

# 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

April

2008

Janet Paleo—Editor

Volume 6, Issue 04

### 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

#### April 11, 2008 Meeting

Unleash the power of your mind. We will be doing a project outlined in Shakti Gawain's 1978 book, Creative Visualization. Come and have fun cutting out pictures and words from magazines

and pasting them onto a collage called a Treasure Map. Shape your future by visualizing what you want today. This is a simple and powerful exercise that is remarkably effective. It is also uplifting and will unleash your inner ten year old as you create your Treasure Map.

#### May 9, 2008 Meeting

Diana Kern, Advocate Extraordinaire from Austin will be speaking to our group about Expecting Recovery. Diana will share her experiences and give helpful tools to take with us that she has used on her recovery journey. She is an awesome public speaker and I know that you will come away from this meeting totally inspired about life.

**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!!**

#### PROSUMER GARAGE SALE

May 2-4, 2008

4218 Eisenhower Road

Donate items to sell to help fund our trip to the Alternatives 2008 Conference in Buffalo, NY. For every dollar of the items that you bring that are sold, you will receive 10 points. All items must be marked with the price you think it should sell for along with your name or initials so we know who to credit the sale to. We will pull off the stickers (as we are able) and put them in the book under your name. Then we will calculate how much money was brought in by your items to give you full credit. All left over items will be given to Goodwill unless you pick them up at the end of the garage sale. For more info call Janet at 210-653-5267

#### REFLECTIONS ON RECOVERY:

**We Are Part of a Great Movement**  
— By Sarah Ho, Kona, Hawaii

At the end of January, responding to Senator Ted Kennedy's endorsement of his candidacy for president, Senator Barack Obama praised the elder statesman as a 'champion' in the fight for quality mental health care. Obama referred to our struggle this way: "It is one of the great civil rights issues of our time, and it is an issue that I'm proud to have worked with him on."

I sat up a little straighter, catching each word. Yes, yes, I said to myself. This IS a civil rights issue, and it is a great one. This movement, our movement, is the sum total of the Recovery journeys of every one of us. We are, my friends, engaged in a noble and righteous activity, each and every time we advocate, seek justice, and refuse to be treated without dignity.

Just consider the many ways we are creating change in this movement.

The man with a schizophrenia diagnosis, who has recently had a relapse and is in danger of losing his independent housing, but who refuses to be shunted back into a group home, is fighting our fight.

The woman who confronts the clubhouse staff member for her authoritarian language toward a fellow Prosumer is fighting our fight.

So is the woman who confronts her housemate who has been speaking in a sexually suggestive manner to her.

So is the man who continues to try new medications and insists to his doctor that he will try even an MAOI.

So are you when you ask the scary questions or do the scary thing.

So are you when you feel leaden, but you go to the pool to swim anyway...

**The Center for Health Care Services Cordially invites you to the dedication**

**Ceremony for our Westside Outpatient Clinic in honor of:**

**Bexar County Commissioner**

**Paul Elizondo**

**Date: Friday, April 18, 2008**

**Time: 10 am – 1pm**

**Dedication Ceremony**

**10:30 am**

**The Commissioner Paul Elizondo Community Mental Health Clinic**

**Location: 806 S. Zarzamora San Antonio, Texas 78207**

**RSVP Pat Gavin 210-721-1300**

"Life is an echo: What you send out, you get back. What you give, you receive. When you bring out the best in others, you bring out the best in yourself." - Anonymus

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

*You can plan your life away and never accomplish anything. You can think that you want recovery and think about all you will do when you get there, but if you don't put action behind your dreams, it will be hard to find your path to recovery. Sometimes it seems to be the scariest thing to put action into your recovery. I have never had it be as scary as my mind made it to be. Recovery is Possible! - J Paleo*

# Crazy Talk

By Skye

Is poetry “crazy talk”? If you’ve read Yeats, Dickenson or Anne Sexton, you’d likely say yes immediately! It is also well-documented that a large number of historical and contemporary poets suffer from some type of mental illness, most commonly depression. So poetry is relevant to mental health issues.

