

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

2010

Janet Paleo—Editor

Volume 8, Issue 05

Day Time Prosumer meeting

The 2nd Friday of the Month

12 Noon to 3 PM

UTHSC School of Nursing

Room 1.463

All Welcome!

7703 Floyd Curl—Enter at the Louis Pasteur entrance near Babcock, Buses 91, 92

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.

June 11, 2010 Meeting

A special treat this month, Laura Dickey Arias will be speaking to us. Laura started coming to the Prosumer Program about 7 years ago and got her life out of it. Today, she has a good job, is married, just bought a house and is living her dream. Come find out how she did it. Learn what it took to get off benefits and how to get past the fear that stops us. Be inspired by the courage and fortitude and resiliency that it took to step out on her own. Learn how she took control of her life and you can too. You don't want to miss this.

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

May 18, 2010

Evening Meeting

This meeting is about Fun, Fun, & more fun. Learn about different ways to bring fun back into your life. Learn to play no matter where you are. Did I mention that this meeting will be fun? Come join us for all the frivolity.

■ **A huge apology to anyone that missed us at the last Prosumer Day meeting.** We were in the café attached to the Dental School, but we were hard to find. We are back at the Nursing School and hopefully we will be back on schedule soon. Please accept our apologies for any frustration or upset. We felt it too.

Prosumers welcome the US Census Workers as they train at the Prosumer Action Center!!

Put your name on a wait list for the following classes:

Computer Beginning, Intermediate or Advance

Focus for Life

Intentional Peer Support

Also let us know if you are interested in helping with a community garden or a clothing closet for business clothes. Call the Prosumer Action Center at 210-212-6586.

Prosumers Are Socially Networked

That is right! Prosumers are inline with the times. We have a fan page on Facebook, a group page for the Prosumer Action Center and we now twitter on ProsumersInt. We now have a toll free number for those who don't live in San Antonio. 1-877-334-2717. We are very excited in opening up these new avenues of communication. As we continue to grow, these are some ways for us to keep in better communication. Stop by online and check us out.

Powerful Life

Tips for an Exceptional, Superb & Powerful Life!

- 1.) Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
- 2.) Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
- 3.) Buy a Tivo (DVR), tape your late night shows and get more sleep.
- 4.) When you wake up in the morning complete the following statement, 'My purpose is to _____ today.'
- 5.) Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
- 6.) Watch more movies, play more games and read more books than you did last year.
- 7.) Always pray and make time to exercise.
- 8.) Spend more time with people over the age of 70 and under the age of Six.
- 9.) Dream more while you are awake.
- 10.) Eat more foods that grow on trees and plants and eat less foods that are manufactured in plants.
- 11.) Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
- 12.) Try to make at least three people smile each day.
- 13.) Clear your clutter from your house, your car, your desk and let new and flowing energy into your life.
- 14.) Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.
- 15.) Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra

Continued on page 2

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). 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.

We have four levels of accountability:
Volunteers - Accountable to working with the Project Manager or Office Manager, may be assigned to special projects
Apprentices - Accountable to learn job skills like time management, communication, finding referrals, etc. and you will receive some training.

Journeyman— Accountable for leading classes, doing referrals, finding referrals, doing presentations, etc and at this level you would receive specialized training.

Project Manager— Accountable for scheduling Journeymen & Apprentices, reports, scheduling special events, helping run the Action Center, etc. and at this level, you receive a money stipend.

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.

Then once a month, we will have an entry meeting so that you can find out more information, ask your questions, see the Action Center and meet who you will be working with. Bring your applications with you or fill them out here. The dates for the Entry meeting are:

May 19, 2010 at 1 pm
June 14, 2010 at 11 am
July 14, 2010 at 10 am

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 or to RSVP call Michelle at 210-212 -6586 ext 201.

