

# 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

June

2008

Janet Paleo—Editor

Volume 6, Issue 06

### Prosumer Meetings

### What the PROSUMER Meetings Mean to Me By Kayla Byrd

### REFLECTIONS ON RECOVERY – by Sarah Ho, Kona, Hawaii Prosumer to Prosumer: Our Unbreakable Ties

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

### 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 communi-

cating 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.

### July 11, 2008 Meeting

I heard it first said from Pat Deegan, Personal Medicine. Personal Medicine is what you do, not what you take. I have always believed that doing is very powerful and that is what I teach. Her wording, however, put everything into perspective with mental health treatment. This meeting we will be exploring the concept of Personal Medicine at this meeting. You will be invited to share what you do for your personal medicine as well to discover your own personal medicine. This is going to be a awesome interactive meeting with lots of exploring and fun. Please join us.

**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!!**

I really love the Prosumer meetings. The friends I make and talking about recovery. My doctors told me nothing about recovery. They just messed with my medications. When I go to the Empowerment part of the meetings I feel like crying because Janet and whoever speaks is speaking right to me. Now that I know that I am not worthless, I can share my story with others and that is just amazing. These meetings mean so much to me from the start to the end. Janet really empowers us in the meeting and at the office. Why do I love the Prosumers? Easy! Fun, fun, and I learn things I never knew or thought were possible. I learned that from the Prosumers. What does the Prosumers mean to you?

### RECOVERY IS ALWAYS POSSIBLE!!!!!!

**The Mexican American Unity Council and the Office Of Culture Affairs are Sponsoring:  
Free Adult and Senior Canvas Painting Art Classes  
All supplies are provided free of charge  
Locations: Northside and Westside of town  
For more information please contact:  
Liz or Sylvia at 210-978-0500**

Editor's Note: I started these classes and they were wonderful. I felt so empowered that I could do something so beautiful. This is great personal medicine! See page 3.

FULL heart tonight. It is a luscious feeling, a contentment, and a gratitude.

Twelve of us had a farewell party tonight for a good friend who is moving to the Mainland. We cried a little and laughed a lot. Each of us told the woman how she had been important to our Recovery processes. One woman thanked Julie for having helped her see that she even had an emotional disorder. Another woman expressed appreciation for the way Julie's sharings at women's meeting were always heartfelt. A young man thanked her for her advice and generosity with her time. Somebody else loved hanging out with her, watching a good movie.

We all realized how important this one woman, Julie, is in all our lives. We see her goodness, cherish her wisdom, and we will miss her. She'll leave a big energy hole. A lot of holes.

And as I sit here I'm trying to put this change/move/loss into perspective. I remind myself that every relationship is precious and needs nurturing and gentle coaxing. Julie will be gone, and whatever I have been getting through her, I'll have to learn some other way. It will all have to be okay. I can keep what she has taught me and make it my own. She's a part of me. This unusual, tenuous relationship has been a valuable instructor for me. This is good, for I believe that we are all learning the

Continued on the next page

same lessons during life: every one of us, the same basic lessons. Once we decide to Recover, we take on the learning of those Life lessons: kindness, self-responsibility, growing awareness, patience, acceptance, openness.

Our healing depends in part on our being able to depend on one another. Coming out of the isolation our disorders generate is a hugely important step in getting well. There is something wordlessly powerful about a relationship with another person who has experienced the spiritual crisis that is a psychiatric episode. A relationship with another person in Recovery is almost an automatic thing. We recognize something in one another – perhaps the respect that comes from knowing that the other person has also suffered unspeakably horrible things. That's it for me. Damn, but I root for every one of us.

Yes, our relationships with one another are unusual and profound. They are a challenge, a gift, and a teacher. So, friends, remember that support groups and the contacts they allow are vital to our Recovery. Attend a Prosumers meeting. Talk to one another. Keep our Love alive. Believe. Together we are wiser than the world.

**CVS Pharmacy Health Fairs for San Antonio from noon—4 pm**

When you attend you can learn about and/or be screened for vision, Blood pressure, diabetes, Bone Density, Cholesterol (don't eat at least 4 hours before screening), Referrals for pap smears and mammograms, Consultation with pharmacist and doctor on drug interaction, Dental and Chiropractic at select locations.