In another way, poetry speaks to the unconscious mind, which we know to be the origin of much of our behavior and ideas. Poetry does this through imagery and through sound: it is for this reason that poetry cannot be rationalized, for it aims to affect one’s feelings.

A while back, I heard Poet Laureate Robert Bly reading some poems on National Public Radio. I was fascinated by two poems in a style I was unfamiliar with: The ramáge (sounds like “garage”). This is a deceptively simple form—a ramáge has 8 lines, the last two usually being independent from the first six. Rather than rhyming lines, the poems use the repetition of a certain sound to achieve their effect.

I thought, “How charming! I must try this!” It turned out to be more difficult than it first seemed. I’ve been playing with this for several months, and I now offer two ramáges for your reading pleasure.

The first poem, “The Veiled Vale”, is dedicated to Steve. As the title implies, the main repetitious sound is “ál” (ale), and the alliteration—the repetition of a consonant sound, in this case // --is employed to soften the effect of partial rhymes. While the mood of the poem is nostalgic, even melancholy, I have none-the-less included a poetic “joke” therein. One line changes from “ale” to another // sound. See if you can spot it.

## *The Veiled Vale*

(ramáge for Steve, #1)

Pale the frail moonlight on your jail-clothes;  
As you hail that luminary sailing its trail  
through the sky,  
Do you recall our tales, and the pagan wails  
we uttered?  
Are they now stale to you in your unalluring  
monastery?  
Please don’t fail to regale yourself  
With recollections of “the good ol’ days.”

The rich man tails behind his latest alle-

giance.

The poor man finds a nail, and is happy.  
Did you catch the change in line 6, from  
–ale to –ole? Good for you! There is  
some obnoxiously long word that de-  
scribes this poetic device, but it escapes me,  
and matters little anyway.

The next poem, “The Comfortable Companion”, which is dedicated to my therapy dog, Q, bends the rules just a bit. Instead of a blended sound, this poem, builds entirely on alliteration; in this case the sound /k/. A purist might call this cheating; however, Q and I like it, and we hope you will too.

## *The Comfortable Companion*

Q curls quietly on my bed, the folded  
cover let his quarters,  
Never acquiesced to the other curs I  
keep at home.  
When I quit a cruddy day and recline on  
my cairn of pillows,  
He comes to cuddle with me without be-  
ing called upon.  
Q quickly senses disquiet in my psychic  
condition,  
And never complains when I need to  
clasp him close to me.

Other characters may counter, and com-  
ment “Q is a mutt”;  
But in his cute cautious way, he saves  
me from calamity every day.

There is a less obvious device at play  
here, involving long vowels, but I leave  
that as a puzzle for the reader to toy  
with.

So why have I taken up all this col-  
umn space with poetry? In hopes of en-  
couraging you to try your hand at it. Po-  
etry is recovery-oriented therapy. You  
don’t have to write in some severe style  
like the sonnet or terza rima. Poems  
don’t even have to rhyme! These days  
most of them don’t. (Keep in mind,  
though, that the Estate of “Dr. Seuss”  
has sold over 10 million copies of the  
poem “One Fish, Two Fish, Red Fish,  
Blue Fish”!)

Now, go off and explore the territory  
of poetry on your own. Read a few col-  
lections and take off! Whether it’s the  
simplicity of couplets,  
“Now I lay me down to sleep,  
I pray O Lord my soul to keep...”

Or the chaos of modern “blank verse,”  
“For I pray that my daughters will touch  
the faces of their daughters with bunny

fur.” (Anne Sexton), you’ll drift into the right  
style for you.

Writing poetry is like journaling, except  
whereas journaling is a record of your  
physical and intellectual life, poetry is the

## **Reflections on Recovery** cont from page 1

when you are not hungry, but you eat ...  
when you feel frightened but make a try  
anyway.

So are you when you stay in your bed all  
morning if that’s what you need to do.

So are you when you go to a support group  
meeting.

