

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

2010

Janet Paleo—Editor

Volume 8, Issue 04

Day Time Prosumer meeting

The 2nd Friday of the Month
12 Noon to 3 PM
UTHSC Dental School Dining Hall All Welcome!
7703 Floyd Curl—Enter at the Louis Pasteur entrance near Babcock, Buses 91, 92

April 9, 2010 Meeting

In our growing process, we realize that we need better materials to help us explain who Prosumers are and what we do. At this meeting you will help us create materials that tell us these things. If you are new, you will be able to hear from others and then help us design brochures, bookmarks and other materials that we can give out to tell people who we are and what we do. It is going to be fun re-living past events as well as looking toward the future. Come be with us. Also we will be celebrating our 9th Anniversary, a perfect time to reflect and to move towards a new tomorrow. I look forward to seeing you there.

May 14, 2010 Meeting

What part does nutrition play in how we feel? Come meet an amazing woman, Carolyn Marsalis, who found that by changing certain foods she gained focus, energy and calmed her mind. Come find out if this could work for you as well. This session will be very interactive.

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. Stop outside the gate if it is closing. Call 210-535-5456 if the gate won't open.

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

April 20, 2010

Evening Meeting

Come create the Prosumers to be the group you want it to be. Help with creating marketing materials and being a part of something extraordinary. This is a repeat of the April 9th meeting.

Job Readiness Program

Are you thinking that you might like to go back to work, but you aren't sure you are ready? Or maybe you think, my skills are rusty or can I do it? We have the perfect opportunity for you. Prosumers has a Job Readiness Program at the Prosumers Action Center (1921 Burnet). We are looking for 5 people to give them a year of free intensive training while helping other consumers in our area. This is a special volunteer training program that will make you job ready to be a Peer Support Specialist for jobs opening up in Bexar County and in Texas.

You will be trained to lead groups and presentations and do these on a regular basis. You would work in the office of the Prosumers Action Center a minimum of two days a week answering phones and giving referrals. You will also help with outreach activities. Plus, you get to be around the most positive, motivated people around.

So if you would like to have fun, grow in your recovery and learn new skills, this might be exactly what you are looking for. The volunteer application is available on our website or call 210-212-6586 and we will mail it to you. Tear it off, fill it in and get it to me. Make sure you check that you are interested in applying for the 1 year Free Specialized Training.

This is a great opportunity. As Janet Erskine Stuart says "Do not wait for ideal circumstances, nor for the best opportunities; they will never come." Take action today! For more information call Janet Paleo at 210-653-5267.

Scholarships to Attend Conferences Now Available

SAMHSA has just released applications to provide funding for four national conferences:

Mental Health America Conference
June 9 --12, 2010 in Washington D.C.

National Alliance on Mental Illness June 30-- July 3. 2010 in Washington D.C.

National Peer Specialists Conference
August 23-25 in Chicago, Ill

Alternatives 2010 Conference September 29-- October 3 in Garden Grove, CA

These applications are available as a download on our website at www.ProsumersInternational.org

Join the Prosumers as they walk together in the NAMI Walk on May 15 at Brackenridge Park. Join us online at www.NAMI.org/walk. Select Texas and then San Antonio. Sign up and join the Prosumers as we walk together to show that **RECOVERY IS POSSIBLE!** Call the Prosumer Office for more information or to sign up at 210-212-6586 ext 201. Thanks!!!!

How Does the Prosumer Program Work?

Often at meetings, I stand before the group and declare that we are not a support group, but an empowerment group. Support happens at the Prosumer meeting, but the purpose of the group is to help you realize your power as a person, focus on wellness and self worth, as well as learning about resources in the community. That sounds really good, but what does that mean and how do we know it works. We know it works because our members say it works. For those scientific types that want to know the ins and outs, the theory and studies, I offer this article.

