

  
 I'm Positively Me! 

Positively Me!



LIVE



**A Coalition of**

**Mental Health Advocacy Groups**

**Presents**

The Most Uplifting, Empowering Concert of the Year

May 20, 2008, 7 p.m.

# *A Big Thank you to Our Sponsors For Making This Possible!*

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# **MAY IS MENTAL HEALTH AWARENESS MONTH**

Welcome to Mental Health Month 2008! The theme for this year's observance is **Get Connected**. For more than fifty years, our country has celebrated May as Mental Health Month to raise awareness about mental illnesses and the importance of mental wellness for all.

In 2008 Mental Health Month is to encourage all Americans to build their social support networks throughout May to improve upon how we as a nation deal with the stress of living in a 24/7 on-the-go society. We challenge all Americans to the **Mental Health Connection Challenge** by making FIVE positive and life-fulfilling connections this month. Research shows that social networks can reduce stress and promote overall health by providing a sense of belonging, self-worth and security.

"We all need to maintain positive connections to feel a part of our communities and families, which is why this May, Mental Health America is challenging every American to connect to family & friends, coworkers, community members and professional help, if needed," said David Shern, Ph.D., president & CEO of Mental Health America. "Years of research have shown that individuals who feel valued and cared for are better equipped to deal with stress and adversity and even experience less severe illnesses than those with little social support."

**RECOVERY  
IS  
POSSIBLE**

The groups organizing this concert know that Recovery is Possible. It is our mission to have everyone lead full productive lives, free from stigma and discrimination. If you want more information, please visit the tables downstairs in the Fellowship Hall . We would be glad to answer any questions.

# The Program

**Texas State Representative Michael Villarreal  
serving as Master of Ceremonies**

## **Order of the Singers**

**Athena Boneta**

**Doug Fesler**

**Martha Duran**

**Rudolf Harst**

## **Intermission**

Please take this time to refresh yourself, shop at the outside tables and pick up information on mental illness. Be back in 45. You won't want to miss what is coming up next.

**Mary K Lively**

**Marjorie Dodd Anderson**

**Krista Nabors**

**Mystic Sister**



# The Coalition

This group of Mental Health Advocacy Groups have come together for the very important task of creating this CD to empower people. Each of the groups have a differing view of how they serve the community, but each are tireless in their efforts. In a day when money resources are tight, it is easy for similar organizations to fight for their share. However, this weakens our voice as advocates. In San Antonio, coming together to join our groups, our voices in celebration of May Mental Health Month, shows that our passion and our mission are strong. Please take a minute and look at what the various groups offer to our community. Thank you for being here!



## Our House Clubhouse Patient hood to Personhood

### "OUR CREED"

The members of Our House believe that recovery from mental illness is achieved by establishing a safe place to build meaningful relationships and discover rewarding work.

Our community believes in respect, empathy, hope and the right to access the same world of opportunities as the rest of society.

Our House Clubhouse -1530 N Alamo - San Antonio, TX 78215  
Phone: (210) 798-1619 - Fax: (210) 798-1620  
Website: <http://www.ourhousesa.org>

**Depressive Bipolar Support Alliance of Bexar County  
Meets every Thursday at 7 p.m. at 758 Ramsey, the Catholic Church  
of the Holy Cross Church.**

**For more information, call Michael at 214-532-3896**

# PROSUMERS

Everyone is welcome  
to attend meetings  
No membership fees  
Includes monthly newsletter  
Volunteer opportunities  
highlighted  
Are you ready  
to enter recovery?  
Join US!



## Empowerment Meetings

The monthly meeting has two parts. The first is having lunch together. This is where people connect with other people. We share stories, resources, and phone numbers. This is where we become friends.

The second part of the meeting is where we become empowered to take steps to making our world better. Some of the topics that we have covered include:

- \* How to make positive choices
- \* Singing positive "I" Statements with the Positively Me! CD
- \* How to deal with change
- \* Finding fun again
- \* What makes people happy?

