Message from SARDA, CEO

Dear friends,

I am honored by the opportunity to lead SARDA, an organization that has had a significant impact on improving the lives of individuals affected by schizophrenia-related brain illnesses. I look forward to working with the SARDA Board of Directors, staff, and volunteers to further develop the vision of founder Linda Stalder – and build on the momentum created over the last several years – to ensure that every person living with a severe neuropsychiatric brain illness receives appropriate treatment, achieves recovery, and leads a fulfilling life.

Our commitment to our mission and push for reclassification remains the center of our focus. I am also grateful that Linda Stalder, SARDA's founder, has agreed to stay on as the Director of Health Affairs. I believe that SARDA is blessed to have her as our champion so that we may continue in this journey together. Even amid the coronavirus pandemic, we are thankful to our supporters and champions, as we cannot do what we do without you.

Blessings,
Thomas Kim, MSW, MBA
Chief Executive Officer
Message from SARDAA, BOD Chair

Happy September Everyone!

As we welcome the end of summer during these most challenging times, we are happy to pass the torch of CEO to Thomas Kim. Linda Stalters, the Founder of SARDAA decided to retire and will continue working with us on the vision she created to improve lives affected by psychosis.

We are confident as Thomas takes over the leadership, we will see great change and advancement in treating the population afflicted with the most serious, neuropsychiatric brain illnesses.

As the mother and caregiver of a 36 year old son with paranoid schizophrenia and substance abuse disorders, I am forever grateful to Linda Stalters for bringing a voice to this population. Together we can make a difference!

Thank you Linda! Welcome Thomas!

Stay safe and well everyone,
Susan Sheena
Chair, SARDAA Board of Directors

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Message from FFC, Families for Care, Coordinator

On behalf of the callers, both families and friends of Families for Care, this expresses gratitude to Linda Stalters for the commitment and support she has provided us as we stand alongside our loved ones challenged with a diagnosis. Throughout her career, resulting in the founding of SARDAA, she has lived her lifelong mission of helping people. SARDAA focuses solely on those struggling with the significant challenges of Schizophrenia and psychosis. Through Families for Care, the support groups of SARDAA, she has seen that those affected are met with needed understanding and support which are greatly appreciated.

With Heart,
Mary Ross
Message from Director of Community Engagement

Sandy Dimiterchik is now the Director of Community Engagement

By Sandy Dimiterchik, Director of Community Engagement

In July I was promoted from the SA Staff Supporter to Director of Community Engagement. As director, I will promote various programs for people with schizophrenia or related disorders, including bipolar disorder, schizoaffective disorder, depression with psychosis, or experience with psychosis. The intent of these programs is to help the diagnosed in their recovery, including volunteering and/or returning to work, whether part-time or full-time. While verifying contact information for clubhouses and early psychosis treatment programs, we are also spreading the word about the free support groups for the diagnosed, families, friends, and advocates. As we do include spirituality in our 6th Step of Recovery, we are also reaching out to faith-based organizations. If you are interested in helping, please contact me at sandy.dimiterchik@sardaa.org.

Why the 3rd Step – Building Inner Resources and Helping Others – Is So Important to Recovery?
By Sandy Dimiterchik, Director of Community Engagement

When I first found SA in 2013, I was in dire need of support. I found a safe place where I could discuss my issues. As I worked on the 6 Steps, I found recovery.

Now, as the 3rd Step says:
I Believe: I now come to believe that I have been provided with great inner resources, and I will use these resources to help myself and others.

So, in recovery, it is not enough to be sharing my story, and providing feedback to others, though that is very important. To further my recovery, I needed to build my inner resources and help others. A great way to do that is by volunteering as a SA leader, co-leader, or substitute.

The Blue Book has the meeting format, and for new leaders, co-leaders, and substitutes, a person can lead a meeting by directly reading from the book. We also have training manuals and videos. If interested, send me an email at sandy.dimiterchik@sardaa.org.

