

Recovery is Possible!

PROSUMER—A PERSON WHO IS PROACTIVE IN HIS OR HER RECOVERY AND WHO PROVIDES OR GIVES BACK TO THE COMMUNITY.



A Prosumer is not who you are, it is what you do!

PROSUMER NEWS

January 2008

Janet Paleo—Editor

Volume 6, Issue 01

Prosumer Meetings

The 2nd Friday of the Month
12 Noon to 3 PM

at the

UTHSC School of Nursing Auditorium
All Welcome!

7703 Floyd Curl—Enter at the Louis Pasteur
entrance near Babcock. Buses 91,92

January 11, 2008 Meeting

What is advocacy? We hear the word a lot, but what does it really mean? Come learn what advocacy is and how to advocate for yourself and others. Advocacy is a very empowering tool. You learn how to speak up for yourself and others. You will also be given tools on how to go about advocating for what you want and presenting your point of view. An important tool in advocacy is documentation. If what you are advocating for needs to go to a court system, the documentation that you have can be a big step in helping you in court. Learn how to make a difference in your own life. A very powerful meeting.

February 8, 2008 Meeting

We have a special treat this month. Nick Holstein, one of the Prosumers has taken a position at the Alamo Work Force, helping people find work. He has agreed to come and help Prosumers who want to go back to

work through answering your questions and more.. We will be discussing everything from Ticket to Work to resume writing. If you are currently wanting to go back to work, or have thought about it, this is the meeting for you. Be prepared with your questions and thoughts.

Prosumer meetings start with food, so please remember to RSVP to 210-653-5267 so that we have enough food to feed everyone. Remember, first come; first serve. We will see you there!!

Better to light one small candle than to curse the darkness.—Chinese Proverb

The Bridge

"Everyone of us has to face that day
Do you cross the bridge
Or do you fade away..."

By Laura Dickey

For me, I finally crossed the bridge and found I didn't fade away nor did I jump for fear of it being too long or too tall but I did do it with help and support. For once in my life I TOOK action. Instead of reacting I acted. Why? What changed? What was different? Support. In real estate you need three things to sell a property successfully - location, location, and location. I think it's the same thing for action that you take, you need support, support And oh...did I mention support? Below is a little about me and what happened from the point I was at to where I am now.

I was misdiagnosed in college and things went down hill quickly from there (as if they weren't already bad enough). I was away at college literally. My family lived in San Antonio but I was in another state (of body, mind and geography). My parents were scared to death, they didn't know if they were losing their daughter or their daughter was losing reality. Speaking of death, it was something I cheated everyday because I knew my luck would eventually run out. I rode my bike to classes everyday racing the busses and cutting them off. I was a cutter just to relieve the emotional pain and escape reality if only for a few moments. I tried mixing alcohol with pills and sneaking a joint here and there when I had the money, but the pills were mostly my favorite. Getting to that point of spinning out of control off of the mixture of pills and alcohol was never high on my list of things to do. It just didn't do anything but screw me up for the night so I mainly stuck to mixing up all my pills. I overdosed on pills more than once to get that "surreal feeling". As you can probably tell, I tried to off myself a few times but something always stopped me from going too far....hmmmm?

I guess that's where my faith came into play because there was never a person who stopped me. That was the end of college as it was time to move on.

In 1996 I came back to Texas, ignored my illness and began looking for a job. I finally found one that paid well and allowed me to live on my own and I eventually became the Vice President of that company in charge of the MIS department. However in the middle of January 2000, I was fired/resigned from my job and the bottom fell out of my life yet again

REFLECTIONS ON RECOVERY PROFILE IN COURAGE: Robin Talbot

— by Sarah Ho, Kona, Hawaii

As we sip our coffees and Robin tells me about his life, I think, 'Gee, a lot of cool stuff went on.' Robin's family was well-to-do, so he attended private school in Honolulu for a time and played tennis — first on school teams, then later as a professional. He had friends, was part of things, was intelligent and successful.

