Message from SARDAA, CEO

Dear Friends,

Kudos to all of you who have had the courage and strength to cope with these challenging times. Masks, personal distancing and socially isolating can be difficult to endure for anyone but especially for individuals living with a serious neuropsychiatric brain illness, their family and caregivers. We are all becoming more accustomed to virtual support and visits but the lack of personal touch is a significant loss to our comfort and joy.

We must remain hopeful and try to find at least one thing that is positive each morning and one each night. A gratitude journal or diary helps us to focus on the positive and to steer away from dwelling on the negative. We can even find the “silver linings” of the current situation with COVID-19. One of those “silver linings” is the availability of TeleHealth. TeleHealth has been reported to increase the rate of participation in clinical appointments and support groups. Another, is the rapid research and development of a new vaccine that demonstrates the possibility to expand that productivity for other treatments including for psychosis.

CONGRATULATIONS Schizophrenia Alliance: Psychosis Support and Acceptance (SA)! 35 years of providing support to thousands of individuals living with psychosis and helping each one to know that they Are Not Alone. SA was a pioneer and the innovative group to provide virtual support groups – starting in 2009. Schizophrenia and Related Disorders Alliance of America (SARDAA) is proud and honored to provide the administrative tools for SA to continue the groups’ vitally important role in lives affected by schizophrenia and other neuropsychiatric brain illnesses that include psychosis. Thank you, Sandy Dimiterchik for your exceptional leadership!

As you are aware, this is National Minority Mental Health Awareness Month and our own Board Member and Employee extraordinaire, Sandy Dimiterchik, has three “Sandy Says” special interviews available for viewing. Please be sure to view these special interviews with clinicians, family members and diagnosed individuals.

Be alert for a special Press Release to be posted this week. We’re excited to share the exciting news.

Sincerely,
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:

Joan Todd
joan.todd@sardaa.org
Phone: 240-423-9432

Thank you,
Susan Sheena
Chair, SARDAA Board of Directors

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Message from FFC, Families for Care, Coordinator

With regard to self care, of which we ‘carers’ need make a priority each day, I am reminded of the nurture of nature. In the words of a talented, yet challenged, artist and writer friend of mine “Nature is a constant and continuing refreshment and renewal”. She comes from a line of family members which highly value nature in their lives.

While biding my time in a waiting room awhile ago (pre pandemic!) I opened an Audubon magazine (Fall 2019 issue) and in it, also affirming of nature, I read “The Nature Antidote—Even small doses of green space bring health benefits, restoring not just your body but your mental well being too”. This was a quote by novelist/poet Margaret Atwood. Also noted in the magazine was the guidance to “Live within a ten minute walk of a quality park or green space”, regarding which ‘287 city mayors pledged to support city residents living within a ten minute walk of a green space by 2050’. This sounds like wise city planning. A touch of nature in our lives guarantees it has rewards for us.

With Heart,
Mary Ross
Message from SA Staff Supporter

What does the term “adjunct” mean concerning SA groups?

By Sandy Dimiterchik

According to the Merriam-Webster Dictionary, the word “adjunct” means “something joined or added to another thing but not essentially a part of it.” I think the important part of this definition for adjunct is that it is not an essential part of something. SA groups are adjunct to professional help, including seeing a psychiatrist and/or therapist.

According to the Blue Book on page 8, “SA is intended to be supplemental to professional help.” “The Steps recommend a set of attitudes and actions that will enhance the process of recovering from schizophrenia and related illnesses.” When SA meetings are held, the focus is on recovery, a goal that all of the members share. SA leaders are not trained to assist people in crisis nor to give advice or counsel.

So, what is recovery? Another good definition is in the Blue Book on page 24. “Recovering is the reduction and control of symptoms to the point of permitting one to have the ability to find and keep steady and structured activity.” Recovery can be a challenge for anyone, and the weekly SA groups are there, guided by SA leaders and co leaders, to sustain members.

What’s New With SA Groups?

There is a new Zoom SA Video group – Sundays at 4 PM ET. Email sandy.dimiterchik@sardaa.org to get the link to the video group. The Saturday Zoom SA Video group is still being held at 12 PM ET. Contact Sandy Dimiterchik for more information.