Secretary Kathleen Sebelius Statement on New Health Care Quality, Disparity Reports

HHS Secretary Kathleen Sebelius issued the following statement on new reports on health care quality and health care disparities faced by racial, ethnic or income groups. The new reports - the 2009 National Healthcare Disparities Report and the National Healthcare Quality Report - were released today by the Agency for Healthcare Research and Quality.

"Today's reports demonstrate why passing health reform was so critical," said Sebelius. "In 2009, healthcare associated infections increased and minorities were less likely to have insurance and less likely to get the treatments they needed. In a reformed system, more Americans will get the care they need, regardless of their race or ethnicity and the quality of care will improve. The numbers we saw today are troubling, but ultimately, reform will help turn these numbers around."

According to the 2009 National Healthcare Disparities Report, Americans with no insurance are much less likely than those with private insurance to obtain recommended care, especially preventive services. In addition, while some racial differences in lack of insurance have narrowed in the past decade, disparities related to ethnicity, income, and education remain large. Under health care reform, families have a guaranteed choices of quality, affordable health insurance if they lose their jobs, switch jobs, move, or become sick. Health reform provides premium tax credits to those who can't afford insurance, which will significantly reduce disparities in accessing high-quality health care.

The 2009 Report also found that among the most prevailing disparity was the lack of preventive care. For example, many minorities had worsening disparities in the percentage of adults over age 50 who received appropriate screening for colon cancer. Also, African Americans and Hispanics had increasing death rates from the disease. The new health care reform law ensures that Americans have access to the free preventive services they need to create a system that prevents diseases before they require more costly treatment.

(note the report also includes a section on mental health and addictions)

The National Healthcare Quality Report notes that very little progress has been made on eliminating health care-associated infections (HAIs), with rates of many HAIs increasing in the past year. Reform will improve the quality of care for all Americans through new incentives that reward quality over quantity of care.

The 2009 National Healthcare Disparities Report, and its companion 2009 National Healthcare Quality Report, are available at <http://www.ahrq.gov/qual/qdr09.htm>, by calling 1-800-358-9295 or by sending an e-mail to ahrqpubs@ahrq.hhs.gov.

Powerful Life *Cont page 1*

class.....but the lessons you learn will last a lifetime.

16.) Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.

17.) Smile and laugh more. It will keep the energy vampires away.

18.) Life isn't fair, but it's still good.

19.) Life is too short to waste time hating anyone.

20.) Don't take yourself so seriously. No one else does.

21.) You don't have to win every argument. Agree to disagree.

22.) Make peace with your past so it won't screw up the present.

23.) Don't compare your life to others'. You have no idea what their journey is all about.

24.) Ladies - Go on and burn those 'special' scented candles, use the 600 thread count sheets, the good china and wear our fancy lingerie now. Stop waiting for a special occasion. Everyday is special.

25.) No one is in charge of your happiness except **YOU!**

26.) Frame every so-called disaster with these words: 'In five years, will this matter?'

27.) Forgive everyone for everything.

28.) What other people think of you is none of your business.

29.) Time heals almost everything. Give time, time!

30.) However good or bad a situation is, it will change.

31.) Your job won't take care of you when you are sick. Your friends will. Stay in touch with them.

32.) Get rid of anything that isn't useful, beautiful or joyful.

33.) Envy is a waste of time. You already have all you need. God provides remember?!

34.) The best is yet to come.

35.) No matter how you feel, get up, dress up and show up.

36.) Do the right thing!

37.) Call your family often.

38.) Remember that you are too blessed to be stressed.

39.) Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.

40.) **PRAY LIVE, LOVE, LAUGH.** LIFE'S A GIFT ... UNWRAP IT! Have a Blessed day.

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

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
Tuesday of the month.