But as Robin continues talking, I notice shadows creeping into his narrative. "I spent too much time alone as a kid," he recalls. Outside, things looked fine. Inside, "I felt bad; I knew I wasn't totally happy." I think, 'That's like so many Prosumers: we knew we felt different from childhood on.'

Maybe Robin's depression had been there for years and he, like a lot of us, began using drugs to self-medicate. He belonged to the "in" group, sporting long hair and doing some marijuana and alcohol. And "...the other drugs were just 'there.'" 'Which drugs?' I ask him. "Oh, speed, codeine, Xanax, valium, heroin, cocaine, crack, pain killers. The first time I took heroin, I was sick all night. It's a powerful poison. And I did it again, the next day. I didn't have the ability to fight it off."

Except he did fight it off, and moved into sobriety for eight to ten years. Playing tennis professionally helped him focus and stay clean.

Robin had a deep brain aneurysm at age 39. This brain injury and surgery took away his ability to compete in tennis, as well as his abilities to write and process language with ease. Slipping back into the world of drugs and despair. "I spent a whole childhood fortune on drugs," he admits. "Will power will only work to a certain point," he says.

I listen to Robin and feel grateful that I've not had to walk his path. He's describing a biological predisposition toward substance abuse, an inner chemical need which, I'm guessing, makes staying off drugs especially hard for some people. I wonder how he got clean again; I ask him. I know he's racked up two years and a few months now. I admire this. 'What keeps you clean and sober?' I ask.

"You need a higher power," he answers without hesitation. "This life is no

this time farther than it had before. I went from job to job unable to function at the level needed to keep one. I was utterly defeated. My self worth by November of 2001 was so far gone I knew there was no way I would find the light at the end of the tunnel. It seemed that the harder I tried to get back into life the more I was slapped in the face by my mental illness.

Finally I accepted the fact that I needed some type of help and started to become compliant with my doctors orders of rest, relaxation and meds, then at the end of 2001 I did the unthinkable....I applied for SSDI and in 2002 it kicked in. I thought I would have to rely on this meager check and way of life for the rest of my days. Life, as I knew it when I was working, was over as far as I was concerned...I would never have a chance again to realize my dreams, after all you only get one chance right?

My days were spent in my room at my parent's house. I had to give up my apartment because I couldn't afford it anymore and fortunately my truck was paid off or else I would not have been able to keep that either. My parents helped me with everything (getting to my doctors appointments, reminding me to take my meds, hauling me to church and dragging my butt around the grocery store so I would have some kind of exercise in my life). If it weren't for my parents I am not so sure I would have been able to write this today. Life was just HARD. I was in constant emotional pain, I tossed and turned every night unable to sleep or even just rest. Mental illness filled my every moment, I slept with it, I dreamt of it, I lived it and I thought I would die of it soon. Nights were long, days were longer. Thoughts of death were my constant companions. The voices would get so loud I wasn't sure who was there and who wasn't. Sometimes I thought I was listening to a radio station because there seemed to be so much static, and other days I thought people were infiltrating my brain. I prayed everyday for peace, quiet and a few hours of happiness but it never came. I was alone in my misery.

Then, one night about three years ago I met someone. Someone who gave me hope. Someone who saw something in me that I never thought existed. Someone who gave me a chance. I met Janet Paleo. She came to a DBSA meeting one night and represented CHCS as a client liaison. Janet talked about some volunteer opportunities that the Center offered to consumers. After the first 5 minutes I was hooked (though admittedly I tried to con a few people into going across the street to Taco Cabana because, as I put it "there probably isn't anything new here guys!"). The next day at 9:00 am I called Janet and showed up at her office a few hours later. We talked about volunteer opportunities, my life, her life and just got to know each other a little bit. What kept me coming back? What was it that struck me about her? She was the first person in years who accepted me for me and not for my label. I didn't scare

her. I didn't run her off. At first it was strange to have someone look at me and not see the three headed monster I thought I was due to my mental illness. As I volunteered I also got to meet someone else who didn't see the three headed monster, I met Anna. Together they helped me to see that maybe, just maybe I wasn't a mental illness. Could it be that I was a person after all? Janet introduced me to the Prosumer group. I learned that the greatest thing we each have going for us is a dream and that if we work on towards that goal nothing can stop us.

