

Recovery is Possible!

PROSUMER—A PERSON WHO IS PROACTIVE IN HIS OR HER RECOVERY AND WHO GIVES BACK TO THE COMMUNITY
A Prosumer is not who you are, it is what you do!



PROSUMER NEWS

www.ProsumersInternational.org, Facebook—Prosumers & Prosumer Action Center, Twitter—ProsumersInt
Phone: 210-212-6472 ext 201 Toll free number: 1-877-334-2717 (Please only use this if needed)

June

2010

Janet Paleo—Editor

Volume 8, Issue 06

Prosumer meetings in Texas:

San Antonio the 2nd Friday (12-3) and 3rd Tuesday (6-9) of the month

Houston—The 2nd Saturday (12-3) of the month

Austin—Coming Soon! If you are interested, give us a call

*Now RSVP online
at our website*

The 2nd Friday of the Month

12 Noon to 3 PM

UTHSC School of Nursing

Room 1.102

All Welcome!

7703 Floyd Curl

Enter at the Louis Pasteur entrance near Babcock. Parking is not paid for at this time.

Buses 91, 92

June 11, 2010 Meeting

Laura Dickey Arias was supposed to be speaking to us, but she had an offer for a better job and took it. Because of this great opportunity for her, Laura will need to postpone her talk. Therefore our meeting will be about overcoming the fears that stop us in life. We will explore that barrier that stops us from doing what we want to do and how do we move beyond those fears.

July 9, 2010 Meeting

At this meeting we have Lori Michelle with the Department of Assistive and Rehabilitative Services (DARS) talking to us about their programs. How can they assist you in going back to work? What services can they offer you? What are the processes that you will need to do? How do you qualify? Do you qualify? Come get all your questions answered. Even if you are not ready now, knowing what your options are will help you make informed choices in the future.

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 210-212-6472 or online so that we have enough food to feed everyone. Thanks!**

San Antonio Prosumer

Evening Meeting

The 3rd Tuesday of the Month

6 PM to 9 PM

La Paz Community Health Center

530 San Pedro (just south of SAC)

Buses 4, 92

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 210-630-2390 if the gate won't open.

June 15, 2010 Meeting

You have read about the Prosumer Action Center and the Job Readiness Program at the Action Center, but what is really available to you? Come hear this presentation about what the Action Center offers and how the Job Readiness Program works. Get your questions answered, apply for positions and more. Look what classes are available and tell them what classes you would like. Find out what other services you can access here. **This will be very informative!! Don't miss this.**

Houston Prosumer

Meeting

The 2nd Saturday of the Month

12 PM to 3 PM

The Gathering Place

5310 South Willow

Houston, TX 7

Bus 49 (irregular schedule on Sat),

Bus 33 (regular schedule drops at S Post Oak and then it is @ 1/2 mile to location)

June 12, 2010 Meeting

Our lives are challenged with choices every day. Some choices are hard, while others easy. Sometimes it is the consequences of our choices that are difficult to bear. We are going to look within ourselves to identify the choices we have, how to choose and how to live with the results of what we choose. It is through choosing that we can raise our self-esteem, our sense of empowerment, and our contentment level. **I know that you will come away from this meeting with a new understanding of how empowered you can be when you choose.** Please RSVP online or call us. Thanks!



Come See Our New Space

Prosumer Action Center

1921 Burnet, San Antonio, TX 78202

You are cordially invited to our Grand Opening on Wednesday, June 9, 2010!

10 a.m. to 3 p.m.

Opening Festivities start at 11 a.m.

Come see what we have to offer our community!

We will have food, music and door prizes!

Call for more info to Michelle at 210-212-6472 ext 201

Prosumer Action Center

1921 Burnet
San Antonio, TX 78202

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 our community garden or a clothing closet for business clothes. Call the Prosumer Action Center at 210-212-6586 ext 201.

Why Join Advisory Committees? By Janet Paleo

I started my recovery by serving on advisory committees and boards. It was back in 1997 or 1998 and I was asked by a case worker if I would take over the local NAMI group as president. I didn't know what NAMI was or what that would mean, but I said yes. I was tired of looking at the walls of my home. I learned quickly that this group had three members, including me. It was a challenge that I took on. I worked on building membership, creating a newsletter, and finding guest speakers. When I left the area in 2000, there were about 50 members with 30 being very involved in the running of the organization.

