

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

February 2008

Janet Paleo—Editor

Volume 6, Issue 02

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



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 job hunting. 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.

March 14, 2008 Meeting

If you were made king and had the power to change the world, how would you want the world to be? Peaceful, happy, exciting are words that pop into my head. Together we will explore the power to change. Intertwined in this discussion will be a very motivational speech by Kathryn Power, "*Being the Master Gardener of Your Life*." If you are ready to start living life, ready to stop the "yes, but" in your life, ready to really feel good, then this meeting is for you. A motivational, inspirational empowerment meeting from beginning to end. You won't want to miss this one.

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!!

One's first step in wisdom is to question everything and one's last is to come to terms with everything.—George Christopher Lichtenberg

NEW ONLINE WELLNESS TOOL

The Prosumers have launched a new website where people can share what works for their recovery. This website is for everyone who knows that recovery is possible.

At Alternatives 2007, Pat Deegan introduced the idea of "personal medicine". These are the things we know work for us when dealing with the range of emotions and experiences we have that keep us from achieving our goals. These are not prescribed by others nor are they pills. These are the things that pull us out of panic when we first have the sense of being anxious, those things that make us smile when we are depressed, those things that remind us we have personal power and we have a say in how our lives will go.

Share what works for you so all of us can support each other in our recovery journey. You can post your thoughts, ideas, and stories at www.prosumerslightacandle.org.

Please share with others. The more consumers use and contribute to the sight, the more it can help others.

My Story by P. Lydia Martinez

At one time I was completely embedded in the mental health system. Decisions about how my life would be at that time were made for me. Basically I lived a controlled, regulated existence. The people I spent my hours with were mental health providers and other consumers who were doubly stigmatized as trauma survivors, ex-prisoners and substance abusers.

Today I feel blessed to live independently, which I was told would never happen. I feel greatly blessed to have family and friend whose relationships nourish my soul.

Continued on Page 2

REFLECTIONS ON RECOVERY – How to Change Your Life

□ by Sarah Ho, Kona, Hawaii

□

The very heart of recovery is change: changing existing thinking and emotional patterns, changing behaviors and attitudes, changing bodily awareness and self-care. It's hard work! I asked our support group how each of them does it.

Julie explained that she realized that change – the very concept – was terrifying, but because she wanted not to feel fearful, anxious, and depressed, she decided to open up internally to whatever would work. She prayed for flexibility and the willingness to face all she would need to. Support groups helped her see that she could let go of the illusion that she was in control (change is a threat to control). "I realized what I was doing wasn't working. I had to get well, and the only way was to take self-responsibility."

For Cheryl, her relationships with others were of key importance. When her marriage began to suffer because of her bouts with depression or irritability, she found reason and motivation for change, but she didn't know how to go about it initially. "It was an 'Aha!' thing for me," she says of her realization of the extent to which her illness was affecting others. "I had to become more independent. Standing up to doctors was part of it. Now, I push me; I compete with myself. Sometimes, when doing the best thing for my recovery feels especially difficult, I tell myself, 'Remember how you feel when you get out of the pool.'" She found DBT opened doors (that's a kind of cognitive behavioral training), as did the BRIDGES course, support group meetings, and the right meds. "I wanted to read individual stories, what people actually did." (Perhaps her story right here will help someone else.)

Continued on Page 2

My life is a work in progress, and is not a flat line picture of perfection. Like everyone else, I have my struggles, my ups and downs. However I seek to embrace my experiences of all that life is, moving through both what may be called the light and the dark.

I believe in owning where I have been and who I am. I refute the labels of pathology and descriptions of limitations some well meaning mental health professionals attempt to place on me. Just as I believe in others, I believe for myself that I have the power, with the grace of my God, to fully live the life I choose in all its complexity.

Through the support of family and friends and with my peers in groups like the Prosumers I work toward my recovery. It is to acknowledge that hope always exists and positive change can happen, no matter the difficulty of what our lives may have been or are as psychiatric survivors, that I give this poem. It was written about how I felt at that time.