For the month of August, I had the privilege of interviewing Linda Stalters, founder and former SARDAA CEO, and Thomas Kim, the new SARDAA CEO. I was able to learn more about what motivated Linda to start SARDAA. There was also an opportunity to see how Thomas Kim plans to grow the organization. I look forward to working with them both. Watch the video HERE
SARDAA Special Offer - Buy One Replay, Get Both

*Don’t miss this special offer to access both Chapter 1 & 2 replays of SARDAA’s Translation to Transformation Scientific Symposium*

During SARDAA’s Translation to Transformation Scientific Symposium, world-renowned experts discussed solutions to the neurological brain illnesses that impact over 25 million Americans and over 1 billion people worldwide, reclassification of schizophrenia spectrum illnesses, as well as how we can work together to improve the lives of people affected by psychosis.

With a donation of $45 to SARDAA, you’ll get access to both symposium replays:

- **Chapter 1 – Brains on Broadway, Translation to Transformation**
  This conference and star-studded awards program was held in New York City on November 4, 2019.

- **Chapter 2 - Brains on the Beach, Translation to Transformation**
  As a result of the coronavirus pandemic, this conference and awards program – which was originally planned to be an in-person event – was held virtually on March 21, 2020. The replay includes the entire live-stream event, which is divided into six parts.

**Click HERE** to take advantage of SARDAA’s special “Buy One, Get Both” offer today! This offer expires on October 30, 2020.

Did you already purchase either the Brains on Broadway or Brains on the Beach replay? Then, we’ll send you the bonus link via email. If you have questions, contact us at info@sardaa.org.

2019 Brains on Broadway Awards Presentations [Watch HERE](#)
2020 Brains on the Beach Awards Presentations [Watch HERE](#)

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**Masks Now Available at the SARDAA Online Shop**

Show your support for SARDAA and help spread the message about reclassifying schizophrenia spectrum as a brain illness with the new SARDAA mask.

The SARDAA mask is now available with a $10 donation at the [SARDAA Shop.](#)
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.

Job Networking Groups for People with Schizophrenia or Related Disorders

By Sandy Dimiterchik

Do you have schizophrenia or related disorders and work, volunteer, or go to school? Well, we just created some job networking groups for people who fit that criteria. Our first monthly meeting,
Career Chat on Zoom, was on writing job target headlines on your resume. The monthly groups meet the second Saturday of each month at 4 PM ET. August’s meeting will be held August 8th at 4 pm Eastern Time. Contact me at sandy.dimiterchik@sardaa.org to get the link to the Zoom Video. We will be discussing legislation that protects people with disabilities, such as Americans With Disabilities Act (ADA), Genetic Discrimination in Employment (GINA), and Family and Medical Leave Act (FMLA). We already have questions for the meeting:

- How to handle gaps in employment history?
- What do I need to take a leave of absence?
- Should I disclose my disability?

I am not an expert, though I am certified as a career coach. I have some great websites to refer attendees to, as everybody’s situation is different.

Do you have any questions or topics you would like discussed at this monthly meeting? Email me at sandy.dimiterchik@sardaa.org.

Our other job networking group is the closed Facebook page - SARDAA Career Chat for People with Schizophrenia or Related Disorders. Again, you need to be diagnosed and working in a paid or unpaid position and/or going to school. Join the page, answer the questions, and then become a member!

**September Career Chat**

In September, the topic for Career Chat, the SARDAA monthly job networking group, is the Ticket to Work Program. I have reached out to the Ticket to Work Program, and a manager has sent me lots of information to go through before the meeting, which is held the second Saturday of each month at 4 PM Eastern Time. For those who have never heard of the program, it is a way for people on disability benefits to find work, whether part-time or full-time. Please contact me at sandy.dimiterchik@sardaa.org for more information.
When I created this piece in the summer of 2016, I was at an art therapy group, at a table seated with other people in mental health recovery. I was nearing the end of my great time volunteering at the community center at this location and facilitating groups on creativity.