We worked in collaboration with the School of Nursing, Health Science Center in San Antonio Research Scholar Program for about a year. They identified the model we use which is called "Salutogenesis". This is a fancy term for focusing on wellness using three distinctive areas.

The first area is realizing that you have control over your life, which you get by realizing that you have choices in all things. Having choices takes us from a victim of life or illness to a survivor of life or illness. To have choices means we have to recognize that when we blame or get angry, we are giving the person or situation the power over us. Since "they made us..." or "it is their fault that..." leaves us at their mercy because we are relying on "it" or "them" to change so we can feel better. Once we take back our power and realize that we are in control, it is only then that we can choose choices that empower us to have a full and happy life.

The second area is realizing that you have resources. I am not talking about a lot of money, but knowing who to contact or where to go for information for things that we need. Family is a great resource. If your car breaks down and your family is in town, you can call for help. Friends are a great resource for a lot of things. Many times consumers of mental health services do not have family or friends which leaves them lacking in resources. At a Prosumer meeting, everyone is family. You can find out anything from what dentist

uses a sliding scale fee to where to buy used clothing in large sizes. If you are going into the doctor or hospital, we have one member who can tell you everything that is going to happen, how it is going to happen and what to expect.

The third area is doing something meaningful in life. Doing something that makes a difference in someone else's life, gives you a sense of well being. We encourage this in the Prosumer Program. By volunteering, you will find your life recovering from what ails it. It is like when you get a paper cut. If you are busy, you don't notice it until maybe when you start for bed. You look down and see it and it starts hurting again. If you are not busy, it can hurt and worry you all day long. Mental illness works the same way. If you are continually focusing inward, you pain will feel worse, maybe even magnified. It is through focusing outwardly, that life becomes exciting, happy and rewarding, no matter what pain you may have.

Prosumers are a group of people who have been labeled in life. They meet at a monthly meeting to learn how to gain power over their life. They become a Prosumer by being proactive in their recovery and giving back to the community. It is by being in action that you are a Prosumer. A Prosumer is what you do, not who you are. Prosumers take responsibility for their lives. They don't sit and wait for something to happen. They look to how to make the world better in some way. And after becoming a Prosumer, many times the next step is a job or school. That is the number one reason people stop coming to the meetings. Many of our members know that Recovery is Possible, because they are out there living their dreams. Be in action around your dreams. Be a Prosumer because

RECOVERY IS POSSIBLE!!!!

What is New with Prosumers and the Prosumer Action Center?

We are so excited about what is happening with the Prosumers and the new Prosumer Action Center located at 1921 Burnet across from the Burnet Clinic.

Classes are being held every day at the Center. (the schedule can be found on page 4). We also have a social every Wednesday.

We are fortunate to have a professional artist teaching anyone who wants to learn to paint on Mondays and Wednesdays. Prosumers are creating beautiful art which we are showing at the Prosumer Action Center. It is now an art gallery. Prosumer Journeymen provide a referral service where our peers are helped with the things they need like food, shelter, clothing, finding a doctor.

A clothes closet is being opened for people who need business clothes to look for work. We are also opening up a computer lab soon. We hope to have the computers by the end of March and start classes by mid-April. We are looking for your input on what kind of classes you would want. Basic computer skills or something more specialized like Power Point or Excel Sheets.

We have room being developed like a living room where we have comfortable sofas and chairs where support group meetings can be held.

Also in development is a room where you can practice meditation and breathing techniques through computer programs designed by Deepak Chopra.

Our building is open to be used by other non-profit groups. If you need space to hold a meeting or group, please contact Michelle at 210-212-6586 ext 201.

A conversation has been started with the Alamo Community College to see about designing a curriculum for a two year Associates Degree for Peer Specialists.

Prosumers and Prosumer Journeymen are presenting at various community events, classes and to other groups about what we have to offer.

We are participating in the development of a new Texas Consumer Group. This will make our voice stronger at the Capitol.

Come see what all the excitement is about and join us as we discover and explore what is possible.