6/1/08—9838 Potranco Road 561-1325

6/7/08— 19202 Blanco Road 497-2845

6/8/08—8602 Huebner Road 691-0174

6/14/08—9140 Guilbeau 520-5183

6/15/08— 7202 San Pedro 340-0830

6/21/08— 3027 Nacogdoches Rd  
824-5928

6/22/08— 5506 Walzenm Road  
653-3140

**Call each store for more details. No appointment necessary. All Free!!**

I've been diagnosed with Major **Depression**, Anxiety Disorder, panic attacks, and substance abuse. I've been sober for years, and it wasn't until then that my mental health issues started to ease. I used to isolate a lot. I became part of the stigma, that mental health issues were bad or wrong. It hasn't been an easy road. There has been a lot of stress along the way. Some of my depression episodes would last for weeks. My anxiety disorder would keep me from doing daily activities like shopping or working.

It took me years to accept my diagnoses. Finally, that was the only thing left: acceptance. That was one of the hardest things I did, and the most important. I'd been afraid of rejection from friends and family; and I wasn't really accepted, either. **You need to 'own' your illness before you can move forward.** Since then it's been my desire and drive to learn anything and everything I can about my illness and recovery.

After accepting my illnesses, treatment was the light in my day. It comes in all colors. Medication was only a start. I found it helpful also to join a support group with other Prosumers. It's important to have other people to act as a sounding board. I found that if I could put my thoughts and feelings into words, my problem was mostly solved. Life isn't easy, but with effort, I find it easier every day.

Learn about your illness. Knowledge is power, the power I use to get through day-to-day activities.

Presently, coping is my daily challenge. Every day is different. I've found so many different tools that help me cope. I've mentioned medication, peer support groups, and knowledge, but they are only the tip of my iceberg. Friends, family, music or art – pets and hobbies – they're only a start. Proper diet and exercise or even religion might help in coping, but just like medication, you have to find out what works for you.

I am now starting to reclaim a quality of life. I'm becoming stronger in the community by participating in different areas. As a consumer of mental health services, I've learned that our opinions do matter. With our input we can change the way people think about us. We can advocate for better treatment. We can educate ourselves, family, neighbors, and community. We can change the world and learn to live together, but it will take all of us to accomplish that.

**An Obvious Manifestation Secret By - Kelly Archibald**

There is a well known and very much overlooked 'secret' that Master Manifestors use continuously. It is a very basic, simple component that sets in motion all that exists in the human world. We all know it is real and absolutely necessary. Yet the vast majority of people do their level best to avoid it.

Without this 'secret', all dreams, hopes, wishes and well intentioned goals will remain in a keepsake box stuffed under the bed. The box will be pulled out on rainy afternoons, and its carefully saved articles dusted off and cherished once more. Some time will be spent in pondering potential possibilities, and hopefulness will expire. Great wistfulness will settle over its guardian, and with a tired resolve, the goals, ambitions and really serious potential will be carefully put to rest once more.

The real definition of potential, to put it politely, is 'worth nothing as it sits right now'. Goals, dreams, wishes, hopes and desire have only potential without the obvious secret that can only lead to manifestation. Not worth a darn right now. There is little so common in the world as latent potential. But add the magic ingredient, and your desires will become manifest before your eyes. Pour a viscous, electric blue liquid into your keepsake box, and it will empty itself into your real world.

This secret, magic ingredient is commonly known as 'action'. Git'r done, get it on, go, just do it, start, ACTION. This is a billion dollar concept that gifted speakers devote entire seminars to.

All desires must begin their journey into manifestation somewhere. All things already exist, but you must accept them, or go get them. You must actively allow results to happen. Take action, and get what it is you want.

Consider a sated, comfortable diner sitting after dinner at a lavish restaurant buffet. All he wanted to eat waits in shiny serving dishes. He tremendously wishes for a piece of delicious pie, but has none. Magnificent fresh pie is only across the room. Does he really want the pie itself, or is the activity of wanting pie more fun? Which will be more satisfying, wanting the desire, or fulfilling the desire? What will it take to fulfill this dream? In the diner's case, the monumental undertaking of getting up and taking the pie will satisfy a craving.