I find the acts of creation in separate mediums similar to one another, whether it be in writing, art, or music. There is this process of flow when I create something: Multiple topics show up simultaneously in my head, and I can address different currents of thought briefly or in a prolonged way. This makes the piece into a coherent whole, bit by bit. This is different than research and documentation, which I also enjoy.

This art piece is like the puzzle of my social life to me. My groups of friends are separated by living situations: like life growing up, to early college life, to art and music life, to work life, to hospital life. All of these pieces make up the fabric of my diverse lifestyles involving education, volunteering, work, and creativity. It speaks of my life as someone with schizoaffective: While real life is happening, my mind recreates their meaning in a cumulative way, separated from the events themselves.

So, I call this piece "Puzzle Ponderings." by David M. made using oil pastel

SARDAA offers one-time grants of up to $500 for caregivers of people diagnosed with neuropsychiatric brain illnesses. Caregivers must fill out the application [HERE](#), and be in financial need, for consideration. Grants are paid directly to landlords or mortgage holders.

For more information, please contact:

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

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**State Chapter News**

**Florida Chapter News:**

The Florida Chapter is up and running it’s zoom calls every Wednesday evening at 6:00 pm EDT. We have approximately five to eight people participating each week, and not always the same people. We have people from all over the country participating, as Zoom thankfully permits us to do that :). You never have to respond if you are coming to the meeting or not; it is just there if you need it. Shoot me an email at Floridasardaa@gmail.com if you would like to participate at some point.

I have challenged my group to come up with one question each, that they wish they knew to ask when they first started this journey. So I challenge you; what do you wish you knew when this journey began?
Email me at Floridasardaa.com. I would love your input.
Donna

Interested in starting a SARDAA chapter in your state? Email Joan Todd at joan.todd@sardaa.org for more information.

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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](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.sardaa.org/join-the-champions-circle) to join the SARDAA Champions Circle today!
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/
**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**

**Dave M.**

I am fascinated by this world, although I often am so scared of it. It is interesting though how it is in facing this fear of the world that I have become so interested in lots of things. For many years after my psychotic break in 1998, I took no interest in many of my old hobbies. This is because the shockwave of this sudden chemical imbalance caused an earthquake in my consciousness. I was unable to sit still, and music sounded grating.

With the right medications, there was some normalcy. I returned to school and was a high achiever. But real genuine interest in things I loved was not there. It could have been the medication, or it could have been a post-traumatic stress. The difference in one month was completely marked.

A lot of love for music did return between 2004-2006, when I played guitar often at nightclubs and cafes in Buffalo. My music was forced out for a while, though, and I really had to force myself to get into it. So, my style was aggressive, and often political. I got cheers and roars of approval for singing songs about a dysfunctional mental health system, or my chaotic love life. I was theatrical and was well loved by many people in the music scene.

Yet I took it upon myself to try to quit smoking and drinking in 2007. So, I stopped frequenting bars, and upon a hospitalization that year gave those substances up completely. With the addition of a head trauma the diagnosis switched from bipolar 2 to bipolar 1 with psychotic features, then schizoaffective. I learned to express myself again better after this head injury, although I was overly expressive and more paranoid than normal.

I think my mania and my creative expression are tied together sometimes. In fact, my first artistic work was done on a psychiatric unit. My art making has been relatively sparse, but I have been told to pursue this talent at college.

Right now, I’m a science student, although I once pursued English. I have always had a desire to become more marked at my creative expression, whether it be painting, writing, or music. I taught a creative expression class from 2014-2016, and I know there’s got to be way to bring back my
creative spark.

As I listen to Motown, I am close to dancing. I have memories of being young and happy, going to soccer practice or playing with my Dog. It is hard to believe these feelings disappeared so fast when I was kid from one mixed episode as a teenager. Yet now I can speak to a healing, perhaps from my medication change. I am facing my fears, yet I know the medication is needed, even though I used to debate its pertinence.

I just know I’m happy to be on my own, in my apartment with my artwork adorning the walls. I see my guitar, and I am tempted to play. Someday I think I’ll be freed from the walls of my past, so I can express myself as I need. For now gratitude helps to fight the schizoaffective.