2010 April 2010

| | MON | TUE | WED | THUR | FRI | SAT |
|----|---|--|---|--|--|------|
| | March 29 Joyz of Artz 11-12 @AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl | March 30 Recovery Inc 10-12 (see next page) Skill Building 1- 2 @ AC | March 31 Joyz of Artz 11-12 @AC Social Event 1-3 AC | April 1 Arts & Crafts 10-12 @ AC Recovery Inc 7 pm (see next page) | April 2 Journaling 10:30—11:30 @ AC | 4/3 |
| 4 | April 5 * South Africa Conf Mtg 11-12 @ AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl | April 6 Recovery Inc 10-12 (see next page) Skill Building 1:00-2:00 @ AC | April 7 * Game Day Social Event 1-3 AC Mental Health Support Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261 | April 8 Arts & Crafts 10-12 @ Action Center Recovery Inc 7 pm (see next page) | April 9 Prosumer Action Center closed for all to attend the Prosumer Meeting 12-3 @ School of Nursing | 4/10 |
| 11 | April 12 Joyz of Artz 11-12 @AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl | April 13 Recovery Inc 10-12 (see next page) Skill Building 1- 2 @ AC NAMI Meeting 7 pm @ 510 Belknap | April 14 Joyz of Artz 11-12 @AC Social Event 1-3 AC | April 15 Arts & Crafts 10-12 @ Action Center Recovery Inc 7 pm (see next page) | April 16 Journaling 10:30-11:30 @ AC IPS Training 12-4@ AC | 4/17 |
| 18 | April 19 Joyz of Artz 11-12 @AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl | April 20 Recovery Inc 10-12 (see next page) Skill Building 1 - 2 @ AC Prosumer Evening Meeting 6-9 LA PAZ 530 San Pedro | April 21 Joyz of Artz 11-12 @AC Social Event 1-3 AC | April 22 Arts & Crafts 10-12 @ AC Recovery Inc 7 pm (see next page) | April 23 Journaling 10:30-11:30 @ AC IPS Training 12-4@ AC | 4/24 |
| 25 | April 26 Joyz of Artz 11-12 @AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl | April 27 Recovery Inc 10-12 (see next page) Skill Building 1 - 2 @ AC | April 28 Joyz of Artz 11-12 @AC Social Event 1-3 AC | April 29 Arts & Crafts 10-12 @ AC Recovery Inc 7 pm (see next page) | April 30 Journaling 10:30-11:30 @ AC IPS Training 12-4@ AC | 5/1 |

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

*NOTE: There is **NO** Joyz of Artz Classes the week of April 5

Prosumer Numbers

March 31 SA Prosumer Day Meeting 19 in attendance
 March 10 SA Prosumer Evening Meeting 10 in attendance
 March 26 HOU Prosumer Meeting will be reported next month
 Prosumer Newsletter circulation 2,425

Prosumer Action Center February Numbers

Ten (10) volunteers provided 451.25 hours
 Held public education on & increased awareness of MI
 Outreach occurred to 51 consumers and families
 Empowered 51 consumers to become self-sufficient
 Referred 2 people to services in the community
 53 people attended groups at the Action Center
 11 unduplicated people served at the Action Center this month
 A total of 181 services were provided

Focus for Life Training FY'10

40 people have completed full curriculum
 30 people attended completed a partial training
 Trainings scheduled:
 March 29-31 in Austin
 May 26-28 in Conroe
 June 23-25 in Big Springs

Intentional Peer Support FY'10

None currently scheduled

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

Mental Health America's 2010 Annual Conference

"Get Connected: Social Inclusion in Wellness and Recovery"
 June 9 – 12, 2010 Washington, DC

National Conference on Volunteering and Service

June 28 - 30, 2010, in New York, New York
 at the Hilton New York and Sheraton New York

National Alliance on Mental Illness

"Recovery & Reform: The Road from Here"
 June 30 – July 3, 2010 Washington, DC

Bexar County Consumer/Family Conference

Crowne Plaza Hotel San Antonio, TX August 19-21, 2010

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 (AC) – located at 1921 Burnet, Office Manager, Michelle Mata 210-212-6586, ext. 201 FAX 210-212-9081
www.ProsumersInternational.org , Mailing Address: PO Box 120394, San Antonio, TX 78212 Alternate Phone number 210-653-5267 to RSVP
Day Meeting School of Nursing at the University Health Science Center 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

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

DBSA Texas 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.

