

Recovery is Possible!

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



PROSUMER NEWS

April 2005

Janet Paleo—Editor

Volume 2, Issue 2

Prosumer Meetings
The 2nd Friday of the Month
12 Noon to 3 PM
at the
UHSC School of Nursing
Room 1.222
All Welcome!
7703 Floyd Curl—Enter at the Louis Pasteur
entrance near Babcock.
Buses 91,92

APRIL 8, 2005 MEETING

Come Celebrate in April for our 2 year anniversary of the Prosumer meetings. We will look at what we have accomplished, how we have grown and where we are going. We will also take a look at past meetings and those you would like repeated. We will begin to plan for our next year together. It will be a time of celebrating and growing. Don't miss this one.

MAY 13, 2005 MEETING

TIMA - Resiliency Disease Management Model, if you have not heard these terms yet, you will. All community mental health centers, including the Center for Health Care Services, are required to use these guidelines and models for treatment. This affects your life. Come find out what they are and what they mean to you at our May 13, 2005 meeting! Dr. Steve Shon, the State Medical Director for Behavioral Health, Dr. Lynn Crismon, Psychopharmacologist, and Cindy Hopkins, Special Assistant to the Medical Director for Behavioral Health, will be our guest speakers and will help us understand these treatment approaches.

Prosumer meetings start with food so please remember to **RSVP to 210-736-5034** so that we have enough food to feed everyone. We will see you there!!

Center Shows Dedication To Consumers/Families

The Center for Health Care Services continues to demonstrate its dedication to consumer and family support and education. Ms. Francis Wise has been hired to coordinate these services for the Center and to expand the existing groups and classes at the Zarzamora clinic to all of the Center clinics. This will make it easier for consumers and family members to access the supports that empower and stimulate recovery. If you would like to share your ideas about these services call Ms. Wise at 210-



Texas Legislature

Seventy Ninth Legislature

**Senate budget restores
health costs
\$139 billion spending plan
restores cuts to Medicaid, CHIP**
By ROBERT T. GARRETT

AUSTIN – Mushrooming health-care costs continue to drive the state budget, helping to push two-year spending to \$139 billion in state and federal funds in an outline approved by the Senate Finance Committee on Monday.

The spending plan, which goes to the full Senate on Wednesday, represents a \$13 billion increase from the current budget. At least \$3 billion of the increase would go to cover higher medical bills for public employees, the poor and state inmates.

Lt. Gov. David Dewhurst said he recently pleaded with President Bush for increased federal funding for Medicaid and the Children's Health Insurance Program, two health insurance programs for the poor.

Mr. Dewhurst said states will face terrible budget choices if they don't receive additional federal money for Medicaid and CHIP, or more discretion to charge higher co-payments or tailor benefit packages to groups served by the programs.

"Unless the federal government in-



Smile For You

Smiling is infectious,
you catch it like the
flu,

When someone smiled
at me today, I started smiling too.
I passed around the corner and
someone saw my grin
When he smiled I realized I'd
passed it on to him.
I thought about that smile then I
realized its worth,
A single smile just like mine could
travel around the earth.
So, if you feel a smile begin, don't
leave it undetected
Let's start an epidemic quick and
get the world infected!

Internet Peer Support Research Study For People With Mental Illnesses

A study on new forms of peer-support is looking for mental-health consumers interested in participating in an internet-based support group. The UPenn Collaborative on Community Integration is looking for participants who will use e-mail for peer/recovery support. This group can connect you 24-hours a day, 7-days a week to a community of supportive peers, in your own home or anywhere you can access the Internet!

We are looking for people who:

- Have been diagnosed with a mental illness, other than anxiety disorders
- Have access to a computer and the Internet
- Would consider using the Internet for support and information
- Are United States Residents
- Are fluent in English

Participants will be compensated for their participation in this study.
If you want to participate or would like more information, please email us at the following address: mhsupp@mail.med.upenn.edu

Public Service Scholarship Program for Students with Disabilities



Through a partnership with the U.S. Department of

Labor's Office of Disability Employment Policy, The Washington Center is working to help students develop leadership skills and gain valuable work experience in the public sector. The American Association of People with Disabilities (AAPD) offers technical guidance and support to the program.

The Washington Center is able to provide a total of 50 competitive scholarship

awards in the amount of \$7,430 for students with disabilities interested in working in the executive, judicial or legislative branches of the federal government during the spring 2005 and fall 2005 semesters (scholarships are not available in the summer).