Lose the potential, and take the action. Start and the path to success will unfold in front of you as you walk upon it. The pathway will continue as long as you wish to travel, but you must take that first step. Desire all you want, but without actually doing something about it, the reality will never manifest itself in front of you, and remain a wistful keepsake stuffed under the bed in a box.

Take action, start, and your path will reveal itself to you. Action.

Article Source: <http://www.wellnessarticlelibrary.com>

## 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.

**June 3, 2008**  
Regular Meeting  
**6:30-8:00 p.m.**

**June 17, 2008**  
Voter Education #3  
**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  
Jomel Crayton, chair  
210-590-1348  
Judith Laufer, Advisor  
210-828-7125

**Aug 19**  
Voter Education #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 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 [bex-arhomecomforts@satx.rr.com](mailto:bex-arhomecomforts@satx.rr.com). Brochures and applications for assistance are available on request at the same contact number.

## The Personal Medicine Corner

Personal medicine is vital to recovery, but if you ask people, they don't know about their personal medicine. This corner will carry ideas for you to consider using yourself for your personal medicine. If you have something you would like to share, please write it up or email mail me and I will consider it for this corner.

I would like to start this first edition of the Personal Medicine Corner. If you read the front page, you will see that the Mexican American Unity Council is having free art classes. I took one class and we used acrylic paints. I was very impressed at what I was able to accomplish under the direction of the teacher. I thought, I would like to try this on my own. I received some paints and canvas for Christmas. What I didn't realize is that I had oils, not



acrylics. Those of you who know paints can understand what is coming. Yep, I tried to use oils like acrylics and water it down. I had a mess once I realized the problem. I didn't want to throw all that paint away, so I decided to try on my own. The picture above is the result of my work. As you can see, I am very proud of my painting. I think it is awesome especially for using oils for the first time. Self expression in the form of being creative, is great for my self esteem and for my mental health. If you have not tried using a creative means for your personal medicine, I highly recommend it.

Send me a story on what your personal medicine is and send a photo. You could be featured here and get points!!

### Steering Committee

The Steering Committee was instrumental in the success of our concert this year. We had five organizations that participated and each organization will receive @ \$2,000 in product (retail price) and/or cash. We had a great time and the volunteers got really cool t-shirts. The main purpose of the concert was to create a CD that can help people, and this was accomplished.

It was great having State Representative Mike Villarreal as our emcee. He did an awesome job and it was great being able to talk to him. I hope that he will come back next year.

In July, we are having a group volunteer project for Ronald McDonald House. We will be baking for the kids. We can only have 10 volunteers so if this sounds like fun, please call the Committee Chair, Michelle Mata at 210-437-3035.

In the month of September, we are doing something very cool. We will be setting up food collection sites throughout San Antonio for the Food Bank. We will then be presenting the Food Bank in an official ceremony, the amount of food/cash that we have raised during the first week of October, for Mental Health Awareness Week.

One of the reasons that this is such an important event for us, is that food is getting more expensive because of the gas prices. The Food Bank is hurting for food. This will be right before the holidays and as Prosumers, we want to ensure that everyone has the food to feed themselves and their families. There are lots of ways for volunteers to help out. So besides donating food, if you are willing to go the extra mile, please contact Michelle Mata at 210-437-3035.

Look for more updates in next month's newsletter to find out what your Steering Committee is up to.

