

# 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

May

2008

Janet Paleo—Editor

Volume 6, Issue 05

### 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

### 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.

### June 13, 2008 Meeting

Just how powerful are the words you speak? If you could change your words, could you change your life? Are you aware of what you are communicating to yourself and

others? These are questions that we will look at in this meeting. We will have tools and techniques to help you on this journey to changing your life. If you don't like the conversations that you are having in your life, change the conversation. We will help you. Join us for a most uplifting meeting that can start making a difference in your life right away.

**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!!**

### Proclamation to Integrate Animals into Religious Teachings

From the archives of J. Skye Cosby

This brief article appeared in the February 2008 issue of "River City Tails", an animal lover's magazine available from many charitable animal organizations. You can learn more at BestFriends.org.

Best Friends Animal Society recently called upon leaders and advocates to sign the Religious Proclamation for Animal Compassion, a document that calls on people of faith to include kindness to animals as an integral part of their religious teachings. Best Friends is also asking animal lovers to view and sign the document online as part of its goal to gain one million signatures to declare to religious leaders that kindness for animals should be a fundamental part of their teachings.

I strongly urge all Prosumers to rush to their home computers or the library, to view and sign this document! It is well-known that children who abuse animals are far more likely to abuse humans as they themselves become teens and adults. It is my hope that instilling the value of kindness at a young age will lead to a less abusive and violent generation in the future. As I've said for many years, "If you can't raise a puppy with kindness, under no circumstances should you have children."

On a related note, the San Antonio City Council recently passed a number of new laws intended to accomplish two goals. The first goal is to combat animal cruelty, which is rampant in our city. The second goal is to make San Antonio the first No-Kill city in America by 2012. Look for a brief on these laws and goals, and what you can do to help, in an upcoming article. Until next time, a blessing on your house and on you.—SKYE

This is a response to an article entitled SEVERE SHORTAGE OF PSYCHIATRIC BEDS SOUNDS NATIONAL ALARM BELL put out by the Treatment Advocacy Center

### Better Community Services, Not More Beds

By Janet Paleo

I believe that a person having to go into a hospital is a treatment failure of the community centers. Although there will always be a time when a bed is needed, that should be the exception, not the rule. Psych hospitals are not a place to get treatment. There **should** be a decrease of hospital beds as people find recovery in their communities. If there are people being untreated then we should be crying out for better outcomes from our communities and our society and not in the form of hospital beds.

These articles I find scary as if we should go back to the days when a person diagnosed with mental illness was put in a hospital for extremely long periods of time. Lock us away so that society doesn't have to look at us. As a person who spent two years in a hospital, I can tell you that it did not bring me to recovery. I was warehoused because doctors thought I was too severely sick to ever leave. I lied to get out of the hospital and finally found help at a community mental health center, Lubbock Regional MHMR.

But it wasn't just the treatment, it was getting me involved in the community through volunteering and being on committees and finding out that recovery is possible. Today, I own my home, own two businesses and have not been in a hospital for over 8 years. I am totally out of the public mental health system being fully responsible for my life as a tax paying, voting citizen. What is more, I have helped many people with diagnoses to find that path to recovery and they have gone back to work or back to school. They are living their lives and being happy.

I hope that families and others would not support bringing about more beds, but better outcomes in our communities. I believe that parents would rather visit their children at their place of business, not at a hospital. Recovery is possible and people with diagnoses can and do get better and lead full lives. Don't advocate for more beds, Advocate for recovery in our communities.

## More Studies Show That Sleep Problems Are Likely To Cause Depression And Other Mental Health Problems\*

Mental Health Awareness Month, observed throughout May in the United States, increases awareness about mental illness such as depression. Mental illness is a significant health concern and, if left untreated, can have serious consequences. Depression is the most common mental illness, and recent studies have demonstrated the link between depression and poor sleep. The American Academy of Sleep Medicine (AASM) warns those suffering from a sleep disorder to see a sleep specialist for treatment without delay and to not allow it to escalate into a more serious, and potentially life-threatening, health concern.