About this same time, I was asked to apply for two local committees called the Planning Advisory Committee (PAC) and the Network Advisory Committee (NAC). This was an area that I did not feel I could contribute anything to. I took the applications and said I would fill them out and turn them in. Secretly, I was going to throw them in the trash. However, they must have known. I was told, "No. Fill them out now!" So I did and of course got a place on both committees.

This turned out to be one of the most healing things I had ever done for my life. While many times I had no clue as to what was being said, I listened and tried to make sense of it and I began to learn. Whereas I felt I had no right to speak, I learned I had to speak out because they did not understand. Whereas in the beginning I felt inferior to my counterparts, I learned that credentials don't make others smarter than me and I had a wealth of experiential knowledge that they could not begin to know. I learned that I was the most valuable in reminding committee members that the numbers they talked about, the services they discussed and the recommendations they wanted to make, affected real, live, breathing people. People just like me. People like my friends. People who faced similar obstacles that I had. People who by just being diagnosed became a second class citizen that others feared. Many people who had lost their voice and thought they lost their right to use that voice. People who many treated like a child, making decisions for them as if the mental illness had stolen all abilities. People who have been relegated to living in poverty with seemingly very little hope of finding the way out. People who understood things like holding on to keys, checking to see if others heard what they heard, that slight when others refused to look you in the eye, those lonely nights without someone to talk to, those thoughts that made you wonder if it was worth it and the fear of where this illness could take you next. This is why I was on these committees; to remind the employed workers that they were talking about me and people like me.

You might not think this is not a very meaningful place on a committee, but it is actually the most vital role that anyone could take. They have plenty of experts, statisticians, doctors, nurses, advocates and bureaucrats. What

they are missing many times, is the lived experience that can only come from those of us who have walked in those shoes. "They" tend to concentrate on numbers and statistics and forget that this impacts real people. That is our role on any committee. We might not be able to change those decisions, but we can make it more uncomfortable. We can have them realize what those changes could mean. And the decisions around access to services, services and outcomes should not be taken lightly. There is a human impact anytime something is changed. We can ask those questions even if we don't understand all the other things they are saying.

What you will find is that you begin to understand what is being said. You begin to see the politics and follow the money trails. You begin to make comments that others don't want to say. Sometimes your stomach starts to turn as you realize they are looking for easy answers, more convenience for staff or it is only about money. This is when you once again remind them, they are talking about people.

There are lots of places to serve on committees locally, state, nationally and some international. Do a Google search for advisory committees in mental health for your state or community to find out where you can serve. Attend meetings if they are open to the public to begin learning what they are talking about. Begin to learn the acronyms (which will take a while). If you feel uncomfortable asking questions during the meeting, seek someone out that can explain it to you.

As we look at a failing economy, tighter budgets, thoughts of privatizing a public system, people speaking for us saying we want choice when what we want is outcomes (choice does not guarantee that you will get better), the closing of beds with nothing to replace them in community services and a declining safety net, we are the ones that must step up. We are the ones that must tell any who will listen what this will mean to real people. We must not only seek out and serve on these committees, but we must become involved in letting legislators know what this means to their communities. We must be vocal and we must help find the solutions. We must work side by side with those who are committed to empowering the lives of people like us. And when we find a shining example, we must thank them for caring and for their commitment.

We are the ones that we have been waiting for. We care because the services are about us and our friends. There is a great rallying call from the early consumer movement, "Nothing about us, without us". We must once more take up this call. We can be part of the solution. We are the ones to keep a face in front of every decision that is made. Visit a committee and learn. Apply for a committee and grow. Lead a committee and serve. You can make a difference by just being you and gently reminding them that we are not numbers, we are people.

A Different Life by Maria F. Tijerina

When I think back in time I can see how different things are now. Things are better. It mainly happened because of my 9 months of CBT, otherwise known as Cognitive Behavioral Therapy.

Many people are very curious about CBT, what it is, how it works and how it is different than other therapy. The Center for Health Care Services has recommended that consumers who suffer from anxiety seek help through CBT. Prior to this, consumers with anxiety disorders would be prescribed very addicting drugs to help curb the anxiety. Currently, however, there are new guidelines around prescribing benzodiazepines and other addicting prescription drugs at the Center for Health Care Services. Many consumers have been referred to private psychiatrists for medication management due to these new guidelines.

