

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 2009

Janet Paleo—Editor

Volume 8, Issue 01

Day Time Prosumer meeting

The 2nd Friday of the Month
12 Noon to 3 PM
Christ Episcopal Church
510 Belknap
(In the Parish Hall)
San Antonio, TX 78212
Just North of San Antonio College

All Welcome!

Lunch provided by The Center for Behavioral Health Solutions
Buses 4, 20, 77, 79, 89

January 08, 2010 Meeting

To start the year, we will be looking at mental health services in San Antonio. What is in store for the future and what is it that we want the services to look like? Charlie Boone is the Chief Operating Officer for CHCS. He will be leading this meeting.

February 12, 2009 Meeting

The power of declaration turned our country from being under British rule to being the free nation it is today. How can we use this tool to free ourselves? How do you declare something that people say is impossible? Come explore with us about the power of declaration and how to make it work for you. This meeting will be interactive and lots of fun while discovering or rediscovering the inherent power with each of us.

If you would like meetings to be interpreted in American Sign Language or Spanish, please notify us 5 working days prior to the meeting. **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!!**

Evening Prosumer Meetings

The 3rd Tuesday of the Month
6 PM to 9 PM

La Paz Community Health Center

Park in the back. The gate may look closed, but someone will be there to open it until 6:30.
Call 210-535-5456 if the gate won't open.

530 San Pedro (just south of SAC)
Buses 4, 92

January 19, 2009

Evening Meeting

You have read about conferences in this newsletter or heard Prosumers talking about them. What is the deal with conferences? How can you get to go? What conferences are coming up including the World Congress on Mental Health in South Africa? How can you get your recovery from conferences? Learn these things and more.

Collecting blankets for Home Comforts to help keep people in need warm during the winter season. Frances Hernandez is the contact person for this project. You can reach her at 210-615-5700 ext. 221 or just drop the blankets off at the NW Outpatient Clinic Center for Health Care Services 9502 Computer Dr or at the Prosumer Action Center, 1921 Burnet.

The Prosumer Action Center Welcomes Joyce, Art Teacher Extraordinaire.

Joyce is the Executive Director of Joyz of Artz, a pending non-profit. Joyz of Artz has a mission of fostering hope with service, encouragement, mental and artistic stimulation, while exploring the possibilities of rediscovered passions through the visual and performing arts. Joyce will be giving art lessons twice a week at the Action Center for us and twice a week for Senior Citizens. We look forward to collaborating with her in this process.

Editors note: At the time this newsletter had to be printed the dates and time for art classes had not been resolved. Call for dates and times

Language is Power By Hannah Rush

The ninth Annual Bexar County Consumer and Family Support Conference took place here in San Antonio August sixth through the ninth.

Two of the keynote speakers, Hogg foundation's Tammy Heinz and Stephany Bryan spoke on "transforming the language of mental health." ("Yes we can!")

They spoke of how damaging identification with a diagnostic label can be in defining others as well as one's self.

For instance, someone experiencing body aches, fever, and vomiting may seek a medical opinion. After a visit to the doctor, this person is likely to come home and announce "I have the flu."

Another, experiencing loss of appetite, lethargy, and difficulty sleeping may also seek a medical opinion. This person is likely to come home and announce "I am depressed."

The difference between having and being is great, in some cases, as the difference between hope and hopelessness. The former implies condition; the latter, definition.

If I am a schizophrenic, mundane reality and I are inherently separate. I am explained in the DSM and my treatment and future are more or less predictable.

However, if I am an intelligent, competent, compassionate, human being having and dealing with a set of nonstandard perceptions, I reclaim my relationship with the everyday world.

You cannot know me from reading a diagnostic manual or textbook. I grow and change from day to day. My future is as full of possibility as any.

Language is a fundamental yet complicated and still vastly mysterious cognitive process. We create language and it in turn molds and shapes us. Our changes are reflected in our use of language which in turn further alters our experience, which then again flows back into language, which...and on and on.

--Remember....
Every word has power... and to build a life as though it were a work of art. —
Rabbi Heschel

Tea, Coffee May Protect Against Diabetes

Drinking Coffee, Tea Daily May Guard Against Metabolic Syndrome
By KRISTINA FIORE

Drinking lots of coffee and tea a day -- even decaf -- might keep diabetes away, new research shows.

In a review of 18 studies, researchers found that drinking three to four cups of coffee per day was associated with a 25 percent lower risk of diabetes than drinking two cups or less per day, according to Dr. Rachel Huxley of the George Institute for International Health in Sydney, Australia, and her colleagues.