Arthur J. Spielman, PhD, a professor of psychology at the City College of New York, an adjunct clinical professor of psychology at the Cornell University Weill Medical College, associate director of the Sleep Disorders Center at New York Presbyterian Hospital at Cornell, and a member of the AASM board of directors, acknowledges that it has long been established that insomnia is one of the most common symptoms of both dysthymic disorder (mild to moderate form of depression) and major depressive disorder (a severe form of depression). However, says Dr. Spielman, there is evidence that the reverse of this can also be true.

"For many years, it was assumed that insomnia was produced by depression or, in diagnostic parlance, secondary to the depressive disorder," says Dr. Spielman. "This view was first challenged by a research study in the late 1980s that showed that individuals with insomnia and free of depression that were untreated were more frequently depressed one year later. Following this paradigm-shifting study, there have been seven other studies that have reached similar conclusions. It is now well established that insomnia is a risk factor for depression."

"We used to think that insomnia was most often just a symptom of depression. However, a growing body of evidence suggests that insomnia is not just a symptom of depression, but that it may actually precede depression. In other words, people who have insomnia but no depression are at increased risk for later developing depression," says Daniel J. Buysse, MD, of the University

of Pittsburgh, lead author of the paper.

Adults with insomnia are not the only ones at risk for a depressive episode. A study in the journal *SLEEP* in 2007 found that sleep-disturbed children are more severely depressed and have more depressive symptoms and comorbid anxiety disorders compared with children without sleep disturbance. The study, performed on 553 children with a depressive disorder, found that 72.7 percent had sleep disturbance, of which 53.5 percent had insomnia alone, nine percent had hypersomnia alone and 10.1 percent had both disturbances.

Furthermore, the study found that across sleep-disturbed children, those with both insomnia and hypersomnia had a longer history of illness, were more severely depressed and were more likely to have anhedonia, weight loss, psychomotor retardation and fatigue than those with either insomnia or hypersomnia. "We know that depression is associated with sleep problems. But what this study shows is that, in depressed youths, not all sleep problems are the same," says Xianchen Liu, MD, PhD, of the University of Pittsburgh, lead author of the study. "Insomnia is the most common problem, but having a combination of insomnia and sleepiness is 'double trouble'. Youths having both of these had more severe depression than youths with just one sleep problem. This means that we should carefully ask depressed youths about the specific type of sleep problem they're having. It may also mean that we should think about different treatments to specifically target an individual's sleep problem."

It is recommended that infants (three to 11 months) get 14 to 15 hours of nightly sleep, while toddlers get 12 to 14 hours, children in pre-school 11-13 hours and school-aged children between 10-11 hours. Adolescents are advised to get nine hours of nightly sleep and adults seven to eight hours.

The emergence of insomnia should motivate the patient and the patient's doctors to initiate treatment for insomnia, adds Dr. Spielman.

"Insomnia treatment is quite successful these days because of the effectiveness of cognitive behavioral therapy and new hypnotic medications," says Dr. Spielman. "When insomnia is addressed quality of life improves, fatigue is reduced and the risk of future depression is reduced. All very good reasons to seek out treatment for this common sleep disturbance."

The AASM offers the following tips for adults and adolescents on how to get a good night's sleep:

- Follow a consistent bedtime routine.
- Establish a relaxing setting at bedtime.

- Get a full night's sleep every night.
- Avoiding utilizing bed for activities other than sleep or intimacy.
- Avoid foods or drinks that contain caffeine, as well as any medicine that has a stimulant, prior to bedtime.
- Do not bring your worries to bed with you. Bedtime is a time to relax, not to hash out the stresses of the day.
- Not napping during the day. If you must snooze, limit the time to less than one hour and no later than 3 p.m.
- Do not go to bed hungry, but don't eat a big meal before bedtime either.
- Avoid any rigorous exercise within six hours of your bedtime.
- Make your bedroom quiet, dark and a little bit cool.
- Get up at the same time every morning. The AASM offers some tips to help your child sleep better:
- Follow a consistent bedtime routine. Set aside 10 to 30 minutes to get your child ready to go to sleep each night.
- Establish a relaxing setting at bedtime.
- Interact with your child at bedtime. Don't let the TV, computer or video games take your place.
- Keep your children from TV programs, movies, and video games that are not right for their age.
- Do not let your child fall asleep while being held, rocked, fed a bottle, or while nursing.
- At bedtime, do not allow your child to have foods or drinks that contain caffeine. This includes chocolate and sodas. Try not to give him or her any medicine that has a stimulant at bedtime. This includes cough medicines and decongestants.