It was through writing about these experiences (those referred to here) to my friend Dennis, that I learned to write the way I do. It was through these experiences that I learned how to truly feel compassion and empathy. Because my family came to see me and never lost touch with me, although I was often told by my therapists at that time they were the reason I was the way I was (disconnected from my self and when I did feel, it was pain I felt) that I learned

how much they loved me. With the help of two friends who remained in my life during this time I learned how important it is to support others emotionally and accept them as they are. These are the lessons and gifts that came out of my journey.

To Dennis (1996)

five years of Soul-bearing letters
words moving thru pain and sadness
in and out of locked-up mad houses
days spent sitting in circles among
women
women with scars in their Hearts
some showing scars on their arms
placed in Turtle Creek Manor
dallas, texas
where 32 housemates live each seeking
release
from alcohol, heroin, speed, crack
and Jim and me?
fighting the deadness of depression

i sit outside starbucks down the street in
the light and warmth of that afternoon

Dennis, it's not that
-i'm crazy and yr not-
it's that i'm no longer sure
what Life is
outside hospitals, crisis centers, halfway
houses
Listen to me
how do I w(rite) myself
out of this dangerous journey?
Dennis,
I want to be Free

by P. Lydia Martinez (by Paz)

Kimberly said, "I'm my own worst enemy. I seem to set up roadblocks for myself. I was a rebel, but now I direct it (my recovery) myself." For her, remembering how she'd been in her 20's and 30's helps; it gives her a goal to focus on. Kimmie also had to learn how to be honest. (Yes, it seems that becoming an authentic person, one whose word can be trusted and who is centered in self-knowledge, is integral to recovery.) "I've gotta get my sleep, too. I'm starting over again, and it's good." Whatever things your recovery is asking of you right now, she says, "Do 'em."

For Amy, who is currently going through changes in housing, meds, treatment plans and more, "not being believed" is the hardest thing. Support from one's care providers or from fellow prosumers is vital. "Speaking your mind and self-advocacy" are the keys, she feels.

Russ was brief and to-the-point. "I am reticent to change. Sometimes I kinda enjoy my depressions (this isn't as uncommon as you might think - we can get comfortable even with the blahs). But, change takes action." For him, that's the bottom line: to change, you must ACT.

My view is that in order to change, one must first WANT to change. An inner idea or awareness or vision of wellness and functionality really helps. When we're very sick, though, and the ability to hope is 'broken,' sometimes we cannot find a wellness vision. Those are dark days, indeed, but peer support can bring hope and light to some awfully dark corners; so can another's love. However we can get it, then, we gain some inner vision of healing; that's a vital first step. Then how do we do it? What do we work on? Often we go along on automatic pilot, doing our lives semi-consciously, and then at some point suffering grabs our awareness: something needs our attention. Perhaps the body breaks down, or a relationship goes sour. What's happened? In coming to understand why the unsought (or maybe it was sought by a deeper, wiser part of ourselves that knew change was needed) change happened, we look at our lives and begin to understand how our own actions, thoughts, and behaviors created the mess. We figure it out; we 'see'; we make a choice for the better - a way out, a new, different, more fulfilling and open way to do something. And finally, we do the hard work of making the changes we want. DOING becomes the actualization of the dream.

Here's a summary of all this collective wisdom for us: Vision. Decision. Openness. Desire. Prayer. Self-responsibility. Education. Support. Honesty. Self-care. Discipline. Self-advocacy. Action.

Please notice the theme that runs through all of these personal testimonies: All recovery is self-directed recovery. We are each the captain of our own life. And that is an amazingly powerful place to be.

Register Now for Next Peer Specialist CE Webinar

"What Peer Specialists Can Learn from the Coaching Movement"

Tuesday, February 12, 2008

2:00-3:30 p.m. (CST)

The newly-emerging profession of personal/life/success coaching has many parallels to peer specialists' work. Peer specialists and personal coaches help support others in articulating specific personal goals and taking steps toward those goals. Both foster hope, personal responsibility and self-determination in those they serve. And both seek to create enthusiasm and a "can-do" spirit within others. Step outside the traditional mental health arena in this course to see what the coaching profession can teach you. 1.5 Continuing Education (CE) credits are available to all course participants who successfully complete the post-course examination.