Mental Health Support Group — St. George Episcopal Church 6904 West Avenue 210– 342-4261 for more information

NAMI SA – National Alliance on Mentally Illness of San Antonio 210-734-3349

Recovery Inc.—Recovery International, the Power to Change—an Abraham Low Self Help System

Tuesdays, 10-12 Incarnate Word Retirement Center (The Garden Room); 4707 Broadway 830-216-4264

Wednesdays, 7:00 PM Ecumenical Center for Religion and Health; 8902 Ewing Hallsell Call Patricia (210) 655-6875

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

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.

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 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 JEFF WENTWORTH,
 SENATE DIST 25
 1250 N.E. Loop 410, Suite 925 SA, TX 78209
 (210) 826-7800 Closest Bus Route: 10

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

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 DAVID LEIBOWITZ,
 HOUSE DIST 117
 9107 Marbach Road Suite 111, SA, TX 78245
 (210) 645-4400 Closest Bus Route: 613, 615

REPRESENTATIVE TREY MARTINEZ FISCHER,
 HOUSE DIST 116
 1910 Fredericksburg Road, SA, TX 78201
 (210) 737-7200 Closest Bus Route: 92, 91

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 JOAQUIN CASTRO,
 HOUSE DIST 125
 6100 Bandera, Ste. 130, SA, TX 78238
 (210) 684-6896 Closest Bus Route: 88

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

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 MIKE VILLARREAL,
 HOUSE DIST 123
 1114 S. Saint Mary’s Suite 110 SA, TX 78210
 (210) 734-8937 Closest Bus Route: 34, 36, 42

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

REPRESENTATIVE RUTH JONES MCCLENDON,
 HOUSE DIST 120
 403 South WW White Road, Suite 210, SA, TX 78219
 (210) 225-2107 Closest Bus Route: 25, 550

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

When you reach for the stars, you may not get one, but you won't come up with a handful of mud, either.— Anonymous

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.ncmhcsco.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.gcflearnfree.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 a Organization for the families of people with mental illness www.nami.org

Via Hope, a collaboration of Mental Health Advocacy groups to help with the transformation of services in Texas. www.viahope.org

Helping with your Personal Medicine in San Antonio

SAN ANTONIO MUSEUM OF ARTS

200 W. Jones Ave. 978-8100

Free Admission on Tuesdays 4-9 pm

www.samuseum.org

WITTE MUSEUM

3801 Broadway 357-1900

Free Admission on Tuesdays 3-8pm

www.witemuseum.org

SALON MEXICO

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

MEXICAN AMERICAN UNITY COUNCIL & THE OFFICE OF CULTURE AFFAIRS

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

“DANCE THERAPY” DANCE YOUR DEPRESSION AWAY INC.

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

THE MCNAY

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

Old School Gamers

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

Bazan Branch Library

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

Lincoln Community Center Sewing Class

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

Pan American Branch Library Tai Chi

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

Cinemark Movies 16

5063 N.W. Loop 410 (210) 210-522-9660

Can't beat the prices At Cinemark Dollar Movies!

