

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 2010

Janet Paleo—Editor

Volume 8, Issue 02

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

February 12, 2010 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.

March 12, 2010 Meeting

Spring is the time for new beginnings. Time to clean out the cobwebs, both in your home and in your mind. Come learn how you are more than symptoms and how to begin your life fresh, full of hope and happiness. It will be a meeting of introspection and discovery. You don't want to miss it.

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

February 16, 2010

Evening 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.

Starting March 12, we are moving back to the UTHSC School of Nursing for the day meeting. Although for the first couple of months there will some changing of rooms, we will be back where it is more convenient for people to get to. Next newsletter we will have the map for you to follow. This time there may be a charge for parking. We will keep you posted on this.

TWO Peer Trainings Available in San Antonio

Focus for Life®

February 23, 24, & 25, 2010
9 am – 4:30 pm
Prosumer Action Center

A peer led training that builds the resiliency in your life. In this training you will learn the skills to be empowered in your life such as:

- Recovery - Life on Your Terms
- Happiness - A Contentment with Life
- Meaningfulness - A Purpose Filled Life
- Empowerment - The Motivation to Move Forward
- Resiliency - The Ability to Meet the Challenges of Life

Focus for Life class is limited to 30 participants.

Intentional Peer Support

February 5, 19, 26, March 19, 26,
April 2, 16, 23, 30 & May 7
Prosumer Action Center

Ten – 1/2 day Trainings on Fridays from 12 – 4 pm

Registration Fee - Normally \$995 is reduced to \$32.50 (cost of the manual) for this class.

Class is limited to 10-15 participants
Intentional Peer Support is a way of thinking about purposeful relationships. It is a process where both people (or a group of people) use the relationship to look at things from new angles, develop greater awareness of personal and relational patterns, and to support and challenge each other as we try new things. IPS has been used in crisis respite (alternatives to psychiatric hospitalization), by peers, mental health professionals, families, friends and community-based organizations.

You must preregister for the classes.

Contact Michelle Mata for Registration in either or both of these classes at 210-212-6586 ext 210 or email her at Michelle.Mata@ProsumersInternational.org

Now More Than Ever: A Legacy of Judi Chamberlin, Rae Unzicker and Justin Dart

Wednesday, January 20, 2010 marks the 10th anniversary of the release of the US National Council on Disability (NCD) historic report, "From Privileges to Rights: People Labeled with Psychiatric Disabilities Speak For Themselves."

Adding to the meaning of today's anniversary, is the recent death of Judi Chamberlin on 16 January 2010. With her friends the late Rae Unzicker and Justin Dart, Judi was widely known as a pioneering bridge-builder between the 'mad movement' and the wider cross-disability independent living movement.

Marca Bristo, who helped champion the report as NCD Chair in 2000, said today, "Judi Chamberlin and Rae Unzicker were the impetus and guiding force behind the NCD report, ever reminding the Council to reject stereotype for fact and to give voice to people with psychiatric disabilities. Ten years later, the movement is stronger but public policy lags behind much of it still entrenched in paternalism and prejudice. We can and must do better."

The findings and recommendations in the report were based on the actual testimony of people labeled with psychiatric disabilities themselves -- a source discounted, excluded and overlooked in many other mental health reports. Members from many advocacy organizations, including National Association for Rights Protection and Advocacy and MindFreedom International (MFI), testified at NCD hearings that helped lead to the report.

According to the NCD report, the recommendations "center on the importance of self-determination, dignity, and choice as the cornerstone of public policy for people in this highly disempowered population." The top recommendation begins by saying that laws that allow involuntary psychiatric procedures "should be viewed as inherently suspect."

LEGACY OF JUDI, RAE AND JUSTIN: ENACT THIS REPORT NOW!

Krista Erickson, a cross-disability advocate and psychiatric survivor on the MFI board of directors, said, "The public policy recommendations in the report remain relevant and should shape public policy. They won't if such a definitive left on a shelf somewhere -- unread, not discussed and, most of all, not acted on. As an organization advancing the rights of people labeled with psychiatric disabilities, promoting humane alternatives to

the mental health system and uniting groups working for justice, MindFreedom International does not want that to happen!"

Said David Oaks, Director of MFI, "This is not your 'normal' government report. Thanks to everyone who played a role in this blueprint for deep change in mental health care. With the recent United Nations binding treaty for the rights of people with disabilities, it's time to promote these recommendations internationally. This bridge-building was one of the legacies of Judi, Rae and Justin. We need to enact this report now, as never before."