New Monthly “Career Chat” Networking Group

On the 2nd Saturday of each month, starting July 11, 2020, at 4 PM ET, SARDAA will hold Career Chat, a monthly networking group for people who have schizophrenia or related disorders who have paid and/or unpaid working positions. This is an opportunity to meet other people in the career field. Each meeting there will be a topic, then each person will share their 30-second elevator speech about what they do. What is an elevator-speech? It is a brief summary of what you’re working on, your previous work experience, and possibly what you are trying to find for work in the future. The topic for July is: Write a targeted headline for your resume. Sandy Dimiterchik, a certified career coach (CPCC) through PARW/CC, will lead and moderate the meetings. Would you like to choose a topic for a meeting? Let Sandy know at the meeting or by email: sandy.dimiterchik@sardaa.org. To get the Zoom link, email Sandy at sandy.dimiterchik@sardaa.org.

Minority Mental Health Month in July

For Minority Mental Health Month in July, we have assembled panels of providers, diagnosed individuals, and caretakers. This three-part series will show the perspective of some people who are minorities and the barriers to care that they have faced. The video will be on YouTube, Facebook, and other social media outlets.

35th Anniversary of Schizophrenia Alliance (SA) Support Groups

35 years ago this month, Joanne Verbanic started Schizophrenics Anonymous. According to her biography in the Blue Book, pages 30-31, she “wanted to help less fortunate people with schizophrenia.” The group was initially called Schizophrenics Anonymous, and after a couple of name changes, is now Schizophrenia Alliance: Psychosis Support and Acceptance. The support groups have helped thousands of people domestically and internationally who have schizophrenia or related disorders. That includes a diagnosis of bipolar disorder, schizoaffective disorder, depression with psychosis, or experience with psychosis.

Nora Baylerian, who has been a SA group leader since March 1995, over 25 years said this about Joanne:

“Joanne was a very special person. She did so much to help others. She was raising two boys on her own along with having a brain illness. She had a legacy with brain disorders even though she passed away May 7, 2015. We are continuing her legacy by holding SA groups and helping people
Sandy Says - Help for People Who Fall Through the Cracks - How AOT Helps!

Interview with Brian Stettin, Treatment Advocacy Center and Eric Smith

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 for CDC and here for Red Cross for additional information about Coronavirus guidelines.

State Chapter News

SARDAA Chapter Opens in Delaware

By Harris S. Marx, Lead Coordinator
It’s official – SARDAA has a new state chapter in Delaware!

What motivated me to start a State Chapter? I have a son who is now 34 years old, who was diagnosed at age 21 (typical) with a neurological brain disorder – schizophrenia. When I saw how poor services were, how much stigma there was, and how poorly law enforcement was educated, I became a consumer advocate in this arena.

My father taught me an important ethical value when I was growing up, and that is to give back to your community. Starting this chapter is my way of doing that.

How did I form a chapter? First, I created a name (SARDAA, Delaware LLC). Then I got an EIN and formed a limited liability corporation. I then created a simple web page, which is https://sardaa-de.com/. The site gave me an email address, which is harris@sardaa-de.com. Then I joined a Delaware nonprofit donation site to get donations and set up fundraising events. You can find our page on this site that has more than 350 Delaware nonprofits: https://www.degives.org/orgs/sardaa-delaware.

You cannot do this alone. You need volunteers. Where do you find these people? I am a big believer in public relations and marketing. So, I sent a news release out to all the major newspapers in the state about myself and the opening of a SARDAA chapter in the state and what we do. Importantly, I asked for various types of volunteers. Almost every newspaper printed the press release in print or in their online editions. I already have heard from several people interested in volunteering. You need all kinds of volunteers from advocacy to fundraising.

If you need advice about starting a chapter, feel free to contact me or the people at SARDAA. And, if you know people who live in Delaware who are diagnosed, as well as loved ones of these individuals, who need help, please let me know.

SARDAA Chapter Opens in Florida
By Donna Kokulak, Lead Coordinator

Who me? Do I want to start a state chapter of SARDAA here in Florida? Could I do this? YES I CAN. Why? I am starting this state chapter because I, we, have a responsibility to help those who cannot help themselves; whether they’re struggling with brain illness or struggling to take care of someone, including themselves. I’ll admit that I am intimidated by this challenge. What if I make a mistake? What if I get too emotionally involved? What if I don’t say the right thing? There are better questions to ask myself, such as what if what I say, or information I provide, makes a difference in someone’s care? What if I help one person? What if a family gets the respite they desperately need? What if I can affect change in the laws governing brain illness and care of same?

To date, I have filed for and received an EIN (Employer Identification Number), which is free from the federal government. I have also formed a limited liability corporation – SARDAA Florida State Chapter, LLC – so that I can engage in fundraising.