As I grew through volunteer work I noticed that my three headed monster image faded and in its place I began to see a person. At first just a faint, half a person image and gradually over time I saw the whole picture. I ended up in the hospital at the end of April 2006 to the start of May that year but when I got out I began to feel again except this time instead of constant pain I noticed periods of contentment, possibly even joy. Janet and Anna listened to what the person in me had to say, they encouraged that person, they were always there and they saw the possibilities when all I saw was a beast.

In August of 2006 I decided to take a week-end trip to Austin where my boyfriend lived. Gradually he convinced me that I would feel better working a little bit at a time. On September 6 of 2006 I found a job in Austin and began full time work. By May of 2007 I had been given three promotions at the company I worked for and in November of 2007 I was able to use the skills I had obtained from my employer to land a job as an analyst in another company for more money with less hours.

As an analyst I am responsible for the calls in the call center. There is quite a bit of pressure in the work I do however I love my job and I am achieving my dreams of being independent. With the help of my significant other I am living proof that if we all work together to help each other we can all achieve our dreams whatever they may be.

You see we are not three headed monsters, we are not the voices we hear, we are not the visions we see rather we are human beings worthy of a life full of happiness and love. There are people out there willing to help but its up to us to take the first step. We have to be strong and reach out. I know that reaching out doesn't feel good sometimes. I know that our souls have been beaten, abused, used, spit upon or rejected but we can't let that take away our dreams.

Remember who you are. Remember there is hope and when you come to that bridge don't be afraid to take a chance and cross it because the rewards are greater on the other side.

We cannot change our past. We cannot change the fact that people will act a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. --- Charles Swindoll

Reflections on Recovery

continued from page 1

ballgame; it's one day at a time. 'My Father's house has many mansions,' and I have to go through those mansions. I meditate daily. I meditate on God." Robin met his master in India at age 17, and he still considers that spiritual connection to be his lifeline. At one point a few months ago, the craving for drugs came back "...really strong, worst it's been in two years." How did you get through? "I prayed a lot, hung on, kept telling myself, 'one day at a time.' Went to extra meetings.." - such as the dual recovery group which he facilitates.

"There's a lot I worry about. I get angry a lot. My sister ignores me because she can't handle my situation. And my brother's going crazy. I'm 57, and it's hard to get a job without being able to write. I both want and don't want the responsibilities of a car, an apartment, bills to pay, etc. Most mornings, even with medication, I wake up depressed and need time to settle with my coffee and solitude. But I'm okay," he concludes.

We've finished our coffees and it's time to go our separate ways. I feel quietly humbled by Robin's 'double trouble': depression and addiction. I feel inspired by his determination. He has tapped something very deep inside that lets him live each of his days. I also feel admiration for his forthrightness and perseverance. He's shared his story without pretense, knowing that it would be put in print. If he can do the tough work of Recovery, so can you and I.

What are you afraid of? Heights, spiders, public speaking? Nearly 8 percent of U.S. adults suffer from a phobia of some kind, according to the American Psychiatric Institute for Research and Education (APIRE).

The 5 Most Common Fears

- 1. Agoraphobia.** Agoraphobia is the fear of being helpless in a situation from which escape may be difficult or embarrassing.
- 2. Social Phobia.** A person suffering from a social phobia fears being watched or humiliated while doing something in public, even mundane activities such as grocery shopping or walking the dog.
- 3. Aerophobia.** When people suffer from aerophobia, the abnormal and persistent fear of flying, they experience severe anxiety even though they know that flying isn't risky enough to justify their fear.
- 4. Acrophobia.** Scientists believe that acrophobia, better known as a fear of heights, may have evolved from prehistoric times when falls posed a great danger.
- 5. Claustrophobia.** Claustrophobics, who fear being trapped, may experience panic attacks or have difficulty breathing in closed-in spaces, such as cars, trains, planes, elevators, and MRI machines.