S	MON	TUE	WED	THUR	FRI	SAT
1	June 2 <b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa <b>DBSA</b> 7 pm @8026 Floyd Curl	June 3 <b>DBSA CF</b> 6 pm @210 South Grimes	June 4 <b>Womens Sup Grp</b> 10 S.Presa <b>Arts &amp; Crafts</b> 1-3 S. Presa <b>Dual Recovery Grp</b> 12 S.Presa <b>AMHCR Coping with Anxiety</b> 7pm @ Central Library Room 5.1	June 5 <b>AMHCR General Meeting</b> 1 P.M.  <b>AMHCR Board Meeting</b> 1:30 p.m. @ S. Presa—Free lunch for all who attend <b>DBSABC</b> 7pm @758 Ramsey	June 6 <b>AMHCR Schizophrenia Anonymous</b> 11:30 am @ Central Library Room 5.1	6/07 <b>AMHCR PTSD-Armed Services</b> (All welcome) 10:00 @ Central Library
8	June 9 <b>AMHCR Arts &amp; Crafts</b> . 11-2 S. Presa <b>DBSA</b> 7 pm@8026 Floyd Curl	June 10 <b>DBSA CF</b> 6 pm @210 South Grimes  <b>Anxiety Sup Grp</b> 6:30-8pm 566-5783 <b>NAMI</b> 7 pm 510 Belknap	June 11 <b>Womens Sup Grp</b> 10 S Presa <b>Arts &amp; Crafts</b> 1-3 S. Presa <b>Dual Recovery Grp</b> 12 S.Presa <b>AMHCR Coping with OCD</b> 7 pm @Central Library Room 5.1	June 12 <b>Mental Health Support Grp</b> 7 pm St. George Episcopal Church, 6904 West Ave 342-4261  <b>DBSABC</b> 7pm @758 Ramsey	June 13 <b>Prosumer Meeting</b> 12-3 School of Nursing	6/14
1 5	June 16 <b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa <b>AMHCR Coping with Anxiety</b> @6:30pm <b>DBSA</b> 7 pm@8026 Floyd Curl	June 17 <b>DBSA CF</b> 6 pm @210 South Grimes	June 18 <b>Womens Sup Grp</b> 10 S.Presa <b>AMHCR Dual Recovery Grp</b> 12 S.Presa <b>Arts &amp; Crafts</b> 1-3 S. Presa <b>AMHCR Parents &amp; Siblings of Children with Mental Illnesses</b> 7:00@Central Library, Rm. 5.1	June 19 <b>DBSABC</b> 7pm @758 Ramsey	June 20 <b>AMHCR Schizophrenia Anonymous</b> 11:30 am @ Central Library Room 5.1	6/21 <b>AMHCR PTSD-Armed Services</b> (All welcome) 10:00 @ Central Library Rm 5.1
2 2	June 23 <b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa <b>DBSA</b> 7 pm@8026 Floyd Curl	June 24 <b>DBSA CF</b> 6 pm @210 South Grimes	June 25 <b>Womens Sup Grp</b> 10 S.Presa <b>Arts &amp; Crafts</b> 1-3 S. Presa <b>AMHCR Dual Recovery Grp</b> 12 S.Presa	June 26 <b>AMHCR Life Skills</b> 2pm @SAILS 2:00 p.m  <b>DBSABC</b> 7pm @758 Ramsey	June 27	6/28 <b>AMHCR Meet up Bipolar Sup Grp</b> 3 pm @ Central Library Rm. 5.1
2 9	June 30 <b>AMHCR Arts &amp; Crafts</b> 11-2 S. Presa <b>DBSA</b> 7 pm@8026 Floyd Curl	July 01 <b>DBSA CF</b> 6 pm @210 South Grimes	July 02 <b>Womens Sup Grp</b> 10 S.Presa <b>Arts &amp; Crafts</b> 1-3 S. Presa <b>AMHCR Dual Recovery Grp</b> 12 S.Presa	July 03 <b>DBSABC</b> 7pm @758 Ramsey	July 04	7/05

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

We can use this in our daily lives:

1. The little things you might do or say will make a big difference to another
2. Courage: to think about what someone said and how you can use it.
3. Serenity: Try your best in everything you do and know you gave it your all.
4. Wisdom: To know that if you hitting a brick wall, you know when to stop and think of a new way with God to change it

- Shelia Cain

**Serenity**

**God grant me the serenity**

**To accept the things I cannot change;**

**The courage to change the things I can;**

**And the wisdom to know the difference**

**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**

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) Albert Olague** is the liaison to CHCS clients. For services call 210-561-8600

**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)

Recovery TV

[www.WorldTV.com/RecoveryTV](http://www.WorldTV.com/RecoveryTV)

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.ncmhcs.org](http://www.ncmhcs.org)

The Center for Health Care Services

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

A website for all TX 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)

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/](http://www.gcflernfree.org/)

For more information specific to their current situation and the transition to Medicare Rx