There were similar results for decaf coffee and tea.

"If such beneficial effects were observed in interventional trials to be real, the implications for the millions of individuals who have diabetes, or who are at future risk of developing it, would be substantial," the researchers concluded in the latest issue of the journal Archives of Internal Medicine.

Over the years, a variety of investigators have reported that coffee and tea consumption are inversely associated with type 2 diabetes. To sort out the data, Huxley and colleagues conducted a meta-analysis -- a review of past research -- that looked at 18 studies conducted between 1966 and July 2009 with information on 457,922 patients.

The researchers found that as coffee consumption rose, the risk of diabetes fell. Each additional cup of coffee consumed in a day was associated with a 7 percent reduction in the excess risk of diabetes.

The researchers said the results across studies were independent of effects involving gender, geographic region, or diagnosis versus self-reporting. Moreover, six of the studies reported on the association between drinking decaffeinated coffee and subsequent risk of diabetes.

A pooled summary estimated that those who drank more than three to four cups of decaf coffee per day had about a third lower risk of diabetes than those who didn't drink any decaf.

Seven studies also looked at the association between tea and diabetes risk. Again, pooled summaries showed that patients who drank more than three to four cups of tea per day had about a 20 percent lower risk of diabetes than those who drank no tea.

The researchers noted that the coffee findings may be an overestimate due to "small-study bias," and cautioned that any possibility that the association between coffee and diabetes risk is age-dependent warrants further investigation.

The findings suggest that the protective effects of tea and coffee may not be solely related to the effects of caffeine, but rather involve a broader range of chemical constituents in the drinks including magnesium, lignans, and chlorogenic acids, the researchers wrote. Substances in tea called catechins, for example, may decrease glucose production in the gastrointestinal system, leading to lower levels of glucose and insulin, and green tea in particular may prevent damage to pancreatic beta cells.

Language is Power cont pg 1

To me it seems doubtful that language could be transformed in a specialized area (mental health) with the rest of our communications and perceptions remaining unaffected.

What is being called for here is yet another paradigm shift. Another way of interpreting the human experience and our relationship to each other.

In actuality this language/perception process is in a constant state of transformation. Can we be brave enough and honest enough to point it towards completeness and allow ourselves to follow along?

Well....Yes, we can! ~

Colors

By Al Houston

Just imagine if all things in the world were one color. How boring! I know that my higher power (which is God) is awesome. I look at the world being exciting, with all the colored flowers and people that live on the earth. Red, white, black, brown, and yellow, wow! Just think of that, even the earth is different colors. As a Prosumer, I use colors in my recovery daily. I am glad God put colors in our lives, to see the beauty in all human beings.

Al Houston: A black human being

It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself.

Ralph Waldo Emerson

Workplace Accommodations: Low Cost, High Impact Job Accommodation Network

Recent amendments to the Americans with Disabilities Act (ADA) refocused attention on workplace accommodations by broadening the definition of disability; more coverage means more employees will likely be entitled to workplace accommodations. This increased attention has some employers concerned about the costs of providing job accommodations. However, a study conducted by the Job Accommodation Network (JAN), a service of the U.S. Department of Labor's Office of Disability Employment Policy (ODEP), shows that workplace accommodations not only are low cost, but also positively impact the workplace in many ways.

The JAN study has been on-going since 2004. JAN, in partnership with the University of Iowa's Law, Health Policy, and Disability Center (LHPDC) interviewed 1,182 employers between January 2004 and December 2006 who contacted JAN. In addition, JAN, in partnership with the West Virginia University School of Applied Social Sciences (SASS) interviewed 366 employers between June 28, 2008, and July 31, 2009, who contacted JAN. Employers in the JAN study represented a range of industry sectors and sizes and contacted JAN for information about workplace accommodations, the ADA, or both. Approximately eight weeks after their initial contact, the employers were asked a series of questions about the situation they discussed with JAN and the quality of the services JAN provided.

The study results consistently showed that the benefits employers receive from making workplace accommodations far outweigh the low cost. Employers reported that providing accommodations resulted in such benefits as retaining valuable employees, improving productivity and morale, reducing workers compensation and training costs, and improving company diversity. These benefits were obtained with little investment. The employers in the study reported that a high percentage (56%) of accommodations cost absolutely nothing to make, while the rest typically cost only \$600.