S.A.L.S.A.

San Antonio League
of Self-Advocates

An organization of people with
intellectual disabilities, speaking up
for their human and civil rights

All are welcome at our meetings.
We usually meet on the 1st & 3rd
Tuesdays of the month.

NO Meetings in January!

For More Information call
Jomel Crayton, chair
210-590-1348
Judith Laufer, Advisor
210-828-7125

TAX CHART

\$10.00 add	\$0.81
\$20.00 add	\$1.62
\$30.00 add	\$2.44
\$40.00 add	\$3.25
\$50.00 add	\$4.06

**Phone number for Children's
Crisis & Eligibility/Enrollment is
210-299-8139.**

**If a man does only what is
required of him, he is a slave. If a
man does more than is required
of him, he is a free man.
-Chinese Proverb**

Home Comforts

A small non-profit which works to
help people with mental illness who
are moving into independent housing
with household furniture and cleaning
supplies.

To use these services, have your
case manager call 222-8736 for more
information, or e-mail [bexarhome-
comforts@satx.rr.com](mailto:bexarhome-comforts@satx.rr.com). Brochures and
applications for assistance are avail-
able on request at the same contact
number.

The Center for Health Care Services Grupo de Apoyo

Spanish Family to Family Class
(12 course sessions) For family mem-
bers start in January 26th
at 10:00 AM at
CHCS 3031 IH10 West
(Second Floor)
For registration please call
(210) 436-8018 or 734-3349

Prosumer T-Shirts



6.1 oz. 100% preshrunk cotton. Double stitched seamless collar, taped neck and shoul-
ders. Generous Fit. High quality, heavyweight t-shirt in Black. Lettering and Logo in Lime
Green. **All orders must be pre-paid.**

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on the front of your card for American Express)

Or order online at www.TheProInternational.com in the Empowermentware Catalog under Prosumers

Orders will be taken up to January 14, 2008. The T-shirts will arrive approximately on January 31, 2008. Since
we are not charging any shipping fee, we will need you to come pick up your t-shirt(s) or we will bring them
to a Prosumer Meeting. If you need your shirt mailed, please add \$5.00 for the shipping fee. Mail order to:

PRO International
PO Box 120395
San Antonio, TX 78212

Clase de Familia a Familia (12 Sesiones) Para Familias que decean aprender mas sobre la enfer-
medad mental. Comenzando el Sabado 26th a las 10:00 AM
The Center for Health Care Services
3031 IH10 West (2do. piso)
San Antonio, TX 78201
mas informacion favor de llamar.
(210) 436 -8018 or 731- 1300