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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**
- First Mon of the month 7 PM ET
- Thurs 9 PM ET
- 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](parityregistry.org)
Families For Care Zoom Meeting
Not for individuals diagnosed
Wed 6 PM ET - Register with Donna Florida sardaa@gmail.com
Sun 6 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

SARDA SA Support
Only for individuals diagnosed
JOIN The Facebook Group Here

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

SARDA Support
For caregivers and individuals diagnosed
JOIN The Facebook Group Here

 LOBBY CCAC - Circle of Comfort and Assistance Community
Diagnosed, Caregivers, Professionals
JOIN The Facebook Group Here

Career Chat for People with Schizophrenia or Related Disorders
Only for individuals diagnosed
JOIN the Facebook Group Here

SARDA has chosen eBay for Charity so you can directly support SARDA 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 information visit: eBay for Charity
If you love our work then tell the world! You have an opportunity to help us make even more of a difference in our community. GreatNonprofits—a review site like TripAdvisor—is honoring highly reviewed nonprofits with their 2020 Top-Rated Awards. Won’t you help us raise visibility for our work by posting a review of your experience with us? All reviews will be visible to potential donors and volunteers. It’s easy and only takes 3 minutes!

Go to [https://greatnonprofits.org/org/schizophrenia-and-related-disorders-alliance-of-america](https://greatnonprofits.org/org/schizophrenia-and-related-disorders-alliance-of-america) to get started!

**CDC Issues Moratorium on Evictions**

Earlier this week, the Centers for Disease Control and Prevention (CDC) issued a national moratorium on most evictions for nonpayment of rent through December 31. The measure intends to increase the public’s ability to practice social distancing and to comply with stay-at-home orders. The eviction moratorium does not provide financial relief for those unable to pay their rent, but ensures they cannot be evicted during the covered time period.

**Make 9-8-8 Suicide Prevention Number a Reality.** The National Suicide Hotline Designation Act of 2020 (H.R. 4194/S. 2661) would designate 9-8-8 as the new National Suicide Hotline number. This bill already passed the Senate and the House Committee on Energy & Commerce and is now ready for a full vote in the House. Take action today to make 9-8-8 a reality.

**TRAGIC and Unnecessary - The Bottomline**

Linda Stalters, SARDAA Founder, Director of Health
September 13, 2020

Nicolas Chavez, 27, was killed due to lack of treatment that necessitated calling the police. Tragically Nicolas died in southeast Houston in April.

The bottom line is that people living with a brain illness such as schizophrenia, bipolar and major mood illnesses must receive appropriate care and treatment EARLY in their illness!!! Individuals requiring treatment must receive life-sustaining treatment even when, because of their brain illness, they are not aware that they are ill. Appropriate care and treatment must be provided in a comprehensive and life-long continuum so that unnecessary, horrific tragedies such as Nicolas’ does not occur.

[READ MORE](#)

**Free Zoomcast September 18, 2020**

Featuring SARDAA’s Dr Tim Murphy and California Advocate Teresa Pasquini, a “Recovering Angry Mom.” Topic is: The IMD Exclusion the 1965 Federal Law that Decimated Psych Hospital Beds

Register [HERE](#)

**A Longitudinal Study About the Impact of an Inclusive Sports Program in People with a Diagnosis of Schizophrenia**

David Mullor, Adolfo J. Cangas, Jose Gallego, Jose M Aguilar-Parra, Antonio Rosado & Andres Lopez

December 2018

Abstract

The present study analyzes the impact of an Inclusive Sport and Physical Activity Program which lasted 14 months on a sample of people with a diagnosis schizophrenia. 30 people took part in the study. An initial evaluation was conducted after 7 months and a final evaluation was carried out at the end of the program.

[READ MORE](#)

**Brainwave Study Reveals Oscillation Patterns That May Predict Transition to Psychosis**

Brain & Behavior Research Foundation

Researchers led by a BBRF grantee have reported progress in analyzing neural oscillations or “brainwaves” that may make it possible to clinically characterize which individuals at high risk of developing psychosis will in fact go on to develop psychosis. Predicting this transition—thus making early or preventive treatment possible—has long been among the most urgent objectives of neuropsychiatric research.