I am so grateful that Linda Stalters and Joan Todd are providing me with all of the training materials that I need. I am going through them and have set forth some wheels in motion with regard to SA groups, FFC groups, volunteers to help me, and just educating myself; this is a journey and not a race. We’ve already had a “leaders” Zoom-type call, which helped me immensely feel less overwhelmed. I’ve got this. You can too. I really look forward to meeting other state chapter leads and volunteers in any capacity. Let’s do this together. We can lean on each other. Who is with me?

SARDAA MD State Chapter is actively seeking volunteers for our MD state advocacy committee. Activities include calls and written testimony in support of legislation reform. All you need is a desire to support mental health reform and he a resident of Maryland. We’re currently focused on increasing hospital bed availability, applying for the IMD exclusion waiver, revising the “danger standard” for treatment, reducing police involvement in mental health calls, and implementing Mobile crisis centers.

Interested parties should contact Laura.Pogliano@sardaa.org.

From Evelyn Burton, SARDAA MD advocacy chair: Testimony submitted to Montgomery County, MD Council to apply for IMD Exclusion waiver for serious brain disorders And implement a mobile crisis model akin to Crisis Now in Maricopa County, AZ.

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](https://www.inspire.com/groups/sardaa/) to join our new schizophrenia spectrum support community.

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**Join the SARDAA Champions Circle**

and Be a Champion for Change

SARDAA invites you to join our 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.

**How You Can Be a Champion for Change**

Your $25 annual Champions Circle donation is an investment towards helping SARDAA advance innovative and transformational treatments for serious neuropsychiatric brain illnesses. It will also help with SARDAA's work towards reclassifying schizophrenia spectrum as a neurological brain illness, which will allow individuals diagnosed with this disease to:

- Access timely and appropriate treatment
- Have the same HIPAA communications and compliance experienced by people affected by other neurological illnesses such as Alzheimer’s
- Avoid criminalization and stigma.

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](https://www.inspire.com/groups/sardaa/) 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](https://www.inspire.com/groups/sardaa/) 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.
Families For Care Grant Program

SARDAA 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

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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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**Personal Story of SA member**

**Kathy**

It was late 1988 and early 1989 and I was having difficulty at work. I was sent to the Employee Assistance Program and given the choice to seek help or be dismissed. I chose to get help only by way of family intervention. After three months in day-hospital I returned to a different job at the same company. I had a therapist who recommended to me that a support group would be good for me, so I joined Joanne’s SA group in Southfield.

Schizophrenia Alliance was a place for me to learn about mental health. I was very depressed about many things. For instance, just having an illness was difficult. I didn’t understand the illness and how it affected me in terms of stigma, personal status, economic factors, and relationships. My dream and desires had been altered. What I didn’t know was that this was the turning point or motivational level I needed to get back on track. That’s what SA has done for me.

As I was recovering and getting my self-esteem back, I started graduate school. My new boss promoted me after two years, and in 1993 I received my M.A. degree from Eastern Michigan University. I also became a group leader for SA for about two years. Later I started giving speeches about the importance of SA, and in 1995 became a statewide speaker for Schizophrenia Alliance. SA helped me integrate my illness into myself, by understanding others.

SA helped me look at myself and to make decisions that would integrate my person and illness into one. I started to become more sociable, realizing that I had to try twice as hard as the normal person to accomplish the same goal. I worked very hard at my interpersonal skills. I learned by doing my master’s that stigma can only affect me if I let it.

Today I feel whole emotionally, spiritually, and physically. I feel sound. I’ve been inspired by SA to consider taking additional college coursework in social work. I hope this will inspire others to try to overcome adversity and recover to the best of their capabilities—and to be happy with themselves. I think that it’s important to remember that one has to do homework in order to get a grade. And the grade someone wants as a person is up to him or her.
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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New Spanish FFC Zoom Group

Grupo para Familiares de Pacientes con Trastornos Mentales
* Grupo a cargo de el Lic. Carlos Escalante

Día y horario: Frecuencia quincenal, días viernes de 19:00 a 21:00 hs., 9 PM ET

Nuestro objetivo es desarrollar una alianza positiva que sostenga a los pacientes en la comunidad, minimice las recaídas y disminuya la tensión en la dinámica familiar. Cuando una persona es diagnosticada con Trastorno mental severo, como la Esquizofrenia, la familia entra en una etapa de desorganización, se altera la vida normal y la convivencia se ve afectada.

La familia es un soporte fundamental para el cuidado de los pacientes con esquizofrenia y otros trastornos mentales relacionados.