2008

January

2008

S	MON	TUE	WED	THUR	FRI	SAT
	Dec 31 New Year's EVE CHCS CLOSED DBSA 7 pm	Jan 1 New Year's Day CHCS CLOSED	Jan 2 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa AMHCR Coping with Anxiety @Central Library 7 pm AMHCR 1 pm General Meeting S.Presa AMHCR 1:30 Board Meeting S.Presa	Jan 3 Co-Occurring Dis- orders #1 10 am CHCS DBSABC 7pm	Jan 4	1/05
6	Jan 7 Women's Sup Grp 11:30 am Zarzamora Men's Sup Grp 12 S.Presa Among Friends 1pm S.Presa AMHCR Coping with Anxi- ety @6:30pm Arts & Crafts 1-3 S. Presa DBSA 7 pm	Jan 8 Women's Sup Grp 2:30 West Annex Concert Planning 1:00 S. Presa DBSA CF 6 pm NAMI 7 pm 510 Belknap	Jan 9 Womens Sup Grp 10 S Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa	Jan 10 Co-Occurring Dis- orders #2 10 am CHCS Mental Health Sup- port Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261 DBSABC 7pm	Jan 11 Prosumer Meeting 12-3 School of Nursing Schizophrenia Anonymous 11:30 am @ Central Library	1/12
1 3	Jan 14 Women's Sup Grp 11:30 am Zarzamora Men's Sup Grp 12 S.Presa Among Friends 1pm S.Presa Arts & Crafts 1-3 S. Presa DBSA 7 pm	Jan 15 Women's Sup Grp 2:30 West Annex DBSA CF 6 pm Anxiety Sup Grp 6:30- 8pm 556-5783	Jan 16 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa	Jan 17 Co-Occurring Dis- orders #3 10 am CHCS Prosumer Journaling 2 pm 653-5267 DBSABC 7pm	Jan 18	1/19
2 0	Jan 21 Women's Sup Grp 11:30 am Zarzamora Men's Sup Grp 12 S.Presa Among Friends 1pm S.Presa Arts & Crafts 1-3 S. Presa DBSA 7 pm	Jan 22 Women's Sup Grp 2:30 West Annex Concert Planning 1:00 S. Presa DBSA CF 6 pm Anxiety Sup Grp 6:30- 8pm 556-5783	Jan 23 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa	Jan 24 Life Skills 2pm S.Presa DBSABC 7pm	Jan 25 Schizophrenia Anonymous 11:30 am @ Central Library	1/26
2 7	Jan 28 Women's Sup Grp 11:30 am Zarzamora Men's Sup Grp 12 S.Presa Among Friends 1pm S.Presa Arts & Crafts 1-3 S. Presa DBSA 7 pm	Jan 29 DBSA CF 6 pm	Jan 30 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa	Jan 31 Co-Occurring Dis- orders #3 10 am CHCS Prosumer Journal- ing 653-5267	Feb 1	02/02

* Please check time and place prior to going to any of the meetings. Numbers are on the next page.

Planning for the next Positively Me! Concert 2008 is underway. If you would like to be a part of the next concert, please contact Janet at 210-653-5267. Also, ongoing is the Journaling Class and soon an Arts and Crafts Day to make items for sale to raise money for our next trips. Come join us! We always have lots of fun.

Mental Health Support Group.
St. George Episcopal Church
6904 West Avenue in Conference Room.
Every 2nd Thursday at 7 pm.
Call 342-4261 for more information

Editor in Chief—Janet Paleo, PRO International, P.O. Box 120394 San Antonio, TX 78212

Phone: 210-653-5267 FAX: 210-653-7372 Email: jpaleo@satx.rr.com www.ProsumersInternational.org

The views expressed in this newsletter do not necessarily reflect the views of any of its sponsors.

CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

Prosumer Group- 210-653-5267 www.ProsumersInternational.org PO Box 120394 San Antonio, TX 78212 Main meeting meets at the School of Nursing.

24/7 Crisis Clinic—Address is 520 N. Leona 2nd Floor (the Brady Green). 210-225-5481.

Crisis Hotline for people feeling suicidal, homicidal or people not doing well mentally 210-223-7233 or 1-800-316-9241.

CHCS - Center for Health Care Services address is 3031 IH 10 West (Central Office) 210-731-1300

MR PNAC - Mental Retardation Planning & Network Advisory Committee

BHPNAC—Behavioral Health Planning & Networking Advisory Committee for individuals with mental health and/or substance abuse issues

CHCS Adult Mental Health Intake—Address is 1921 Burnet 210-223-4061

S. Presa CHCS Consumer/Family Support—Address is 5802 S. Presa 210-436-8018

Children's Clinic for Crisis 7 Eligibility/Enrollment—Address is 711 E. Josephine 210-299-8139

Burnet Clinic - Address is 1920 Burnet 210-227-3401

Palo Alto Clinic—Address is 2711 Palo Alto Road 210-533-2577

North West Clinic—Address is 9502 Computer Dr # 100 210-615-5700

Zarzamora Clinic - Address is 806 S. Zarzamora 210-434-7001

Advocacy Inc. - Address is 6800 First Park Ten Blvd. 210-737-0499 www.advocacyinc.org

Anxiety Support Group— Address is 8265 Manderly, Converse 210-566-5783- Rene or email: RMontf4221@aol.com.