APPLICATION REQUIREMENTS

- Self-identify as a person with a disability as defined by the American with Disabilities Act (ADA).

ADA defines a person with a disability as:

a person with a physical or mental impairment that substantially limits one or more major life activities

OR

a person that has a record of such impairment
OR
a person that is regarded as having such impairment

Provide a letter from your campus disability services office, a vocational rehabilitation office OR a physician treating you for your disability confirming the fact that you have a disability.

Available only to U.S. citizens.

Submit application by deadline for competitive placements and awards. Applications are welcome after that date, but will be processed on a space-available basis. For more information contact Jennifer Taransky, The Washington Center for Internships & Academic Seminars. Phone: 202-457-0046, or email: jen-nyt@twc.edu.

“Do, or do not. There is no 'try'.” - Yoda ('The Empire Strikes Back')

Senate budget restores health costs (continued)

increases the amount of funds going into Medicaid and the CHIP program, and/or provides us additional flexibility, every state in the union is going to have a Waterloo in their budget," he said.

Senate Finance Committee Chairman Steve Ogden, R-Bryan, said he had to increase spending by nearly 19 percent over two years for Medicaid, CHIP, inmates' medical care and the health coverage of current and retired state employees and retired teachers.

"You're beginning to see more and more of that budget getting eaten up by the persistent and very high inflation rate in health care," Mr. Ogden said.

Health-care analysts find different lessons in the state's predicament – and offer different solutions.

"Medicaid and CHIP, we know, are going to bankrupt every state in the country unless we do something differently," said Mary Katherine Stout, health-care policy analyst at the Texas Public Policy Foundation, which advocates free markets and limited government.

"Taxpayers can't afford for our

plan for the uninsured to be more government health care," she said. "I think we need to be looking at things like health spending accounts and things that make health insurance more affordable for small business."

Anne Dunkelberg, a former state Medicaid official who is assistant director of the Center for Public Priorities, which advocates for low-income Texans, said the majority of the \$17 billion a year that Texas spends on Medicaid pays for the care of elderly and disabled adults.

"And it's never going to be easy to cut back on what we spend on those people," she said.

Also, she said, 2 million of the 2.6 million Texans enrolled in Medicaid are children. At least 70 percent of those youths are in "working households," she said.

But employers don't offer health coverage their parents can afford, Ms. Dunkelberg said, and "I don't think you can ever expect to find a solution to growing Medicaid costs outside of a national solution to health-care costs in general."

Like their House counterparts, Senate budget writers would restore vision and dental benefits in CHIP

but would not return the program to yearly re-enrollment. The Senate also would completely restore mental health coverage in CHIP, which was reduced in 2003.

The Senate also is taking a stab at reducing by 5 percent the waiting list of more than 100,000 Texans who seek in-home care, mental health counseling, respite care for parents of the mentally retarded and other services that keep the infirm out of costly institutions.

Similar incremental measures also are proposed to undo some of last session's cuts in Medicaid without breaking the state's bank and forcing more taxes. Some of these include: restoring for adults coverage of glasses, hearing aids, mental health counseling and podiatry services – all of which lawmakers eliminated two years ago.

Coverage of adults who have been impoverished by catastrophic medical bills also would be partially restored.

Even with the baby steps to reinstate some benefits, the Senate's plan is more generous to social programs than the House version, which also is nearing completion. The House plan proposes spending more than \$1 billion less on health-care and human services.

SOURCE: The Dallas Morning News Monday, March 21, 2005

Corner for those with Cognitive Disabilities

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.

April 4, 2005

6:30 - 8:00 p.m.

April 18, 2005

6:30 - 8:00 p.m.

Brighton, the Center for
Inclusive Communities

14207 Higgins

(One-half mile west of
Nacogdoches, between
Thousand Oaks and
O'Connor)

Judith Laufer, Advisor

210-828-7125

PARTNERS IN EMPLOYMENT

Brought to you by *Partners in Policymaking* ©

We are pleased to announce a new, free resource online to assist people with disabilities find meaningful jobs and jumpstart their careers.

"Partners In Employment" (available at <http://www.partnersinpolicymaking.com/employment/>) is a self-study, Internet-based learning program, created to give users the practical skills needed to find real, competitive employment in their own community.