Most meetings involve interaction and participatory learning. We always have lots of fun.

## Newsletters

The Prosumer news keeps you up to date on issues that can affect your life. Inside every issue is a monthly calendar with events that you might be interested in, such as support group meetings, community events, and Prosumer activities. Every issue is a positive reminder that "Recovery is Possible".

A Prosumer is someone who gives back to the community and is proactive in their recovery!

## Join us Today!

Call us at:

210-653-5267

FAX us at

210-653-7372

Write us at:

PO Box 120394

San Antonio, TX 78212

Email us at :

jpaleo@satx.rr.com or

ahgray@satx.rr.com

## History

As a person who was diagnosed with a severe and persistent mental illness, I found myself hopeless and felt helpless to change my life. I was fortunate to find people and opportunities that started me on the road to recovery. As I began getting better and got involved in life, I found that there was a consumer movement that was international in scope. I began to grow and applied for committees and board positions. As my passion took me all over the world, I found people in recovery had a recurring theme. Most of them had volunteering as an avenue to help them in their recovery process. As this was also part of my story, I created a group that incorporated volunteering along with empowerment and encouragement to help people find their path of recovery. I know this program has been successful because many of our members have gotten jobs or gone back to school. I now co-own my own business where I do disability education and make training videos while chronicling the consumer movement. I have found that life is all about choices. The Prosumer group helps you to identify the positive choices in your life. You can choose recovery and life. You can start today! Join Us

## Prosumers:

- \* Meet monthly for an empowerment group
- \* Support others
- \* Volunteer
- \* Advocate
- \* Often find work or go back to school
- \* Encourage others
- \* Empower others
- \* Turn their Disability into a positive!

# Recovery is Possible!

# Alliance for Mental Health Consumers Rights

**The Alliance for Mental Health Consumers' Rights** provides peer-to-peer support, advocacy, and education to consumers of mental health services in a social setting. We also educate the public through special events, meetings, and the media to reduce ignorance about mental illness and gain parity in access and treatment in health care with those with physical disabilities.

## **Description:**

The Alliance for Mental Health Consumers' Rights is composed of over 200 mental health consumers. We believe the best way to help ourselves is to help others. Having gained office space at 5802 S. Presa, in San Antonio, we will expand our efforts to assist consumers in their recovery and employment. Together, we can join our voices to be heard by our government to make positive changes for persons with mental illness.



## **Contact people:**

**Terry Bates**  
Executive Director

**Tina Pierce**  
Office Manager

Office Number  
**210) 532-6262**

**FAX (210) 532-6263**

5802 S. Presa  
San Antonio, TX 78223

[www.SAMentalHealth.org](http://www.SAMentalHealth.org)

## **History:**

The Alliance for Mental Health Consumers' Rights was formed as a 501(c)(3) nonprofit corporation in 2002 by consumers of mental health services who were concerned by the cuts in mental health services in Texas and Bexar County. Our early meetings in homes, restaurants, and a downtown church has enabled us to expand to over 200 members. The Alliance is now located the Center for Health Care Services Family and Consumer Services Center at 5802 S. Presa. We are currently open Monday through Thursday from 10:00 a.m. to 3:00 p.m. We offer numerous support groups throughout Bexar County, including anxieties, bipolar disorder, schizophrenia, and life skills. With your continued support, we plan to expand services for our fellow consumers.

# Depression and Bipolar Support Alliance of San Antonio

The Depression and Bipolar Support Alliance San Antonio is a group of patients, family members and friends that meet together to share experiences and learn more about living with bipolar illness, depression, and schizoaffective disorder.

On Monday nights we meet at the Methodist Specialty and Transplant Hospital, 8026 Floyd Curl Drive, in Classroom One from 7-9 p.m. and on Thursday nights we meet at the Nix Specialty Hospital, 4330 Vance Jackson (at 410 W), from 7-9 p.m.