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

## 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.

## Conference Dates to Remember

**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)

**National Association of Peer Specialists**  
**August 20-22, 2008**  
**Philadelphia, PA**

<http://naops.org/>

**2009 Bexar County Consumer/Family Conference**  
**August 7-9, 2008**  
**For Info call Lupe Torres at 210-731-1300 ext 253**

**National Association of Rights, Protection and Advocacy**  
**"Seizing Opportunities for Change"**  
**October 1-4, 2008**  
**Austin, TX**

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

**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>

**2009 World Congress of the World Federation for Mental Health**  
**"Working Together for Mental Health"**  
**September 2-6, 2009**  
**Hilton Hotel, Athens, Greece**

<http://www.wfmh.org/09WCongress.htm>

**Upcoming Chances to Volunteer with other Prosumers**

**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

## Online "Clubhouse" is Unique, New Opportunity for Support and Hope

On December 3, the Depression and Bipolar Support Alliance (DBSA) launched [FacingUs.org](http://FacingUs.org), a unique website with innovative and interactive features that will enable those living with depression and bipolar disorder to create their own personal wellness tools to aid them on their road to recovery. Users are able to create customized personal journals, wellness plans and wellness books that can be printed with artistic covers; or they can visit the Media Room and listen to audio files of guided meditation or view yoga video. The site is designed to be a "clubhouse," an online community that provides inspiration and encouragement to others and is available 24 hours a day, 7 days a week. All the resources plus a personal touch, at <https://www.facingus.org/>

## Bipolar Disorder Might Be Overdiagnosed

Availability of meds and pharmaceutical marketing might be swaying clinicians

WEDNESDAY, May 7 (HealthDay News) -- Bipolar disorder may be overdiagnosed, say researchers at Rhode Island Hospital and Brown University.

They found that fewer than half of patients previously diagnosed with bipolar disorder were assessed using a comprehensive psychiatric diagnostic interview -- the Structured Clinical Interview for DSM-IV (SCID).

Recent reports suggest that under-diagnosis of bipolar disorder may be an issue, while this study indicates that there's an equal or greater problem with overdiagnosis, the study authors said.

They looked at 700 psychiatric patients who were interviewed using the SCID and completed a self-administered questionnaire between May 2001 and March 2005. The questionnaire asked patients if they'd been previously diagnosed with bipolar or manic-depressive disorder by a health-care professional.

While 145 of the patients said they'd been previously diagnosed with bipolar disorder, only 43.4 percent were diagnosed based on the SCID. The study also found that people diagnosed based on the SCID were much more likely to have first-degree relatives with the disorder.

The study was published online in *The Journal of Clinical Psychiatry* and was expected to be presented Wednesday at the American Psychiatric Association annual meeting, in Washington, D.C.

Overdiagnosis of bipolar disorder may lead to unnecessary use of medications and the risk of harmful side effects, noted lead author Dr. Mark Zimmerman, director of outpatient psychiatry at Rhode Island Hospital and an associate professor of psychiatry and human behavior at Brown University.

"Clinicians are inclined to diagnose disorders that they feel more comfortable treating. We hypothesize that the increased availability of medications that have been approved for the treatment of bipolar disorder might be influencing clinicians who are unsure whether or not a patient has bipolar disorder or borderline personality disorder to err on the side of diagnosing the disorder that is medication responsive," Zimmerman said in a prepared statement.

"This bias is reinforced by the marketing message of pharmaceutical companies to physicians, which has emphasized the literature on the delayed and under-recognition of bipolar disorder, and may be sensitizing clinicians to avoid missing the diagnosis of bipolar disorder."

Zimmerman concluded: "The results of this study suggest that bipolar disorder is being overdiagnosed, and we recommend that clinicians use a standardized, validated method in diagnosing bipolar disorder."