After completing this free course, participants will:

- ✓ Understand the hiring process and how it might differ for people with disabilities
- ✓ Know how to succeed with their strengths, skills, and interests
- ✓ Create a resume or portfolio that presents a person and his or her abilities in the best light
- ✓ Know how to network and identify potential employers
- ✓ Be prepared for a successful job interview
- ✓ Know how to evaluate a job offer and make sure it fits a person's skills and dreams

Information in this course is relevant and useful regardless of where a participant is located. "Partners in Employment" is part of the continuing effort to create a new employment culture - one in which willing workers are welcomed and embraced by satisfied employers and a supportive public.

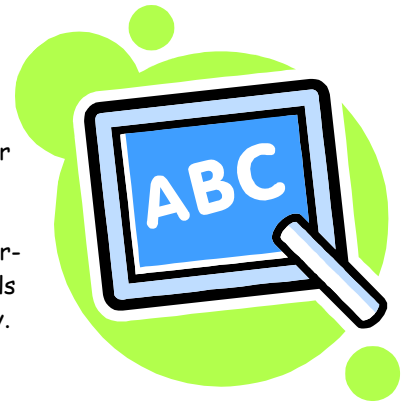
Partners in Policymaking © is an innovative, award-winning leadership training program for adults with developmental disabilities and the parents of young children with developmental disabilities throughout the world.

Special Needs Trust Administration Manual: A Guide for Trustees

By Barbara D. Jackins, Esq., Richard S. Blank, Esq., Peter M. Macy, Esq., Harriet H. Onello, Esq., and Ken W. Shulman, Esq.

Published by People with Disabilities Press at iUniverse (2004): \$15.95

Contact: Stanley D. Klein, Ph.D., Series Editor 33 Pond Avenue #807, Brookline, MA 02445



NEW BOOK ON MANAGING SPECIAL NEEDS TRUSTS

The *Special Needs Trust Administration Manual: A Guide for Trustees* is a valuable reference guide for anyone who is managing a special needs trust for a person with disabilities. In an uncomplicated, user-friendly way, it explains the rules that govern Special Needs Trusts and how those rules relate to the many complicated government benefit programs that assist people with disabilities.

The *Manual* is for laypersons, such as friends and family of a person with disabilities, and for professionals, including attorneys, financial planners, and social workers—anyone who is administering (or considering administering) a Special Needs Trust. It is concise, easy to use, and packed with helpful information.

In clear, easy to understand language, the authors (all attorneys experienced in guiding trustees through the complex rules of Special Needs Trusts) explain how a trustee can use trust funds to meet the medical, recreation, and transportation needs of a person with disabilities without risking the benefits of government programs such as SSI, SSDI, Medicaid, and Section 8 housing. The authors give useful advice and provide many concrete examples.

The *Manual* is a practical reference book that answers common questions such as:

- What are my responsibilities to the disabled beneficiary? -Can I spend money for a car, trip, or gift? -Can I buy a house or condominium, and if so, who should own the property? -What expenses can I safely pay without risking SSI benefits? -How do I open a bank account? -Does the trust need its own taxpayer identification number? -What happens if I need to resign? The *Manual* also explains trustee's bond, fees, record keeping, accounting requirements, and fiduciary and investment responsibilities.

Although the *Manual* explains how federal laws and regulations are applied in Massachusetts, it can be useful throughout the United States. Massachusetts laws, especially in respect to Medicaid, may differ significantly from other states' laws. Trustees outside Massachusetts should work with a local attorney who can guide them through the standards and practices in their state.

"I wanted to let you know how much I appreciated this manual for trustees. I have been working with families...and I am a mother of a very involved child...Many parents become trustees, as well as close relatives and family members. This is a great guide to their responsibilities as well as providing much needed resources and information...the language is easy to understand and the legalese is kept to a minimum. I recommend it to professionals and lay people alike." -Annette M. Hines, Attorney at Law, Natick, MA

OPINION

Observer Mail

Friday, March 4

Mental health awareness in The Gambia

Editor,

When we hear the term mental health, many of us think first of mental illness. But mental health is far more than a mere absence of mental illness.

Mental health has to do with everybody's everyday life. It means the overall way that people get along in their families, at school, on the job, at play, with their associates and communities.