AMHCR - Alliance for Mental Health Consumers Rights meets at 230 E, Travis at the Travis Park United Methodist Church Rm. 210. For more info call 210-348-7877 or 210-535-2025 or SaMentalHealth@sbcglobal.net or www.SaMentalHealth.org

DARS (Formerly TRC) Mary Murphy is the liaison to CHCS clients. For services call 210-924-9205

DBSA --Depressive Bipolar Support Alliance meets at 8026 Floyd Curl 210-945-0689

DBSA BC—Depressive Bipolar Support Alliance Bexar County meets at 758 Ramsey, Holy Cross Church Call Michael at 210-532-3896

DBSA CF --Depressive Bipolar Support Alliance Christian Family meets at 210 South Grimes St. Call Willie 210-315-1298

Fair Housing Council of Greater San Antonio- Address 4414 Centerview Drive, Suite 170 210-733-3247 Office

Home Comforts —210-222-8736 for help getting furniture and cleaning supplies.

NAMI SA - National Alliance for the Mentally Ill of San Antonio 210-734-3349

Mental Health Support Group— St. George Episcopal Church 6904 West Avenue 210- 342-4261 for more information

Peer-to-Peer and Family Support Group -San Juan de los Lagos Church at 3231 El Paso St. Call 210-436-8018 for more information

School of Nursing -- Main Entrance is 7703 Floyd Curl Drive, but the entrance on Louis Pasteur is closer to the room. Room is the auditorium. Call Janet Paleo at 210-736-5034 if you need a map.

SAILS - San Antonio Independent Living Services address is 1028 S. Alamo Drive 210-281-1878

VIA Metro Center — Address is 1021 San Pedro 210-362-2020 Monday - Friday 7:00 a.m. - 6:00 p.m. Call for help with bus schedules and bus transfers

These committees are open to the public and will receive public comment. If you are interested in serving on one of these committees, contact: Evelyn Sanchez at 210-731-1300 ext 269



Our Elected Officials

SENATOR LETICIA VAN DE PUTTE,
SENATE DIST 26
700 N. Saint Mary's St., Suite 1725, SA, TX 78205
(210) 733-6604 Closest Bus Route: Downtown

REPRESENTATIVE TREY MARTINEZ FISCHER,
HOUSE DIST116
1910 Fredericksburg Road, SA, TX 78201
(210) 737-7200 Closest Bus Route: 92

REPRESENTATIVE JOE STRAUS,
HOUSE DIST 121
P.O. Box 2910, Austin, TX 78701
(210) 828-1411 Closest Bus Route:

REPRESENTATIVE, JOE FARIAS
HOUSE DIST 118
P.O. Box 2910, Austin, TX 78768
(512) 463-0714 Closest Bus Route:

SENATOR JUDITH ZAFFIRINI, SENATE DIST 21
12702 Topperwein, Rd. Suite 214, SA, TX 78233
(210) 657-0095

SENATOR CARLOS I. URESTI, SENATE DIST 19
1114 SW Military Drive, Suite 103, SA, TX 78221
(210) 932-2568 Closest Bus Route:

REPRESENTATIVE ROBERT R. PUENTE,
HOUSE DIST119
2823 East Southcross, SA, TX 78223
(210) 532-8899 Closest Bus Route: 34

REPRESENTATIVE FRANK J. CORTE,
HOUSE DISTRICT 122
2040 Babcock Rd., Ste. 402, SA, TX 78229
(210) 349-0320 Closest Bus Route: 520