And when you write a letter to your con-  
gresswoman, requesting parity for mental  
health care.

When you dare to talk about your diagnosis  
with a stranger at the bus stop, and by the  
end of the conversation know that you have  
changed someone’s mind.

When you change yourself for the better.

When you accompany a friend to the doctor  
or to court.

When you wear a shirt that says “Mental  
Health Matters” or “Recovery is Possible.”

When you continue therapy.

When you DARE to keep getting better and  
better!

We live to fulfill ourselves, and to come to  
the truest, most peaceful place we can. We  
are fighting tyranny, prejudice, cowardice,  
inequality, egotism, ignorance, and suffering  
in this struggle. There is no greater calling.  
In doing our work, individually and together,  
for our movement, Our Great Civil Rights  
Movement, we are doing the work of the  
Divine.

I feel so grateful for you all.

## **8 Quotes from The Secret**

1. What you focus on with your thought and feeling is what you attract into your experience
2. Start by using this sentence for all of your wants: “I’m so happy and grateful now that.....”
3. Gratitude will bring more into our lives immediately
4. What we think about and THANK about is what we bring about
5. What are the things you are grateful for? Feel the gratitude...focus on what you have right now that you are grateful for
6. If you turn it over to the universe, you will be surprised and dazzled by what is delivered .. this is where magic and miracles happen
7. We are mass energy. Everything is energy. EVERYTHING
8. Are your thoughts worthy of you? If not, NOW is the time to change them. You can begin right were you are, right now. Nothing matters but this moment and what you are focusing your attention on.

Hello friends, I just wanted to tell you of a system I have to provide food for hungry and home-  
less persons. When I feel that a person is in real need and wants to get their life going, I give  
them a \$5 McDonalds gift card, this way I know that they are purchasing food not alcohol or  
drugs. I realize that a hand out is not the answer, but there is a time when an empty stomach  
can keep us from going on! Terry Dorn - Chaplain to the Streets.

## 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.

**April 1, 2008**

Regular Meeting  
**6:30-8:00 p.m.**

**April 15, 2008**

Voter Education #2  
**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**

# Steering Committee News!

The Steering Committee has taken on several duties. The first is that approximately every other month, we will have a group volunteer project. These projects are listed on page 4. Our first project will be the NAMI Walk on April 12, 2008. Even if you have trouble raising money, come walk with us to show your support. We also need cheerleaders and people to run the Prosumer booth at the NAMI SA Walk.

The Steering Committee raised enough money to attend The Center for Mental Health Services (CMHS) Consumer/Survivor Regional meeting in Oklahoma on March 27, 2008. We will be part of the group that will identify the needs, issues, and concerns of people with mental illnesses (also known as consumers, survivors, and clients); gather input and suggestions for CMHS activities; and facilitate networking to foster transformation in mental health systems. We will update you with a report when we return.

After the CMHS meeting, the Steering Committee will be headed to Lubbock to put on a Prosumer meeting there.

Also, your Steering Committee is working hard on the Positively Me! Live Concert. State Representative Mike Villarreal has accepted our invitation to emcee the concert. What a wonderful opportunity for him to interact with consumers in recovery. Also, we have 6 consumer organizations that are in the Mental Health Coalitional, Prosumers, Alliance for Mental Health Consumers Rights, The Depressive Bipolar Support Alliance of San Antonio, The Depressive Bipolar Support Alliance of Bexar County, the ARTS Project and Our House Clubhouse. The singers are awesome and so are the songs. We are still looking for advertisements in the handbill, if you know someone who wants to place an ad.

You will soon hear about our concert on radio and TV. The coalition of mental health groups are giving tickets to Radio stations and to Great Day SA so they can give away tickets to their callers. Tickets are \$15.00 but you can get in free if you volunteer to work the concert. Contact Debbie Neisler about volunteer opportunities at the concert. Her number is 210-646-6891.