It has to do with the way each person harmonises his/her desires, ambition, abilities, ideals, feelings and conscience in order to face the demands of life. There is no line that neatly divides the mentally healthy from the unhealthy. Mental health and illness are complex, confusing issues. Even the everyday stresses that each of us sometimes faces can be frightening and difficult to talk about. Remember that we all sometimes suffer from some form of mental or emotional illness. Symptoms range from anxiety and stress to more severe forms of depression or even severe psychoses.

My fellow Gambians, we must remember that people with mental illness have needs, dreams and hopes just like you and me. Mental illness remains a challenge, mental health a goal for everyone. I am asking all Gambians to join in the creation of the beginning of an awareness campaign, that will lead to setting the goals of providing improved services for our own brothers and sisters with mental illness including medical treatment, food and housing.

Together we can all speak as advocates. We can eliminate the culture of ignorance and prejudice against people with mental illness, by educating ourselves, providing community education, and advocating for improved awareness and improved services and creating opportunities for empowerment of persons with mental illness. Our efforts will offer hope and opportunity for those with mental illnesses.

Our vision should be a just, humane and healthy society where all people are treated with respect, dignity, and the opportunity to achieve their full potential free from stigma and prejudice. Let's remember that our values as Gambians is that every person, regardless of their disability and other characteristics such as tribe, gender, age, economic status, has the right and responsibilities to full potential in our society.

With the support of every Gambian, we could work to inform the Gambian public about mental illness by distributing information about mental illness through every means of communication. It is necessary that we extend our culture of kindness and generosity and give continuous support to family members and consumers to cope with the day-to-day challenges of living with mental illness.

I believe that mental health has to do with how you feel about yourself, how you feel about others, and how you are able to meet and handle the demands of life. It is not the absence of problems. Rather, it describes the ability to balance problems with appropriate coping skills. Most people believe that mental disorders are rare and happen to someone else. But mental disorders are common and widespread.

Compared to other public health problems, mental illness is a giant, half hidden in shadow. For every person suffering from mental illness, there are many others who are directly affected. The patients themselves are not simply maladjusted, unhappy people who nonetheless manage to function, but those who have little or no contact with reality, despite longing and strenuous effort. My visits to the only mental health hospital in The Gambia confirms this in a harrowing way.

The fact is that in spite of the isolation of the mentally sick from the community, once hospitalised, they are still very much among us,

although virtually ignored. Few beside hospital personnel and visitors are aware of the agony and terror suffered by the paranoiac; by hearing voices; by constantly fearing imminent death; by feeling that a chair is a mortal enemy; by screaming incessantly and uncontrollably; by losing all memory; and by being locked up.

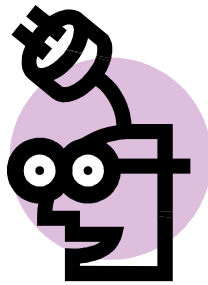
Knowing the level of ignorance about mental illness in The Gambia and discrimination and rejection against people with the illness, we have come a long way but there is more to be done. The steps taken in the last ten years in treating mental illness are large and impressive, coming, however, after centuries of unbridled growth of such disease.

Now is the time to replace the past inhumane treatment of people with mental illness, with more active public interest and awareness of the problem. For the first time in history there is sound basis for hope that mental illness can be controlled and that the disturbed individual may not be consigned for life to his sickness.

Bulli Dibba
Minnesota

Editors Note: I included this because it is good for us to look at what happens in other countries and realize that they need the same things we need.

Mindfulness



I recently found several articles of how to address things that increases mindfulness and energy. I found them useful, so I would like to share those with you. The first is from an article called "Practicing Patience" from the April 2005 edition of Prevention Magazine.

- Focus on the journey, not the destination. When you're doing a chore, such as washing dishes, concentrate on doing the task rather than on finishing. Most tasks become enjoyable through this practice of mindfulness.
- Wait 24 hours before making a big purchase. Ditto for other impulse decisions. Take the time to think and ask yourself how the decision will affect your life and the lives of others now and in the future.
- Think of an act of kindness and then do it for a stranger. It's spring. You could start a six-pack of flowers and leave it anonymously on someone's desk, doorstep, or at a nursing home or hospital

Another article from Natural Health Magazine from Dec/Jan 2005 issue in the article "How to be mindful":

This is a useful exercise on intentions. It is based on every act having three stages: before, during, and after.