For more information, visit www.DBSAlliance.org/events_PeerSpecialistCEprogram.

REGISTRATION DEADLINE

11:59 p.m. (CST) on Monday, February 4, 2008

www.DBSAlliance.org/events_PeerSpecialistCEcourses

Cost: \$75 per individual registrant

Future DBSA Peer Specialist training courses include:

- **Peer-Led Health Self-Management: An Emerging Field of Practice** Tuesday, April 8, 2008 [Register Now](#)
- **Not a Pity Party: Effective Peer Support Groups** Tuesday, June 10, 2008 [Register Now](#)

Registration is now open for all 2008 Peer Specialist CE webinars.

For a full listing of course topics, dates and times, please go to www.DBSAlliance.org

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.

February 5, 2008
Regular Meeting
6:30-8:00 p.m.

February 19, 2008
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
Jemel Crayton, chair
210-590-1348
Judith Laufer, Advisor
210-828-7125

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

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.



for a Heaven on Earth

Redesigned Web Site Helps Users Find More Than 600 Resources Devoted to Countering Mental Health Stigma

SAMHSA's redesigned Resource Center to Address Discrimination and Stigma Associated with Mental Illness debuts online today with a new library of more than 600 resources. The improved ADS Center Web site at www.stopstigma.samhsa.gov features information and advice to help individuals and organizations counter discrimination and stigma associated with mental illness.

The centerpiece of the redesigned Web site is a still growing online library of research articles, brochures, fact sheets, toolkits and other resource items. Content is now organized by both topic and audience to help users quickly navigate to items that meet their needs.

Materials and playback information for more than 25 teleconference training events are archived on the site, and an interactive map showcases programs around the country that aim to reduce discrimination and stigma associated with mental illness.

The SAMHSA ADS Center Web site supports SAMHSA's National Anti-Stigma Campaign, which was developed in collaboration with the Ad Council and launched in December 2006. The "What a Difference a Friend Makes" campaign aims to encourage, educate, and inspire people between the ages of 18 and 25 to support their friends who are experiencing mental health problems. The ADS Center has conducted teleconference training events and provided online materials designed specifically for people working on campaign-related activities. The ADS Center Web site also is home to materials for campaign grant applicants and helps individuals and groups to connect with the campaign.

Since its original launch in 2003, the ADS Center Web site has offered materials, information and resources to help individuals and organizations counter discrimination and stigma associated with mental illness. The ADS Center Web site will continue to include:

- Information on upcoming training teleconferences that are free of charge and open to the public.
- Descriptions of effective campaigns and programs working in communities across the country and around the world.
- Resources that meet the needs of specific audiences such as consumers, health care providers, older adults, faith leaders, policymakers and the media.

For more information, visit the redesigned ADS Center Web site at www.stopstigma.samhsa.gov.

DBSA Peer Specialist Training in New Orleans: February 18-22, 2008

DBSA is pleased to announce an upcoming peer **specialist training course for individuals in New Orleans, Louisiana, from February 18-22, 2008. DBSA is collaborating with the local nonprofit organization [Soldiers of Love](#) to launch this training program to bring the power of peers to help address the New Orleans mental health crisis.**

Soldiers of Love is currently seeking applicants for the training program, which will take place in New Orleans. Applicants must be mental health consumers living in recovery with a desire to use their experiences and training to help their peers in the New Orleans area. Training will be free of charge for individuals selected to participate. Participants will be responsible for their own travel and daily expenses during training.

Enrollment is limited. For more information, contact Soldiers of Love, in care of Bond PR and Brand Strategy, (504) 897-0462 or via e-mail at info@SoldiersOfLove.org.