FFC
* Group by Lic. Carlos Escalante

Day and time:1st and 3rd Friday from 7:00 p.m. to 9:00 p.m., 9 PM ET

Our goal is to develop a positive partnership that sustains patients in the community, minimizes relapses, and lessens stress on family dynamics. When a person is diagnosed with Severe Mental Disorder, such as Schizophrenia, the family enters a stage of disorganization, normal life is disrupted and coexistence is affected.

The family is a fundamental support for the care of patients with schizophrenia and other related
Support Groups

SA Conference Call Groups
*Only for diagnosed individuals*
- Sun - 7 PM ET
- Mon - 4 PM ET
- Tues - 1 PM ET
- Wed - 1 PM ET
- Thurs - 1 PM ET
- Thurs - 7 PM ET
- Fri - 2 PM ET
- Fri - 7 PM ET
- Sat - 1 PM ET

SA: Psychosis Support & Acceptance
*Only for diagnosed individuals*
**Zoom Video Calls**
- Sat 12 PM ET
- Sun 4 PM ET
- **Spanish:** Tues 7:30 PM ET

Spirit of SA Conference Call
*For SA Leaders and Potential Leaders*
First Wed of Each Month - 7 PM ET

Families For Care Conference Call
*Not for individuals diagnosed*
- Tues - 7 PM ET

Register to join Support Group Conference calls and SA Zoom Meeting: HERE or call 240-423-9432

Families For Care Zoom Meeting
*Not for individuals diagnosed*
- Wed 6 PM ET - Register with Donna Floridasardaa@gmail.com
- Sun 2 PM ET - Register with laura.pogliano@sardaa.org
- **Spanish:** First and Third Fridays 9 PM ET - Register Here

Inspire Support Community
*For caregivers and individuals diagnosed*
JOIN HERE

Facebook Support Groups

SARDAA SA Support
*Only for individuals diagnosed*
JOIN The Facebook Group Here

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

SARDAA Support
*For caregivers and individuals diagnosed*
JOIN The Facebook Group Here
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 details: https://charity.ebay.com/help/seller

For more information visit: eBay for Charity
Podcast Reports on the Successful Criminal Mental Health Project in Miami
Similar to most jails in the U.S., those in Miami-Dade County often served as mental health facilities for people with serious brain illnesses who were being processed through the criminal justice system. This podcast reports on Miami-Dade County’s Criminal Mental Health Project, which has been successful in diverting people with mental health issues away from serving time in jail.

Established in 2000, the Criminal Mental Health Project achieved results in just a few years, with the recidivism rate among the misdemeanor population dropping from 72% to 20% and the numbers of people in local jails significantly reduced. In fact, by 2014 the county was able to close one of its jails. The Criminal Mental Health Project is now used as a national model of how to handle the interaction between mental illness and criminal justice.

In this episode—"In Miami, Jailing Fewer, Treating More"—radio station WLRN’s reporters Nadege Green and Daniel Rivero talk to the judge who started the program, as well as demonstrate how peer specialists, counselors, and police officers help effectively shift the focus from arresting people with serious brain health issues to providing services and treatment.

Brain-wave EEG Signature Robustly Predicted Antidepressant Response
Brain & Behavior Research Foundation
Researchers have reported an important step forward in the search for objective biology-based markers on which to base treatment decisions for depression. Amit Etkin, M.D., Ph.D., and Madhukar Trivedi, M.D., led an international team that identified a brainwave signature which enabled them to “robustly predict” whether depression patients would respond or fail to respond to the antidepressant sertraline (Zoloft).

COVID-19 in People with Schizophrenia
Medscape
Jeffrey A. Lieberman, MD
June 15, 2020

Jeffrey Lieberman, MD, director of the New York State Psychiatric Institute and psychiatrist-in-chief at the Columbia University Medical Center of NewYork-Presbyterian Hospital, helps us understand how COVID-19 affects patients with schizophrenia and other psychotic illnesses.

Are people with schizophrenia at increased risk of contracting COVID-19?

Some people with schizophrenia are at increased risk of contracting COVID-19 because of their circumstances. The risk depends on whether they are inpatients or outpatients and the type of residential setting they are in. People with schizophrenia often live in congregate settings such as nursing homes, prisons, homeless shelters, or state mental hospitals, all of which have been badly affected by COVID-19. We don't have good data on COVID-19 infection rates in these settings yet, but that is the fear. It also depends on the level of care they are getting, whether they are being seen onsite or managed via telehealth technology, and whether they have to take public transportation to get to a clinic, a clubhouse, a day hospital, or a rehabilitation program.

