

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

July

2008

Janet Paleo—Editor

Volume 6, Issue 07

Prosumer Meetings

The 2nd Friday of the Month
12 Noon to 3 PM

at the

UTHSC School of Nursing Auditorium
All Welcome!

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

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 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.

August 15, 2008 Meeting

*** Please Note: This meeting will be on the 3rd Friday so that people can attend the Bexar County Consumer/Family conference on the 2nd Friday, August 8, 2008.**

"We are family" is a line from a song, and is also how many Prosumers feel about our program. At this meeting we will get to know each other and maybe develop some new friends. We will look at how we are alike, how we are different and how we are all interconnected. It is going to be a great meeting with a very interactive discussion. Who knows what we will be doing? Maybe we will "dance a little dance, sing a little song" and find out how we can support each other in living a great life. This is something you won't want to miss!!

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!!

In October, we will be changing the location of our meeting. It is going to be a sad good bye to the UTHSC School of Nursing, but we have located another meeting room more centrally located. Our new meeting room will be at the Brady Green on Frio and Martin in the Foundation Room.

The Prosumers would like to give a big **Thank You** to all the profs, students and other professionals who made us so welcome in their building. We will miss your beautiful building, but hope to continue working with you on other projects.

Are you looking for some part time job that makes a difference, not only in your life, but the lives of others? We have just the job for you. Become a **Recovery Navigator** and be a mentor to other consumers. This is a part time position and will be contract work. We are looking for people who are strong in their recovery. **Call Janet at 210-653-5267** for more information on this exciting project.

REFLECTIONS ON RECOVERY

– Thoughts Equal Reality
By Sarah Ho, Kona, Hawaii

This mystery of what is called 'mental illness' continues to haunt me. It's so very complex and challenging .. so unpredictable .. it pushes and pulls and, yes, **leads** me.

We had a support group meeting tonight. One of the women there was feeling shaky and vulnerable when I picked her up, but the love, validation, support, and gentle reminders the group gave her helped her pull up and out. There was laughter before we were done. She had moved from suffering into aliveness.

When we suffer is **right now**, and every moment we spend in suffering is a moment wasted. We're each caught up in our own little world of concerns, worries, denials, hopes, criticisms. You know as well as I how easy it is to see what another person is doing: how her paranoia leads to conflicts at her work place; or how a guy's stubbornness keeps him from self-advocating to get his life back; or how a man's obsession with perfection, coupled with competitiveness, leads to a work addiction. We're each trapped in our compulsions, traveling round and round circuits of self-aggrandizement or self-disapproval. We're so often captivated by fantasy or delusion or negativity. We are lost.

What I wonder most about this mystery of 'mental illness' is whether our own negative thoughts have created bodies that are not now able to feel happy. So, if we work to change our

Continued on the next page

negative thoughts, how powerful and life-altering are the effects of the new positive thoughts? Perhaps one definition of 'mental illness' is being in a body/brain which cannot climb out of negativities and suffering without prodigious effort – or the chemical jumpstart of medication – or extremes of exercise and life-style – or spiritual intervention.

I watched my friend's face change to-night. She was feeling paranoid and very sad at first. But we kept encouraging her to see her problems in a different way. She opened up as she heard understanding and loving suggestions. She listened and let them in, and soon she was smiling.

A repeat show on 'Oprah' tonight, focusing on 'The Secret,' included a panel of three women who all believe that we create or change our lives by changing our thoughts. The panel encouraged us to align ourselves with gratitude and positivity and hope; and to clearly see who we want to be; and to believe it will happen. Then today I had a call from a friend who had just lost her bid for re-election to a community business council. She was feeling the pull of numerous self-criticisms, but as we talked the truth emerged: She hadn't really wanted to serve on the council, and had only half-heartedly kept her name on the voting roster. In other words, her core wish/thought/intention was **not** to be re-elected.

Aha! What we think and believe becomes real. The mystery of mental illness is really no mystery. We are simply occupying one pole of the wide spectrum of thinking, feeling, and experience that is the lot of humanity. Moving ourselves away from that extreme pole of suffering and anxieties – a.k.a. Recovery – demands that we become aware of the directions of mood in which our thoughts are taking us.

Be your bravest self. Dare to look at your own thoughts. Step off your mental not-so-merry-go-round and watch the spinning, the wasted time. You have a choice. Redirect and transform. Become alive and aware. That inner work of letting go, shifting, and choosing freedom over suffering is the key.

For my own part, I'm gonna keep writing this stuff until you believe it.

Support Team **By Kayla Byrd**

During my life I have had several people help me out. They helped me grow and listened to me when I needed it. My support teams in school were my counselors and my teachers. I never really had many friends, due the fact that most of my school career I was bullied. When I was not feeling myself I would go to my support people and they would help me out.