Meeting Dates Are:

May 4, 2010

June 8, 2010

July 6, 2010

August 3, 2010

Time of Meetings

6:00-7:30 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
Judith Laufer, Advisor
210-828-7125

Home Comforts

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

To use these services, have
your case manager call 222-8736
for more information, or e-mail
bexarhomecomforts@satx.rr.com.
Brochures and applications for
assistance are available on re-
quest at the same contact num-
ber.
www.bexarhomecomforts.com

**Mental Health Support Group
Meets at St. George Episcopal
Church**

**located at 6904 West Avenue
in Conference Room.
Every 2nd Wednesday at 7 pm.
Call 342-4261 for more info**

NAMI San Antonio News

The NAMI SA Walk is on 5-15, at Brackenridge Park. We will have special appearance with Chief McManus, State Rep Castro and Trey Ware from KTSA. KTSA will have a team walking.

We will be having a light lunch after the walk for all the walkers. Our PSA with the Mayor, Gordan Hartman, Chief McManus and State Rep Castro will be airing until the day of the walk on KTSA. To register you can call the NAMI SA office or go online to register at www.nami.org/walks.

Prosumers have a team and you can call the Action Center to get signed up. Our goal is to have the biggest team there. Come help us do that and have some fun.

Also, NAMI Connection meetings will be every 2nd and fourth Wednesdays of the month from 2:30pm to 4:00pm at La Paz. Call the NAMI Office for more information.

Event to Help People with Mental Disabilities Maneuver Needed Services

One of the biggest challenges for individuals diagnosed with bipolar disorder, schizophrenia, major depression, PTSD and other mental illnesses is finding and plugging into needed services—not just mental health treatment but community services, too.

A holistic approach to services is best, and that includes such needs as affordable housing, meaningful part-time work, a disability income, the pursuit of a formal education and adequate mental health treatment so that the individual has a chance to reach their best potential.

That's why "Health Fair 2010" will focus on many of the holistic basic needs of people who struggle with debilitating illnesses.

The event planned on May 18 at Monarch Place Apartments, a complex that houses individuals with mental health diagnoses, is a collaborative effort by Urban Alliance, Independent Housing Advocates, Inc., Independent Housing Advocates and Pecan Valley Inc. The group is now recruiting organizations that provide "safety net" and life enrichment services.

"Our goal is to showcase services that provide opportunities for people with mental health challenges to live up to their God-given potential," said Susan Beattie, a leader of the effort. "In a county as large and populated as Bexar, many people struggle to find and access services."

Organizations interested in taking advantage of this out-reach opportunity may contact Susan E. Beattie by calling 210-341-4979 or e-mailing her at seabeattie@yahoo.com. Space is limited and on a first-come, first-served basis.

In a time when Bexar County faces a shortage of psychiatrists and community services, a wellness approach to treatment rather than a crisis approach is needed," said Beattie. "Homelessness, incarceration, suicide, and attempted self-medication by abusing substances can be consequences of a weak safety net."

"Hunting for services is not easy to do," Beattie said. "Service providers need to come together to showcase what they do."

◆ May 18 ◆ Monarch Place Apartments ◆ 169 De Chantle ◆ 10- 2pm ◆

Scholarships to Attend Conferences Now Available

SAMHSA has released applications to provide funding for two national conferences:

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

Alternatives 2010 Conference Septem-
ber 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 Bracken-
ridge Park. Join us online at
www.NAMI.org/walk. Select Texas and
then San Antonio. Sign up and join the Pro-
sumers as we walk together to show that
RECOVERY IS POSSIBLE! Call the Pro-
sumer Office for more information or to
sign up at 210-212-6586 ext 201. Thanks!