There is another way without the addicting drugs. Cognitive Behavioral Therapy is that way. CBT is basically changing the way you think. Many times a lot of us beat ourselves up with the same nagging thought that may not even be true. We think that thought over and over until we are worried sick. In CBT, we write the thought down (no matter how you feel). Then we write the many ways it makes you feel (angry, sad, etc.). You then rate the thought (0-100%) on how it affects you. The next step is to challenge the thought. (Am I really that bad?) You will find out a lot of the time that the thought is not that important or that you can refocus how to look at the thought. The good thing about the techniques used in CBT is that it allows you to challenge the thoughts that pertain to all the aspects of your life.

Before CBT, I was addicted to worry. I would just lie on the couch 24/7 and think the most bizarre thoughts. I am diagnosed with schizoaffective disorder or in other words, a combination of schizophrenia and bipolar disorder. What a wicked combination it was for me.

Because of CBT, I no longer live in the past, which is the most amazing feeling! It is like having the biggest weight taken off my shoulders. Life is good. I no longer take benzodiazepines; I haven't for 5 months. I really thought I needed them, but it turns out I don't. I used to take 8 milligrams of Klonopin a day, then 4 milligrams a day for about 10 years. I will say the withdrawals were really bad and lasted about 2 months, but now I am glad I did it. The joy I feel in my heart now is far greater than the high I got from benzos.

My Thanks to UT Health Science Center and Donna Stutes for 9 months of CBT in a research study.

**TO GET SOMETHING YOU NEVER HAD,
YOU HAVE TO DO SOMETHING YOU NEVER DID
WHEN GOD TAKES SOMETHING
FROM YOUR GRASP,
HE'S NOT PUNISHING YOU,
BUT MERELY OPENING YOUR HANDS
TO RECEIVE SOMETHING BETTER.**

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:

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

**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

**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 be-
tween Medicare Part A & B?
What is Part D? Do I need Part
C? All these could be very con-
fusing and overwhelming. At the
Prosumer Action Center we have
three Volunteers that can help
you understand what all this
means. If you would like more
information or to make an ap-
pointment please call the Pro-
sumer Action Center at 210-212-
6472 and ask for Cheryl, Hannah
or Michelle.

Job Readiness Program

Are you thinking that
you might like to go
back to work, but you
aren't sure you are
ready? We have the
perfect opportunity for
you. Prosumers has a
Job Readiness Program
at the Prosumer Action
Center (1921 Burnet).
This is a special volun-
teer training program
that will make you job
ready to be a Peer Sup-
port Specialist for jobs
opening up in Bexar
County and in Texas.

So if you would like
to have fun, grow in your
recovery and learn new
skills, this might be ex-
actly what you are look-
ing for. Once a month,
there is an entry meet-
ing so that you can find
out more information,
ask your questions, see
the Action Center and
meet who you will be
working with. The dates
for the Entry meeting
are:

June 14, 2010 at 11 am
July 14, 2010 at 10 am
**August 10, 2010 at 1
pm**

Take action today! For
more information or to
RSVP call Michelle at
210-212 -6586 ext 201.

**"Do Something to-
day that reflects
who you are, what
you are capable of,
what you care
about. Give your-
self plenty of evi-
dence of what you
can do, and you
will not doubt your
abilities to do any-
thing."** - David
Niven, Ph.D., from
his book *Simple Se-
crets for Becoming
Healthy, Wealthy
and Wise: What Sci-
entists Have Learned
and How You Can
Use It*

Ready For Your Own Next Big Thing

Great ideas start with inspiration. Creativity pointers from
Michael Bungay Stanier, founder of the Box of Crayons
consulting firm and author of the new book *Do More
Great Work*:

◆ **STOP BEING SO EFFICIENT.** "You exhaust your
brain by doing everyday boring stuff," he says. To get
your mind out of über-productive mode, turn off your
phone. Ignore e-mail.

◆ **ASK QUESTIONS.** Try these: What's the boldest thing
I could do? The most fun thing? What would have the
greatest impact?

◆ **SLEEP ON IT.** Before you go to bed, review the
problem you're trying to solve. If an idea comes to you
when you're in the half-state between wakefulness and
deep sleep, write it down.

◆ **MANAGE YOUR EXPECTATIONS.** "You don't have to
be Steve Jobs and invent another Apple," he says. If
that's your standard, you'll fail. Instead of trying to be
superartistic or technologically savvy, try to be a little
more creative every day.