Before you do anything, ask yourself if the act is for the benefit of all beings, including yourself. If your heart says yes, do it. If it answers no, don't.

During the act, ask again. If the answer still comes up yes, continue what you're doing. If it comes up no, stop.

After the act is over ask once more. If you get a yes, fine. Get a no? Then make amends.

The point is to never do anything without reflecting on it along the way. Otherwise, your conscience may catch up with you and let you know that you've harmed others, which will cause you great suffering. If you follow this advice, says Boorstein, you will have bliss of blamelessness.

2005 April 2005

SUN	MON	TUE	WED	THUR	FRI	SAT
3/27	March 28 Arts & Crafts 1-3 Zarzamora DBSA 7 pm 682-2746	March 29 TIMA Class 1-2:30 Zarzamora	March 30 Arts & Crafts 1-3 Zarzamora	March 31 DBSA #2 7 pm 979-7836	April 1 Texas Team Solutions Workshop 9-5 CHCS Please RSVP	4/2
4/3	April 4 Arts & Crafts 1-3 Zarzamora DBSA 7 pm 682-2746	April 5 TIMA Class 1-2:30 Zarzamora Bilingual Consumer Support Group 6:30-8 Zarzamora NAMI 7 pm 510 Belknap	April 6 Women's Support Group 10-11:30 am Zarzamora Arts & Crafts 1-3 Zarzamora	April 7 DBSA #2 7 pm 979-7836	April 8 Prosumer Meeting 12-3 School of Nursing	4/9
4/10	April 11 Arts & Crafts 1-3 Zarzamora DBSA 7 pm 682-2746	April 12 TIMA Class 1-2:30 Zarzamora MRPAC 3-5 CHCS NAC 6-8 CHCS	April 13 Arts & Crafts 1-3 Zarzamora	April 14 DBSA #2 7 pm 979-7836	April 15	4/16
4/17	April 18 Arts & Crafts 1-3 Zarzamora DBSA 7 pm 682-2746	April 19 TIMA Class 1-2:30 Zarzamora Bilingual Consumer Support Group 6:30-8 Zarzamora	April 20 Women's Support Group 10-11:30 am Zarzamora Arts and Crafts 1-3 Zarzamora	April 21 DBSA #2 7 pm 979-7836	April 22 CHCS will be closed Battle of the Flowers	4/23
4/24	April 25 Arts & Crafts 1-3 Zarzamora DBSA 7 pm 682-2746	April 26 TIMA Class 1-2:30 Zarzamora	April 27 Arts and Crafts 1-3 Zarzamora	April 28 DBSA #2 7 pm 979-7836	April 29	4/30

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

MR PAC – Mental Retardation Planning Advisory Committee

ACMHSA PAC—Adult & Children Mental Health and
Substance Abuse Planning Advisory Committee

NAC—Network Advisory Committee



These committees 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

Zarzamora Clinic - Address is 806 S. Zarzamora 436-8018

East Commerce Clinic – Address is 3474 East Commerce 227-3401

West Annex Clinic—Address is 1115 West Martin 358-3231-Adult; 358-5888-Children

Story Lane Clinic—Address is 104 Story Lane 533-9515

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

DBSA --Depressive Bipolar Support Alliance meets at 8026 Floyd Curl 210-682-2746

DBSA #2 --Depressive Bipolar Support Alliance meets at 8134 Blanco Rd 210-979-7836

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

School of Nursing -- Main Entrance is 7703 Floyd Curl Drive, but the entrance on Louis Pasteur is closer to the room. Room is 1.222. Call if you need a map to Janet Paleo at 210-736-5034.



Useful Websites and Links

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

The National Alliance for Mental Illness
www.nami.org

Texas Mental Health Consumers
www.tmhc.org

Mental Health Association of Texas
www.mhatexas.org

Texas Legislative Online
<http://www.capitol.state.tx.us>

Texas Administration 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.gcflearnfree.org/en/main/students.asp

Free e-mail course for Women with Alcohol problems
www.about.com

The home page gives you lots of information on everything from entertainment to health issues. Go to health and fitness and then click on Addiction problems.

"I may not have gone where I intended to go, but I think I have ended up where I intended to be."

-- Douglas Noel Adams

Rejection's a real pain

A social snub really does hurt as much as a slap in the face. The same brain cells that register physical pain also respond when the injury comes in the form of rejection, UCLA researchers have found.