Tuesdays - \$1 Admission all day All other days - \$1 first matinee. \$2 other matinees before 6 pm and evening shows

Memorial Branch Library

Family Fun Nights

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

Maverick Branch Library Maverick Knitters

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

APRIL 3-5 Poteet Strawberry Festival

The Annual Poteet Strawberry Festival will be held on April 3, 4, and 5 in Poteet. Area non-profit schools, churches, and civic organizations operate food booths and serve a wide variety of foods, including fresh strawberry delicacies such as shortcake, cheesecake, fudge, strawberry wine, strawberry ice cream and more! Arts and crafts, exhibits and nightly dances round out the weekend. For more information call 888-742-8144 or visit www.strawberryfestival.com

APRIL 10—1st Annual Sunrise Rotary Chili Cook-off to be held on April 10, 2010

The Sunrise Rotary Club of San Antonio is hosting their First Annual Chili Cook-off on April 10, 2010 at the Rackspace Parking Lot (Windsor Park Mall at I35 and Walzem).

The Chili Appreciation Society International (CASI) will be running the Chili Cook-off. Bands will play throughout the day, with The Rick Cavender Band headlining the festivities and taking the stage from 7:00 – 9:00 PM. Food and beverage booths, a carnival for the kids, a Washer competition, a silent auction, and taste testing of some of the best chili in Texas will keep folks entertained during this pre-Fiesta Chili extravaganza! Entry is \$8 for adults 21 and over, \$5 for Military and adults under 21 years of age. Children under 6 years old get in free. The gates will be open to the public from noon until 9:00 PM. *Contact Jeff Mitchell if you would like more information about this event. 210-454-3707 Jeffrey_m_mitchell@yahoo.com*

APRIL 17- TAMALEFEST SA

Delicious Tamales presents TamaleFest SA on Saturday, April 17th from 1:00 P.M. until 8:00 P.M. at the Lonestar Pavilion – Historic Sunset Station. This family-friendly event will feature food & drink concessions, live music and entertainment, tamale eating contest, a kid's area and giveaways. General admission is \$5 per person. A portion of the proceeds benefits scholarships. For more information, visit www.tamalefestsas.com.

APRIL 18-FORT SAM HOUSTON FIESTA & FIREWORKS

Arrive early for bleacher seats, or bring your lawn chairs for continuous family Fiesta fun at the Fort Sam Houston Fiesta & Fireworks on Sunday, April 18th from 1:00 P.M. until 9:00 P.M. The Fiesta Country Fair begins at 1 p.m. and features food and drink booths, continuous live entertainment, kiddy carnival, games, military equipment display, novelty items, and great raffle prizes. At 4:30 p.m. the U.S. Navy Parachute Team "Leap Frogs" will open the military ceremony at MacArthur Field. The Five and Drum Corps, Old Guard from Washington, D.C., will participate in the military parade. Musical performances, including Fort Sam Houston's Army Medical Command Band, set the stage for the grand fireworks extravaganza finale. This fireworks exhibition is the highlight of the Fiesta event that traditionally attracts more than 20,000 spectators to Fort Sam Houston.

Focus for Life Program: A Consumer-driven, Consumer-led Training Program

Focus for Life Training Program is an innovative consumer-driven, consumer-led training program designed to positively impact personal recovery for those with mental illness by fostering increased levels of wellness.

A growing body of knowledge demonstrates the significance of peer support and peer to peer services for individuals recovering from mental illness. Such consumer led groups are found to enhance the sense of well being on the part of members and result in better treatment outcomes (Campbell, 2004). In 2003, based on her first hand knowledge of the mental health consumer movement and personal history with mental illness, Ms. Janet Paleo began the Prosumer Group. Through her own recovery and that of other consumer leaders, Janet Paleo recognized volunteerism and self-direction as essential components of recovery. She put together a program that empowers people to find their pathway to recovery. Together with Anna Gray, they began bringing people the experience of hope.