A quote in the report by the late Justin Dart, considered the father of the Americans with Disabilities Act, is as true today:

"Even though most people with psychiatric disabilities are capable of participating in the decisions affecting their own care, they are often subjected to forced treatment. Given appropriate supports and full protection of their civil rights, the great majority of people with psychiatric disabilities are quite able not only to participate in their own health care but to become fully productive and creative members of mainstream society. But those simple supports and protections are rarely provided. Millions of people with psychiatric disabilities exist as virtual outcasts. This massive discrimination costs our nation uncounted billions of dollars in obsolete services and lost productivity. It is important, in the land of liberty and justice for all, it is morally intolerable." ~

The National Council on Disability (NCD) is an independent US federal agency, composed of 15 members appointed by the President, by and with the consent of the U.S. Senate.

MindFreedom International (MFI) is an independent nonprofit working for human rights and alternatives in mental health.

JOIN or renew MindFreedom membership by donating here: www.mindfreedom.org/join-donate

The Comedy Cure By Kathryn M Tyranski

Laughter reduces stress, improves memory and helps keep our hearts healthy. The ability to laugh is hardwired into our systems, and new research shows that it's not only good for us, it's contagious. There's a reason sitcoms and stand-up are funnier when we're in a group: When we see someone laugh, our brain seems to activate "mirror neurons" that send us into the same fit of laughter.

A little lightheartedness can lead to more positive approach in everyday situations, says Kelly McGonigal, PhD, a Stanford University psychologist. She teaches guided laughter, a group technique in which you prep your body for the physical work of laughter to reap the benefits: joy and social interaction. "All efforts we put into reducing stress we ought to put into laughing," says McGonigal.

Humor therapy could one day be part of preventive care. A good giggle helps you:

Scorch Calories- Laughing for 10 to 15 minutes increases your heart rate by 10% to 20%, which means you can burn an extra 10-40 calories a day. Over a year, that can add up to a four-pound weight loss.

Ease Pain – In a UCLA study funded by Rx Laughter, a group that promotes research on the connection between humor and health, experts discovered that children tolerated pain better than usual when watching a funny program or video.

Stay Healthy – Humor increases the production and effectiveness of natural killer cells that stomp out germs. These cells are elevated for at least 12 hours after just an hour of watching, say, Will Ferrell run around in his underwear.

SOURCE: Reader's Digest September 2007

Joyz of Artz Now at the Action Center

Joyce of Joyz of Artz will be giving art lessons at the Action Center for Prosumers on Mondays from 11-12 and on Wednesdays from 11-12. There is a \$5 charge for you to keep your canvas or you can opt to put your painting up for sale and Prosumers will keep 60% and you will receive 40%. You can bring your own canvas and there will be no charge for use of brushes, paints or instruction. Call 210-212-6586 ext 210 for more information.

Laugh like you mean it! Live like you want it! Dream like you believe it! Love like it will never end! — Janet Paleo

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.

Feb 2, 2010

Regular Meeting

6:30-8:00 p.m.

Feb 16, 2010

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



Prosumers lose a friend and an advocate

Udanna Gonzalez Garza, born October 1, 1979, passed from this life on December 28, 2009. She graduated from St. Philip of Jesus School in 1994 and graduated from Luther Burbank High School in 1998. She is survived by her husband, Arthur Garza Jr.

Arthur and Udanna are long standing members of the Prosumer group. They met at a meeting and fell in love. Udanna was one of the founding members even before we were called "Prosumers".

Udanna was in one of the first videos made about Prosumers and how this organization helped her to create a foundation from which to grow.

She spoke out to educate others about mental illness. I often was contacted by her to put another person who needed to know on the Prosumer mailing list. She did an interview with the San Antonio Express News that was entitled, "A Beautiful Mind".

Yes, Udanna had a beautiful mind, but she also had a beautiful spirit. She was an artist and I have one of her paintings called "Recovery". She worked on a mural located downtown and sometimes sold at First Friday.

She loved children. She loved organizing events. Her dream was to someday start a center where people with mental illness could receive help and to learn that recovery was possible utilizing the Prosumer model.

Udanna, you were much too young to leave us. There is a hole in our community. Although you are gone, you will not be forgotten. I will miss you, my friend.