	MON	TUE	WED	THUR	FRI	SAT
2	May 3 Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	May 4 Joyz of Artz 11-12 @AC Recovery Inc 10-12 (see next page) Skill Building 1-2 @ AC	May 5 Game Day Social Event 1-3 AC	May 6 Joyz of Artz 11-12 @AC Arts & Crafts 10-12 @ AC Recovery Inc 7 pm (see next page)	May 7 Journaling 10:30—11:30 @ AC	5/8
9	May 10 Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	May 11 Joyz of Artz 11-12 @AC Recovery Inc 10-12 (see next page) Skill Building 1:00-2:00 @ AC NAMI Meeting 7 pm @ 510 Belknap	May 12 Social Event Loteria (Spanish Bingo) game and prizes 1-3 AC Mental Health Support Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261	May 13 Arts & Crafts 10-12 @ Action Center Recovery Inc 7 pm (see next page)	May 14 Prosumer Action Center closed for all to attend the Prosumer Meeting 12-3 @ School of Nursing	5/15 DBSA-BC 2-4 @ St. Benedict's Church "the nest"
16	May 17 Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	May 18 Joyz of Artz 11-12 @AC Recovery Inc 10-12 (see next page) Skill Building 1-2 @ AC Prosumer Evening Meeting 6-9 LA PAZ 530 San Pedro	May 19 Movie Social Event "The Blind Side" 1-3 AC	May 20 Joyz of Artz 11-12 @AC Arts & Crafts 10-12 @ Action Center Recovery Inc 7 pm (see next page)	May 21 Journaling 10:30-11:30 @ AC	5/22 DBSA-BC 2-4 @ St. Benedict's Church "the nest"
23	May 24 Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	May 25 Joyz of Artz 11-12 @AC Recovery Inc 10-12 (see next page) Skill Building 1 - 2 @ AC	May 26 Social Event—Line Dancing lessons 1-3 AC	May 27 Joyz of Artz 11-12 @AC Arts & Crafts 10-12 @ AC Recovery Inc 7 pm (see next page)	May 28 Journaling 10:30-11:30 @ AC	5/29 DBSA-BC 2-4 @ St. Benedict's Church "the nest"

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

Prosumer Numbers

April 9 SA Prosumer Day Meeting in 22 attendance
 April 20 SA Prosumer Evening Meeting 13 in attendance
 March 26 HOU Prosumer Meeting 32 in attendance
 Prosumer Newsletter circulation 2,340
 Prosumer Facebook Fans 20 & 93 visits to Fan Page March & April
 People following ProsumersInt on Twitter - 7

Prosumer Action Center March Numbers

Ten (10) volunteers provided 420.5 hours
 Held public education on & increased awareness of MI to 85 people
 Outreach occurred to 69+ consumers and families
 Empowered 51 consumers to become self-sufficient
 Referred 4 people to services in the community
 44 people attended groups at the Action Center
 29 unduplicated people served at the Action Center this month
 A total of 155 services were provided
 People members of Prosumer Action Center Facebook- 36

Focus for Life Training FY'10

50 people have completed full curriculum
 35 people attended completed a partial training
 Trainings scheduled:
 May 26-28 in Conroe
 July 28-30 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

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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
Toll free number is 1-877-334-2717

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

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 Bexar County—Depressive Bipolar Support Alliance meets at 4623 Lord Road, call 210-262-2596 or email dbsabexarcountry@yahoo.com

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.

