distancing will be required.
- Continue frequent hand washing.

I would be happy to set up a Zoom meeting to discuss any changes that need to be made. Also, you should be in contact with your SA group members so that when it is time to start the meetings again, everybody is ready.

Please feel free to contact me at 832-439-1586 or sandy.dimiterchik@sardaa.org.

Click [here](https://www.cdc.gov) for CDC and [here](https://www.redcross.org) for Red Cross for additional information about Coronavirus guidelines.

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**Join Our New Support Community**

SARDAA is partnering with Inspire — an online health community — to present Inspire’s first group dedicated to schizophrenia and related brain illnesses. In the midst of these challenging, isolating times, SARDAA’s partnership with Inspire provides a free, safe, and encouraging way for you to connect with others and get support.

Inspire offers a safe space for all to experience an anonymous online forum to share support, stories, and assistance. Unlike some forums, Inspire is monitored 24/7 to keep it safe for participants. This community allows you to connect on a personal level with others who have been affected by schizophrenia and related brain illnesses. Even though you must create an account to participate, your posts will not appear with your name, so your privacy is maintained.

**How to Join the Inspire Support Community**

This community can be accessed online at any time on a desktop or laptop through the [Inspire.com](https://www.inspire.com) website, or by downloading the Inspire app on your smartphone or tablet. To become a member of the group, go to [https://www.inspire.com/groups/sardaa/](https://www.inspire.com/groups/sardaa/) to sign up and register for an account. Following registration for your account, you will receive an email from Inspire to activate it. From there you will have unlimited access to a community that is able to walk alongside you.

We hope that our presence on Inspire will grow our community, help connect with others, and encourage greater awareness of SARDAA’s work and mission. For questions or concerns,
contact info@inspire.com for help.

**Click here** to join our new schizophrenia spectrum support community.

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**SARDAA Maryland/Virginia Families For Care** support group is meeting weekly during the quarantine via Zoom, every Sunday at 2 pm EST.

All caregivers local to MD/VA area are welcome to join but need to pre-register to get the Zoom meeting link.

Register with laura.pogliano@sardaa.org. By Saturday to be invited to the Sunday meeting.

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**Join the SARDAA Champions Circle and Be a Champion for Hope**

SARDAA invites you to join our newly founded Champions Circle. By becoming a SARDAA Champion, you will join the ranks of other loyal supporters to help promote hope and recovery for people affected by schizophrenia and related brain illnesses.

Your $25 annual Champions Circle donation is an investment towards helping SARDAA advance innovative and transformational treatments for serious neuropsychiatric brain illnesses. In addition, your support helps further our mission to increase awareness of schizophrenia, schizoaffective, bipolar brain illness and bring an end to discrimination.

As a SARDAA Champion, you will receive the following benefits:

- An official SARDAA Champion card
- Recognition as a Champion on SARDAA’s Sponsor website page (with your permission)
- A 15% discount on all SARDAA events
- A 15% discount on SARDAA store purchases.

**Click here** to join the SARDAA Champions Circle today!

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**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
Families For Care Grant Program Launched

SARDA is accepting 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>>

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

Social Media Team

Call Center Team

Communications Team

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.

Personal Story of SA member

Tamara N.
I recently initiated the formation of a SA group, and at the urging of our SA members, I am writing
this letter to you. I am now 48 years old. I was diagnosed as schizophrenic when I was 13 years old. I spent the better part of my adolescence and young adulthood in hospitals.

I decided that I didn’t want to spend the remainder of my life in more hospitals, so I applied to attend a university in California. I spent the next 27 years in and out of hospitals and going to school. I eventually was awarded a Ph.D. in Clinical Psychology. Many professionals discouraged my efforts, but in 1988 I walked to the stage and received my doctoral degree. It was a difficult battle, and I have to give credit to the Psychiatrist I’ve had for the last 21 years, and the Clinical Social Worker I’ve known since my first psychotic episode when I was 13.

After I got my Ph.D., I fought my disease and the stigma of mental illness in my struggle for employment. I learned from my mistakes which cost me several jobs, and along with my Psychiatrist, we experimented with different medications. Fortunately, we found a combination of medications which kept me out of hospitals and I kept employment as a therapist in a residential treatment facility for mentally disturbed adolescents for 6½ years. I was then offered the position of Clinical Director at another residential treatment facility for emotionally disturbed adolescents, where I have been employed for the last 3 years.

One year ago, I made the decision to become public with my struggle with schizophrenia and have now spoken at two assemblages of people regarding mental illness. I was asked to apply for a position on the Board of Directors of our local Mental Health Association and have now been elected Board President.