## Do you want to attend the next Alternatives meeting in Buffalo, NY (Niagara Falls)?

If you want to go with the Prosumers, we are starting to raise the money we need to go. We will look at the money we have raised and then at the points people have earned. If you are one of the top point earners, then you will be able to go. If you don't go, don't despair. Your points carry over to the next year. The first fund raising event we have will be a garage sale at my home, 4218 Eisenhower Road on May 2, 3 and maybe the 4th. You will receive 10 points per dollar for anything you donate that is sold. All items that you bring for the garage sale must be marked with the price that you think the item should sell for and have your name or initials clearly marked on the tag so we can properly credit your account. Even though you may mark a price, know that the actual sold price may be less. Also, any left over items will be given to Goodwill unless you come by to pick it up on the last day.

If you are looking to go to Alternatives, make sure you pick up a point sheet at the Prosumer meeting or call Janet at 210-653-5267, and I will mail one to you. We will be having many more events to raise money.

**Thank all of you who work so hard to make our group be so great!**

## Prosumer Opens a Prosumer Co-op

Phil Schulman has two houses that he is opening up as Prosumer Co-ops. You rent a room and share the main living space with other Prosumers. The location of the house is near downtown and on a bus route. If you are interested in renting a room, please contact Phil at 210-614-2014. He is looking for Prosumers who are in recovery.

**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 available on request at the same contact number.

## New Book, New Author

Prosumer Greg Umlauf announces the release of his autobiography 'Severed in Two' Surviving Bipolar Mood Disorders. He bares his soul of living over 30 years with this disease.

Cost: \$15.00 including shipping and tax. Make checks to Thomas Umlauf, Sr. Please include your name, address, city, state, zip and phone number. Send to:

Greg Umlauf  
4400 NW 39th Avenue #31  
Gainesville, FL 32606  
(352) 375-2088

**Allow 4-6 weeks for delivery.**

S	MON	TUE	WED	THUR	FRI	SAT
	<p>March 31</p> <p><b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa</p> <p><b>DBSA</b> 7 pm @8026 Floyd Curl</p>	<p>April 1</p> <p><b>DBSA CF</b> 6 pm @210 South Grimes</p> <p><b>Anxiety Sup Grp</b> 6:30-8pm 566-5783</p>	<p>April 2</p> <p><b>Womens Sup Grp</b> 10 S.Presa</p> <p><b>Concert Planning</b> 1:00 S. Presa</p> <p><b>Arts &amp; Crafts</b> 1-3 S. Presa</p> <p><b>Dual Recovery Grp</b> 12 S.Presa</p> <p><b>AMHCR Coping with Anxiety</b> 7pm @ Central Library Room 5.1</p>	<p>April 3</p> <p><b>DBSABC</b> 7pm @758 Ramsey</p> <p><b>Prosumer Journaling</b> 2 pm 653-5267</p>	<p>April 4</p> <p><b>AMHCR Schizophrenia Anonymous</b> 11:30 am @ Central Library Room 5.1</p>	<p>4/05</p> <p><b>AMHCR PTSD-Armed Services</b> (All welcome) 10:00 @ Central Library</p>
6	<p>April 7</p> <p><b>AMHCR Arts &amp; Crafts</b> . 11-2 S. Presa</p> <p><b>DBSA</b> 7 pm@8026 Floyd Curl</p>	<p>April 8</p> <p><b>DBSA CF</b> 6 pm @210 South Grimes</p> <p><b>Anxiety Sup Grp</b> 6:30-8pm 566-5783</p> <p><b>NAMI</b> 7 pm 510 Belknap</p>	<p>April 9</p> <p><b>Womens Sup Grp</b> 10 S Presa</p> <p><b>Arts &amp; Crafts</b> 1-3 S. Presa</p> <p><b>Dual Recovery Grp</b> 12 S.Presa</p> <p><b>AMHCR Coping with OCD</b> 7 pm @Central Library Room 5.1</p>	<p>April 10</p> <p><b>Mental Health Support Grp</b> 7 pm St. George Episcopal Church, 6904 West Ave 342-4261</p> <p><b>DBSABC</b> 7pm @758 Ramsey</p>	<p>April 11</p> <p><b>Prosumer Meeting</b> 12-3 School of Nursing</p>	<p>4/12</p>
13	<p>April 14</p> <p><b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa</p> <p><b>AMHCR Coping with Anxiety</b> @6:30pm</p> <p><b>DBSA</b> 7 pm@8026 Floyd Curl</p>	<p>April 15</p> <p><b>DBSA CF</b> 6 pm @210 South Grimes</p> <p><b>Anxiety Sup Grp</b> 6:30-8pm 566-5783</p>	<p>April 16</p> <p><b>Womens Sup Grp</b> 10 S.Presa</p> <p><b>AMHCR Dual Recovery Grp</b> 12 S.Presa</p> <p><b>Concert Planning</b> 1:00 S. Presa</p> <p><b>Arts &amp; Crafts</b> 1-3 S. Presa</p>	<p>April 17</p> <p><b>AMHCR General Meeting</b> 1 P.M.</p> <p><b>AMHCR Board Meeting</b> 1:30 p.m. @ S. Presa—Free lunch for all who attend</p> <p><b>DBSABC</b> 7pm @758 Ramsey</p> <p><b>Prosumer Journaling</b> 2 pm 653-5267</p>	<p>April 18</p> <p><b>AMHCR Schizophrenia Anonymous</b> 11:30 am @ Central Library Room 5.1</p>	<p>4/19</p> <p><b>AMHCR PTSD-Armed Services</b> (All welcome) 10:00 @ Central Library Rm 5.1</p>
20	<p>April 21</p> <p><b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa</p> <p><b>DBSA</b> 7 pm@8026 Floyd Curl</p>	<p>April 22</p> <p><b>DBSA CF</b> 6 pm @210 South Grimes</p> <p><b>Anxiety Sup Grp</b> 6:30-8pm 566-5783</p>	<p>April 23</p> <p><b>Womens Sup Grp</b> 10 S.Presa</p> <p><b>Arts &amp; Crafts</b> 1-3 S. Presa</p> <p><b>AMHCR Dual Recovery Grp</b> 12 S.Presa</p> <p><b>AMHCR Parents &amp; Siblings of Children with Mental Illnesses</b> 7:00@Central Library, Rm. 5.1</p>	<p>April 24</p> <p><b>AMHCR Life Skills</b> 2pm @SAILS 2:00 p.m</p> <p><b>DBSABC</b> 7pm @758 Ramsey</p>	<p>April 25</p>	<p>4/26</p> <p><b>AMHCR Meet up Bipolar Sup Grp</b> 3 pm @ Central Library Rm. 5.1</p>
27	<p>April 28</p> <p><b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa</p> <p><b>DBSA</b> 7 pm@8026 Floyd Curl</p>	<p>April 29</p> <p><b>DBSA CF</b> 6 pm @210 South Grimes</p> <p><b>Anxiety Sup Grp</b> 6:30-8pm 566-5783</p>	<p>April 30</p> <p><b>Womens Sup Grp</b> 10 S.Presa</p> <p><b>Concert Planning</b> 1:00 S. Presa</p> <p><b>Arts &amp; Crafts</b> 1-3 S. Presa</p> <p><b>AMHCR Dual Recovery Grp</b> 12 S.Presa</p>	<p>May 1</p> <p><b>DBSABC</b> 7pm @758 Ramsey</p> <p><b>Prosumer Journaling</b> 2 pm 653-5267</p>	<p>May 2</p>	<p>5/3</p>

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

**The new Prosumer Steering Committee officers are:** Michelle Mata—Chair, Lydia Martinez, Janie Swatzell, Debbie Neisler, and Jim Eifler. These are the folks representing you so if you have ideas, comments or anything else please give them a call. Also, if you are interested in helping out with the Prosumer Program, talk with them about the opportunities that are open now.