SOURCE: Readers Digest May 2010 page 97

**Solara is now hosting DRA meetings on Wednes-
days at 2:30p.m.-3:30p.m.** DRA is Dual Recovery
Anonymous. It's open to the public and is run by the
participants. It's a 12 step program for "dual diagno-
sis" - mental illness/addiction. Solara Behavioral
Health, 1927 N. St. Mary's, San Antonio, TX 78212. For
more information, please call 210-299-1152

Healthy Solutions Closing their Doors

We have heard from many of you who have
been getting services at Healthy Solutions
and don't know what to do now. While we
can't provide those services, we are willing
and able to look to see what else might be
available in the community. We research
resources in the community all the time.
We are gathering a large body of knowl-
edge that might be able to help. We could
help you brainstorm other ways of getting
what you need and want. Come on in for a
visit at the Prosumer Action Center, 1921
Burnet, across from the Harvard Place
Clinic to see if we can assist you in getting
your needs met. Let's see what is possible.

	MON	TUE	WED	THUR	FRI	SAT
30	May 31 HOLIDAY CHCS Closed DBSA 7 pm @8026 Floyd Curl	June 1 Joyz of Artz 11-12 @AC Recovery Inc 10-12 (see next page) Skill Building 1-2 @ AC	June 2 Join the Dance 11-12 @ AC Game Day Social Event 1-3 AC DRA meeting @ Solara 2:30-3:30	June 3 Joyz of Artz 11-12 @AC Living Classics 10-11:30 @ AC Recovery Inc 7 pm DBSA #2 7-9 p.m.	June 4 Journaling 10:30-11:30 @ AC Drama Club 1-2:30 @ AC	6/5 DBSA-BC 2-4 @ St. Benedict's Church "the nest"
6	June 7 Creative Writing 11-12:30 @ AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	June 8 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	June 9 Grand Opening 10-3 @ AC Mental Health Support Grp 7 pm St. George Episcopal Church, 342-4261 DRA meeting @ Solara 2:30-3:30	June 10 Joyz of Artz 11-12 @AC Living Classics 10-11:30 @ AC Recovery Inc 7 pm DBSA #2 7-9 p.m.	June 11 Prosumer Action Center closed for all to attend the Prosumer Meeting 12-3 @ School of Nursing	6/12 Prosumer Meeting in Houston 12-3 DBSA-BC 2-4 @ St. Benedict's Church "the nest"
13	June 14 Creative Writing 11-12:30 @ AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	June 15 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	June 16 Join the Dance 11-12 @ AC Social Event Loteria (Spanish Bingo) game and prizes 1-3 @ AC DRA meeting @ Solara 2:30-3:30	June 17 Joyz of Artz 11-12 @AC Living Classics 10-11:30 @ AC Recovery Inc 7 pm DBSA #2 7-9 p.m.	June 18 Journaling 10:30-11:30 @ AC Drama Club 1-2:30 @ AC	6/19 DBSA-BC 2-4 @ St. Benedict's Church "the nest"
20	June 21 Creative Writing 11-12:30 @ AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	June 22 Joyz of Artz 11-12 @AC Recovery Inc 10-12 (see next page) Skill Building 1-2 @ AC	June 23 Join the Dance 11-12 @ AC Movie Social Event 1-3 @ AC DRA meeting @ Solara 2:30-3:30	June 24 Joyz of Artz 11-12 @AC Living Classics 10-11:30 @ AC Recovery Inc 7 pm DBSA #2 7-9 p.m.	June 25 Journaling 10:30-11:30 @ AC Drama Club 1-2:30 @ AC	6/26 DBSA-BC 2-4 @ St. Benedict's Church "the nest"
27	June 28 Creative Writing 11-12:30 @ AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	June 29 Joyz of Artz 11-12 @AC Recovery Inc 10-12 (see next page) Skill Building 1-2 @ AC	June 30 Join the Dance 11-12 @ AC Social Event Celebrate the 4th of July a bit early 1-3 @ AC DRA meeting @ Solara 2:30-3:30	July 1 Joyz of Artz 11-12 @AC Living Classics 10-11:30 @ AC Recovery Inc 7 pm DBSA #2 7-9 p.m.	July 2 Journaling 10:30-11:30 @ AC Drama Club 1-2:30 @ AC	7/3 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