I really wanted to share with you the thoughts and feelings expressed by the members of our SA group. We meet once a week regularly to discuss many different issues, some of which are: 1) The stigma of mental illness; 2) How do you know when it is safe to reveal you suffer from a mental illness; 3) The need for intimacy and the problems we face attaining intimate relationships; 4) Wanting children and the risks of having children; 5) Different living environments; 6) Attaining employment; 7) Controlling odd behaviors in public; 8) Medication, its benefits and its side effects; 9) Coping with relatives; 10) The homeless mentally ill; 11) Depression and suicide and many other issues that impinge on having quality in our lives.

I am struck with the pertinence of these topics and the level of the articulation at which we express our concerns. What also struck me is that no one or very few people actually ask mentally ill people their opinions on these subjects. While we realize that we don’t have all the solutions or answers to these problems, it is really helpful to have a safe place to discuss these issues and the importance of the support that the SA members provide for each other.

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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
New SA and FFC Zoom Video Meetings in Spanish
By Sandy Dimiterchik

SARDAA will start SA groups -- groups for people diagnosed with schizophrenia or related disorders-- and FFC groups – groups for family and friends-- in Spanish. The group leaders are from El Salvador. The SA Zoom Video meeting will be held weekly on Tuesdays at 7:30 PM Eastern Time, starting June 16, and the FFC Zoom meeting will be held on the first and third Fridays of each month at 9 PM Eastern Time, starting June 19. If you are interested in attending the SA Spanish Zoom group, please email alext.sardaa@gmail.com. If you are interested in attending the FFC Spanish Zoom Group, please email cxescalante@gmail.com. Both leaders are bilingual in English and Spanish.

Phone Support Groups

SA Conference Call Groups
Only for individuals diagnosed
Sunday - 7 pm Eastern Time
Monday - 4 pm Eastern Time
Thursday - 7 pm Eastern Time
Friday - 7 pm Eastern Time
Saturday - 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 - 2 pm Eastern Time

SA: Psychosis Support & Acceptance
Only for those diagnosed
Skype Video Calls
Sat 12 PM ET

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
Tuesday - 7 pm Eastern Time

Register to join Support Group Conference calls and SA Zoom Meeting: HERE or call 240-423-9432
SARDAA MD/VA Families For Care Zoom Meeting
Not for individuals diagnosed
Every Sunday 2pm Eastern Time
All caregivers local to MD/VA area are welcome to join but need to pre-register to get the Zoom meeting link.
Register with laura.pogliano@sardaa.org
Register by Saturday to be invited to the Sunday meeting

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.

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

For more information visit: eBay for Charity
New CMS Rule Increases the Burden on Patients Suffering from Schizophrenia
Today more than 3.5 million Americans battle schizophrenia – a debilitating neurological disorder that, when untreated, is characterized by delusions, hallucinations, and disorganized speech and behavior.

Fortunately, prescription medications help these patients manage their illness and lives. But unfortunately, a new finalized rule from the Centers for Medicare and Medicaid Services (CMS) could make accessing the drugs they need much more difficult.

READ MORE

Group therapy for schizophrenia: A meta-analysis
Journal Article Database: APA PsycArticles
2020
The effectiveness of group treatments for people with schizophrenia has not been examined on symptom-specific (positive and negative symptoms) outcomes, and the differential effects of the most popular group treatments remain unknown. We conducted a meta-analysis of randomized controlled trials that tested (a) the effectiveness of 7 frequently used group treatments on positive and negative symptoms and (b) if treatment-specific outcome improvement was associated with improvement on schizophrenia symptoms.

READ MORE

Piecing Together the Genetic Puzzle of Schizophrenia
Joshua Gordon, M.D., Ph.D.
Director of NIMH
March 13, 2020
One of my more memorable patients was an earnest, caring woman with schizophrenia. Despite some significant side effects from her medications, she had been managing the disorder well for decades. But what stood out most to me was how much she cherished her relationship with her family. Every September, she would show me pictures of her summertime family reunions at a beautiful house on a lake, where she always celebrated her birthday with a big cake—candles and all. Once in a while, she would ask me if we knew anything more about why she had schizophrenia. “It’s the genes, right?” she’d ask, and I could feel the concern behind the question. She was clearly worried that someone else in her family, perhaps one of the freckled young cousins pictured gathering around her cake, might be destined to receive the diagnosis in the not-too-distant future.

READ MORE

Researchers Pinpoint Genes Behind Sex Biases in Autoimmune Disorders, Schizophrenia
Harvard Medical School
May 11, 2020
Study offers molecular explanation for long-standing observation that certain diseases occur more often or more severely in different sexes. Complement component 4 (C4) genes protect against the autoimmune disorders lupus and Sjögren’s syndrome while raising risk of severe schizophrenia.