Newcomers are welcome at every meeting; there is no preregistration or fees. Optional annual dues are \$15 for one person and \$25 for two people. Newcomers are provided with a printed packet with educational materials and are given an opportunity to ask questions of an orientation provider.

**For More Information  
Contact:  
Kathy Franklin  
DBSA San Antonio  
(210) 945-0689**

## *Creed for the Depression and Bipolar Support Alliance of San Antonio*

**I understand that my condition or that of someone dear to me, is due to a chemical imbalance, not a character flaw. I did nothing to contract the disorder, but it is in my power to help myself and others. To do so, I belong to this fellowship.**

**Get well, stay well, pass it on!**

--Trafford Allpass

We have a small library at the Monday night location. Our goal is to have an outside speaker at least once a month. Weekly handouts with material from the newspaper and internet are great springboards for general discussion.

The primary activity of every meeting is to work together in facilitated small groups. The facilitators make sure that everyone has a chance to speak. If you don't want to speak, just say, "Pass". Our groups are composed of patients, family members, and friends. We have found that this is a great way to see how illness affects all relationships.

Please consider coming to a meeting sometime soon.

# THE A.R.T.S. PROJECT

Awareness Recovery Transition Support

**ACT UP! Theatre Camp**  
for teens ages 13-19  
Coming this summer!  
Call for price and schedule.

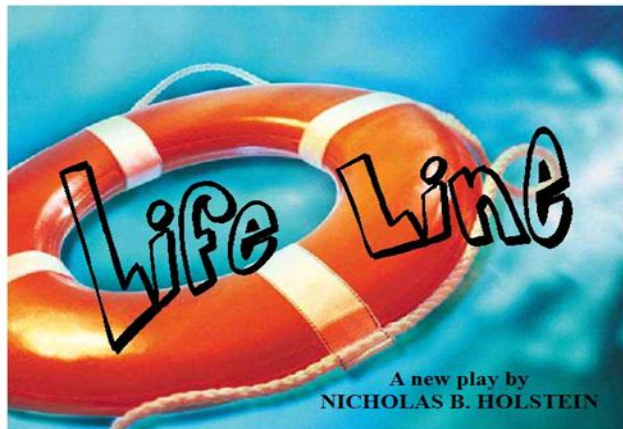
## CONTACT US

theartsproject2008@yahoo.com

(210) 663-1446

5802 S. Presa  
San Antonio, Texas 78223

## Upcoming Events



A play about a young man's journey from homelessness to stability.

**Thursday, October 9**  
**7:00PM**  
**Our Lady of the Lake University**  
**Thirty Auditorium**

The mission of The Awareness Recovery Transition Support (A.R.T.S.) Project is to educate the community on mental health through drama.



# PRO International

P.O. Box 120394  
San Antonio, Texas 78212  
[www.TheProInternational.com](http://www.TheProInternational.com)

(210) 653-5267 (voice)

(210) 653-7372 (fax)

PRO International is a company designed to empower individuals and organizations through training, communication, and advocacy. We provide a full range of services designed to meet your needs.

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***Call and visit with us about your needs so we can help you maximize the potential of your group and/or agency.***

# Our Sponsors



Center for Health Care Services

Our Mission:

*The Center for Health Care Services ensures residents of Bexar County with mental illness, mental retardation and substance abuse problems receive necessary quality services commensurate to our community standards.*

Telephone: 210-731-1300

FAX: 210-731-1315

Postal address: 3031 IH 10 West 78201

San Antonio, TX 78201

[www.chcsbc.org](http://www.chcsbc.org)

## The Center's Crisis Lines:

**24 HOUR CRISIS LINES** (210) 223-7233

1-800-316-9241

### CHILD AND ADOLESCENT CRISIS LINES

Monday-Friday, 8:30-5:30 (210) 299-8139 , then press 1

after 5:30 pm, weekends, holidays (210) 223-7233 OR  
1-800-316-9241

### THE ADULT CRISIS CARE CENTER

527 N. Leona, 2nd floor (210) 225-5481

Open 7 days a week, 24 hours a day for information calls, and face-to-face screenings.