## Quotes used in the Positively Me 2008 Concert, Found by Kayla Byrd

The most important human endeavor is the striving for morality in our actions. Our inner balance, and even our very existence depends on it. Only morality in our actions can give beauty and dignity to our lives. -Albert Einstein

Some people see things as they are and say "Why." I dream things that never were and say "Why not."  
-George Bernard Shaw

It's not what happens to you, It's what you do about it.  
"Taking responsibility for change"- W. Mitchell

" Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as soon as you can change your beliefs." -Dr. Maxwell Maltz

Why view life as half done, when tomorrow brings so much wonder?  
If you're living life by the day, then you're not living life at all. Always remember that the sun is always shining, even when it's dark. Just open the window to your heart and let it in."  
Written in 2004 by M.C. from Illinois

Better to do something imperfectly than to do nothing flawlessly.  
-Robert H. Schuller

" No matter what the level of your ability, you have more potential than you can ever develop in a lifetime." -- James T. McCay

Live life to the fullest and never take it for granted. You'll have trials and tribulations but it was never promised to be easy. Just make sure by the time your journey's over that you've become a mountain climber!"- Amy Cobb

## Sounds Like Silence: And Chronic Pain

by Barry Bittman M.D.

During a recent lifetime music achievements awards ceremony in New York City, I listened to a United Nations diplomat discussing the extraordinary challenges that exist in third world countries ravaged by war. Recalling his deepest sentiments, he commented about an eerie feeling that was pervasive in his early career. He described it beyond a mere sense of discomfort or unease. At first it actually seemed more ominous and unsettling than the very real prospect of personal danger.

What the diplomat described was a haunting and painful sense of emptiness he always sensed in those circumstances. After struggling to understand the basis for his feelings, he finally realized the essence of his personal unrest - all music in the country had disappeared.

Gone were the singing, chanting, drumming or any form of music-making. Those war-torn societies were left silenced. Later explaining that such a void is the hallmark of a nation and its people beaten down and hopeless, he also discovered that as the music returned, so did the heartbeat of the nation and its people.

It's not surprising therefore amidst overwhelming personal challenges of ongoing pain and suffering, our song is silenced. Is this purely a reflection of personal loss? Or is it the music of our hearts that serves to inspire wellness and rejuvenate us each day?

The acceptance of music as a healing strategy is deeply rooted in antiquity. *"Pythagoras of Samos, a very wise teacher of ancient Greece, knew how to work with sound. In his mystery schools of Delphi and Crotona, he taught his students how certain melodies could produce responses within the human organism. He demonstrated that the right sequence of sounds played musically on an instrument, can change behavior patterns and accelerate the healing process."* (Ancient Greek story)

Chronic pain progressively drains quality of life. It is also considered one of the most costly health problems in America. Compounded by a spiraling cost of more than \$50 billion each year, the real challenge of addressing the needs of pain sufferers is considerable. Despite an extensive research commitment at leading institutions worldwide, few satisfactory solutions are surfacing, and suffering persists.

Chronic pain for many is no less than overwhelming - life changing for the sufferer and the family. It has the potential to destroy quality of life on many levels. Individuals, lonely, isolated and unable to perform the activities they once enjoyed often reach a point where life holds little value. Coupled with a host of physical restrictions, the sufferer becomes progressively more detached as he/she resigns from the activities of living that once served to promote wellness and inner peace. As a result, a vicious downward spiral ensues. Not unexpectedly, the music disappears.

Actually so does the laughter, smiles, joy, camaraderie, sense of meaning and purpose, creativity and positive outlook.

After several unsuccessful therapeutic attempts, many individuals eventually give up on themselves, their health-care providers, families and friends. At this point intertwined roots firmly entangled within the mind-body-spirit continuum render uni-dimensional approaches inadequate.

How can we as individuals best approach these challenging physical, emotional and spiritual issues which are often inseparable?

The answer lies in discovering what we need to do in order to become whole again. For success will not be achieved by simply abandoning conventional medical wisdom and trying the latest advertised gadget or supplement. Too much is at stake.

As noted in my first book, *Reprogramming Pain*, resolution of pain can only be achieved when we strive to put back into our lives what is missing. When we combine logical medical treatment approaches with a determined attempt to achieve a sense of wholeness and inner balance, then (and only then) will our lives have meaning again.

Perhaps it's time to put the music, laughter and joy back into our lives, rather than just waiting for the pain to disappear. This physician believes these are among the most important elements that serve to keep us healthy in the first place. While the choice is yours, it's gratifying to know that hospitals throughout the world are beginning to realize the value of these approaches in the context of caring for the "whole" person. One day in the near future, instead of just receiving a few pain pills, you might be surprised with a healthy dose of music therapy.

And when you do, your pain will lessen, and your song of healing will resound - *Mind Over Matter!*