Parents who suspect that their child might be suffering from a sleep disorder are encouraged to consult with their child's pediatrician or a sleep specialist. Adults and adolescents are encouraged to consult with their primary care physician or a sleep specialist.

For a listing of AASM-accredited facilities in your area, visit <http://www.SleepCenters.org>.

\*Only excerpts were printed in this article. To see full article go to URL: <http://www.medicalnewstoday.com/articles/104867.php>

### Positive Affirmation

**I believe in Me! I believe in my abilities. I am in charge of my destiny. I'm positive about me! I'm Positively Me!**

-chorus of the Theme Song for the Positively Me Live Concert by Janet Paleo  
Come to this year's concert for even more uplifting songs!

## 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.

**May 6, 2008**  
Regular Meeting  
**6:30-8:00 p.m.**

**May 20, 2008**  
Regular Meeting  
**6:30-8:00 p.m.**

Meetings are held at  
Brighton, the Center for  
Inclusive Communities  
14207 Higgins  
(One-half mile west of Nacogdoches,  
between Thousand Oaks and  
O'Connor)  
For More Information call  
Jemel Crayton, chair  
210-590-1348  
Judith Laufer, Advisor  
210-828-7125

**June 17 and Aug 19**  
Voter Education #3 & #4  
**6:30-8:00 p.m.**

**Save the Date**  
**2008 Texas Advocate**  
**Conference**  
**August 8-10**

Watch future issues of this  
newsletter for registration de-  
tails or call Judith Laufer

### Home Comforts Seeks Volunteers

A small non-profit which works to  
help people with mental illness who  
are moving into independent hous-  
ing with household furniture and  
cleaning supplies. They need vol-  
unteers who can do physical labor  
of moving furniture. If you would  
like to help, please call 222-8736.

To use these services, have  
your case manager call 222-8736  
for more information, or e-mail [bex-  
arhomecomforts@satx.rr.com](mailto:bex-arhomecomforts@satx.rr.com). Bro-  
chures and applications for assis-  
tance are available on request at  
the same contact number.

**The Most  
Extraordinary  
Concert  
of the Year!**  
**Tuesday, May 20, 2008**  
**7 P.M. to 10:00 P.M.**  
**Travis Park Methodist Church**  
503 Travis  
San Antonio, TX  
Emceed by  
Texas State Representative  
**Mike Villarreal**

Positively Me!



LIVE  
**2008**

**Tickets - \$15.00**

To Purchase tickets go online to [www.ProsumersInternational.org](http://www.ProsumersInternational.org)  
or call 210-653-5267. Tickets will be available at the door.

Featuring the sounds of:

**Mystic Sister** **Rudolf Harst**  
**Athena Boneta** **Martha Duran**  
**Mary K Lively** **Krista Nabors**  
**Marjorie Dodd Anderson**  
**Butch Morgan and the Butch Morgan Band**

Some of the Sponsors of this concert to date are:

- ◆ Senator Leticia Van de Putte ◆ NAMI San Antonio ◆ Center for Health Care Services ◆ Solara ◆
- ◆ Margie Coronado, Realtor ◆ PRO International ◆ Texas Council ◆ Austin Area Mental Health Consumers ◆
- ◆ DAPA ◆ Superior Automotive ◆ The Wood Group ◆ Community Unitarian Universalist Church ◆
- ◆ Timms Trucking ◆ Life Motivations ◆ La Paz ◆ NAMI Texas ◆ Advocacy Inc. ◆
- ◆ Reclamation, Inc. ◆ Citizens Commission on Human Rights ◆ Travis Park Methodist Church ◆

This concert is a fundraiser for the local mental health advocacy groups and the proceeds of the concert and CD will benefit Prosumers, Alliance for Mental Health Consumers Rights, and the Depressive Bipolar Support Alliance of San Antonio and the Depressive Bipolar Support Alliance of Bexar County, the ARTS Project and Our House Clubhouse.