**Chances to Volunteer as a Group**  
 April 12—NAMI SA Walk 8:30 am at Breckinridge Park  
 May 20—Positively Me! Live Concert at the Travis Park Methodist Church at 5:00 pm.

**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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 Phone: 210-653-5267 FAX: 210-653-7372 Email: jpaleo@satx.rr.com [www.ProsumersInternational.org](http://www.ProsumersInternational.org)

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

## CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

**Prosumer Group**- 210-653-5267 [www.ProsumersInternational.org](http://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](http://www.advocacyinc.org)

**Anxiety Support Group**— Address is 8265 Manderly, Converse 210-566-5783- Rene or email: [RMontf4221@aol.com](mailto:RMontf4221@aol.com).

**AMHCR** - Alliance for Mental Health Consumers Rights usually meets at S. Presa. For more info call 210-436-8018 ext 307 or 210-535-2025 or [SaMentalHealth@sbcglobal.net](mailto:SaMentalHealth@sbcglobal.net) or [www.SaMentalHealth.org](http://www.SaMentalHealth.org). Office located at 5802 S. Presa

**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-A, 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](http://www.ProsumersLightaCandle.org)

The Prosumer website

[www.ProsumersInternational.org](http://www.ProsumersInternational.org)

PRO International for Empowermentware

[www.TheProInternational.com](http://www.TheProInternational.com)

National Consumer/Survivor Coalition

[www.ncmhcsso.org](http://www.ncmhcsso.org)

The Center for Health Care Services

[www.CHCSBC.org](http://www.CHCSBC.org)

A website for all Texas government departments

[www.texas.gov](http://www.texas.gov)

NAMI

[www.nami.org](http://www.nami.org)

Texas Mental Health Consumers

[www.tmhc.org](http://www.tmhc.org)

Mental Health America of Texas

[www.mhatexas.org](http://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](http://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](http://www.needymeds.com)

Texas Department of Housing and Community Affairs

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

Patient Assistance with Medications

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

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

[www.qcflernfree.org/](http://www.qcflernfree.org/)

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

[www.texasmedicarerx.org](http://www.texasmedicarerx.org)

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## 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 doing 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.

**Today is the first day of the rest of your life. What are you going to do?**

## Conference Dates to Remember

### National Council for Community Behavioral Healthcare

May 1-3, 2008

Boston, MA

[www.thenationalcouncil.org/cs/boston](http://www.thenationalcouncil.org/cs/boston)

### The International Conference on Self-Determination

May 27-29, 2008

Detroit, MI

[www.self-determination.com/](http://www.self-determination.com/)

### National Association of Peer Specialists

August 20-22, 2008

Philadelphia, PA

<http://naops.org/>

### National Association of Rural Mental Health

August 6-9, 2008

Burlington, VT

[www.narmh.org/conferences/2008\\_conference.html](http://www.narmh.org/conferences/2008_conference.html)

### Alternatives2008 Conference

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](http://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!

## Veterans & Their Families: A SAMHSA Priority

By Beryl Lieff Benderly

When Sgt. Dean Nist returned home to rural Somerset, PA, after Marine Reserve combat service in Iraq that included the battle of Fallujah, he found dealing with civilians difficult. "I ordered my wife and kids around like they were my Marines," he recalls.

Across the country, in Tucson, AZ, former Army Sgt. Abel Moreno returned home after combat service in both Iraq and Afghanistan. Initially, he found himself unable to land a job that paid enough to support his family.

The challenges facing Sgt. Nist and Mr. Moreno, along with troubling wartime memories and feelings of isolation from the civilians around them, added up to major stress. Before long, both veterans were using alcohol heavily to deal with the pressures of readjustment to civilian life.

With some 700,000 of their comrades now back in the United States, similar issues confront active duty military personnel, returning veterans, and their families and communities across the Nation.

To help, SAMHSA is making the reintegration needs of returning veterans a top priority in Agency efforts to promote mental health and to prevent and treat substance abuse.