SAMHSA's 10 Strategic Initiatives

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. Over the years SAMHSA has demonstrated that - prevention works, treatment is effective, and people recover from mental and substance use disorders. Behavioral health services improve health status and reduce health care and other costs to society. Continued improvement in the delivery and financing of prevention, treatment and recovery support services provides a cost effective opportunity to advance and protect the Nation's health. To continue to improve the delivery and financing of prevention, treatment and recovery support services SAMHSA has identified 10 Strategic Initiatives to focus the Agency's work on people and emerging opportunities. The 10 Initiatives are described below with the Agency lead identified.

Prevention of Substance Abuse and Mental Illness (Fran Harding, Director, CSAP)

Create prevention prepared communities and to focus on prevention of mental illness and substance abuse, focusing first on children and youth, and eventually serving individuals, families, peers, schools, businesses and communities across the lifespan.

Violence and Trauma (Kana Enomoto, Principal Senior Advisor to the Administrator)

Reduce the behavioral health impacts of violence and trauma and integrate trauma-informed services in prevention and treatment programs in States and communities, and throughout the health service delivery system to address root causes of pervasive, harmful, and costly public health problems.

Military Families - Active, Guard and Veteran (Kathryn Power, Director, CMHS)

Support of our service men and women and their families and communities by leading efforts to ensure needed behavioral health services are accessible and outcomes are successful.

Housing and Homelessness (Kathryn Power, Director, CMHS)

Provide housing and reduce the barriers that homeless persons with mental and substance use disorders and their families experience when accessing programs that sustain recovery.

Jobs and Economy (Larke Huang, Senior Advisor to the Administrator)

Use funding streams to boost employment opportunities in communities for people in need of jobs including people with mental and substance use disorders.

Health Insurance Reform Implementation (Ric Broderick, Deputy Administrator)

Achieve equality with all other health conditions for the prevention and treatment of mental and substance use disorders.

Health Information Technology for Behavioral Health Providers (Westley Clark, Director, CSAT)

Ensure the behavioral health provider network, including prevention specialists and consumer providers, fully participate with the general health care delivery system in the adoption of health information technology.

Behavioral Health Workforce - In Primary and Specialty Care Settings (Westley Clark, Director, CSAT)

Provide a coordinated approach to address workforce development issues affecting the behavioral health service delivery community.

Data and Outcomes - Getting Results (Pete Delaney, Director, OAS)

Realize an integrated data strategy that informs policy and measures program impact leading to improved outcomes for people in need of services.

Public Awareness and Support (Mark Weber, Director, Office of Communications)

Change how mental health and substance abuse services are perceived so that people seek help for these conditions with the same urgency as any other health condition.

Source: CMHS CONSUMER AFFAIRS E-NEWS JANUARY 22, 2010

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.
www.bexarhomecomforts.com

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 info

**We are the ones
we have been
waiting for!**

2010 February 2010

	MON	TUE	WED	THUR	FRI	SAT
	Feb 1 Joyz of Artz 11-12 @Action Center Laughing Qigong 2:00-3:00 @ Action Center DBSA 7 pm @8026 Floyd Curl	Feb 2 Skill Building 1:00-2:00 @ Action Center South Africa Conf Mtg 1-2 @ Action Center	Feb 3 Joyz of Artz 11-12 @Action Center Game Day Social Event 1:00—3:00 Action Center	Feb 4 Arts & Crafts 10-12 @ Action Center	Feb 5 Journaling 10:30—11:30 @ Action Center IPS Training 12-4@ Action Center	2/6 IPS Training 9-4:30 in Austin
7	Feb 8 Joyz of Artz 11-12 @Action Center Laughing Qigong 2:00-3:00 @ Action Center DBSA 7 pm @8026 Floyd Curl	Feb 9 Skill Building 1:00-2:00 @ Action Center NAMI 7 pm 510 Belknap	Feb 10 Joyz of Artz 11-12 @Action Center Come and Go Valentines Movie Social Event with cards and cupcakes 1:00—3:00 Action Center Mental Health Support Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261	Feb 11 Prosumer Action Center closed due to the African American Conference in Austin	Feb 12 Prosumer Action Center closed for all to attend the Prosumer Meeting 12-3 @ 510 Belknap	2/13 IPS Training 9-4:30 in Austin
14	Feb 15 Prosumer Action Center Closed for President's Day CHCS Closed	Feb 16 Skill Building 1:00-2:00 @ Action Center Prosumer Evening Meeting 6-9 LA PAZ 530 San Pedro EARLY VOTING BEGINS	Feb 17— National Random Acts of Kindness Day Joyz of Artz 11-12 @Action Center Fat Wednesday Social Event New Orleans style Party 1:00—3:00 Action Center	Feb 18 Arts & Crafts 10-12 @ Action Center	Feb 19 Journaling 10:30—11:30 @ Action Center IPS Training 12-4@ Action Center	2/20 IPS Training 9-4:30 in Austin
21	Feb 22 Joyz of Artz 11-12 @Action Center Laughing Qigong 2:00-3:00 @ Action Center DBSA 7 pm @8026 Floyd Curl	Feb 23 Prosumer Action Center closed for Focus for Life Training 9-4:30 @ Action Center	Feb 24 Prosumer Action Center closed for Focus for Life Training 9-4:30 @ Action Center	Feb 25 Prosumer Action Center closed for Focus for Life Training 9-4:30	Feb 26 Journaling 10:30—11:30 @ Action Center IPS Training 12-4@ Action Center	2/27 IPS Training 9-4:30 in Austin