During a two year (2005-2007) community-academic partnership project conducted between the Prosumers and selected UTHSCSA School of Nursing faculty and students, it was identified that the Prosumer program philosophy was congruent with the theoretical framework of Salutogenesis (Antonovsky, 1996). Salutogenesis focuses on factors that support human health, well-being, and the origin of health rather than the origin of illness and disease. Key elements of salutogenesis are "the orientation towards problem-solving and . . . the capacity to use the resources available" (Lindstrom & Eriksson, 2005, p. 440). A person who has this ability to take in the whole situation and move towards health is seen as having a Sense of Coherence, a sense of comprehensibility, meaningfulness, and manageability. The Prosumer Group has received numerous recognitions as a cutting edge, consumer-driven organization. The Focus for Life curriculum was developed and designed to meet the need to offer a path to recovery and wellness based on the components of salutogenesis (Antonovsky, 1996), where the training focuses on building personal strengths and developing wellness resulting in resiliency.

The Focus for Life curriculum provides that the basic tenets of the program foster increased sense of coherence and quality of life for program participants. The program offers:

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

Editors Note– If you want this training in your area, please contact Janet Paleo at 210-653-5267

Spanish Complementary and Alternative Medicine Resources for Patients and Consumers

-Information from the National Center for Complementary and Alternative Medicine: <http://nccam.nih.gov/health/espanol/>

Orientación general a la medicina complementaria y alternativa

¿Qué es la medicina complementaria y alternativa?
What is CAM ?

Información para el consumidor

¿Está considerando utilizar medicina complementaria y alternativa?

Are You Considering Using CAM?

La elección de un profesional de medicina complementaria y alternativa

Selecting a CAM Practitioner

Pago del tratamiento de medicina complementaria y alternativa

Paying for CAM Treatment

Cómo evaluar recursos de salud publicados en Internet

Evaluating Web-Based Health Resources

Consejos para hablar con sus médicos sobre la medicina complementaria y alternativa

Tips for Talking With Your Health Care Providers About CAM

Estudios clínicos

Estudio clínico de selenio y vitamina E para la prevención de cáncer de próstata

(Instituto Nacional del Cáncer)

Selenium and Vitamin E Cancer Prevention Trial

Estudio de terapia de quelación

Chelation Therapy

Los estudios clínicos y la medicina complementaria y alternativa

Clinical Trials and CAM

Enfermedades y tratamientos

Uso de la medicina complementaria y alternativa para el cáncer

Cancer and CAM

La espiritualidad en el tratamiento del cáncer

(Instituto Nacional del Cáncer)

Spirituality in Cancer Care

Uso adecuado de los suplementos dietéticos

Using Dietary Supplements Wisely

Otros recursos

¿Desea obtener más información?

Haga preguntas, pida Publicaciones y mucho más

Visite el Centro de Información del NCCAM.

Institutos Nacionales de la Salud

Hierbas y suplementos, lista de la A a la Z

(MedlinePlus, Nacional de Medicina)

Información de salud

**Are you fit company for the person
you wish to become? — Anonymous**

The Prosumer meeting is at the School of Dentistry located at 7703 Floyd Curl Drive, however, the Louis Pasteur entrance is closer to the actual nursing school. On Louis Pasteur, enter at the third entrance at the Guard gate. The officer can direct you to parking. **AT THIS TIME THERE IS A CHARGE FOR PARKING.** The guards also have maps of the campus if you would like. If you take the bus, you will need routes 91 or 92. There will be signs directing you to the room we will meet in.



You have asked for it and it is here. **We are moving back to the UT Health Science Center. This meeting is at the School of Dentistry for the day meeting.** Although for the first couple of months there will be some changing of rooms, we will be back where it is more convenient for people to get to. **At this time there IS a charge for parking.** We are working to see if we can either get the fee waived or find a sponsor to cover the parking fee.