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

Useful Websites and Links

An Online Wellness Tool

www.ProsumersLightaCandle.org

Recovery TV

www.WorldTV.com/RecoveryTV

The Prosumer website

www.ProsumersInternational.org

PRO International for Empowermentware

www.TheProInternational.com

National Consumer/Survivor Coalition

www.ncmhcsso.org

The Center for Health Care Services

www.CHCSBC.org

A website for all TX government departments

www.texas.gov

National Empowerment Center a consumer

technical Assistance Center www.Power2u.org

Depression and Bipolar Support Alliance

(DBSA) www.dbsalliance.org

Mental Health America of Texas

www.mhatexas.org

Texas Legislature Online

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

Texas Administrative Code where you find the

laws pertaining to the running of MHMR Centers

<http://www.sos.state.tx.us/tac/>

The Texas Election Division to find voter infor-

mation, and candidates

<http://www.sos.state.tx.us/tac/>

Substance Abuse Mental Health Services Ad-

ministration

www.SAMHSA.gov

Mental Health Self Help Clearinghouse

<http://mhselfhelp.org/>

Website for Medications, Assistance Programs,

Discount programs

www.needymeds.com

TX Department of Housing and Community

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

Patient Assistance with Medications

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

Free Online Computer Classes through Global

Community Foundation www.gcflernfree.org/

For more information specific to their current

situation and the transition to Medicare Rx

www.texasmedicareRx.org

Blog for discussion of mental illness in veterans

by Dr. Maria Felix-Ortiz www.bexarinmind.org

Assistance with household goods for people

with chronic mental illness. Home Comforts

www.bexarhomecomforts.com

NAMI a Organization for the families of people

with mental illness www.nami.org

Via Hope, a collaboration of Mental Health Ad-

vocacy groups to help with the transformation of

services in Texas. www.viahope.org

What is DBSA?

DBSA stands for Depression Bipolar Sup-
port Alliance.

Their National office is in Chicago. It is
a not for profit organization founded in
1985. Its mission is to provide hope, help,
and support to improve the lives of people
living with depression or bipolar disorder.

DBSA pursues and accomplishes this
mission through peer-based, recovery-
oriented, empowering services and re-
sources. There are over 1000 peer run
chapters across the country. Each chapter
is affiliated with DBSA but is free to run
the group as desired and their names are
designated by the area they serve. Our
local chapter of DBSA is DBSA BEXAR
COUNTY and independent of any other
DBSA support groups. We welcome all
members of the mental health community
to attend including family, friends, and
other support members.

We subscribe to the teachings, train-
ings, and philosophies of DBSA National.

We will resume our regular Saturday
meetings from 2-4, starting May 15th at
4623 Lord Road, 78220. From I-10 take
the WW White exit south and go approxi-
mately 1 mile until you come to the light at
Martin Luther King Blvd which crosses
over WW White and becomes Lord Road.
(it is a left turn)

The meeting place is in the meeting
room of St. Benidict's Church meeting
room called the "nest". It is the first house
on the left just pass the church parking lot.

For more information please call 262-
2596 or email us at [dbsabexar-
county@yahoo.com](mailto:dbsabexar-county@yahoo.com). We look forward to
seeing you at our meetings!

Prosumer Action Center Updates

The Prosumer Action Center located
at 1921 Burnet across from the Burnet
Clinic.

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

Joyce, our local artist, has moved the
painting classes to Tuesday's and
Thursdays from 11-1.

In April, Prosumers had a booth at
Kids Day in San Pedro Park. We had
Fundred Buck that the children col-
ored. We will then send them to the
collection agency who will send them
to Washington and ask that they be
turned into real money to remove the
lead from the soil in New Orleans so
that kids don't develop the learning
disabilities that is associated with
lead.

Our computer lab is near complete.

We have six computer stations ready
to go. We still need to purchase the
software. We are taking reservations
for classes. We will be offering the
intermediate and the beginning class
at this time. The classes will start in
June and be on Tuesdays and Thurs-
days at 1 pm. The computers are
available at other times for you to
check email, do job searches, etc.

Reserve your spot now. Call Mi-
chelle at 210-212-6586 ext 201.

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



A visiting delegation from Rapid
City South Dakota expressed
their gratitude as they com-
pleted their on site tour of the
Center for Health Care's Crisis
and Transformations Centers.
Our visitors commented on the
unique approaches and collabo-
ration they observed and men-
tioned that this visit would be
very productive as they were in
the beginning stages of planning
a new Crisis Center for Rapid
City, South Dakota.

Left to Right: Rapid City Police Chief Steve Allender, Regional Hospital Administra-
tor Heather Smith, CEO Behavioral Management Systems Alan Solano and Pen-
nington County Sheriff Don Holloway)

How Positive Thinking Can Transform Your Health

By [Dr. Isaac Eliaz](#) on 04/14/2010

Does thinking positively about yourself and your external environment actually produce a noticeable and positive change in your life? And can you cure yourself of disease simply by affirming yourself to be healthy and whole?