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

Prosumer Numbers

January 08 SA Prosumer Day Meeting 27 in attendance
 January 19 SA Prosumer Evening Meeting 14 in attendance
 Prosumer Newsletter circulation 2,330

Prosumer Action Center December Numbers

Eighteen (18) volunteers provided 348.7 hours
 Held public education on & increased awareness of MI to 22 people
 Outreach occurred to 330 consumers and families
 Empowered 14 consumers to become self-sufficient
 Referred 4 people to services in the community
 26 people attended groups at the Action Center
 22 unduplicated people served at the Action Center this month
 A total of 126 services were provided

Focus for Life Training FY'10

33 people have completed full curriculum
 27 people attended an completed partial training
 Trainings scheduled:
 February 23-25 in San Antonio
 March 29-31 in Austin

Intentional Peer Support FY'10

February 6—March 13 in Austin—5 full days
 February 6—May 7 in San Antonio—10 half days

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

~
4th Annual National Peer Specialist Conference
August 23-25, 2010 in Chicago, Illinois
At the Westin Yorktown-Lombard

CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

Prosumer Action Center— located at 1921 Burnet, 210-212-6586, Michelle Mata Office Manager ext. 201
www.ProsumersInternational.org , Mailing Address: PO Box 120394, San Antonio, TX 78212
 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

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

CHCS Adult Mental Health Intake—210-223-4061

Children's Clinic —Address is 711 E. Josephine 210-299-8139

Children's Clinic for Eligibility/Enrollment—Address is 1200 Broadway 210-223-4061

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 # 101 210-615-5700

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# 229 210-733-3247 Office

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

NAMI SA - National Alliance on Mentally Illness 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.



Our Elected Officials

SENATOR LETICIA VAN DE PUTTE,
 SENATE DIST 26
 700 N. Saint Mary's St., Suite 1725-A, SA, TX 78205
 (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.ncmhcsso.org

The Center for Health Care Services

www.CHCSBC.org

A website for all TX government departments

www.texas.gov

National Empowerment Center a consumer

technical Assistance Center www.Power2u.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

Mental Health Self Help Clearinghouse

<http://mhselfhelp.org/>

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.gcflernfree.org/

For more information specific to their current situation and the transition to Medicare Rx

www.texasmedicareRx.org

Blog for discussion of mental illness in veterans by Dr. Maria Felix-Ortiz

www.bexarinmind.org

Assistance with household goods for people with chronic mental illness. Home Comforts

www.bexarhomecomforts.com

NAMI

www.nami.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 Braunfels 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-Star Trek (2009)

Date: 2/2/2010 **Start Time:** 6:30 PM

Description: In this prequel, we meet James T. Kirk, Spock, Bones, Uhura and the rest of group who will become the famed crew of the Enterprise. This film follows the early days and struggles of the team on their first mission out of Starfleet Academy.

Library: Central Library in the Auditorium

Other Information: Feel free to bring snacks. This film is intended for a mature audience. One hour free parking with a validated ticket. For more info call 210-207-2500

San Antonio Rodeo

Fridays Only Feb. 5, 12, 19 \$1 Admission from 8am-6pm Rides, hot dogs, popcorn and sodas are \$1 each in Carnival Area all day

Feb 2 International Folk Dancing at 7:30pm Everyone welcome - Young, Old, Singles, Couples, Families No partner or experience necessary No costumes, just fun Heritage Hall @ 4707 Broadway at Incarnate Word

Feb 6 Stargazing Party. San Antonio Astronomical Association offers the opportunity to view the early evening stars with high tech telescopes. Bring a folding chair and a flashlight covered with red cellophane. 6 - 8 p.m. Medina River Natural Area, 15890 Highway 16 South. Donations suggested \$2 per person, \$4 per family. 624-2575 for reservations.