May 14 SA Prosumer Day Meeting in 18 attendance
 May 18 SA Prosumer Evening Meeting 11 in attendance
 May 10 HOU Prosumer Meeting 22 in attendance
 Prosumer Newsletter circulation 2,180
 Prosumer Facebook Fans 36 & 49 visits to Fan Page in May
 People following ProsumersInt on Twitter - 6

Prosumer Action Center April Numbers

Fifteen (15) volunteers provided 543 hours
 Held public education on & increased awareness of MI to 55 people
 Outreach occurred to 257+ consumers and families
 Empowered 43 consumers to become self-sufficient

Referred 3 people to services in the community
 28 people attended groups at the Action Center
 29 unduplicated people served at the Action Center this month
 A total of 201 services were provided
 Members of Prosumer Action Center Facebook- 41

Focus for Life Training FY'10

58 people have completed full curriculum
 38 people attended who completed a partial training
 Trainings scheduled:
 July 6-8 in Fort Worth
 July 21-23 in Conroe
 July 28-30 in Big Springs
 August 2-4 in San Antonio
Register online at www.TheProInternational.org

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

Intentional Peer Support Training FY'10
 None currently scheduled

Alternatives 2010 Annual Conference
"Promoting Wellness Through Social Justice"
 Sept 29 - Oct 3, 2010
 Garden Grove, CA

CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

Prosumer Action Center (AC) – located at 1921 Burnet, Office Manager, Michelle Mata 210-212-6472, 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 #2— Thursday nights, 7-9 p.m., Good News Lutheran Church, 11020 Old Corpus Christi Road (corner of Hwy 181 and IH-37 S); contact number, Wanda, 210-779-6479

DBSA Bexar County—Depressive Bipolar Support Alliance meets at 4623 Lord Road, call 210-262-2596 or email larryforbrich@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

Dual Recovery Anonymous (DRA) Solara Behavioral Health; 1927 N. St. Mary's San Antonio, TX 78212 Call for more info to 210-299-1152

Fair Housing Council of Greater San Antonio— Address 4414 Centerview Drive, Suite# 229 210-733-3247 Office

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

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

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

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 information, and candidates

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

Substance Abuse Mental Health Services Administration

www.SAMHSA.gov

Mental Health Self Help Clearinghouse

<http://mhselfhelp.org/>

Website for Medications, Assistance Programs, Discount programs

www.needymeds.com

TX Department of Housing and Community

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

Patient Assistance with Medications

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

Free Online Computer Classes through Global Community Foundation

www.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 Advocacy groups to help with the transformation of services in Texas.

www.viahope.org

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 fun social every Wednesday.

Joyce, our local artist, continues to have painting classes on Tuesday's and Thursdays from 11-1.

We have new classes thanks to Journeyman Hannah. We will be offering lots of ways to express yourself. We have painting, journaling, creative writing and now drama classes. Check out what is new.

In May Prosumers participated in the NAMI San Antonio Walk. We also helped with the drawing, giving out t-shirts and registering folks. We had a great time. We raised over \$500 with our walkers.

Several of the Journeymen received the United Way Bexar Necessities Training. This allows us to use a group serve to help find things in the community to better serve our peers.

We were invited to meet with the Legislative Budget Board (LBB) to take part in a discussion about services.

The Prosumer Action Center hosted a statewide one day training on a Wellness Module for peer certification that Via Hope put on.

I attend a two day conference on supported employment and learned a lot. We will continue to participate in this to see how we can partner with Employment Connections, DARS and Alamo Workforce Solutions. Look for up coming trainings to see what your options are.

We are still waiting for the software for our computer lab. **Reserve your spot now for classes.** Call Michelle at 210-212-6586 ext 201.

We have worked hard for the Grand Opening and I think we have done you proud. Lots of businesses have helped with door prizes and donated food to make this a great event.

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

Psychiatric Rehabilitation Webinar Series Scheduled June & July 2010

This Webinar series is offered to assist psychiatric rehabilitation practitioners in their efforts to promote consumer participation in the rehabilitation process and in rehabilitation research. Supervisors of psychiatric rehabilitation programs will particularly benefit from the final webinar which addresses the training, supervision, support and evaluation of staff. This series is a no cost introduction to the webinars in psychiatric rehabilitation which the Center will be offering over the next four years. **All webinars are scheduled from 2:00 to 3:00 p.m.**

Eastern Daylight Savings Time

WEBINAR 1 June 15 - Entrecruzando Nuestros Caminos: Opening the doors to Hispanic/ Latino Peer Providers. Maria E. Restrepo-Toro, M.S., Senior Trainer Associate, Founder of the Latino Initiatives at the Center for Psychiatric Rehabilitation, Boston University