And to top off these positive results about the cost and benefits of workplace accommodation, the employers in the study also reported that JAN understood their needs and provided information that met their needs. In addition, 98% of employers stated that they would use JAN services again for assistance with workplace accommodations.

What is the bottom line? Workplace accommodations are low cost and high impact, and JAN can help employers make them, free of charge.

<http://www.jan.wvu.edu/media/LowCostHighImpact.doc>

Source: CMHS CONSUMER AFFAIRS E-NEWS DECEMBER 1, 2009

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 meet on the 1st & 3rd
Tuesdays of the month.

Jan 5, 2009

Regular Meeting

6:30-8:00 p.m.

Jan 19, 2009

Regular Meeting

6:30-8:00 p.m.

Meetings are held at
Brighton, the Center for
Inclusive Communities
14207 Higgins
(One-half mile west of
Nacogdoches, between
Thousand Oaks and
O'Connor)

For More Information call
Jomel Crayton, chair

210-590-1348

Judith Laufer, Advisor

210-828-7125

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. They need volunteers who can do physical labor of moving furniture. If you would like to help, please call 222-8736.

To use these services, have your case manager call 222-8736 for more information, or e-mail bex-arhomecomforts@satx.rr.com. Brochures and applications for assistance are available on request at the same contact number.

Mental Health Support Group. Meets at St. George Episcopal Church

located at 6904 West Avenue
in Conference Room.
Every 2nd Wednesday at 7 pm.
Call 342-4261 for more
information

The Center for Rebuilding Sustainable Communities after Disasters

(CRSCAD) at the University of Massachusetts Boston is hosting this **July 12-15, 2010** conference to bring together stakeholders from around the world to share information and develop strategies around some of the core issues concerning the place of the elderly and **people with disabilities** in local, regional, national and international post-disaster reconstruction policies, plans and programs.

A major component of the event is an international student essay competition on the topic of the conference, *Rebuilding sustainable communities with the elderly and disabled people after disasters*. The aim of the contest is to persuade college and university students to reflect on, and examine, the challenges that the elderly and the disabled face during and after disasters in their own local and cultural contexts.

The 50 winning essays will be published as a CRSCAD monograph and the top 20 winners will be invited to participate in the conference and publicly honored. For further information, please click on <http://www.rebuilding.umb.edu/rscepdcompetition> or contact Jennifer Brunson at crscad@umb.edu. The length of the essay should be approximately **3,000 words** and the **extended deadline** for submission is **January 30, 2010**. The winning essays will be announced on **May 1, 2010**. For further information: <http://www.rebuilding.umb.edu>

New Rehabilitation and Research Training Center Funded on Employment

The Center of Mental Health Services, Substance Abuse and Mental Health Services Administration in the Department of Health and Human Services and the National Institute on Disability and Rehabilitation Research, Office of Special Education and Rehabilitative Services in the Department of Education have announced that the Boston University Center for Psychiatric Rehabilitation has been awarded a 5-year co-funded Rehabilitation Research and Training Center (RRTC) grant to address improved employment outcomes for individuals with psychiatric disabilities.

The RRTC will develop and test innovative interventions, identify barriers to and facilitators of effective partnerships among organizations responsible for employment services, and develop and test adaptations of evidence-based employment interventions for individuals with psychiatric disabilities from traditionally underserved groups. The proposed projects increase incorporation of research findings into practice and policy by developing, evaluating, and implementing knowledge translation strategies to increase utilization of research findings, and to conduct training, technical assistance, and dissemination activities with the same purpose.

The 11 proposed projects include the development of three interventions for effectiveness testing and subsequent development of utilization tools. The RRTC will conduct two full-scale randomized clinical trials and one preliminary randomized trial on a vocationally oriented version of Illness Management and Recovery when delivered in addition to the evidence based Interpersonal Support model. The second research project will examine a peer provider intervention designed to support individuals in their vocational aspirations. They will do exploratory testing of a vocationally oriented Photovoice intervention or Vocational Empowerment with a view toward increasing vocational empowerment among individuals so that they are ready to engage with vocational services with a Spanish version developed for future testing.

The RRTC will also examine systemic issues related to employment through an investigation of the barriers to, and facilitators of, effective collaboration and partnerships among state and federal agencies whose mission is to support employment services for individuals with disabilities. Another project will conduct an exploratory study aimed at generating new knowledge in the context of a novel program recently implemented in the Center for Psychiatric Rehabilitation's Recovery Services which addresses consumers' parallel needs for both supported employment and supported education. Furthermore, there will be a distance learning web-based course developed to teach job development and job retention; a systematic review of job accommodation literature and the dissemination of its findings through business leadership networks, as well as a modern-day learning community dedicated to the vision of employment parity for individuals with psychiatric disabilities. In addition to RRTC mandated academic coursework and other in service training activities, these projects are expected to have a significant impact on employment services and outcomes for individuals with psychiatric disabilities across the country.