Now as I am not in school my support comes from friends, doctors, and family. These people all help me out when my moods are not "right". What is a support team? This is a team of people whom you meet in life and who help you when you are depressed, angry, upset, mad, and not yourself. Everyone would benefit from a support team, because they help you to recover and become stronger from the challenges we all face.

I consider people from the Prosumers a big part of my team. They help me out during the lunch part of the meeting.

Who supports you? Who tells you that you're going to be ok?

Having a support team is a part of my own personal medicine. We all know people who can help in our recovery. Janet Paleo, Michelle Mata, and many more Prosumers have helped me recover. These people are key members in my team.

It is so easy to set up a team for yourself. First, find people whom you know and they know you. Second, make sure you pick people you trust. Finally, make sure that they will not judge you because of what you say. Who will you let support you? If you need help with creating your own support team please call the Prosumers' office at 210-653-5267 and we will help you.

My Personal Medicine **By Debbie Neisler**

When people think of medicine, they think pills, capsules, liquids and shots. These are things you "take" to make you feel better and some of them come with side effects.

Personal medicine is different. It's not something you have to take; it's something you do to make yourself feel better.

People eat oatmeal and cheerios to lower their cholesterol. They exercise and watch their food intake to lose weight and help control their diabetes while helping their heart and blood pressure.

People do many different things to combat anxiety. Personally, I crochet. The repetitive rhythmic motions soothe me and take my mind off what is causing my anxiety. When I start getting depressed, I find it comforting to pet my cat.

There are many other things you can do that don't require popping pills. Painting, crosswords for the mind, wood working.

At this month's meeting you can offer your personal medicine, what you do to fight anxiety, depression, sleeplessness, etc. to share with everybody else and hear other people's suggestions. I look forward to seeing and hearing from you.

The Mexican American Unity Council and the Office Of Cultural

Affairs are sponsoring **Free Adult and Senior Canvas Painting Art Classes!** All supplies are provided free of charge! Locations on the Northside and Westside of town. For more information please contact:

Liz or Sylvia at 210-978-0500.

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.

July 1, 2008

Nominations
6:30-8:00 p.m.

July 14, 2008

Elections
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.

2008 Texas Advocates Conference

**Cost for SALSA Package:
\$240.00 per person,
2 people in a room**

SALSA Travel Package includes registra-
tion fee, Fun Night (Drum Café), hotel
room two nights, transportation by char-
tered bus, four meals, and banquet.

People who need companion or atten-
dant care must bring their own. Fami-
lies, companions, and attendants pay
the same price, because it includes
your room, meals, and transportation.

**Come have fun.
Travel ! Play !
Learn !
Make new
friends!**

**YOU DON'T HAVE TO BE-
LONG TO SALSA TO GO TO
THE CONFERENCE**

For questions contact:

S.A.L.S.A.

San Antonio League of Self-
Advocates

Judith Laufer, Advisor
210-828-7125

jlaufer@sbcglobal.net

**Registration deadline for SALSA Travel Package
is July 11, 2008!** Send check to:

SALSA
234 Montclair
San Antonio, Texas 78209

A Speech by Susie Breckons

Good Morning Brothers and Sisters

My name is Susie Breckons. I am a member of S.A.L.S.A., the San Antonio League of Self-Advocates.

I am here today to ask you to think about consolidating some of the State Schools, reducing the waiting list for services -- which I have been on the last 10 years and still have two years to go. And maybe some of the options that the residents of the State Schools have about living in the community.

Everyone deserves a chance to live in the community, if they want to live there. There are places they can go and receive the same or better services in a family setting.

If more residents choose to live in the community there will be less need for state institutions. Then these institutions would dry up and fade away. Texas has more institutions than any other state in the country. Some states don't have any institutions at all. The institutions cost the state more than if those men and women lived in the community with support.

To me this is a no-brainer. You get twice as good quality of life for half the cost. Let's demand that our lawmakers do right by the taxpayers and do right by our brothers and sisters behind the walls. Our whole community will be stronger.

Close down or consolidate Texas institutions, put the money into the waiting list, and get these folks out into the community.

Thank you !

From a Speech given at Community Now!

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. Brochures and applications for assistance are available on request at the same contact number.