WEBINAR 2 June 23 - Building a Motivational Foundation for Vocational Change. Debbie Nicoletti, M.S., Director of Certificate Program in Psychiatric Vocational Rehabilitation at the Center for Psychiatric Rehabilitation, Boston University

WEBINAR 3 July 19 - Participatory Action Research & Developing Roles for Mental Health Consumers. E. Sally Rogers, Sc.D., Director of Research for Center for Psychiatric Rehabilitation, Boston University and Jonathan Delman, MPH, JD, PhD (cand.), Executive Director, Consumer Quality Initiatives, Inc.

WEBINAR 4: July 26 - Supervision in Psychiatric Rehabilitation Programs. Marianne Farkas, Sc.D., Director of Training, Technical Assistance and Dissemination and Rick Forbess, M.S.S.W., Associate Director of Training and Cheryl Gagne, Sc.D., Senior Trainer, Center for Psychiatric Rehabilitation, Boston University

For more information or to register please go to www.bu.edu/cpr/training/workshops/ or contact Joan Rapp at 617-353-3549 or joanrapp@bu.edu

Source: [The eCast, Mental Health & Rehabilitation Newsletter May 2010](#)

Surround yourself with 'yay-sayers' not naysayers.—Lynn A Robinson from her "Top 50 List of Wise Advice" in *Listen: Trusting Your Inner Voice in Times of Crisis*

Looking for all consumers interested in helping start a Prosumer Group in Austin. We are looking to have a meeting on June 21 or June 22. We are confirming location and time soon. Call 210-212-6472 ext 202 if you are interested in helping make this a reality.

Professional Development Program (PDP) Offers New Book and Test

The Center's Professional Development Program (PDP) offers a new Book and Test option for [Group Process Guidelines for Leading Groups and Classes](#). Successful completion of the test earns 20 PDP hours. PDP hours are recognized for Certified Rehabilitation Counselors, Licensed Mental Health Counselors, Massachusetts Social Workers and Certified Psychiatric Rehabilitation Practitioners (CPRP) preparing for the Psychiatric Rehabilitation Certification Program. For more information about the Books + Tests options and about ordering, go to: www.bu.edu/cpr/training/distance/bookstests.html

Community Integration: Supporting People in Getting What They Want

Community Integration: Supporting People in Getting What They Want
A new 6 module online course provides an overview of community integration that is based on self-determination values, disability theory, research evidence, and successful practices. Prepared by faculty of the Penn Collaborative on Community Integration of Individuals with Psychiatric Disabilities, this course option is approved for 6 continuing education credits by the National Association of Social Workers (NASW) and by USpra for Certified Psychiatric Rehabilitation Practitioners. For information and to register, go to www.cmhsrp.uic.edu/nrtc/upenn.course.asp to register.

Source: [The eCast, Mental Health & Rehabilitation Newsletter May 2010](#)

The monthly email newsletter from the Center for Psychiatric Rehabilitation at Boston University

This eCast is jointly supported by the Center for Mental Health Services (CMHS), Substance Abuse and Mental Health Services Administration and the National Institute on Disability and Rehabilitation Research (NIDRR), Department of Education.

Stop the Home and Community-Based MA Reductions.

Information Bulletin #313 (5/2010)

The Wall Street Journal on 5/20/10 wrote an article "Disabled Face Hard Choices as States Slash Medicaid."

(To read the entire article, go to:

<http://online.wsj.com/article/SB10001424052748704292004575230673483973904.html?mod=WSJ>

This article points out a number of important issues that disability advocates might consider.

First, even though South Carolina (and other States) may be having budget problems, they cannot violate either the ADA or the Olmstead decision, even if they are reducing budget due to income shortfalls. In the next year, we will see a number of States trying to reduce home and community-based services in violation of the ADA.

What states should be doing, and the Wall Street Journal article alluded to it, is to use any budgetary reductions as an opportunity to affirmatively confront, deal with, and if necessary reduce their institutional expenditures. The WSJ article assumed that institutional expenditures could not be touched. That is not true.

In the 10th Circuit decision, which does not include S.C., in *Fisher v Okl Health Care*, the Court noted that there would be sufficient funds saved by reducing nursing home reimbursements to pay for the community-based services.