# Our Sponsors

## NAMI San Antonio

### National Alliance on Mental Illness

NAMI San Antonio is a nonprofit organization affiliated with NAMI Texas; whose goal is to improve the lives of individuals with mental illness through support, education and advocacy.

#### **NAMI San Antonio**

General meeting

6:30 p.m. second Tuesdays

Christ Episcopal Church

510 Belknap

210-734-3349

[www.namitexas.org](http://www.namitexas.org)

NAMI San Antonio has a variety of education and support programs directed to mental health consumers, family members, friends, professionals, other stake holders, and the community at large to address the mental health needs of San Antonians. NAMI San Antonio works to inform the public about mental illness by distributing information through every means of communication. Interviews are produced on television, stories are featured in newspapers, brochures are produced and distributed, referrals are provided and newsletters and other publications are utilized. If you have a loved one that has been diagnosed, talk to us. We have been there. We can help.

# The DAPA Center

"Psychiatric & Substance Abuse Programs"

The DAPA Program has over twenty-five years of experience helping to make a difference for those who suffer from mental illness and substance abuse. DAPA's Partial Hospital Programs (PHP) is an intensive, long-term, day treatment program, which can help improve lives for the months and years to come. Our Outreach Team is available 24 hours a day, 7 days a week and can be the vital missing link between despair and entering into an effective treatment program.

Our continuing success in helping thousands of individuals who come from all walks of life is due to our commitment to excellence and the dedication of our mental health professionals and staff.

Please contact us at:

302 S. Flores

San Antonio, TX 78204

210-227-3272 or 1-800-828-3272

[www.dapahelp.com](http://www.dapahelp.com)

Senator  
\*\*\*Leticia\*\*\*  
Van de Putte

700 N. St. Mary's, #1725  
San Antonio, Texas 78205  
(210) 733-6604



*Many Thanks to:*

The Prosumers of San Antonio  
The Alliance for Mental Health Consumers Rights  
The Depressive Bipolar Support Alliance of Bexar County  
Our House Club House

*for bringing*

*Positively Me! Live*

We all need a helping hand from time to time...  
If you or anyone you know is in need of mental health care, contact:

The Center for Health Care Services.  
(210) 731-1300 • [www.chcsbc.org](http://www.chcsbc.org)

[www.leticia Vandeputte.com](http://www.leticia Vandeputte.com)

Pol. Adv. pd. for by Leticia Van de Putte Campaign.  
P.O. Van de Putte, Insurance, PO Box 8490, San Antonio, TX 78208



## Solara Behavioral Healthcare

1927 N Saint Marys St

San Antonio, TX 78212

(210) 299-1152

[www.SolaraHC.com](http://www.SolaraHC.com)

*Specializing in Out Patient Services for Children,  
Adolescents, Adults and Older Adults*

# About Our Performers



## Mystic Sister

Mystic Sister is a unique songwriting duo that blends heartfelt lyrics with strong female harmonies, a passion for music and life thus creating a folky, funky Americana sound. Courtney Bradley and Cheri Gillham have been performing around the Hill Country for 3 years since they met at Wavelengths Hair Studio in Boerne, TX where Cheri practiced Massage Therapy and Courtney still practices Cosmetology. They wrote their first song together, 'Life is a Circle' at a Celebration Circle Spiritual retreat and haven't stopped writing since.



Courtney wrote her first song, 'Broken Wings' at the age of 12 where she then traveled to sing it at Unity Church Y.O.U retreats. Moved by Spirit working through her, she says she had nothing to do with the writing of that song, that she was merely the tool used to put it on paper. She has explored a bit with violin, piano and guitar but not gotten nearly the satisfaction she gets from singing. Courtney's passion is to share her voice and her words to touch the hearts of others.