Feb. 12 Therapeutic Recreation Program Valentine's Day Dance. 10 a.m - 1 p.m. This free dance is for people with disabilities and their families. Hot dogs and chips will be served or bring your own sack lunch. Lincoln Community Center, 2915 E. Commerce. RSVP by calling 207-3210.

Feb 13 Chocolate Day. Indulge your appetite for knowledge about everyone's favorite botanical treat—chocolate! See a real cacao tree, sample chocolate treats, and learn about the botany and history of chocolate. San Antonio Botanical Garden, 555 Funston

Have An Open Mind

To have an open mind means to be willing to consider or receive new and different ideas. It means being flexible and adaptive to new experiences and ideas.

Cultivating an open mind is another valuable outcome of critical thinking and reasoning. Now more than ever we live in a world that is constantly changing.

In order to keep up, we must be open to new experiences and new ways of looking at things. If we do not stay current we will miss out on the wonderful new technologies such as the Internet, cell phones, digital photography, ipods, etc. that are making our lives easier and more interesting every day.

People who are open-minded are willing to change their views when presented with new facts and evidence. Those who are not, and are resistant to change and will find life less rewarding and satisfying, not to mention dull.

If we limit ourselves to what we knew and were more comfortable with in the past, we will become more and more frustrated.

Society as a whole has become more liberal, and circumstances that were not acceptable years ago are accepted now.

If we choose to approach life in the same way day after day, as well as becoming bored and uninspired, we will reduce our intellectual aptitude.

If, on the other hand, we seek new ways of doing and looking at things, we will expand our intellectual capability, find life more exciting, and broaden our experiences.

Being open-minded also helps us with problem solving. First it helps us look at more than one way to approach a problem; then we find more expansive ways of solving it. When we give ourselves more options, better solutions are undoubtedly more available to us.

Ultimately, having an open mind helps us expand our horizons and be more diverse and interesting persons.

People who are open Minded:

**Are more accepting of others and
have fewer prejudices**

Are more optimistic and make the most of life

Have less stress because

they are more open to change

Have better problem solving skills

Want to learn more, therefore are more interesting

SOURCE: www.essentiallifekills.net/openmind.html

Editors Note: This space did contain an article about the development of a New Texas Consumer Group. However, the committee could not come to agreement on the article. Therefore it was pulled. Please look for up coming articles, when we come to agreement.

Be the Change

By Janet Paleo

I don't know if it is the weather or the season, but so many people have communicated that they are feeling down or not doing well. In responding to one such individual, I thought it might be helpful to share with all of you. First I wanted to share about a revelation that I had one morning at about 2 a.m. that has had me put a lot of things into perspective.

On this morning, I woke with the startling revelation that I was the source of world peace. Prior to this revelation, I would have told you that I was too insignificant to be the source of world peace. What I realized in my dream was that there could be no world peace if there were not peace in the United States. There could not be peace in the United States if there were not peace in Texas. There could not be peace in Texas if there were not peace in San Antonio. There could not be peace in San Antonio if there were not peace in my home. There could not be peace in my home if there were not peace within me. I am the beginning of world peace. And whether it is world peace, world love, world acceptance, or whatever you want to see happen in the world, it starts with you being that. As Gandhi said "Be the change that you want to see in the world." When you are being that, how you respond to life events can dramatically change.

Second, as a matter of discussion and a place to look from, are a series of questions to help you move through this time in your life. I think it is important to note that from everything that we go through; there is an opportunity to grow. So the introspective questions are:

- ◆ Are you doing what gives you joy in the world?
- ◆ Are you making time to laugh each day, even if you don't mean it (or even better you mean it)?
- ◆ Are you looking for the miracles of life each day (I promise they are there)?
- ◆ Are you acknowledging that you are perfect, whole and complete no matter what your mind or body is telling you?
- ◆ Can you stand and declare that for the next hour (or whatever time limit you want to put on it – 10 minutes, etc.) you love life and yourself (afterwards you can go back to how you were doing it before)? If that works repeat at least once a day or as often as you want.
- ◆ Are you in communication with your higher power (writing is a good way to do this)?
- ◆ Are you leaving words unsaid (a huge zipper of energy and hope)?

So my friend be the change you want to see in your life today. Use the tools in this article, use the support of friends and use the power of self determination to help you through this time. Love yourself as you want others to love you.