The neuroscientists monitored brain activity in 13 UCLA undergrads who played a computer ball-tossing game with two unseen partners. In reality, the other "players" were computer generated—and programmed to get nasty. After awhile, they stopped tossing the ball to the students—social rejection. At that, the anterior cingulate cortex (ACC), a region of the brain that registers physical pain, lit up on the study volunteers' brain scans.

Evolution may have hardwired our brains to view a social slight and a broken arm as equally serious threats to our survival, the researchers believe. The antidote? A kiss or a hug could comfort a bruised ACC. "The ACC has a ton of opioid receptors, and opioids, which are released upon touch, are the body's most potent painkillers," says lead study author Naomi I Eisenberger, a UCLA doctoral student.
SOURCE: Prevention Magazine January 05

Editors Note: When I read this article, I thought of the many times that I have been socially snubbed by people because of my diagnosis of a mental illness. One of the worst, was people refusing to let me hold their babies. They were scared for their babies. As one family member told me, "What if you have an episode?" This is only one example and yet I tear up even now thinking of that. We receive many social rejections such as being treated differently in a mental health clinic than we are in a regular doctor's clinic. Having people talk around us or in third person about us. Being stigmatized and discriminated against because of a label put on us. If we become homeless, there are some people who think it would be humane to kill us.



The cure, a kiss or a hug, is also illusive when we face stigma. A lot of us do not have someone we can readily turn to for a hug or a kiss. Our society discourages hugging as a greeting and most people

would back up if you come toward them with your arms open. There are other options. The best option is to ask someone for a hug. Most of our friends and acquaintances will respond by hugging us, as long as we ask first. Additionally, you can hug yourself. You can hug a pet. You can hug a pillow or stuffed animal. It hurts when people socially snub us, but we shouldn't let that stop us from trying to achieve our dreams. As you finish reading this consider yourself hugged by me.

"I have not failed. I've just found 10,000 ways that won't work." - Thomas Edison (1847-1931)

Children's Corner

Editors note: This collection of websites was sent to me through a list serve and thought they would be very use to parents of all children, especially those with special needs. I hope you enjoy them.

Children With Special Needs

- **Books about children with disabilities**

www.math.ttu.edu/~dmettler/dlit

A list of fiction and non-fiction books for children compiled by Donna Metler.

- **Braille Bug**

www.afb.org/braillebug

This site was created to teach sighted children about braille, and to encourage literacy among all children-sighted and visually impaired-in a fun environment packed with games, graphics, and activities.

- **Cornucopia Of Disability Information (CODI): Children with Disabilities**

www.codi.buffalo.edu/children

A collection of links from the State University of New York at Buffalo.

- **Council for Exceptional Children**

www.cec.sped.org

The Council for Exceptional Children (CEC) is the largest international professional organization dedicated to improving educational outcomes for individuals with exceptionalities, students with disabilities, and/or the gifted.

- **Dictionary for Parents of Children with Disabilities**

www.usd.edu/cd/publications/dictionary

The Dictionary for Parents of Children with Disabilities contains terminology used in the fields of testing / evaluation, early intervention, special education, medical services, therapeutic services, family supports, vocational training, independent living and guardianship.

- **DRM WebWatcher : Just for Kids**

www.disabilityresources.org/KIDS

This section of disabilityresources.org describes some neat sites for, by and about kids with disabilities and chronic illnesses.

- **Exceptional Parent Magazine**

www.eparent.com

EP provides information, support, ideas, encouragement & outreach for parents and families of children with disabilities, and the professionals who work with them.

- **Family Village**

www.familyvillage.wisc.edu

The Family Village is a global disability-related community that integrates information, resources,

and communication opportunities on the Internet for persons with cognitive and other disabilities, for their families, and for those that provide them services and support.

- **Federation for Children with Special Needs**

www.fcsn.org

The Federation is a center for parents and parent organizations to work together on behalf of children with special needs and their families.

- **Internet Resources for Special Children**

www.irsc.org

Links to many sites for a wide variety of disabilities.

- **Learning Disabilities**

www.kidshealth.org/kid/health_problems/learning_problem/learning_disabilities

This site explains common learning disabilities to children.

- **LD Online: Learning Disabilities Information & Resources**

www.ldonline.org

An interactive guide to learning disabilities for parents, teachers, and children in English and Spanish.