God gave us two ends. One to sit on and one to think with. Success depends on which one you use; heads you win -- tails, you lose. Anonymous

2008 July 2008

S	MON	TUE	WED	THUR	FRI	SAT
2 9	June 30 AMHCR Arts & Crafts 11-2 S. Presa DBSA 7 pm @8026 Floyd Curl	July 1 DBSA CF 6 pm @210 South Grimes	July 2 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa AMHCR Coping with Anxiety 7pm @ Central Library Room 5.1	July 3 DBSABC 7pm @758 Ramsey	July 4 Holiday CHCS Closed	7/5 AMHCR PTSD-Armed Services (All welcome) 10:00 @ Central Library
6	July 7 AMHCR Arts & Crafts . 11-2 S. Presa DBSA 7 pm@8026 Floyd Curl	July 8 DBSA CF 6 pm @210 South Grimes Anxiety Sup Grp 6:30-8pm 566-5783 NAMI 7 pm 510 Belknap	July 9 Womens Sup Grp 10 S Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa AMHCR Coping with OCD 7 pm @Central Library Room 5.1	July 10 AMHCR General Meeting 1 P.M. @ S. Presa AMHCR Board Meeting 1:30 p.m. @ S. Presa Mental Health Support Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261 DBSABC 7pm @758 Ramsey	July 11 Prosumer Meeting 12-3 School of Nursing	7/12
1 3	July 14 AMHCR Arts & Crafts 11-2 S. Presa Coping with Anxiety @6:30pm DBSA 7 pm@8026 Floyd Curl	July 15 DBSA CF 6 pm @210 South Grimes	July 16 Womens Sup Grp 10 S.Presa AMHCR Dual Recovery Grp 12 S.Presa Arts & Crafts 1-3 S. Presa AMHCR Parents & Siblings of Children with Mental Illnesses 7:00@Central Library, Rm. 5.1	July 17 DBSABC 7pm @758 Ramsey	July 18 AMHCR Schizophrenia Anonymous 11:30 am @ Central Library Room 5.1	7/19 AMHCR PTSD-Armed Services (All welcome) 10:00 @ Central Library Rm 5.1
2 0	July 21 AMHCR Arts & Crafts 11-2 S. Presa DBSA 7 pm@8026 Floyd Curl	July 22 DBSA CF 6 pm @210 South Grimes	July 23 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa AMHCR Dual Recovery Grp 12 S.Presa	July 24 AMHCR Life Skills 2pm @SAILS 2:00 p.m DBSABC 7pm @758 Ramsey	July 25	7/26 AMHCR Meet up Bipolar Sup Grp 3 pm @ Central Library Rm. 5.1
2 7	July 28 AMHCR Arts & Crafts 11-2 S. Presa DBSA 7 pm@8026 Floyd Curl	July 29 DBSA CF 6 pm @210 South Grimes	July 30 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa AMHCR Dual Recovery Grp 12 S.Presa	July 31 DBSABC 7pm @758 Ramsey	Aug 1	8/2

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

Clothes Closet
Center for Health Care Service
Family and Consumer Resources
5802 S. Presa

For clients and their families needing clothing, we are opened on:
Tuesdays and Thursdays
8am to 12pm

Please call the person in charge
Frances Hernandez for appointment at 436-8018

*** Please Note: that the volunteer project at the Ronald McDonald House in July has been Cancelled.**

The new Prosumer Steering Committee officers are: Michelle Mata—Chair, 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

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 PO Box 120394 San Antonio, TX 78212 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
- Anxiety Support Group**— Meets 2nd Monday @ 8265 Manderly, Converse 210-566-5783- Rene or email 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 or 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 210-413-4094
- 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 DIST 116
 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 DIST 119
 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 DIST 120
 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 DIST 123
 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

Recovery TV

www.WorldTV.com/RecoveryTV

The Prosumer website

www.ProsumersInternational.org

PRO International for Empowermentware

www.TheProInternational.com

National Consumer/Survivor Coalition

www.ncmhcs.org

The Center for Health Care Services

www.CHCSBC.org

A website for all TX government departments

www.texas.gov

NAMI

www.nami.org

Texas Mental Health Consumers

www.tmhc.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

SAMHSA's Mental Health Information Center

<http://www.samhsa.gov/centers/clearinghouse/clearinghouses.html>

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

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

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

Being in the Awareness of Balance to Do What You Do More Joyously

By: Jeanie Marshall

Balance, just as any idea or thing or person, has energy and is energy. As you become more and more attuned to energy, you recognize ideas and things and people more easily, without needing visual clues for proof. You might say that you can see more accurately with your eyes closed.

At a very early age, most people are taught to go after the things that they really want. The willingness to fight is often a primary indication that something is worthwhile. To fight, compete, and achieve are lifted up as important values. Schools, teachers, and parents usually reward those who are "better than" and shame or correct those who are "lesser than." Managers and Employers usually promote those who provide answers, are aggressive, take risks, and solve problems.

What about you? If you have had such a cultural conditioning, it can come as a real shock to hear that what you need to do is "allow" or "be in the flow" or "let go" or "relax." These can seem like really soft or surreal ideas if you have been successful by doing things, by charging forward, by taking risks.

In my view, it is not such a paradox. Perhaps that is because I do not advocate replacing outward action with inward reflection; I advocate a balance. I more often speak about relaxation, meditation, and being in the flow because I am most often talking with very intelligent, upbeat, tenacious persons who are very successful in their careers. If I spoke mostly to those who are depressed or lazy, I would be suggesting more active and even aggressive strategies. It is joyous balance that I advocate, a condition that is most often achieved by incorporating a pleasant opposite of what is usually experienced.