Cheri began playing guitar at the age of 8 when her brother gave her his guitar for safe keeping before he left to fight in the Vietnam War. Music was inspirational and pivotal throughout her childhood and was her most cherished best friend. Searching for an expressive outlet she wrote her first song in the sixth grade. Today on stage, Cheri plays with such an energy you can't help but feel magic in it.

Courtney and Cheri are currently performing as a duo at churches and spiritual gatherings as well as gigging with a full band at restaurants, bars and festivals making sure that they are tapping into every little corner of the Circle of Life!

## Doug Fesler



Doug Fesler has played in bars, churches, coffee houses, dance halls, restaurants, house parties, concerts and beer gardens around Texas for about 35 years in small ensembles, dance bands, and as a solo artist.

Doug has published and recorded his own music and has worked in studio with other artists, such as The Lucky Tomblin Band, Augie Meyers, Kevin and the Blacktears and Charlie Beall.

Doug is a guitarist, vocalist and harmonicist, clearly enjoys playing for and entertaining people. "I tried playing for just my dog, but she can't hold up the Bic lighter and sway rhythmically. No thumbs."

Doug Fesler can be reached by email: [Doug111198@aol.com](mailto:Doug111198@aol.com) and by phone: 210-313-8646.





## Mary K Lively



Mary Kay Lively was born in Cleveland, Ohio in 1955. The product of a large Irish-Catholic family, her early years were spent trying to find her niche. As a teenager, Mary Kay's best friend taught her to play some chords on the guitar and she has been having fun with singing and songwriting ever since.

Growing up a baby-boomer in the rock-n-roll capital brought with it a host of influences from Bob Dylan and Joan Baez to the Beatles and Janis Joplin. With a lot to do raising kids and teaching throughout the years, most of Mary Kay's musical talent has been enjoyed within the confines of her home in the form of a very fulfilling hobby.



## Martha Duran



Suffering from A.D.D., my life has been filled with torment. This is a chronicle of my adult life. June 25, 1980, I give birth to our son Adam. He is premature; 2.5 months early at The Methodist Hospital. He survives. August 4, 1980, my oldest son Carlos has to undergo emergency surgery. They remove two feet of his intestines at Santa Rose. He survives. August 8, 1980, Adam undergoes heart surgery. He survives. September 16, 1980. two weeks prior to be released from the hospital, the doctors call me at home, to tell me my son is going blind. Our marriage suffers tremendously as Adam endures several surgeries throughout his first year. By 1982, we are divorced. In 1983, Adam is multi-handicapped. At this time, I promise my little boy, I would never sing (career wise) until he was no longer suffering. Unable to take care of him, I put him in a home

in Corpus Christi. Fast forward, January 24, 1999...Adam passes away. May 2001, my oldest son Carlos is diagnosed with system scleroderma. To this day, we are battling with this chronic illness. My second son, Richard is married and has two beautiful children. On 2002, my songwriting began to unfold. Our heavenly Father has guided my pen with lyrics he has blessed me with. As far as the ADD, it is nothing but havoc for me. I have held series and series of jobs. From 1991 to 2002, I did have my own businesses; however my business was a casualty of 9/11. [www.cdbaby.com/marthaanita](http://www.cdbaby.com/marthaanita)

# Rudolf Harst



Rudolf Harst is Spiritual Director of the Celebration Circle of San Antonio, an interfaith congregation with a creative approach to spirituality ([www.celebrationcircle.org](http://www.celebrationcircle.org)). A writer, musician, performance artist and speaker, he has presented at hundreds of concerts and conferences throughout the country over the past 25 years. He's the author of *Hurry Slowly: Living from the Inside Out*, a book of creative non-fiction which has been adapted into an acclaimed musical comedy and DVD, and has also produced eight CDs of original songs



# Athena Boneta



Athena is 9 years old and a 3<sup>rd</sup> grader at East Terrell Hills Elementary. She loves to sing, act and dance. Athena is always singing. Before she could form words she was bopping her head to the beat of music and making up her own lyrics. At 2 years old she started acting as an extra at the Magik (Children's) Theatre: **Mouse and the Motor-**



**cycle** "baby sister mouse", **Junie B Jones** "baby woo", **Seussical**, "Sam I Am" and many more. She was featured on the front page of Nov 2007 "Our Kids Directory". Since 3 years old she has been dancing ballet, tap, jazz and hip hop, but her first love will always be singing. She currently takes lessons in singing, dancing, acting, and piano while she continues working to do her best in performing arts.