US Psychiatric Rehabilitation Association of Texas will host the University of Pennsylvania Collaborative on Integration this Summer in Texas

USPRA Texas will host the University of Pennsylvania Collaborative on Community Integration of Persons with Psychiatric Disabilities for technical training and assistance for providers and consumer run organizations in Texas this Summer with Richard Baron, Director of Knowledge Translation Activities. The UPenn Collaborative is funded by the National Institute on Disability and Rehabilitation Research <http://www.upennrrtc.org/about/index.php> to conduct rigorous research into the effective practices, programs, and policies that promote community integration and provide training and technical assistance opportunities that utilize those research findings. The UPenn Collaborative is offering this opportunity throughout the country, and will work closely with USPRA Texas to identify interested psychiatric rehabilitation programs, community mental health centers, and consumer-operated programs in the state for who would like to participate. Richard Baron, M.A., is a Collaborative Consultant at the U Penn Collaborative and will be working with USPRA Texas on this project.

Richard Baron is a researcher and trainer in the mental health field at the University of Pennsylvania. He is currently the Director of Knowledge Translation Activities both for the NIDRR-funded UPenn Collaborative on Community Integration of Persons with Psychiatric Disabilities, and for the NIMH-funded Center for Behavioral Health Services and Criminal Justice Research (<http://www.cbhs-cjr.rutgers.edu/>), a joint project of Rutgers and the University of Pennsylvania. The Center for Behavioral Health Services and Criminal Justice Research develops and disseminates research into the issues faced by people with mental illnesses who have been in contact with local, state, and federal criminal justice systems. Previously, Mr. Baron was the Director of the Pew Charitable Trusts' grant making program for health and human services agencies serving adults in the five-county Philadelphia metropolitan area, and prior to that served for twenty-five years as the Executive Director of Matrix Research Institute, in Philadelphia, where his work as a Principal Investigator and Project Director on two dozen federally funded research and training programs focused on employment for people with serious mental illnesses. Mr. Baron is also the recipient of two NIDRR Switzer independent research Fellowships, both also focusing on strategies to expand employment opportunities for people with serious mental illnesses.

"Community Integration is the opportunity to live in the community and be valued for one's uniqueness and abilities, like everyone else. Community integration encompasses: housing, employment, education, leisure/recreation, social roles, peer support, health status, citizenship, self-determination, and religion/spirituality. Community integration (or, the opportunity to live like everyone else) should result in community presence and participation of people with psychiatric disabilities similar to that of all others without a disability label (Salzer, 2006)." <http://www.upennrrtc.org/about/index.php>.

The UPENN COLLABORATIVE is devoted to promoting the community integration vision as it pertains to people with psychiatric disabilities, to ensure that rights become reality. It will lead the mental health field in identifying and eliminating barriers to community integration and in developing supports which facilitate community integration outcomes and bring about meaningful changes in the lives of people with psychiatric disabilities. The Collaborative focuses its efforts on the following areas:

Community Integration Concept and History, Employment, Housing, Education, Citizenship, Language and Community Integration, the Americans with Disabilities Act and the Olmstead decision, Social Roles, Peer Support, Self-Determination, Discrimination and Spirituality/Religion.

The principles and approaches of the community integration movement are increasingly at the center of state and local thinking about how to facilitate wellness and recovery. Community integration's emphasis on insuring that 'each individual has the opportunity to participate in community life like anyone else' has suggested new practices and programs to help consumers engage more easily with the individuals and organizations available to them. PSR agencies can play a key role in this regard. The training is designed not only to explore principles and program models, but to provide participants with some guidance on how to make community integration a reality.

The UPenn Collaborative approach to facilitating changes in programs and practices is fully informed by research indicating that training alone is minimally effective. UPenn's approach is more comprehensive than most educational programs in that it links short-term training (in a one-day or two-day format) to longer-term and more intensive technical assistance, over several months. The six to twelve agencies participating in each regional program will be required to commit themselves to both the training and the technical assistance, in an effort to generate real behavioral change in agency activities.

Please contact Jennifer Padron, Co-Chair, USPRA Texas for further information at (512) 632-5665 and by email at jen_padron@austin.rr.com. It is anticipated that 2-3 representatives from up to 10 Texan organizations will be able to participate in this 12-18 month long training.