For more information contact the CO-Principal Investigators, Marianne Farkas and Sally Rogers at Boston University 617/353-3550.

2009

January

2009

SUN	MON	TUE	WED	THUR	FRI	SAT
1/3	Jan 4 Laughing Qigong 2:00-3:00 @ Prosumer Action Center DBSA 7 pm @8026 Floyd Curl	Jan 5 Skill Building 1:00-2:00 @ Prosumer Action Center	Jan 6 Game Day Social Event 1:00—3:00 Prosumer Action Center	Jan 7 Arts & Crafts 10-12 @ Prosumer Action Center	Jan 8 Prosumer Action Center closed for all to attend the Prosumer Meeting 12-3 @ 510 Belknap	1/9
1/10	Jan 11 Laughing Qigong 2:00-3:00 @ Prosumer Action Center DBSA 7 pm @8026 Floyd Curl	Jan 12 Skill Building 1:00-2:00 @ Prosumer Action Center NAMI 7 pm 510 Belknap	Jan 13 Movie Day Social Event 1:00—3:00 Prosumer Action Center Mental Health Support Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261	Jan 14 Arts & Crafts 10-12 @ Prosumer Action Center	Jan 15 Journaling 10:30—11:30 @ Prosumer Action Center	1/16
1/17	Jan 18 Prosumer Action Center Closed for Martin Luther King Holiday CHCS Closed	Jan 19 Skill Building 1:00-2:00 @ Prosumer Action Center Prosumer Evening Meeting 6-9 LA PAZ 530 San Pedro	Jan 20 Scrap-booking day (bring some pictures) Social Event 1:00—3:00 Prosumer Action Center	Jan 21 Arts & Crafts 10-12 @ Prosumer Action Center South Africa Conference Meeting 1-2 @ Prosumer Action Center	Jan 22 Journaling 10:30—11:30 @ Prosumer Action Center	1/23
1/24	Jan 25 Laughing Qigong 2:00-3:00 @ Prosumer Action Center DBSA 7 pm @8026 Floyd Curl	Jan 26 Skill Building 1:00-2:00 @ Prosumer Action Center	Jan 27 Game Day Social Event 1:00—3:00 Prosumer Action Center	Jan 28 Arts & Crafts 10-12 @ Prosumer Action Center	Jan 29 Journaling 10:30—11:30 @ Prosumer Action Center	1/30

PLEASE CALL AND VERIFY time and place prior to going to any of the meetings. Most Numbers are on the next page.

Prosumer Numbers

December 11 Prosumer Day Meeting 36 in attendance
December 15 Prosumer Evening Meeting 7 in attendance
Prosumer Newsletter circulation 2,340

Prosumer Action Center November Numbers

Nine (9) volunteers provided 219.5 hours
Held public education on and increased awareness of mental illness to 40 people
Outreach occurred to 13 consumers and families
Empowered 48 consumers to become self-sufficient within their community
Referred 7 people to services in the community
34 people attended groups at the Action Center
32 unduplicated people have been served at the Action Center FY 2010
A total of 146 services were provided over the month of November

Focus for Life Training

20 people have completed full curriculum
25 people attended an introduction or completed partial training
Trainings scheduled:
Dec 28-30 in San Antonio
March 29-31 in Austin

Central Texas African American Support Conference
Hyatt Regency Hotel in downtown Austin
Thursday, Feb. 11 and Friday, Feb. 12, 2010.

~
24th ANNUAL CONFERENCE ON PREVENTION OF CHILD ABUSE
FEBRUARY 22-23, 2010
SHERATON HOTEL DALLAS, TEXAS

~
First International Crisis Intervention Team (CIT) Conference
In San Antonio at the Marriott River Center
May 31– June 3rd, 2010

~
16th Annual South Texas Family Support Conference
Inn of the Hills at Kerrville, Texas June 15-17, 2010

~
National Conference on Volunteering and Service
June 28 - 30, 2010, in New York, New York
at the Hilton New York and Sheraton New York.

CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

Prosumer Action Center— 210-212-6586 www.ProsumersInternational.org Mailing Address: PO Box 120394 San Antonio, TX 78212 Prosumer Action Center located at 1921 Burnet, **Michelle Mata, Office Manager** Alternate Phone number 210-653-5267 to RSVP for meetings
Day Meeting Christ Episcopal Church 510 Belknap (Where NAMI Meets) from 12-3
Evening Meeting at La Paz on 3rd Tuesday of the Month, 530 San Pedro from 6-9
24/7 Crisis Clinic—Address is 527 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

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

CHCS Adult Mental Health Intake—210-223-4061

CHCS Consumer/Family Support—Address is 1921 Burnet 210-212-6586

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

Support Alliance for Mental Health (of South Texas) www.samentalhealth.org Send info about all peer support groups and other events to normansbrother@rocketmail.com.

DARS (Formerly TRC) Help individuals with disabilities obtain and maintain employment. For services call 1-800-628-5115

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

Texas DBSA Phone: (512) 407-6676, Toll-free: 1 (866) 327-2839, Fax: (281) 480-4333, P.O. Box 591342, Houston, TX 77259-1342

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 210-734-3349 for more information

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-A, SA, TX 78209
(210) 733-6604 Closest Bus Route: 30

REPRESENTATIVE TREY MARTINEZ FISCHER,
HOUSE DIST116
1910 Fredericksburg Road, SA, TX 78201
(210) 737-7200 Closest Bus Route: 92, 91

REPRESENTATIVE JOE STRAUS,
HOUSE DIST 121
7373 Broadway Suite 202A SA, TX 78209
(210) 828-4411 Closest Bus Route: 9, 10, 505, 647

REPRESENTATIVE, JOE FARIAS
HOUSE DIST 118
601 S. Seguin Road Converse TX 78109
210-659-9071 Closest Bus Route: 21, 639

SENATOR JUDITH ZAFFIRINI, SENATE DIST 21
12702 Topperwein, Rd. Suite 214, SA, TX 78233
(210) 657-0095 Bus Route 640 stops 1 1/2 miles away from Zaffirini's Office

SENATOR CARLOS I. URESTI, SENATE DIST 19
2530 SW Military Drive, Suite 103, SA, TX 78221
(210) 932-2568 Closest Bus Route: 551, 550, 520

REPRESENTATIVE ROLAND GUTIERREZ
HOUSE DIST 119
3319 Sidney Brooks Bldg. 510 Suite 2 SA, TX 78235
(210) 532-2758 Closest Bus Route: 34, 20

REPRESENTATIVE FRANK J. CORTE,
HOUSE DISTRICT 122
2040 Babcock Rd., Ste. 402, SA, TX 78229
(210) 349-0320 Closest Bus Route: 91, 92 522, 532

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

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
9107 Marbach Road Suite 111, SA, TX 78245
(210) 645-4400 Closest Bus Route: 613, 615

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
1114 S. Saint Mary's Suite 110 SA, TX 78210
(210) 734-8937 Closest Bus Route: 34,36,42

REPRESENTATIVE JOSE MENENDEZ,
HOUSE DIST 124
7121 US Hwy. 90 West, Suite 240, SA, TX 78227
(210) 673-3579 Bus Route: 616

Useful Websites and Links

An Online Wellness Tool

www.ProsumersLightaCandle.org

Recovery TV

www.WorldTV.com/RecoveryTV

The Prosumer website

www.ProsumersInternational.org

PRO International for Empowermentware

www.TheProInternational.com

National Consumer/Survivor Coalition

www.ncmhcs.org

The Center for Health Care Services

www.CHCSBC.org

A website for all TX government departments www.texas.gov

NAMI

www.nami.org

Depression and Bipolar Support Alliance (DBSA) www.dbsalliance.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

TX 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 www.gcflearnfree.org/

For more information specific to their current situation and the transition to Medicare Rx www.texasmedicarerx.org

Helping with your Personal Medicine in San Antonio

SAN ANTONIO MUSEUM OF ARTS

200 W. Jones Ave. 978-8100

Free Admission on Tuesdays 4-9 pm

www.samuseum.org

WITTE MUSEUM

3801 Broadway 357-1900

Free Admission on Tuesdays 3-8pm

www.witemuseum.org

SALON MEXICO

4707 Broadway- Basic Latin dance lesson every Friday 7-8pm with social dancing until 10:30pm in the Garden Room in the Villa @ Incarnate Word - **\$3.00 donation** covers lesson and dancing. Lesson is repeated on the following Monday 7-9pm at an intermediate level for those who want to learn more about the dance. **\$5.00 donation.** www.salonmexico.20m.com

MEXICAN AMERICAN UNITY COUNCIL & THE OFFICE OF CULTURE AFFAIRS

978-0500 ask for Sylvia. **Free** Adult & Senior Canvas Painting Art Classes Westside and Northside of San Antonio

"DANCE THERAPY" DANCE YOUR DEPRESSION AWAY INC.