Recovery is Possible!

From Privileges to Rights: People Labeled with Psychiatric Disabilities Speak for Themselves A Report by the National Council on Disabilities (NCD)

HERE are ten core recommendations from the report's Executive Summary: <http://www.ncd.gov/newsroom/publications/2000/privileges.htm#exe>

Core Recommendations

...NCD has developed 10 core recommendations in this report. These policy recommendations should be viewed from the context of the larger report, which [can be found at the web address below]. These deeply held core beliefs form, however, a dynamic backdrop to highlight the human and civil rights of people who have experienced the mental health system, people who should be viewed as the true experts on their experiences, beliefs, and values, which should be used as a guiding force for changing public policy related to these issues in America.

- 1. Laws** that allow the use of involuntary treatments such as forced drugging and inpatient and outpatient commitment should be viewed as inherently suspect, because they are incompatible with the principle of self-determination. Public policy needs to move in the direction of a totally voluntary community-based mental health system that safeguards human dignity and respects individual autonomy.
- 2. People** labeled with psychiatric disabilities should have a major role in the direction and control of programs and services designed for their benefit. This central role must be played by people labeled with psychiatric disabilities themselves, and should not be confused with the roles that family members, professional advocates, and others often play when "consumer" input is sought.
- 3. Mental** health treatment should be about healing, not punishment. Accordingly, the use of aversive treatments, including physical and chemical restraints, seclusion, and similar techniques that restrict freedom of movement, should be banned. Also, public policy should move toward the elimination of electro-convulsive therapy and psycho surgery as unproven and inherently inhumane procedures. Effective humane alternatives to these techniques exist now and should be promoted.
- 4. Federal** research and demonstration resources should place a higher priority on the development of culturally appropriate alternatives to the medical and biochemical approaches to treatment of people labeled with psychiatric disabilities, including self-help, peer support, and other consumer/survivor-driven alternatives to the traditional mental health system.
- 5. Eligibility** for services in the community should never be contingent on participation in treatment programs. People labeled with psychiatric disabilities should be able to select from a menu of independently available services and programs, including mental health services, housing, vocational training, and job placement, and should be free to reject any service or program. Moreover, in part in response to the Supreme Court's decision in *Olmstead v. L. C.*, State and federal governments should work with people labeled with psychiatric disabilities and others receiving publicly-funded care in institutions to expand culturally appropriate home- and community-based supports so that people are able to leave institutional care and, if they choose, access an effective, flexible, consumer/survivor-driven system of supports and services in the community.
- 6. Employment** and training and vocational rehabilitation programs must account for the wide range of abilities, skills, knowledge, and experience of people labeled with psychiatric disabilities by administering programs that are highly individualized and responsive to the abilities, preferences, and personal goals of program participants.
- 7. Federal** income support programs like Supplemental Security Income and Social Security Disability Insurance should provide flexible and work-friendly support options so that people with episodic or unpredictable disabilities are not required to participate in the current "all or nothing" federal disability benefit system, often at the expense of pursuing their employment goals.
- 8. To** assure that parity laws do not make it easier to force people into accepting "treatments" they do not want, it is critical that these laws define parity only in terms of voluntary treatments and services.
- 9. Government** civil rights enforcement agencies and publicly-funded advocacy organizations should work more closely together and with adequate funding to implement effectively critical existing laws like the Americans with Disabilities Act, Fair Housing Act, Civil Rights of Institutionalized Persons Act, Protection and Advocacy for Individuals with Mental Illness Act, and Individuals with Disabilities Education Act, giving people labeled with psychiatric disabilities a central role in setting the priorities for enforcement and implementation of these laws.
- 10. Federal**, state, and local governments, including education, health care, social services, juvenile justice, and civil rights enforcement agencies, must work together to reduce the placement of children and young adults with disabilities, particularly those labeled seriously emotionally disturbed, in correctional facilities and other segregated settings. These placements are often harmful, inconsistent with the federally-protected right to a free and appropriate public education, and unnecessary if timely, coordinated, family-centered supports and services are made available in mainstream settings.

The complete text of "From Privileges to Rights: People Labeled with Psychiatric Disabilities Speak for Themselves" is available at: <http://www.ncd.gov/newsroom/publications/2000/privileges.htm>

NCD was initially established in 1978 as an advisory board within the Department of Education (Public Law 95-602). The Rehabilitation Act Amendments of 1984 (Public Law 98-221) transformed NCD into an independent agency.