Is your organization interested in sponsoring peer specialist training in your area? We at the Peer-to-Peer Resource Center are always happy to talk with organizations and groups interested in collaborating with DBSA to offer peer specialist training locally. Because this training is most often offered free of charge to its participants, there is a fee to underwrite training costs. Past training collaborators have included state and county mental health departments, Veterans Administration facilities, clinics, hospitals and more. For more detailed information, e-mail us at PeerSupport@DBSAAlliance.org.

2008

February

2008

S	MON	TUE	WED	THUR	FRI	SAT
	Jan 28 AMHCR Arts & Crafts 11-2 S. Presa AMHCR Men's Sup Grp 12 S.Presa AMHCR Among Friends 1pm S.Presa DBSA 7 pm @8026 Floyd Curl	Jan 29 DBSA CF 6 pm @210 South Grimes Anxiety Sup Grp 6:30-8pm 566- 5783	Jan 30 Womens Sup Grp 10 S.Presa Concert Planning 1:00 S. Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa	Jan 31 DBSABC 7pm @758 Ramsey	Feb 1 AMHCR Schizophrenia Anony- mous 11:30 am @ Central Library Room 5.1	2/02 PTSD-Armed Services (All welcome) 10:00 @ Cen- tral Library
3	Feb 4 AMHCR Arts & Crafts . 11-2 S. Presa AMHCR Men's Sup Grp 12 S.Presa AMHCR Among Friends 1pm S.Presa DBSA 7 pm@8026 Floyd Curl	Feb 5 DBSA CF 6 pm @210 South Grimes Anxiety Sup Grp 6:30-8pm 566- 5783 NAMI 7 pm 510 Belknap	Feb 6 Womens Sup Grp 10 S.Presa Concert Planning 1:00 S. Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa	Feb 7 Mental Health Sup- port Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261 Prosumer Journal- ing 2 pm 653-5267 DBSABC 7pm @758 Ramsey	Feb 8 Prosumer Meeting 12-3 School of Nursing	2/09
1 0	Feb 11 AMHCR Arts & Crafts 11-2 S. Presa AMHCR Men's Sup Grp 12 S.Presa AMHCR Among Friends 1pm S.Presa AMHCR Coping with Anxiety @6:30pm DBSA 7 pm@8026 Floyd Curl	Feb 12 DBSA CF 6 pm @210 South Grimes Anxiety Sup Grp 6:30-8pm 566- 5783	Feb 13 Womens Sup Grp 10 S.Presa AMHCR Dual Recovery Grp 12 S.Presa Concert Planning 1:00 S. Presa Arts & Crafts 1-3 S. Presa AMHCR Coping with OCD @Central Library 7 pm Room 5.1	Feb 14 AMHCR General Meeting 1 P.M. AMHCR Board Meeting 1:30 p.m. @ S. Presa—Free lunch for all who attend DBSABC 7pm @758 Ramsey	Feb 15 AMHCR Schizophrenia Anony- mous 11:30 am @ Central Library Room 5.1	2/16 PTSD-Armed Services (All welcome) 10:00 @ Cen- tral Library Rm 5.1
1 7	Feb 18 AMHCR Arts & Crafts 11-2 S. Presa AMHCR Men's Sup Grp 12 S.Presa AMHCR Among Friends 1pm S.Presa DBSA 7 pm@8026 Floyd Curl	Feb 19 DBSA CF 6 pm @210 South Grimes Anxiety Sup Grp 6:30-8pm 566- 5783	Feb 20 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa AMHCR Dual Recovery Grp 12 S.Presa AMHCR Parents & Siblings of Children with Mental Illnesses 7:00@Central Library, Rm. 5.1	Feb 21 Life Skills 2pm @SAILS 2:00 p.m Prosumer Journal- ing 2 pm 653-5267 DBSABC 7pm @758 Ramsey	Feb 22	2/23 Meet up Bipolar Sup Grp 3 pm @ Central Library Rm. 5.1
2 4	Feb 25 AMHCR Arts & Crafts 11-2 S. Presa AMHCR Men's Sup Grp 12 S.Presa AMHCR Among Friends 1pm S.Presa DBSA 7 pm@8026 Floyd Curl	Feb 26 DBSA CF 6 pm @210 South Grimes Anxiety Sup Grp 6:30-8pm 566- 5783	Feb 27 Womens Sup Grp 10 S.Presa Concert Planning 1:00 S. Presa Arts & Crafts 1-3 S. Presa AMHCR Dual Recovery Grp 12 S.Presa	Feb 28 DBSABC 7pm @758 Ramsey	Feb 29	03/01