The Neighborhood Place El Hogar de los Vecinos 3014 Rivas St. Ballroom Suite 431 -7500 **Free** Every Wednesday 5:30-7pm Punctuality Required Leather Soles shoes. No Partner Necessary No Tennis shoes

THE MCNAY

6000 N. New Braunsfels 824-5368 **Free Admission** on Thursdays 4-9pm and 1st. Sunday of the Month www.mcnayart.org

Old School Gamers

All community seniors and adults come join the fun at the Lincoln Community Center. Various games along with refreshments. Workout room available as well. **FREE to participants.** Monday, Tuesday and Friday 2 pm—6 pm. Call Dora or Esther at 210-271-7741 for more information.

Bazan Branch Library

Beginning Guitar in Spanish. 2200 W. Commerce, San Antonio 78207. 12pm on Saturdays. Bring own Guitar. **Free**

Lincoln Community Center Sewing Class

2915 E. Commerce. Wednesdays from 3:30-5:30 pm. Call 210-271-7741 for more information.

Pan American Branch Library Tai Chi

1122 W Pyron Avenue 78221. Free. 6:30 pm on Mondays. Wear loose fitting clothes. Come in 5-10 min early. Call for info at 210-924-8164

Cinemark Movies 16

5063 N.W. Loop 410 (210) 210-522-9660
Can't beat the prices At Cinemark Dollar Movies!
Tuesdays - \$1 Admission all day All other days - \$1 first matinee. \$2 other matinees before 6 pm and evening shows

Memorial Branch Library

Family Fun Nights

3222 Culebra 78228. Stories and crafts. FREE! 1st and 3rd Tuesdays of the month at 6:30 pm. Call 210-432-6783 for more info.

Maverick Branch Library Maverick Knitters

8700 Mystic Park 78254. Sundays 2-5pm. FREE! Call 210-680-9346 for more info. or 210-921-7838.

Cinema Soledad Movie

January 05, 2010, Tuesday, Transformers: Revenge of the Fallen 6:30 PM Central Library. Feel free to bring snacks. This film is intended for a mature audience. One hour free parking with a validated ticket.

Natural History Interpretive Walk

Jan. 2, 2010 from 9 - 11 a.m. Crownridge Canyon Natural Area, 7222 Luskey Blvd., Get some exercise after the holiday feasts and learn about nature at the same time. Reservations suggested. 564-6400. A donation of \$2 is suggested. Hike limited to 15 people. Meet by the restrooms.

Second Saturday Program

Jan. 9, 2010 from. 10 - 12 noon. Eisenhower Park, 19399 NW Military Highway. Join City Forester Michael Nentwich in exploring our trees in winter. Learn how they can be used in urban situations and begin to think about trees you may want to plant in your yard this year. Free tree to the first 20 families. Reservations recommended. 564-6400. Suggestion donation: \$3 for individuals and \$5 for families.

Living can be Amazing By Janet Paleo

As I edit this edition of the newsletter, I can't help but notice how really blessed my life is. Although I didn't always think of my illness as a blessing, it has turned out to be the biggest blessing of my life. It has given me a passion and opportunities I would have never had. During one of the Q & A sections of the Congress in Hong Kong, I stood up and asked people to stop using the word suffering when they talked about mental illness. Yes, there are times people suffer, but there are times they don't. People using that term make others look at us in pity and that we need to be protected or saved. This will only make the illness worse. Our language when referring to ourselves is so important. Our words can come true. So make sure everything we say is what we want. This is how wonderful, exciting things happen to me. It can for others for I am no different than anyone else. I have learned to project the positive and declare what I want in the world. I look at everything as an opportunity to learn and grow. Life is amazing if you look at it that way. ~

New Laws for Texas Drivers

Adapted from AAA Texas Article
September/October 2009

During the last legislative session, several new laws for Texan Drivers were passed. These laws went into effect as of September 1, 2009. If you are like me, I don't often keep in touch with new laws, but when I saw these, I thought it important for you to know.