READ MORE

Riches Abound, So Where Are the Trials for Schizophrenia and Bipolar Disorder?
Stanley Medical Research Institute
E. Fuller Torrey, MD
Robert H. Yolken, MD
May 5, 2020
Congress awarded the National Institute of Mental Health an additional $98 million as part of the National Institutes of Health budget resolution in December 2019, which brings the NIMH budget to just under $2 billion and represents a 35% increase since 2015, one of the largest increases in the history of the NIMH. Yet, during the 5 years from 2015 through 2019, NIMH funded a total of 2 new drug treatment trials for schizophrenia and bipolar disorder, according to clinicaltrials.gov. This contrasts with the 5-year period from 2006 through 2010 when NIMH funded 48 such trials. NIMH has thus almost entirely given up its role of evaluating drugs for the treatment of 2 disorders.

READ MORE

Research Sheds Light on Sex Imbalances in Schizophrenia and Lupus
STAT News
Meghana Keshavan
May 11, 2020
There’s a clear sex bias in many diseases. Lupus, for instance, affects women nine times more often than it does men. Schizophrenia tends to be far more severe in males.

But what’s behind the imbalance? A new paper in Nature helps unravel why some conditions might manifest themselves more commonly, or intensely, in one sex over another. And it suggests that new therapies might be developed with these sex-based molecular disparities in mind.

READ MORE
Study Gauges Impact of Heavy, Chronic Cannabis Use on Cognition and Psychosis-Related Phenomena
Brain & Behavior Research Foundation
Over recent years, legal restrictions on cannabis use have been lifted in many U.S. states. In 11 states and the District of Columbia the drug has not only been decriminalized but is currently available commercially for "recreational use."

This has raised concern among some experts on drug usage and addiction, including BBRF Scientific Council member Nora Volkow, M.D., who heads the National Institute on Drug Abuse. Dr. Volkow has warned for years about the risks of regular and heavy cannabis use, particularly as the potency of cannabis has multiplied, a function of the rising concentration of its psychoactive ingredient, THC. She has specifically warned of the dangers of vaping highly potent THC.

READ MORE

The State of Serious Mental Illness in the U.S. Has Always Been a Dangerous Crisis
John Snook
Kenneth Paul Rosenberg
May 15, 2020
The novel coronavirus has unleashed a wave of concern about the mental health of Americans. Disaster hotlines are seeing unprecedented spikes in calls by distressed individuals seeking help. Mental health professionals cite concerns about the dangers of a looming crisis in the wake of Americans’ extreme stress and anxiety. But perhaps the most urgent aspect of this crisis is the one receiving comparatively little attention: the needs of the 8.3 million Americans with severe mental illnesses (SMIs), like schizophrenia and bipolar disorder.

READ MORE

4 Ways Pets Can Help Decrease Stress Caused by the Pandemic
The social distancing and isolation brought on by the coronavirus pandemic can have a negative impact on both physical and mental health. As many studies show, a furry friend may be just what’s needed to raise your spirits and improve your health and well-being, especially during such times of stress. Here are four ways that pets can benefit your health:

READ MORE

The Therapeutic Dog
Sr. Lucindia, SA Group Leader
One of the most therapeutic resources, for those suffering from a psychiatric brain disorder, is the ownership of a dog (or cat). A dog provides companionship and pure, unadulterated, unconditional love. A dog fosters responsibility – you have to tend to the dog’s needs regardless of how you may feel. A dog will not judge you. A dog is often very affectionate! For those of us without family, a dog can feel that niche of love and affection. A dog can be trained as a psychiatric service dog - so that symptoms of brain disorders can be brought to proper attention and be dealt with in a therapeutic manner. My dog is my best friend.

READ MORE

Top Mood Stabilizers for Bipolar Disorder
Chris Aiken, MD
May 13, 2020
I’ve been pouring over textbooks and treatment guidelines, and these four mood stabilizers keep rising to the top.1-6 None of them are perfect, but each has a unique role in bipolar disorder:
• Lithium
• Quetiapine (Seroquel)
• Lurasidone (Latuda)
• Lamotrigine (Lamictal)
Lithium and quetiapine top the lists for all three phases of the illness: mania, depression, and the maintenance phase. Lurasidone and lamotrigine are either untested (lurasidone) or ineffective (lamotrigine) in mania, but they are essential tools for bipolar depression.

READ MORE

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
3. Search for and select Schizophrenia and Related Disorders Alliance of America as your charity. Once selected, you will receive a confirmation email.
4. 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.
5. 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

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