* 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**. Come join us! We always have lots of fun.

If you are or know a singer/songwriter please come to our tryouts. We are looking for songs that have positive "I" statements within the song. Tryouts are every Saturday in February (2, 9, 16, & 23) from 10:00 am - 1:00 pm at the Travis Park United Methodist Church, 230 Travis, San Antonio, TX 78205

**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**

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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 usually meets at S. Presa. For more info call 210-348-7877 or 210-535-2025 or SaMentalHealth@sbcglobal.net or www.SaMentalHealth.org. Office located at S. Presa 210-436-8018 ext 307

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 214-532-3896

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

An Online Wellness Tool

www.ProsumersLightaCandle.org

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.qcflearnfree.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.

You will never plow a field by turning it over in your mind. -Irish Proverb

The Way to Happiness

by Dianne Hales

(an excerpt from Readers Digest Feb. 2008 p101)

Regardless of your age or temperament, you can feel happier right this minute, claims psychologist Will Fleeson, PhD, of Wake Forest University, who says he has found a surefire strategy to boost the spirit: Do something, however small, that is energetic, adventurous, assertive or bold. When volunteers recorded their feelings throughout the day, all felt happier when active and engaged, regardless of whether they were naturally introverted or extroverted.

"The biggest surprise in this research was that you can change your behavior and make yourself feel happier readily and easily," says Fleeson, who found that almost any active behavior—even singing or dancing to the radio—has a positive effect on mood. "Laughing out loud is exactly the kind of adventurous, bold action that makes you feel happier."

"There is hope in Action" - Janet Paleo

Date of Alternative Conference for 2008 Set

Alternatives is a national conference for consumers by consumers.

October 29- November 2, 2008

Adams Mark Hotel in Buffalo, NY

<http://www.power2u.org/alternatives-2008>

World Congress of the World Federation for Mental Health Athens, GREECE, September 2-6, 2009

If you think you would like to go to Athens, Greece for a conference, then log onto www.ProsumersLightaCandle.org and click on WFMH Conference. On the site you will find information and be able to join a forum discussion. In the forum, you will be able to discuss raising money, putting in applications for scholarships, sharing hotels, presenting at the conference and so much more. Together, we can encourage each other, support each other and really challenge each other to obtain a very worthwhile goal. Together, we can make all our dreams come true. Join the discussion today!

**Center for Mental Health Services
Consolidated Application for Financial Support Application
deadline: Postmarked by February 15, 2008**

The Center for Mental Health Services (CMHS), within the Substance Abuse and Mental Health Services Administration (SAMHSA), through a contract with AFYA, Inc., is providing financial support to consumers of mental health services who would like to participate in the following annual meetings: 2008 SAMHSA/Centers for Medicare and Medicaid Services (CMS) Invitational Conference on Medicaid and Mental Health Services and Substance Abuse Treatment, National Association of Peer Specialists, National Association of Rural Mental Health, National Council for Community Behavioral Healthcare and/or the International Conference on Self-Determination. You can apply for no more than two conferences to be considered for scholarships; however, an individual may only receive a scholarship to one conference. For more information, check available web sites.

Please note: To be eligible for these scholarships, a completed application and letter of recommendation must be post marked by February 15, 2008.

Conference Selection: I would like to make application for the following conference(s): Please check no more than two.