Research Strategies and Priorities to Improve the Lives of People With Schizophrenia: Executive Summary of the Ernst Strüngmann Forum on Schizophrenia
Schizophrenia Bulletin Advance Access
Steven M. Silverstein, Bita Moghaddam, Til Wykes
January 28, 2014

What kind of a thing is schizophrenia? What causes it? Can it be cured or prevented? These questions have challenged researchers for over 100 years. However, despite thousands of new studies every year, and major technological advances, schizophrenia research is not leading to
consistent improvements in the lives of people with the disorder. What might make a difference? One possibility is that a shift in the way that schizophrenia is conceptualized and approached may lead to improvements in our understanding of the condition, which could then translate into more effective methods of prevention and promotion of recovery.

Veterans With Schizophrenia or Bipolar at Increased Risk of Dementia, Study Finds
Psychiatric News Alert, American Psychiatric Association
Veterans with schizophrenia or bipolar disorder are significantly more likely to develop dementia than veterans without these disorders, according to a study published today in Psychiatric Services in Advance.

“The VHA [Veterans Health Administration] serves an aging patient population, and it is important to understand risk factors for incident dementia among VHA patients,” wrote Eileen Ahearn, M.D., Ph.D., of the William S. Middleton Department of Veterans Affairs (VA) Hospital in Madison, Wisconsin, and colleagues. “The study reported here confirmed prior studies indicating that individuals with bipolar disorder or schizophrenia have increased risk of dementia onset, even when the analysis controls for general medical comorbidities.”

Webinar - Widely Prescribed Stimulants and the Risk of Psychosis in Young People with ADHD
Tuesday, July 14, 2020, 2:00 pm ET
The prescription use of stimulants such as Ritalin and Adderall (methylphenidate and amphetamine, respectively) for the treatment of ADHD has been increasing. In 2007, the FDA mandated changes to drug labels for stimulants, based on findings about increased risk for psychosis. We studied whether the risk of psychosis in patients with ADHD differs among various stimulant types and found that patients prescribed amphetamine were at a higher risk of new psychosis requiring treatment with antipsychotic medicines than patients who had been prescribed methylphenidate.

Presenter: Lauren Moran, M.D.
Harvard Medical School/McLean Hospital
Moderator: Jeffrey Borenstein, M.D.
President & CEO, Brain & Behavior Research Foundation

Study Finds Changes in the Treatment of Bipolar Disorder Over 20 Years
Brain & Behavior Research Foundation
A study covering the 20 years between 1997 and 2016 shows that substantial changes have occurred in the way doctors are treating outpatients diagnosed with bipolar disorder:

Among a number of important changes, one in particular stands out: a much smaller fraction of outpatients today are being treated with a mood stabilizer and a greater fraction are being treated with a second-generation antipsychotic medication.

When Cities Stop Sending Police to Mental Health Emergencies
1A Across America
James Morrison
July 6, 2020
Police officers are not social workers, yet they’ve become the “de facto facilitators of mental health care in America,” according to a 2019 survey of law enforcement. But with protesters calling to defund the police after an officer killed George Floyd in late May, change may be coming.

Cities nationwide have already begun diverting budget funds from police departments to social workers and public services. San Francisco Mayor London Breed says police will no longer respond to non-criminal calls and mental health emergencies. New York Mayor Bill DeBlasio wants to redirect $1 billion away from the city’s police budget and into social services.

FDA Says IQOS Tobacco Heating System Can Be Marketed with "Reduced Exposure" Information
The FDA has authorized the marketing of Philip Morris Products S.A.’s IQOS Tobacco Heating System as modified risk tobacco products (MRTPs).

First allowed to be sold by the FDA in April, 2019, the IQOS is an electronic smoking device that heats tobacco-filled sticks wrapped in paper to generate a nicotine-containing aerosol. Although the aerosol produced by the IQOS system contains fewer toxic chemicals than conventional cigarette smoke, the amount of nicotine delivered is similar to that of cigarettes. As a result, using this heat-not-burn product is less risky compared to conventional cigarettes and may even help smokers quit.

Family Environment May Influence Subsequent Functional Outcomes in Patients with First-episode Psychosis (FEP), New Research Suggests
A study of more than 300 patients with FEP showed that although family environment was not associated with functioning at initial presentation, an interaction developed over time that could have "important implications for early interventions for both patients and caregivers," investigators report.

The results highlight the need for intervention in patients with FEP as well as their families, study co-investigator Norma Verdolini, MD, PhD, Bipolar and Depressive Disorders Unit, Hospital Clinic Barcelona, University of Barcelona, Spain, told Medscape Medical News

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

Help Change Lives -- Donate Now

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