# Marjorie Dodd Anderson



Born into a talented family, Marjorie did not pick up the guitar herself until she was in her 30's. Upon receiving her first instrument in 2000 as a Christmas gift from her parents, the floodgates were opened and she experienced an outpouring of creative energy. Within six months, she had written nineteen songs, six within the first thirty days.

Songwriting has proven to be a tremendously cathartic process for Marjorie and most of her songs are intensely personal, dealing with the subject matter of her life: spirituality, marriage, and motherhood. She jokes that if she ever produced a CD, its title would be "Musings of a Philosophical Housewife." Marjorie is also a student of visual arts. She is very grateful for the support provided by her husband of fourteen years, Bill, which has allowed her to at times lose herself in her spiritual seeking. She has two wise and beautiful children, William and Katherine, whom she considers among her greatest teachers in this life.

Marjorie performed in the inaugural *Positively Me Live! Concert* in 2007 and co-wrote the event's theme song *Positively Me* with lyricist and organizer Janet Paleo of Prosumers International. She is honored to participate again this year.

# Krista Nabors



My name is Krista Nabors and I'm a college student who loves people and seeing them be happy. To summarize my story, I underwent gastric bypass surgery at age 16 and have lost 200 lbs! Through the experience, I realized that I let my physical appearance affect the strength I had inside.

I have learned that I can do anything, but only with God carrying me through! With what I've learned, I want to touch the lives of people who struggle with self esteem issues.

I feel that it is my duty as well as my calling to reach many audiences, especially young women, so that I can possibly share my exceptional story with them. This may help them find the story within their own life so that the cycle of healing can continue.

I want to speak to girls, with my words and my music, who feel like they can never meet the world's standard, which is how I felt before my dramatic transformation.

But the physical transformation is not what changed my life! I learned a more important lesson: I was just as beautiful then as I am now! Beauty is not seen with the eye, but with the heart! I wouldn't change a single event of my life, but I have learned that happiness did not come from my weight loss, but rather from the journey of finding myself that will always continue.



# La Paz

## Community Mental Health Center

La Paz offers mental health treatment to people with diagnosis of and problems related to:

Major Depressive Disorder  
Schizoaffective Disorder  
Bipolar Disorder  
Schizophrenia  
Alcohol/Drug Abuse

For additional information on our program, please contact our facility @ 210-558-8744 or visit us at 530 San Pedro.



## The Wood Group

3610 Barnett Road  
Wichita Falls, TX 76310

*Serving the Mental Health Community  
Since 1983*

Contact: Jerry Parker  
Chief Executive Officer  
Telephone: 940-767-0463 Fax: 940-767-  
0466  
jerry.parker@thewoodgroup.us  
www.thewoodgroup.us



**Margie Coronado, Realtor**  
RE/MAX, Fidelity Realty  
9480 Huebner Ste. # 200  
San Antonio, TX 78240  
Direct 210 - 288 - 2722  
Office 210 - 641 - 1400  
Fax 210 - 641 - 1425  
[mcoronado@satx.rr.com](mailto:mcoronado@satx.rr.com)

As an educator, I received invaluable knowledge educating our youth. As a REALTOR® I learned that real estate is similar to teaching. It involves educating buyers and sellers to make wise decisions. RE/MAX has given me the knowledge and training to serve your needs.

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# Life Motivations

Life Coaching to over  
come those things that  
stop you in life.