National Council for Community Behavioral Healthcare May 1-3, 2008 Boston, MA

www.thenationalcouncil.org/cs/boston _____

The International Conference on Self-Determination May 27-29, 2008 Detroit, MI

www.self-determination.com/ _____

National Association of Rural Mental Health August 6-9, 2008 Burlington, VT

www.narmh.org/conferences/2008_conference.html _____

National Association of Peer Specialists August 20-22, 2008 Philadelphia, PA

<http://naops.org/> _____

2008 SAMHSA/CMS Invitational Conference on Medicaid and Mental Health Services and Substance Abuse Treatment

September 23-24, 2008 Baltimore, MD _____

Please PRINT the following information as you would like it to appear on the participants list. PLEASE DO NOT USE ACRONYMS.

Contact Information:

Name _____ Title _____

Organization/Agency _____

Mailing Address _____

City _____ State _____ Zip _____

Telephone (_____) _____ Fax(_____) _____ E-mail _____

Emergency Contact Information: In case of emergency, please contact:

Name _____ Relationship _____

Organization/Agency _____

Address _____

City _____ State _____ Zip _____

Telephone (_____) _____ Emergency Telephone (_____) _____

Demographic Information: (please circle your answer)

U.S. Citizen	Gender	Age	Ethnicity	Sexual Orientation	Physical Disability
Yes	Male	18 - 25	Asian/Pacific Islander	Heterosexual	Yes
No	Female	26 - 55	American Indian	Gay	No
		56 +	Black (not of Hispanic origin)	Lesbian	
			Hispanic	Bisexual	
			White (not of Hispanic origin)		
			Other		

Financial Support:

What type of scholarship support are you seeking? (please check all that apply) Registration Fee Hotel Per diem

Ground transportation Travel costs (please choose one from below) Airfare Train Car Mileage (mileage is based on Federal Regulations - and must not exceed lowest airfare)

Have you received a scholarship from CMHS to attend this conference in the past?
 Yes No If yes, what year(s)? _____

Have you received a scholarship from another sponsor to attend any of these conferences in the past?
 Yes No If yes, State sponsor's name. _____
What year(s)? _____

Logistics Information:

Do you have any lodging limitations that would prohibit double occupancy? Yes No If yes, state limitation.

Additional Information:

On a separate piece of paper, please provide the review committee with the following information:

1. What are the reasons you wish to attend the conference(s)?
2. Are you making a presentation at this conference(s)? If yes, please describe.
3. How will you disseminate information obtained at this conference(s) to local or statewide consumer groups?
4. What are the specific issues relating to mental health in which you are most interested?
5. Are you currently involved with any related programs and activities? If yes, please describe.

Please provide at least one letter of recommendation with your completed application.

Scholarship Conditions:

Please note that to be eligible for these scholarships, you must be a U.S. citizen and a mental health consumer. If you are selected as a scholarship recipient, a representative from AFYA will contact you not later than Friday, March 14, 2007, to discuss arrangements. As a scholarship recipient, you will be asked to do the following:

1. Submit to AFYA a 2 to 5 page report in a format provided within 2 weeks of the conclusion of each conference. Your report will be summarized and shared with CMHS, other scholarship recipients, the sponsoring conference organization, and others.
2. Submit to AFYA an evaluation in a format provided within 2 weeks of the conclusion of each conference.
3. Submit a travel reimbursement form to AFYA within 2 weeks of the conclusion of each conference.
4. Agree to have your name and contact information shared with other scholarship recipients. If you would like to keep your contact information confidential, please contact AFYA.
5. Inform AFYA, as soon as possible, if you are unable to attend the conference or will be delayed in meeting any of the above conditions.

I understand and accept the above requirements.

Signature _____

Date _____

Please submit your completed application and letter(s) of recommendation by U.S. Mail only to:

Jackee Williams, CMP
 Senior Conference Manager
 AFYA, Inc.
 8101 Sandy Spring Road, Suite 301
 Laurel, MD 20707
 Phone: (301) 957-3040, Ext. 263

Please note that your completed application must be postmarked no later than February 15, 2008.