- **Learning Disabilities Association of America**

www.ldanatl.org

This non-profit organization provides resources and information on learning disabilities.

- **National Center for Learning Disabilities, Inc.**

www.nclld.org

Organization founded to promote public awareness and understanding of children and adults with learning disabilities.

- **National Center of Medical Home Initiatives for Children with Special Needs**

www.medicalhomeinfo.org

The Center provides support to physicians, families, and other medical and non-medical providers who care for children with special needs so that they have access to a medical home.

- **National Dissemination Center for Children with Disabilities**

www.nichcy.org

The Dissemination Center is part of a broad Federal effort to improve results for children with disabilities. Funded by the Office of Special Education Programs (OSEP) at the U.S. Department of Education. for these patrons' participation, use and interest.

- **Parent's Guide to Helping Kids with Learning Disabilities**

www.schwablearning.org

Resources for identifying and assisting children with learning disabilities

- **Social Security and Supplemental Security Income (SSI) Benefits For Children With Disabilities**

www.ssa.gov/pubs/10026

This electronic booklet is written primarily for the parents and caregivers of children with disabilities and adults disabled since childhood. It illustrates the kinds of Social Security and Supplemental Security Income (SSI) benefits a child with a disability might be eligible for and explains how they evaluate disability claims for children.

- **Special Education Resources on the Internet (SERI)**

www.seriweb.com

A collection of information resources for those involved in the fields related to Special Education.

Energy...Want More?

By Chris Lucerne, PCC

Experience an immediate increase in energy by eliminating everything you tolerate. Tolerations come in three major categories... those related to:

- Your environment
- Other people's behavior
- Your own behavior

Tolerations Related to other people's behavior

Surely you've noticed the energy drain that occurs with some relationships or some interactions! Who do you know that is consistently late for appointments, does not return phone calls or things belonging to you, engages in non-stop negative talk, gossip, or who does not converse with you in a respectful way, etc? Stop putting up with it and you can experience an instant energy boost. Here's how:

Ask for what you want!

A simple way of asking..."Would you be willing to support me by ___?" Example: "Would you be willing to support me by being on time for our appointments?"

You must ask in a respectful and pleasant way that honors both you and avoids blame.

Set your boundaries!

Boundaries are the lines that we draw between ourselves and another person when we are unwilling to put up with a certain behavior. Ask for what you want and state the consequences if the boundary is crossed. Example: "Would you be willing to support me by being on time for our appointments, or to call in advance if you are going to be late. I will be willing to wait for five minutes past our appointed time."

Stop contributing to the problem!

In a relationship there are always two contributing parties. While you do not have control over the other person, you do have control over yourself. Discover what you contribute to the recurring problem and then change that! Ask yourself, "How do I add to or make worse the situation? What do I do...or what do I fail to do that keeps this going?"

End dysfunctional relationships!

Sometimes we have been in relationships so long that we don't think about getting out. This applies to all types of relationships. Search your heart for what best serves you. You don't have to know how you are going to end the relationship...you can find a way to do that! First, you must decide.

Reprinted with permission from the "Fitness and Health" March 2005 Edition Chris Lucerne is a Professional Certified Coach

CONSUMER SCHOLARSHIPS AVAILABLE FOR THE WORLD FEDERATION FOR MENTAL HEALTH CONFERENCE



The Center for Mental Health Services, within the Substance Abuse and Mental Health Services Administration, through a contract with AFYA, Inc., is providing financial support to consumers of mental health services who wish to participate in the annual biennial conference September 4-8 sponsored by the World Federation for Mental Health in Cairo, Egypt.

The purpose of the scholarship is to foster transformation of mental health care to focus on recovery. To be eligible for this scholarship, a completed application and letter of recommendation must be received by AFYA by **May 16, 2005**. If you wish to obtain an application, please e-mail consumerscholarships@afyainc.com or call (301) 270-0841, Ext. 249. For conference information, please visit www.medical-design.net/mentalhealth2005 or call (703) 838-7543

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The **Bexar Consumer Family Conference** is in the planning stages now. They are looking for volunteers to help with this year's conference. This year's conference will be at the **Crown Plaza** in San Antonio, **August 25-27, 2005**. The Theme of this year's conference will be "Uniting Our Strengths—Reaching Success; Uniendo Fuerzas—Logrando Exito" Last year's conference was great! Please save these dates on your calendar.

Look for registration forms soon!