[READ MORE](#)
Brief Video Presentation Humanizing Schizophrenia Diminishes Stigma
American Psychiatric Association
People who watched a 90-second video of a young woman describing her experience with schizophrenia had a lower rate of stigma toward people with schizophrenia than those who did not watch this video. The findings were published in Schizophrenia Bulletin.

READ MORE

Common Mechanisms for Type 2 Diabetes and Psychosis: Findings from a Prospective Birth Cohort
ELSEVIER
Benjamin I. Perry, Hannah J. Jones, Tom G. Richardson, Stan Zammit, Nicholas J. Wareham, Glyn Lewis, Peter B. Jones, Golam M. Khandaker
August 11, 2020
Abstract
Background: Psychosis and type 2 diabetes mellitus (T2DM) are commonly comorbid and may share pathophysiologic mechanisms. To investigate shared genetic variation and inflammation as potential common mechanisms,
we tested: (i) associations between genetic predisposition for T2DM and psychotic experiences and psychotic disorder in young adults; (ii) the association between genetic predisposition for schizophrenia and insulin resistance (IR), a precursor of T2DM; and (iii) whether these associations are mediated by childhood inflammation.
Methods: Psychotic experiences (PEs), psychotic disorder and IR were assessed at age 18. Polygenic risk scores (PRS) for T2DM and schizophrenia were derived based on large genome-wide association studies. Associations between PRS and psychotic/IR outcomes were assessed using regression analysis based on 3768 ALSPAC birth cohort participants with complete data. Inflammatory markers C-reactive protein (CRP) and interleukin 6 (IL-6) measured at age 9 were used in regression and mediation analyses.

READ MORE

Behavioral Rehabilitation of the “Treatment-Refractory” Schizophrenia Patient: Conceptual Foundations, Interventions, and Outcome Data
Steven M. Silverstein, Michi Hatashita-Wong, Sandra Wilkniss, Andrew Bloch, Thomas Smith, Adam Savitz, Richard McCarthy, Michael Friedman, and Ken Terkelsen
Weill Medical College of Cornell University
American Psychological Association
This article describes an intensive, inpatient behavioral rehabilitation program for patients with schizophrenia who have been considered “treatment-refractory” at state hospitals. The program is a public–private partnership involving state and private hospitals and community residence providers. The essential elements of this program are described, along with the conceptual and philosophical bases of its treatment and examples of staff behaviors critical to treatment success. Outcome data are then discussed to emphasize the point that when evidence-based psychological treatment is implemented with this population, outcomes can be positive in most cases, and therefore, the number of treatment-refractory patients is actually far less than is estimated on the basis of response to medication alone.

READ MORE

Puzzle Ponderings
By David Meyers
August 2020
I am fascinated by this world, although I often am so scared of it. It’s interesting though how it is in facing this fear of the world that I have developed such diverse tastes. For many years after my psychotic break in 1998, I took no interest in many of my old hobbies. This is because the shockwave of this sudden chemical imbalance caused an earthquake in my consciousness. I was unable to sit still, and music sounded grating. I blamed myself on the world’s misery.

READ MORE

Functional MRI Neurofeedback Might Relieve Distressing Hallucinations
Reuters
Will Boggs, MD
September 2, 2020
Real-time functional MRI neurofeedback (rtfMRI-NF) might relieve distressing auditory-verbal hallucinations in people with schizophrenia-spectrum disorders, according to a new review.

"People with persistent and distressing auditory-verbal hallucinations, both with and without a formal diagnosis of schizophrenia, for whom conventional treatments (e.g., antipsychotics) have not proven effective, may benefit from this intervention," Dr. Clara Humpston of the University of
Birmingham, in the U.K., told Reuters Health by email.

**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.

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**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

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**Help Change Lives -- Donate Now**

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