Teen Drivers

Studies show that certain distractions and nighttime driving significantly increase crash risks. In Texas, teen drivers are now prohibited from doing the following during the first 12 months of licensure: driving between midnight and 5 a.m., traveling with more than one passenger under age 21, and using wireless communication devices while driving. In addition, teens under age 18 are now required to take a behind-the-wheel test before they can be issued a driver's license.

Driver Education Course

Driver's licenses can no longer be issued to applicants under age 25 unless they present a driver education certificate.

Booster Seats

With this new law, Texas now meets federal traffic-safety standards for transporting children in motor vehicles. Children under age 8, unless they are at least 4 feet 9 inches tall, must be secured in size-appropriate child passenger safety-seat systems. This typically includes booster seats for older children.

Cell Phones

Drivers may not use handheld wireless communication devices (WCD) including cell phones, in a school-crossing zone; hands-free devices are permitted. They only exception for using a handheld WCD is in case of an emergency.

Drinking and Driving

Tougher laws face Texans who drink and drive—whether on land or on water. Minors convicted of operating a boat with any detectable amount of alcohol in their system now face prosecution. Other provisions that strengthen the bill include a mandatory one-year license suspension for an alcohol-related conviction of boating or driving when a child is present.

Federal Olmstead Enforcement by CMS - A New Day?

Information Bulletin # 295 (11/09)

Ten years after the Supreme Court issued the Olmstead decision holding that unnecessary institutionalization violated the ADA and nine years after CMS wrote its ADA/Olmstead "State Medicaid Director" letters pursuant to this decision, CMS finally put some bite behind Olmstead.

On 10/30/09, CMS wrote the Missouri Department of Social Services that Missouri's MA home health services, which required people to be "homebound," was "not in compliance with Federal requirements." CMS pointed out that the Supreme Court in Olmstead, "reinforced the ADA by affirming the right of individuals with disabilities to live in their communities."

CMS provided Missouri 30 days to change its policy or CMS could "proceed with compliance proceedings" which could "result in withholding Federal funding."

Just think, CMS took a step which reflects that civil rights of people with disabilities are real. Sure it's taken ten years, but maybe, just maybe, this CMS letter signals a new day.

While confronting the "homebound" issue is obviously very important, the significance of what CMS did goes far beyond this one issue.

Does your state have a waiting list for people in nursing homes to receive sufficient MA services in the community so they will not need to be in an institution? If yes, then how does your waiting list "affirm the right of individuals with disabilities to live in their communities"? Waiting lists ensure just the opposite.

Does your state offer people who are at imminent risk of going into a nursing home meaningful services BEFORE they go into the institution? If no, then the failure to provide real services ensures that people will have to go into nursing homes and will not be able to live in their communities.

Wouldn't it be interesting if CMS really enforced Olmstead and told states that 10 years waiting for full implementation of Olmstead is far too long? Wouldn't it be a great CMS step to tell states that 10 years is more than enough time.

Many states continue to dither because they do not believe CMS will do anything. Despite the Supreme Court's decision, States continue to genuflect to the nursing home industry and perpetuate unnecessary institutionalization in violation of Olmstead, in large part because CMS has shown no will to enforce the ADA. Will CMS take on these States?

It's not too far-fetched to believe CMS might. After all, CMS would not permit States to deny MA services based on race, religion or gender in violation of other federal civil rights statutes. Maybe CMS has begun to recognize disability and the ADA as a real federal civil rights issue.

And while we're thinking about federal enforcement of the ADA and Olmstead, what about the U.S. Department of Justice? Without affirmative, aggressive DOJ enforcement, schools would have remained racially segregated, voting provisions would have continued to be racially tinged, and women sports (Title IX) would have never been implemented.

Yes, with race and gender, the U.S. Department of Justice showed the country and many States that federal enforcement was real. It's truly thanks to DOJ that these abuses were stopped.

What about DOJ showing States -- 19 years after Congress enacted the ADA finding segregation (in 1990) existed and 10 years after the Supreme Court ruled in Olmstead b!! that DOJ will affirmatively and aggressively enforce the ADA and will end the unnecessary institutionalization of people with disabilities?

Hmmm.

Steve Gold, The Disability Odyssey continues

Many people die with their music still in them. Why is this so? Too often it is because they are always getting ready to live. Before they know it, time runs out.

Oliver Wendell Holmes

Are You Dependent on Constantly Being Negative?