Well certainly, having a positive outlook can alter your perception of reality—which can be beneficial—but does it actually alter reality per se? As an integrative physician, holistic healer, and meditation practitioner, I am confronted with this issue every day. In fact, this may be the most profound question in the age-old contemplation of consciousness within spirituality, philosophy... and yes, even science: What role does consciousness play in the establishment of reality?

There are many extreme views on this topic. On the one hand, Western science has traditionally clung to the dualistic concept that subject and object are separate, and there is no room for subjective (i.e., consciousness-based, or emotion-based) experience in the scientific “rational” observation of the material world. Taken experientially, this interpretation states that a human being is simply a passive observer of a reality that is imposed by a totally deterministic external world—in other words, our experience is determined by forces of nature that we have no internal control over.

The opposite view, held by many mystics and spiritual practitioners across the ages, is that all experience in this world is created by consciousness, and that all tangible elements of physical reality are therefore ultimately an illusion. Then there are many beliefs—spiritual, philosophical, and scientific—that fall in the middle ground, existing as flexible mediums between these two extremes. One such belief system, celebrated especially by the New Age Movement, is the belief in the “Power of Affirmations”—also known as the power of “positive thinking.”

When we make an affirmation, we generate a positive thought—but unfortunately, it often doesn’t result in a real difference. Why? More often than not, the thought is generated in a contrived way, and is not genuine. You may tell yourself that you are healthy and happy—but deep down, you might not really believe it. For many of us, positive thoughts comprise just a few thin layers that cover a multitude of suppressed negative beliefs generated by fear, aversion, attachments, and the like.

These negative beliefs can be both conscious and unconscious, but regardless of their specific location in our psyche, they are clearly the obstructing force in any real effect of positive affirmation on our reality. So yes, positive affirmations do work—but only to the degree that they are truly genuine, and that you generate them and sustain your belief in them from the deepest core of your being possible. This means being in touch with yourself, experiencing the true potential of your existence, and then being genuine to that experience.

So what is the deepest core of your being, and how do you access it? This is the difficult part. I like to use the metaphor of the onion and its many layers: Our deepest core is our true essence, and it is in no way separable from the essence of the Universe. When we peel back the layers of the onion—the layers of negative beliefs, distractions, fears, and so on—we can actually reach this core essence and rest in it, naturally and effortlessly radiating energies of love, compassion, and healing.

The deeper we go, the more layers we peel, the more access we have to our true essence, and the more genuine our affirmations can be—for this essence is simply pure openness and love, which is the true essence of positive affirmation. Often, and especially in moments of crisis, we can become more genuine to ourselves, and to our experience of existence—and this is the true opportunity presented by crisis. If we keep going deeper, and have the right guidance, we can start peeling into the depth of our experience, peeling back the layers that obstruct our essence.

Then, when the openness is there, love and compassion flow effortlessly as a natural expression of our true nature... and anything can happen. Lama Giatsu, who just passed away, taught me these three principles of Buddhist healing:

- 1) **The Substance:** The medicine that you are giving
- 2) **The Mantra:** The power of prayer. This is the affirmation.
- 3) **The Wisdom (yeshe):** This is the knowing of our true essence.

He told me this as part of a story how his teacher in Tibet healed all the yaks and protected them from an epidemic. The lesson of this story: When we touch our wisdom, our essence, the power of healing and change takes a quantum leap.

It is interesting to note that the traditional dualistic system of rational western science is beginning to give way to a more holistic view of reality, especially in the field of Quantum Physics. Scientists in this field are starting to discover the subjective nature of reality: that the influence of mind and consciousness is more—perhaps much more—far reaching than previously believed. In fact, a program at Princeton University called Princeton Engineering Anomalies Research is currently devoted to a range of scientific studies on consciousness-related physical phenomena.