From the WSJ article, it does not sound like S.C. has tried this. Rather, S.C. sounds like it took the path of least political resistance. Sure, owners of institutions receive big bucks and they play in the political arena. That does not mean that either S.C. or your state can buckle into the money interests, discriminate against and segregate people with disabilities, and violate the rights under the ADA.

In the *Fisher* decision, the Circuit also held it was a violation of the ADA "when a State wanted to, or even had to, save funds" to require persons with disabilities to go into institutions to receive the same services they could receive in the community - if the state would fund them in the community.

Second, the individual stories in the article are extremely compelling. Local advocates should be introducing individuals who are at risk of being institutionalized because of a reduction of MA's home and community-based services to local newspapers. Columnists will respond to individual stories. Our job is to find those individuals and introduce the press to them.

Similarly, advocates should be filing ADA and Olmstead complaints with the U.S. De-

partment of Justice and with the CMS/OCR. Remember, in the last Information Bulletin, we quoted extensively from the recently filed DOJ lawsuit in Arkansas. DOJ in that lawsuit stated, as one basis for an ADA/Olmstead violation, that "the State fails to provide services in the community in sufficient quality, quantity and geographic diversity to enable individuals with... disabilities to be served in the most integrated setting appropriate to their needs." Hmmm. Reduction of S.C.'s MA community-based services sure will impact on whether there are "sufficient" services.

Third, thanks to the South Carolina Legal Services for representing people at due process hearings when the reduction of services will violate the ADA if the MA reductions are fully implemented. We need more lawyers and more lawsuits. Now is not the time to sit on our hands.

ACTION WE CAN TAKE:

1. Identify people who services are being reduced and may be in jeopardy of going into institutions.
2. File complaints both with Regional HHS/OCR and Federal DOJ offices.
3. Contact your Protection and Advocacy, Legal Services or other civil rights attorneys who might help with Olmstead litigation.
4. Contact state and local media to give them personal stories as well as the system and legal actions you are pursuing.
5. Work with other advocates to build political pressure against cuts DON'T MOURN... ORGANIZE!

Steve Gold, *The Disability Odyssey* continues
Back issues of other Information Bulletins are available online at <http://www.stevegoldada.com> with a searchable Archive at this site divided into different subjects. To contact Steve Gold directly, write to stevegolddada@cs.com or call 215-627-7100.

Thousands To Receive Coverage Gap Rebate in June

As required by the new health care reform law, on June 15, the Department of Health and Human Services (HHS) will begin sending \$250 rebate checks to Medicare consumers who have entered the Part D prescription drug coverage gap this year. An estimated four million Medicare consumers will receive a check in 2010, and about 80,000 individuals will receive their checks in June. People who qualify for the rebate will receive the check automatically and will not need to fill out any forms.

SAMHSA's 10 Strategic Initiatives

The Substance Abuse and Mental Health Services Administration's (SAMHSA) mission is to reduce the impact of substance abuse and mental illness on America's communities. SAMHSA, in collaboration with other Federal agencies, States, Tribes, local organizations, and individuals including consumers and the recovery community, has demonstrated again and again in research and practice - prevention works, treatment is effective, and people recover from mental and substance use disorders. Behavioral health is an essential component of health service systems and community-wide strategies that work to improve health status and lower costs for families, businesses, and governments. Through continued improvement in the delivery and financing of prevention, treatment, and recovery support services SAMHSA with its partners can advance and protect the Nation's health. In order to achieve this goal SAMHSA has identified 10 Strategic Initiatives to focus the Agency's work on improving lives and capitalizing on emerging opportunities. The 10 Initiatives are described below with the Agency lead identified.

1. Prevention of Substance Abuse and Mental Illness

(Fran Harding, Director, Center for Substance Abuse Prevention)

Create prevention prepared communities where individuals, families, schools, workplaces, and communities take action to promote emotional health and prevent and reduce mental illness, substance abuse including tobacco, and suicide across the lifespan.

2. Violence and Trauma

(Kana Enomoto, Principal Senior Advisor to the Administrator)

Reduce the pervasive, harmful, and costly health impact of violence and trauma by integrating trauma-informed approaches throughout health and behavioral healthcare systems and to divert people with substance use and mental disorders from criminal and juvenile justice systems into trauma-informed treatment and recovery.

3. Military Families – Active, Guard, Reserve, and Veteran

(Kathryn Power, Director, Center for Mental Health Services)

Support of our service men and women and their families and communities by leading efforts to ensure needed behavioral health services are accessible and outcomes are successful.