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The concepts of thinking and feeling positive or negative resonate deeply within us as human beings. In many respects such emotions tend to highlight who we are as individuals, how we perceive the world and others in our world. Many articles and books have been written on these very subjects. Many self help books and autobiographies celebrate the achievements of people triumphing over adversity.

Yet, for many mental health consumers, the issue of constantly thinking and feeling negative overtakes, subsumes and consumes every aspect of their lives and their emotional wellbeing they literally cannot see the wood for the trees.

Is this negativity an effect or symptom of mental illness? Can such negativity be overcome so the illness and the "symptoms of negativity" can be overcome? Or, are such people living with mental illness doomed to be forever negative in their thinking and their emotions thereby being denied mental health and emotional wellbeing, creating positive sustained relationships which celebrate the successes of others? Is such negativity really a symptom of mental illness or is this negativity a symptom of dare I say it, emotional immaturity or at least being emotionally arrested possibly due to what were originally perceived as traumatic events which simply have never been allowed to heal?

Everyone thinks and feels negative at times. This is human nature. This is what being human is about. However, for many, being in the state of negativity is short lived and they're back to being positive about themselves and the world around them. Every person feels hurt and at times feel they have the cornerstone on hurt yet come to realize there are people worse off and then a rainbow appeared and the sun starts to shine again.

For the person who is constantly dependant on being negative, the hurt never abates, the rainbow is grey and the sun is simply too hot to handle the heat! The question is - why do some people appear never to be able to be free of this negative state and constantly appear to want to drag down others in the process?

The person more likely to remain in the negative state appears to have created an emotional dependency which can manifest itself in many ways – more often than not, ways which does not endear themselves to others. Yet, this is what the constantly dependent negative person appears to crave the most – wanting others to need them, and this need can be insatiable to say the least.

Aspects of the constantly dependant negative person can be as follows:

- ◆ Everything in life is about and revolves around the person.
- ◆ Life is traumatic and every experience is traumatic and everyone must be reminded of this at every opportunity – regularly and constantly.
- ◆ The perception is "the glass is always half empty if not completely empty". They have difficulty in acknowledging when good things happen or people who have been compassionate and extended a helping hand. If the person does give some positive feedback this is immediately followed up with a negative or a criticism (usually of others) – most likely in the same breath.
- ◆ The person can never let go and allow either themselves or others to simply be. They constantly shore up their self esteem by constantly criticizing others and at the expense of others.
- ◆ They appear to get a huge kick out telling all and sundry how terrible their life is. They never have a positive moment (unless it's at someone's expense).
- ◆ They cannot genuinely celebrate the achievements of others. The conversation always has to come back to them, their traumas and how life is terrible for them at the moment.
- ◆ They constantly want to be valued by others. In fact this is such a need, it is insatiable therefore they never accept the ways people do try to value them, because it is simply never enough.
- ◆ Finances become a huge issue for the person. Usually everyone has to be constantly reminded on how poor the person is.
- ◆ Nobody understands them and how terrible their life really is.

The above list is only a small snapshot of the many ways that people who are constantly negative have become so dependant. Another analogy is the person literally has negative binges they literally become a negative punch drunk. They do not see how abusive this constant negative state is towards others in their lives. Why would they, doesn't the world wrap around them???

Can people turn their lives around and genuinely gain a more positive outlook and allow themselves to feel genuine positive emotions? I believe people can, however, in stating this – this requires hard work and the person must be prepared to put in the hard yards without griping or constantly reminding people how they're indeed putting in these hard yards. The person must be prepared to stop wanting to manipulate others and their emotions and seek the good in everything, regardless of how trying life appears at times. The person must be prepared to trust others and accept others for who they are. The person must be prepared to change a criticism and provide positive feedback. In fact the person must be willing to give up the negative dependency they've relied on for so long and genuinely want to change. There is a saying it is harder to be negative than to be positive. When people hear this they say – "you're lying, I don't believe you". Well it is harder to be negative than to be positive and only until one is willing to give this statement a genuine go will they come to realize the inherent truth which lies within. There is no point undertaking all the self examination in the world if you're not prepared to see the positives that can and do arise from experiences, actions and situations. As the saying goes, "every cloud has a silver lining". The silver lining is the positive lessons, the positive spin that can be put on even the most traumatic of events and what life may dish up.

Does being positive mean you'll never feel negative? As previously stated everybody feels negative and that life has given them a bum steer at times. If you want to be dependant then become dependant on being positive Get drunk on being positive and thinking and feeling positive and celebrate others achievements. You'll feel more satisfied, a lot happier and people will love being around you.