Elizabeth Keller  
230 Inspiration Drive  
San Antonio, TX 78228  
210-473-1619



## ***Superior Automotive Center***

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San Antonio, Texas 78212

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*Since 1994, Superior Automotive has been providing our customers with consistent care and personal attention for their vehicle maintenance. Education plays an important role with the increasing complexity of today's vehicles. We continually update our equipment, tools and knowledge to stay current with changing automotive technology.*

### **The National Alliance on Mental Illness**

**BRINGING HOPE TO TEXANS COPING WITH MENTAL ILLNESS...  
one Texan at a time.**

The State's Voice on Mental Illness

**NamiTexas.org  
512-693-2000**

**Austin Area Mental Health Consumers, Inc.**



**Hope & Recovery**  
512.442-3366  
www.austinmhc.org

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### **RECLAMATION INC.**

RESPECTABILITY THROUGH POSITIVE VISIBILITY

Don H. Culwell, BS, MA, PA  
President & C.E.O.

2502 Waterford Dr.  
San Antonio, Texas 78217

# Theme Song

## Positively Me!

Lyrics by Janet Paleo  
Music by Marjorie Dodd Anderson

Before I knew what I could do  
I was so scared of all that life showed me  
I believed when they said I was broken  
Positively shut down in this life God gave to me.



Chorus  
Now I believe in me  
I believe in my abilities  
I am in charge of my destiny  
I am positive about me  
I'm Positively ME!



I used to do what others said  
I'd bow my head, not say a word  
I'd shy from anger, run from hurt  
Positively lost in this life God gave to me.


### (Bridge)

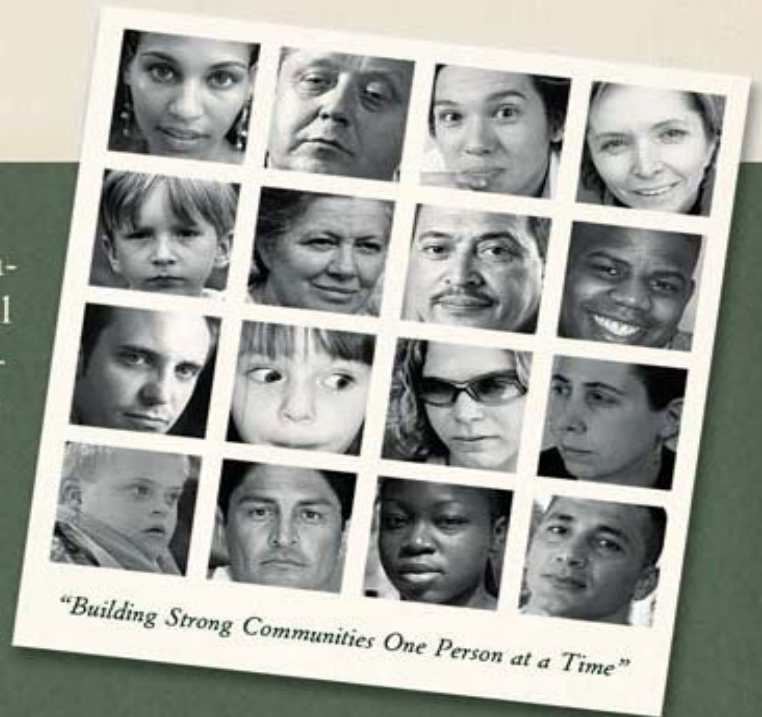
I spent so many nights wondering why I breathe  
I thought life was better in make believe  
I'd bite my tongue and turn away  
Positively hopeless in this life God gave to me.

Chorus 2x

# Our Sponsors



 The Texas Council of Community Mental Health & Mental Retardation Centers, Inc. is an organization through which community MHMR centers can work together as a public system serving Texans with mental illness, mental retardation, and chemical dependency.