### SAMHSA's Role

Combined data from SAMHSA's 2004 to 2006 National Survey on Drug Use and Health (NSDUH) have documented that more than 20 percent of veterans age 18 to 25 suffered serious psychological distress in the preceding year, with females more vulnerable than males.

According to a NSDUH report, one-quarter of veterans age 25 and under had suffered from substance use disorders in the preceding year, with those from low-

income families especially vulnerable. The two disorders co-occurred in more than 8 percent of the veterans age 25 and under, and those in families earning less than \$20,000 per year again faced the highest risk. ([See "Statistics on Veterans' Mental Health".](#))

While emphasizing that "the Department of Veterans Affairs (VA) has the lead on providing services to veterans, and the Department of Defense (DoD) has military medical facilities all around the country," SAMHSA Administrator Terry L. Cline, Ph.D., sees an important role for SAMHSA in helping returning veterans and their families.

One role is to ensure that mental health providers in the community are aware that VA provides ready access to high-quality mental health services.

In addition to leveraging SAMHSA's existing resources and collaborating with the DoD and VA, SAMHSA offers a wealth of knowledge and information about substance abuse and mental health that can inform the efforts of community providers attempting to assist returning veterans and their families.

Dr. Cline recently signed a decision memorandum establishing returning veterans and their families as one of SAMHSA's priority populations. As a result, this population will be included in all relevant announcements of grant availability, and applicants for SAMHSA grants will be strongly encouraged to address veterans' issues.

The decision also makes returning veterans and their families one of SAMHSA's Matrix program areas and assures attention to their needs over time throughout SAMHSA's major, ongoing programs.

### Consequences of Trauma

"Anyone who has been in combat experiences trauma," says A. Kathryn Power, M.Ed., Director of SAMHSA's Center for Mental Health Services (CMHS). Because the current conflicts lack clear front lines and rear guards, they are especially problematic, she adds.

In addition to the horrors of war, longer and multiple deployments, uncertainty of the length of deployments, and the relentless tension of counterinsurgency warfare compound the stress.

"Many people can deal with trauma in a

very normalizing way. They can respond and act with resilience," Ms. Power says.

However, post-traumatic stress disorder (PTSD) affects a substantial number of individuals and can seriously interfere with a person's ability to function on a day-to-day basis.

Sgt. Nist remembers a friend employed in a metal shop. "Every time they drop a sheet of metal, he just about goes through the roof," Sgt. Nist says. "He's severely into alcohol and misses 2 or 3 days of work a week."

### Military Culture

With the help of family members and friends, Sgt. Nist and Mr. Moreno got their lives back in order. Now, they are committed to helping other returning veterans do the same.

Sgt. Nist, now a member of the Pennsylvania National Guard, serves as president of the Somerset County Military Family Support Group, a voluntary organization. He also was instrumental in organizing a local veterans' center.

Mr. Moreno is a staff member at Vets4Vets, a nonprofit organization providing peer-to-peer services to Iraq and Afghanistan veterans.

Each wave of veterans, whether from World War II or Iraq, forms a special "brotherhood" with its own language, set of experiences, and feeling of community, Mr. Moreno says.

Many issues are similar across the generations, but effective services for veterans require understanding the particulars of their generation's experience.

"Veterans need a place to talk about feelings, to decompress, and also to know that others out there are feeling the same things," Mr. Moreno says. "That keeps people from becoming isolated, self-medicating, and worse."

For care providers who lack a military background, familiarity with the former service members' culture, jargon, and concerns is an important element in building trust, adds Sgt. Nist.

"We're very fortunate in our town that our mental health people here asked

us, 'Will you teach us how to understand you?' " Sgt. Nist says. "They told me, 'We are not veterans. We are not going to pretend to know what you're going through. We want to learn from you so we can help others.' The first thing they need to do is let the veterans know they're willing to help them. Then, they need to learn the language [and] how to deal with them."