The outcome of the concert is to produce a CD with positive "I" statements to sing that will empower the singer!

### Prosumer Seeks Paid Assistance

Need a part time assistant  
to help with small jobs  
around the house like pack-  
ing and unpacking boxes,  
painting, etc., and for driv-  
ing me to the store or ap-  
pointments. There is no  
cooking or housework in-  
volved. You would need a  
valid drivers license and  
you would have access to a  
car while working. I live out-  
side the bus routes and I  
am willing to pay for your  
mileage to come to work. I  
would also pay you \$6 per  
hour and the hours are M-F  
12-5 pm.



**Team Support Person** needed for worker with mild learning  
disability. Work for Texas Advocates, a not-for-profit  
self-advocacy organization. San Antonio office needs a  
support person for one of our team members. **Part**  
**Time (8 hours a week). \$12.00/hour.**

-One-on-one computer tutoring and on-going support in Word,  
Publisher, Excel, data base, and Internet use.

-Help in brainstorming to develop role plays and training materi-  
als for people with developmental disabilities.

-General office supports (prompts, reminders, scheduling).

-Valid driver's license. Some driving (mileage reimbursed).

Experience supporting someone with a disability preferred.

Enthusiasm and strong person-first values a must.

Email your resume and cover letter to

Tanya Winters, [twinters@TheArcOfTexas.org](mailto:twinters@TheArcOfTexas.org).

For more information, contact Judith Laufer, 210-828-7125.