Generally, here is how I see the human condition: You come into this world eager and lively, tapped into a deep and profound awareness of your magnificence, knowing who you truly are. Then, you are taught to forget who you are by older people who have forgotten who they are. Then, you act in ways that reflect the established culture, creating false images of who you truly are. Then, you must let go of all those manifestations and forms that you have created and remember again who you truly are.

Being, allowing, letting go, being in the flow, and opening are qualities that help you to remember and provide balance for doing whatever you do. Doers already know how to do; doers need to learn how to be, in order to recognize and integrate their wholeness. If every breath is only an out-breath, there is no in-breath to provide more air to sustain the next breaths.

Balance can be elusive if you try to grab it, to take charge of it. So, too, joy can be elusive if you try to grab it, to take charge of it. Therefore, you must be in a receptive mode. Being in a receptive mode makes you more open to vision and to the power of creating from Spirit. As you allow a higher vibration of energy flow through you, you more easily let go of strongly-held human belief in limitation. This higher vibration of energy is the same as that of the new-born who exude eagerness and trust in life.

At any given moment you might feel as though you are "giving up" the familiarity of doing in order to be, or "giving up" being in order to do. The idea is to find balance over time so that you feel empowered in your actions and empowered in your moments of reflection and silence.

Do you live in the consciousness of joyous balance?

The Prosumer Program

Has the Prosumer Program Helped YOU and have you been or are you now a client of the Center for Health Care Services? If so, I would like your permission to check your records so we can have proof that the Prosumer Program works.

We have doctors who believe in our program and want to help us prove that to the world. Why is that important? Funders don't want to give money to a program unless they can see that it is working in people's lives. We have heard your testimonies, but we need more. By giving us permission to look at your records we can prove that the Prosumer Program works. If you have attended a Prosumer Program and you are a client or have been a client of CHCS, please call me and let me send you out a permission slip so that you can be a part of letting the whole world how great our group is. Thanks in advance for your participation in this project.



REGISTRATION FORM
8TH Annual Bexar County
Consumer and Family Support Conference
August 7th – 9th, 2008
El Tropicano Hotel, San Antonio, Texas

PLEASE PRINT

Use a separate form for each participant. Photocopies may be used:

Name: _____
 Title: _____
 Organization: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Fax: _____
 Email: _____

OPTIONAL

Please mark all that apply to you:

- Person with a Developmental Disability
- Family member of a person with Developmental Disability
- Professional serving people with Developmental Disabilities
- Person with a psychiatric disorder
- Family member of a person with a psychiatric disorder
- Professional serving people with psychiatric disorders
- Person with a substance abuse disorder
- Family member of a person with a substance abuse disorder
- Professional serving people with substance abuse disorders
- Other _____

Accommodations: please check all that apply

- Sign Language Interpreter
- Spanish Interpreter
- Mobility Assistance
- Other, please specify _____

To gain maximum benefit from the conference, everyone is encouraged to attend all three days. Please mark the days you will be attending.

- Thursday Friday Saturday
 (Dinner Event)

The conference is free for consumers and family members.

Conference registration fee for everyone else is \$65.00.

IF YOU ARE A PROFESSIONAL attending the conference, CEUs will be furnished for the following licenses at no extra charge. Please check which license you wish to get credit for:

- | | | | | | |
|--------------------------|--|-------------|--|--------------------------|--------------------|
| <input type="checkbox"/> | | LCDC | | <input type="checkbox"/> | LMFT |
| <input type="checkbox"/> | | LPC | | <input type="checkbox"/> | Social Work |

Thursday-August 7th Awards Dinner
 Social-6:00 p.m. Dinner 7:00 p.m.
Friday-August 8th Registration:8:00 a.m.
 General Session/Breakfast/ 9:00 a.m.
Saturday-Aug. 9th General Session/Breakfast 9 a.m. Workshops – 10:00 a.m.
Friday and Saturday lunch served 12:00 p.m.

Mail registration forms and payment to:

**No payment needed for
 consumers and family members**

Center for Health Care Services
 c/o PR Department
 3031 IH 10 West
 San Antonio, TX 78201

or fax registration forms to 210-737-9607. A single check/money order/purchase order may be used for multiple registrants. Attach the payment to all of the registration forms covered. Refund requests will be honored if postmarked on or before July 18, 2008, but a \$25.00 handling fee will be deducted, however, substitutions will be permitted.

Total amount enclosed \$ _____ (Should be \$ 0.00 for consumers and family members)

MEDIA MAY BE PRESENT AND BY ATTENDING THIS EVENT YOU MAY BE PHOTOGRAPHED. CHECK AT REGISTRATION DESK