Arne Owens, M.S.S.M., Senior Advisor to the SAMHSA Administrator, agrees that providers "need to have some understanding of what the military is about and how it is organized, to be able to tell the difference between a sergeant and a sergeant major. Most people who haven't been in the military don't understand those things. Community care providers don't need military expertise or experience," he adds, but rather familiarization with military culture. "We see a role for SAMHSA in helping to build that cultural competence and familiarization. We're looking at ways to educate and share information."

***Today at this moment, I will do what makes me come alive. I will not allow other people or things to distract me from my goal. I will live my life fully with joy and happiness. I will not fear doing that which makes me alive for if I am true to my dream, then all I am doing will be with love for my world. It is with love and in love that each of us experience life fully and that makes us come alive. I will do my part to give the world what it needs by being fully alive.***

**Music as Medicine**  
**Music therapy can help reduce anxiety and improve physical health**

By Serena Gordon  
HealthDay Reporter

SATURDAY, March 22 (HealthDay News) -- Almost everyone has used music at one time or another to relax or perhaps to get energized. But the discipline of music therapy takes the use of music much further, from battling depression to combating cancer.

"Music therapy is an evidence-based practice that can affect changes in physical, psychological, social and cognitive domains through music experiences and the relationship that develops between the client and the therapist," said Cheryl Dileo, a professor of music therapy and director of the Arts and Quality of Life Research Center at Temple University in Philadelphia.

Just turning up the radio to your favorite tune to erase a blue mood doesn't qualify as music therapy, Dileo explained. "Self-help through music is not music therapy, although many people do use music for themselves, for example for relaxation to improve their moods, or to accompany exercise."

Music therapy, on the other hand, "involves an interpersonal process through which a trained therapist uses his or her knowledge and skills to address the client's assessed needs and issues," she said. "Although many people understand intuitively how to use music for themselves, when it is used within a music-therapy process by a trained therapist, it can be a powerful means to achieving positive physical, psychological, cognitive and social outcomes."

The uses of music therapy are myriad, according to Dileo. Music therapy can be used to reduce the anxiety of hospital patients undergoing difficult medical procedures. It can help lessen pain and improve mood, she said. Music therapy can also help depressed patients express their feelings.

Music therapy has been used to keep Alzheimer's patients calm and help them improve their memories at the Institute for Music and Neurologic Function at the Beth Abraham Family of Health Services in New York City.

At Children's Memorial Hospital in Chicago, board-certified music therapist Elizabeth Pociask uses music therapy to help new parents calm their infants.

"Music is a natural source of distraction. When a child is visibly upset, the introduction of a novel stimulus (turning on some music) will at least temporarily divert their attention away from what is upsetting them," she explained. "The parent's singing voice accomplishes the same thing and adds the element of familiarity -- the most comforting sound for an infant will nearly always be a parent's voice. When used regularly, music and/or singing can become a calming ritual, and the infant then learns to associate the music with relaxation or sleep."

Dileo said that music therapists should be board-certified, which means they've attended at least a four-year college program, as well as completed a supervised internship and have passed a national exam.

However, less formal music programs can be helpful as well. Katherine Puckett, national director of mind-body medicine at the Cancer Treatment Centers of America, said that while they don't have board-certified music therapists on staff, the centers do use music as a means to help their patients.

"Music can activate the relaxation response, which helps promote deep breathing, lower heart rate, lower blood pressure, ease muscle tension and create less stress. That can help cancer patients sleep better, and difficulty sleeping is a common problem for cancer patients," Puckett said.

"Relaxing the body can also help relieve physical pain, and people may need less pain medication," she added.

The Cancer Treatment Centers of America keep a library of music available for patients to use, and they have special events, such as drumming circles, that help provide an emotional release for their patients, Puckett said. "Some people can release their emotions through talking, but sometimes people need a non-verbal release. We've had people moved to tears in our special events," she said.

"People respond to music -- you don't have to be sick to respond to music. It's relaxing, comforting and soothing," Puckett added.

**Editors Note: We know that music helps! that is why we are having our concert. Buy your tickets today and promote good health. Only \$15.00, a small price for a wonderful uplifting concert!**