Phone: 512-794-9268 | Fax: 512-794-8280 | Email: [office@txcouncil.com](mailto:office@txcouncil.com) | Web: [www.txcouncil.com](http://www.txcouncil.com)

A big thank you to  
H-E-B and Kiolbassa  
for their generous donations

# The Story of the Concert

In the world of mental health, professionals tell you to say positive affirmations whenever you are feeling disempowered in any area of life. Although it works really great saying those things, I found that I was embarrassed to stand in front of a mirror talking to myself. I realized that by singing the positive affirmations, I got the same result. Years later, for a Prosumer meeting, I put together a CD of songs containing positive "I" statements. Since I didn't have the permission of the songwriters or singers, I made all the copies free of charge for the Prosumers. WOW!! What a response! Prosumers reported back after singing with the CD, saying they were able to stay in the room with their brother without yelling, ride the bus without anxiety, make it through the night without thinking of suicide. In other words, people were Empowered! I know that when I am feeling disempowered, I am singing to that CD right away. We have had many requests for this tool from all over the world. Finally, with this concert, we will be able to share this tool with everyone. By singing with the CD, you will find yourself empowered to face the world again. Your self-esteem will rise and you will notice that you feel happier.

**SPECIAL THANKS TO THE  
PEOPLE WORKING AT TODAY'S  
CONCERT**

**MIKE VILLARREAL— MASTER OF  
CEREMONIES**

**JANET PALEO— PRODUCER**

**TERRY BATES— PRODUCER**

**KATHY FRANKLIN—PRODUCER**

**JAMES SAUNDERS—SOUND**

**EDDIE WISE—SOUND**

**NICK HOLSTEIN—STAGE MANAGER**

**KAYLA BYRD—HEAD USHER**

**DEBBIE NEISLER -VOLUNTEER  
COORDINATOR**

**TINA PIERCE— MARKETING**

LISA ANTHONY

JASON BALDERAS

HILARIO ELI BOTELLO

JIM EIFLER

GILBERT FLORES

FRANCES HERNANDEZ

LILLE LEOS

TERRI MABRITO

FRANCES MACHADO

LYDIA MARTINEZ

MICHELLE MATA

KIMBERLY MOSS

VAL NELSON

YEMELL OLMOS

YVETTE RECTOR

BRENT SILVA

JOHN SMITH

JANIE SWATZELL

MARIE TRAVERS

JEFFERY TRAVERS

CINDY TREVINO

MARIA VILLAREAL

DELORIS WARD

**PROGRAM  
COMMITTEE**

*Janet Paleo*

*Terry Bates*

*Kathy Franklin*

*Debbie Neisler*

*Michelle Mata*

*Tina Pierce*

*Nick Holstein*

*Kayla Byrd*

**More than 20 million children worldwide are prescribed psychiatric drugs that government agencies warn can cause heart attacks, strokes, violent behavior, and even suicide.**

**T**here are as many kids on psychiatric drugs as the populations of the five largest U.S. cities combined. Drugs include antidepressants, stimulants, antipsychotics or others.

If you or someone you know, has experienced adverse reactions (side effects) from psychiatric drugs or has suffered psychiatric abuse, contact the Citizens Commission on Human Rights Texas.

We will take action.

**October 15, 2004:** "...The Food and Drug Administration (FDA) directed manufacturers of all antidepressant drugs to revise the labeling for their products to include a boxed warning and expanded warning statements that alert health care providers to an increased risk of suicidality (suicidal thinking and behavior) in children and adolescents..."

**To report mental health  
abuse or fraud call:**

**(800) 572-2905**



The  
Concert  
that  
Empowers  
People



Positively Me!  
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*A Special Thank You to the*

*Gordon Hartman*

*Family Foundation*

A Super Thank You to Everyone that gave advice, helped answer a question, or generally contributed to make this concert so successful. Each of you are part of this unique experience that will empower people around the world. This community effort shows what can be accomplished with just a dream and a vision. Thank You, so much for making it a reality.

Never doubt that a small group of thoughtful, committed citizens can change the world.  
Indeed, it is the only thing that ever has.—Margaret Mead