REPRESENTATIVE RUTH JONES MCCLENDON,
HOUSE DIST120
403 South WW White Road, Suite 210, SA, TX 78219
(210) 225-2107 Closest Bus Route: 25, 550, 551

SENATOR JEFF WENTWORTH,
SENATE DIST 25
1250 N.E. Loop 410, Suite 925 SA, TX 78209
(210) 826-7800 Closest Bus Route: 10

REPRESENTATIVE DAVID LEIBOWITZ,
HOUSE DIST 117
P.O. Box 2910, Austin, TX 78768
Closest Bus Route:

REPRESENTATIVE JOAQUIN CASTRO,
HOUSE DIST 125
6502 Bandera, Ste. 106, SA, TX 78238
(210) 684-6896 Closest Bus Route: 88

REPRESENTATIVE MIKE VILLARREAL,
HOUSE DIST123
1806 Blanco Rd, SA, TX 78212
(210) 734-8937 Closest Bus Route: 2

REPRESENTATIVE JOSE MENENDEZ,
HOUSE DIST 124
7121 US Hwy. 90 West, Suite 240, SA, TX 78227
(210) 673-3579 Bus Route: 76

Useful Websites and Links

The Prosumer website

www.ProsumersInternational.org

PRO International for Empowermentware

www.TheProInternational.com

National Consumer/Survivor Coalition

www.ncmhcsso.org

The Center for Health Care Services

www.CHCSBC.org

A website for all Texas government departments

www.texas.gov

NAMI

www.nami.org

Texas Mental Health Consumers

www.tmhc.org

Mental Health America of Texas

www.mhatexas.org

Texas Legislature Online

<http://www.capitol.state.tx.us>

Texas Administrative Code where you find the laws pertaining to the running of MHMR Centers

<http://www.sos.state.tx.us/tac/>

The Texas Election Division to find voter information, and candidates

<http://www.sos.state.tx.us/tac/>

Substance Abuse Mental Health Services Administration

www.SAMHSA.gov

SAMHSA's Mental Health Information Center

<http://www.samhsa.gov/centers/clearinghouse/clearinghouses.html>

Website for Medications, Assistance Programs, Discount programs

www.needymeds.com

Texas Department of Housing and Community Affairs

<http://www.tdhca.state.tx.us>

Patient Assistance with Medications

<http://www.phrma.org/>

Free Online Computer Classes through Global Community Foundation a division of Goodwill Industries

www.qcflernfree.org/

A website designed to provide clients with more information specific to their current situation and the transition to Medicare Rx

www.texasmedicarerx.org

The Point List

What is a point?

A point is just a means of keeping score of what people are doing to earn money to go to the next Alternatives Conference in October of 2008. A monthly point card will be sent to everyone who wants to go to the conference.

How do I earn points?

You earn points for activities.

10 points per dollar—For every dollar raised on your own through sales or donations

2 points—Attending Prosumer Meeting

2 points—Attending sponsored Prosumer meetings

3 points—Helping serve/clean up at Prosumer Meeting

3 points per hour—Volunteering at the Prosumer Office

3 points per hour—Assisting at Fundraisers

3 points per hour—Helping with the Prosumer mail out

5 points per hour—Serving on Prosumer Steering Committee

5 points per hour—Making things to Sell

5 points per hour—Helping with phoning members for the Meeting

10 points—Writing an article that is published in the Prosumer News.

If you are doing something that helps the Prosumers or have an idea that you think should earn points, call and we will discuss it.

Where do I get my point sheet?

Call Janet at 210-653-5267. You will be sent a form or you can pick one up at any Prosumer event. Then start participating to earn your points.

Our greatest glory is not in never falling but in rising every time we fall.
—Confucius

Personal Care and Food Service Employees Have Highest Rates of Depression

Among Workers

Most Adults Battling Depression Have Full-Time Jobs

Rates of depression among full-time workers are highest in personal care and service jobs and food preparation and serving occupations, according to a new report by the Substance Abuse and Mental Health Services Administration.