This research may be interesting to anyone seeking “proof” of the effects of consciousness on our external reality. For me, however, the answer lies in the core of our true essence. An “affirmation” generated from this depth of being—from the openness and love and compassion for ourselves and the world—is indeed a “truth.”

Researchers say it's all but impossible for our minds to process more than seven bits of information at any given time. Small wonder it's so tough to decide even what breakfast cereal to buy at the supermarket.

"For a long time people have said that the best way to make a decision is to be rational," Lehrer said. "And yet, in recent years, scientists have discovered that the rational brain can only take in a few bits of information at any given moment. So, you start giving it too much information and it starts to short-circuit and sputter."

To eliminate sputtering when faced with complex decisions - buying a car, computer, or even a house - Lehrer says stop all that thinking . . . *just go for it!*

"Our emotional brain is actually much better at taking in lots and lots of information," he said. "Summarizing lots of data very efficiently, and saying, 'Here's a feeling. Don't worry about all the details. Here's a feeling. We've already taken those details into account.'"

Excerpt from CBS News <http://www.cbsnews.com/stories/2010/04/25/sunday/main6430448.shtml?tag=stack>

Please check out, disseminate, and use this powerful human rights report written by users and survivors of psychiatry, people with disabilities, and allies. This is the final version of the report that has now been submitted to the UN by U.S. Human Rights Network along with over 20 other stakeholder reports. See the full report at the Prosumers Web Page at www.ProsumersInternational.org.

United States of America
Submission to the United Nations
Universal Periodic Review

Ninth Session of the Working Group on the UPR
Human Rights Council

22 November – 3 December 2010

Human Rights of Persons with Disabilities

Submitted by:

ADAPT

Center for the Human Rights of Users and Survivors of Psychiatry
Nationwide Organizing Call to Action: Stop Forced "Mental Health" Treatment
Not Dead Yet

Self Advocates Becoming Empowered

The Opal Project

The U.S. Network of Users and Survivors of Psychiatry

Executive Summary

This joint submission provides information on the rights of people with disabilities (PWDs) in the United States (U.S.) under sections B, C, E and F, as stipulated in the *General Guidelines for the Preparation of Information under the Universal Periodic Review*:

- Section B raises concerns about limitations of the U.S. human rights framework that permits serious violations such as involuntary euthanasia, physician-assisted suicide, guardianship, civil commitment and compulsory mental health treatment.
- Section C discusses morbidity and mortality of people with psychiatric disabilities, deprivation of rights based on youth and disability, institutionalization and abuse of children in the mental health system, institutionalization and abuse of people with physical and developmental disabilities and abuses, and lack of alternatives to institutionalization.
- Section E presents best practices to support PWDs' right to live in the community and respect their legal capacity to make their own choices.
- Section F provides recommendations for realizing the rights of PWDs and for fortifying the human rights framework in the United States.

Are you on Medicare and/or Medicaid and you need to sign up for an Advantage Plan and don't know where to start? Do you know the differences between Medicare Part A & B? What is Part D? Do I need Part C? All these could be very confusing and overwhelming. At the Prosumer Action Center we have three Volunteers that can help you understand what all this means. We can help you with:

When are you eligible for Medicare?

Know the differences between Medicare Parts A, B, C and D.

Which Medicare Advantage Plan is best for you?

When you can join?

What Advantage Plans are available in your area?

What out of pocket expenses you may need to pay?

What added benefits they offer?

Do you qualify for extra help to help pay for your premiums and deductibles?

Do you qualify for a program for people with Limited Income and Resources?

Veterans may have benefits due to you if you never served during a war-time period.

If you are a Disabled Veteran, you may qualify for different programs.

We can help you make sense of all of it so that you can make an informed decision. If you need help to understand any of the above, please call the Prosumer Action Center at 210-212-6472 and ask for Cheryl, Hannah or Michelle to make an appointment.