| S      | MON                                                                                                                                    | TUE                                                                                                                             | WED                                                                                                                                                                                                                                      | THUR                                                                                                                                                                    | FRI                                                                                                            | SAT                                                                                                                          |
|--------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
|        | April 28<br><b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa<br><b>DBSA</b> 7 pm @8026 Floyd Curl                                          | April 29<br><b>DBSA CF</b> 6 pm @210 South Grimes                                                                               | April 30<br><b>Womens Sup Grp</b> 10 S.Presa<br><b>Concert Planning</b> 1:00 S. Presa<br><b>Arts &amp; Crafts</b> 1-3 S. Presa<br><b>Dual Recovery Grp</b> 12 S.Presa<br><b>AMHCR Coping with Anxiety</b> 7pm @ Central Library Room 5.1 | May 1<br><b>DBSABC</b> 7pm @758 Ramsey                                                                                                                                  | May 2<br><b>AMHCR Schizophrenia Anonymous</b> 11:30 am @ Central Library Room 5.1<br><b>Prosumer Yard Sale</b> | 5/03<br><b>AMHCR PTSD-Armed Services</b> (All welcome) 10:00 @ Central Library<br><b>Prosumer Yard Sale (See front page)</b> |
| 4      | May 5<br><b>AMHCR Arts &amp; Crafts</b> . 11-2 S. Presa<br><b>DBSA</b> 7 pm@8026 Floyd Curl                                            | May 6<br><b>DBSA CF</b> 6 pm @210 South Grimes                                                                                  | May 7<br><b>Womens Sup Grp</b> 10 S Presa<br><b>Arts &amp; Crafts</b> 1-3 S. Presa<br><b>Dual Recovery Grp</b> 12 S.Presa<br><b>Concert Planning</b> 1:00 S. Presa<br><b>AMHCR Coping with OCD</b> 7 pm @Central Library Room 5.1        | May 8<br><b>Mental Health Support Grp</b> 7 pm St. George Episcopal Church, 6904 West Ave 342-4261<br><br><b>DBSABC</b> 7pm @758 Ramsey                                 | May 9<br><b>Prosumer Meeting</b> 12-3<br>School of Nursing                                                     | 5/10                                                                                                                         |
| 1<br>1 | May 12<br><b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa<br><b>AMHCR Coping with Anxiety</b> @6:30pm<br><b>DBSA</b> 7 pm@8026 Floyd Curl | May 13<br><b>DBSA CF</b> 6 pm @210 South Grimes<br><br><b>Anxiety Sup Grp</b> 6:30-8pm 566-5783<br><b>NAMI</b> 7 pm 510 Belknap | May 14<br><b>Womens Sup Grp</b> 10 S.Presa<br><b>AMHCR Dual Recovery Grp</b> 12 S.Presa<br><b>Concert Planning</b> 1:00 S. Presa<br><b>Arts &amp; Crafts</b> 1-3 S. Presa                                                                | May 15<br><b>AMHCR General Meeting</b> 1 P.M.<br><br><b>AMHCR Board Meeting</b> 1:30 p.m. @ S. Presa—Free lunch for all who attend<br><br><b>DBSABC</b> 7pm @758 Ramsey | May 16<br><b>AMHCR Schizophrenia Anonymous</b> 11:30 am @ Central Library Room 5.1                             | 5/17<br><b>AMHCR PTSD-Armed Services</b> (All welcome) 10:00 @ Central Library Rm 5.1                                        |
| 1<br>8 | May 19<br><b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa<br><b>DBSA</b> 7 pm@8026 Floyd Curl                                             | May 20<br><b>DBSA CF</b> 6 pm @210 South Grimes<br><br><b>Positively Me Live Concert</b> Travis Park Methodist Church 7pm       | May 21<br><b>Womens Sup Grp</b> 10 S.Presa<br><b>Arts &amp; Crafts</b> 1-3 S. Presa<br><b>AMHCR Dual Recovery Grp</b> 12 S.Presa<br><b>AMHCR Parents &amp; Siblings of Children with Mental Illnesses</b> 7:00@Central Library, Rm. 5.1  | May 22<br><b>AMHCR Life Skills</b> 2pm @SAILS 2:00 p.m<br><br><b>DBSABC</b> 7pm @758 Ramsey                                                                             | May 23                                                                                                         | 5/24<br><b>AMHCR Meet up Bipolar Sup Grp</b> 3 pm @ Central Library Rm. 5.1                                                  |
| 2<br>5 | May 26<br><b>Memorial Day CHCS Closed</b><br><b>DBSA</b> 7 pm@8026 Floyd Curl                                                          | May 27<br><b>DBSA CF</b> 6 pm @210 South Grimes                                                                                 | May 28<br><b>Womens Sup Grp</b> 10 S.Presa<br><b>Arts &amp; Crafts</b> 1-3 S. Presa<br><b>AMHCR Dual Recovery Grp</b> 12 S.Presa                                                                                                         | May 29<br><b>DBSABC</b> 7pm @758 Ramsey                                                                                                                                 | May 30                                                                                                         | 5/31                                                                                                                         |

\* 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.

**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**

**Upcoming Chances to Volunteer with other Prosumers**

May 20—Positively Me! Live Concert at the Travis Park Methodist Church at 5:00 pm.—Need 30 volunteers. All volunteers receive free concert t-shirt

July 24— Ronald McDonald House- Need 10 Volunteers to help bake cookies for the children

September—Food Drive for the Food Bank- Need Volunteers and Food

Editor in Chief—Janet Paleo, PRO International, P.O. Box 120394 San Antonio, TX 78212

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!

**"CREATING COMMUNITY THROUGH ACTIVE CITIZENSHIP"**

**October 29 – November 2, 2008 in Buffalo, NY**

**Center for Mental Health Services Application for Financial Support**

Application deadline: **May 28, 2008**

The Center for Mental Health Services (CMHS), within the Substance Abuse and Mental Health Services Administration (SAMHSA), and the Support Technical Assistance Resource Center (STAR Center), through a contract with AFYA, Inc. (AFYA), are providing financial support to consumers of mental health services who wish to participate in the 2008 Alternatives Conference. The conference host is the National Empowerment Center. The purpose of the scholarships is to foster transformation of mental health care to focus on recovery. **Please note: To be eligible for this scholarship, a completed application and letter of recommendation must be received by U.S. Mail, postmarked on or before the deadline of May 28, 2008. NO FAX OR EMAIL SUBMISSIONS WILL BE ACCEPTED.**

CONFERENCE INFORMATION IS AVAILABLE AT [WWW.POWER2U.ORG/ALTERNATIVES-2008](http://WWW.POWER2U.ORG/ALTERNATIVES-2008) OR BY CALLING 800-POWER2U (800-769-3728).