The report on workers ages 18-64, Depression among Adults Employed Full-Time, by Occupational Category, said that 10.8 percent of personal care and service workers and 10.3 percent of food preparation and serving workers experienced one or more major depressive episodes in the past year. In the National Survey on Drug Use and Health, the source for this report, a major depressive episode is defined as a period of two weeks or longer during which there is depressed mood or loss of interest or pleasure and at least four other symptoms that reflect a change in functioning, such as problems with sleep, eating, energy, concentration and self-image.

Overall, 7 percent of full-time workers faced depression in the past year, according to these combined 2004-2006 estimates. While rates of depression were higher among the unemployed and part-time workers, 52.4 percent of the adults who reported past year depression were employed full-time. Full-time workers make up more than half of the adult population.

"Depression exacts a high price from workers and from their employers, costing the U.S. workplace an estimated \$36.6 billion per year in lost productivity," said SAMHSA Administrator Terry Cline, Ph.D. "Employers, workers and their family members need to know effective treatments for depression are available. Depression screening, outreach and enhanced treatment can improve productivity, lower employer costs, and improve the quality of life for individuals and their families."

Among full-time workers ages 18 to 64, women were more likely than men to have faced depression. Young adult workers ages 18 to 25 had the highest rates of depression among all adult age groups. Among those 18 to 25 years old, 8.9 percent reported facing depression in the past year, while depression was reported by 7.6 percent of those ages 26-34; 7.2 percent of those ages 35-49; and 5.1 percent of those ages 50-64. Among young adult workers, those in health care and technical occupations had the highest rate of past year depression (11.9 percent).

The occupations with the lowest rates of past year depression among all full-time workers ages 18 to 64 were engineering, architecture and surveying (4.3 percent); life, physical and social science (4.4 percent); and installation, maintenance and repair (4.4 percent).

Depression among Adults Employed Full-Time, by Occupational Category is available on the Web at <http://oas.samhsa.gov/2k7/depression/occupation.cfm>. Copies may be obtained free of charge by calling SAMHSA's Health Information Network at 1-877-SAMHSA-7 (1-877-726-4727). Request inventory number NSDUH07-1011. For related publications and information, visit <http://www.samhsa.gov/> or the following:

National Institutes of Mental Health: Telephone screening, outreach and care management for depressed workers and impact on clinical and work productivity outcomes, a randomized controlled trial. Journal of the American Medical Association, Sept 26, 2007; 298(12): 1401-11

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**THE CENTER
For
HEALTH CARE
SERVICES**

SPECIALISTS IN MENTAL HEALTH, DEVELOPMENTAL DISABILITIES AND SUBSTANCE ABUSE

Editors Note: As Prosumers we know what helps us and what doesn't. We know what we need to help us in our recovery. Here is your chance to give your opinion on all services in Bexar County, not just the Center for Health Care Services. Please take the time to fill this out and have your voice heard. Do it now while you are thinking about it. What you have to say may help others and isn't that what a Prosumer is all about. Thank you in advance for caring so much.

COMMUNITY STAKEHOLDER SURVEY

The Center for Health Care Services would like your impressions regarding mental health care service in Bexar County. Please share your thoughts with us by completing the following survey.

1. What is your current role in the local mental health care community? Circle all that apply:

- a. Consumer with The Center for Health Care Services
- b. Consumer in the private sector
- c. Prosumer member
- d. Provider of services
- e. Community Professional
- f. Family member of a mental health care consumer
- g. Other (please specify):

2. What mental health care services are you currently receiving?

3. What is your impression of the mental health care services you are currently receiving?

- a. Excellent
- b. Good
- c. Average
- d. Poor
- e. N/A

4. What has been the best feature of the mental health care services you have received?

[OVER]