4. Housing and Homelessness

(Kathryn Power, Director, Center for Mental Health Services)

Provide housing and reduce the barriers that homeless persons with mental and substance use disorders and their families experience to accessing effective programs that sustain recovery.

5. Jobs and Economy

(Larke Huang, Senior Advisor to the Administrator)

Promote the behavioral health of individuals, families, and communities affected by the economic downturn; the employment of people with mental and substance use disorders, and policies for employers that support behavioral health in the workplace.

6. Health Insurance Reform Implementation

(Ric Broderick, Deputy Administrator)

Broaden health coverage and the use of evidence based practices to increase access to appropriate and high quality care, and to reduce disparities that currently exist between the availability of services for substance use and mental disorders and other medical conditions.

7. Health Information Technology for Behavioral Health Providers

(Westley Clark, Director, Center for Substance Abuse Treatment)

Ensure the behavioral health provider network, including prevention specialists and consumer providers, fully participates with the general health care delivery system in the adoption of health information technology.

8. Behavioral Health Workforce – In Primary and Specialty Care Settings

(Westley Clark, Director, Center for Substance Abuse Treatment)

Provide a coordinated approach to address workforce development issues affecting the behavioral health and general health service delivery community to promote the integration of services and the training and use of behavioral health screening, brief intervention and referral for treatment in primary care settings.

9. Data and Outcomes – Demonstrating Results

(Pete Delany, Director, Office of Applied Studies)

Realize an integrated data strategy that informs policy and measures program impact leading to improved quality of services and outcomes for individuals, families, and communities.

10. Public Awareness and Support

(Mark Weber, Director, Office of Communications)

Increase understanding of mental and substance use disorder prevention and treatment services to achieve the full potential of prevention and help people recognize and seek assistance for these health conditions with the same urgency as any other health condition.

Last Update: 3/11/2010

Disability.Gov - Countdown to the 20th Anniversary of the ADA: Day 76 - What A Difference A Friend Makes Campaign

"He's acting so manic!"

"She's a total Psycho!"

"I think they have a death wish."

Who hasn't heard these phrases, or similar ones, thrown back and forth on the playground or in remarks around the water cooler? Do the people who say things like this know that these expressions refer to certain mental health disabilities, or that there may be an individual with such a disability in the crowd? Though the names of certain mental health conditions may have changed over the years, the disabilities have not; and antiquated insults can still be hurtful.

Mental health disabilities do not have the broad cultural acceptance that other physical or sensory disabilities have. Perhaps because physical disabilities have been portrayed in the media more often than less evident ones, many Americans are more comfortable discussing them. However, when faced with mental health disabilities, they may not know exactly what to do or say. Compounded with the "playground behavior" of youth, and the casual insults related to mental health, many Americans may find themselves intimidated or fearful to even address issues of mental health in themselves or in their families. The fear or stigma is often a significant barrier to individuals with mental health disabilities finding the resources or accommodations that will help them continue to be contributing members of our society. One of the best tools to help individuals with mental health disabilities is a supportive friend.

The Substance Abuse and Mental Health Services Administration (SAMHSA) at the Department of Health and Human Services has created the "*What a Difference a Friend Makes*" campaign and Web site. The site is designed for people age 18-25 who are living with mental illness and for their friends. Visitors will find tools to help in the recovery process, learn about the different kinds of mental illnesses, read real-life stories about support and recovery and watch a video to see how friends can make all the difference.

Through the campaign, SAMHSA seeks to encourage, educate and inspire people to support their friends who are experiencing mental health problems. The prevalence of serious mental health conditions in this age group is almost double that of the general population, yet young people have the lowest rate of help-seeking behaviors. With greater social acceptance and the right support and services early-on, persons in this age group can minimize the mental health challenges they may face in the future. The opportunity for recovery is more likely in a society of acceptance, and this initiative is meant to inspire young people to advocate for a societal change toward acceptance and lessen the negative attitudes that can surround mental illness. By helping individuals with mental health disabilities begin the journey of healing and transformation, we not only create an inclusive environment that supports everyone, we also work to help all Americans have the opportunity to live meaningful lives.

For More Information

For more information on the "*What a Difference a Friend Makes*" campaign, visit

www.whatadifference.samhsa.gov

SOURCE: CONSUMER AFFAIRS E-NEWS – MAY 12, 2010