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

**Contact Information:**

Name \_\_\_\_\_ Title \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

Alternate E-mail \_\_\_\_\_

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

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_ Emergency Telephone (\_\_\_\_\_) \_\_\_\_\_

**Demographic Information (optional):**

| Gender                                                     | Age                                                                                          | Ethnicity                                                                                                                                                                                                                                                                    | Sexual Orientation                                                                                                                 | Special Needs                                                                                                                                                    | U.S. Citizen                                          |
|------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| <input type="radio"/> Male<br><input type="radio"/> Female | <input type="radio"/> 18 – 25<br><input type="radio"/> 26 – 55<br><input type="radio"/> 56 + | <input type="radio"/> Asian/Pacific Islander<br><input type="radio"/> American Indian<br><input type="radio"/> Black<br>(not of Hispanic origin)<br><input type="radio"/> Hispanic<br><input type="radio"/> White<br>(not of Hispanic origin)<br><input type="radio"/> Other | <input type="radio"/> Heterosexual<br><input type="radio"/> Gay<br><input type="radio"/> Lesbian<br><input type="radio"/> Bisexual | Physical Disability:<br><input type="radio"/> Yes<br><input type="radio"/> No<br><br>Medical Condition:<br><input type="radio"/> Yes<br><input type="radio"/> No | <input type="radio"/> Yes<br><input type="radio"/> No |

**Financial Support:**

|                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| What type of scholarship support are you seeking? <i>(Please check one.)</i>                                                                                                                                   |
| <input type="radio"/> Full <input type="radio"/> Partial <i>(I have partial support from another sponsor.)</i>                                                                                                 |
| What type of funding are you seeking? <i>(Please check all that apply.)</i>                                                                                                                                    |
| <input type="radio"/> Registration Fee <input type="radio"/> Hotel<br><input type="radio"/> Per Diem <i>(daily allowance for meals and incidental expenses)</i><br><input type="radio"/> Ground Transportation |
| Travel Costs <i>(Please choose one from below.)</i>                                                                                                                                                            |
| <input type="radio"/> Airfare <input type="radio"/> Train <input type="radio"/> Car Mileage <i>(Mileage is based on Federal Regulations – and must not exceed the lowest airfare.)</i>                         |
| Have you received in the past a scholarship from CMHS to attend this conference?                                                                                                                               |
| <input type="radio"/> Yes <input type="radio"/> No If yes, for what year(s)? _____                                                                                                                             |
| Have you received in the past a scholarship from another sponsor to attend this conference?                                                                                                                    |
| <input type="radio"/> Yes <input type="radio"/> No If yes, State what is the sponsor's name. For what year(s)? _____                                                                                           |

**Logistics Information:**

|                                                                                                    |
|----------------------------------------------------------------------------------------------------|
| Do you have any special needs that would prohibit double occupancy?                                |
| <input type="radio"/> Yes <input type="radio"/> No<br>If yes, please list any special needs. _____ |

**Additional Information:**

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

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

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

**Scholarship Conditions:**

Please note that, to be eligible for this scholarship, you must be a U.S. citizen and a mental health consumer. **If you are selected as a scholarship recipient, a representative from AFYA will contact you by July 18, 2008, to discuss travel arrangements.** As a scholarship recipient, you will be asked to do the following:

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please submit your completed application and letter(s) of recommendation BY US MAIL ONLY to:**

Jackee Williams, CMP, Senior Conference Manager  
AFYA, Inc. 8101 Sandy Spring Road, Laurel, Maryland, 20707

**Please note that your complete application must be postmarked on or before May 28, 2008.  
For additional information, contact Jackee Williams at (301) 957-3040.**