

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

August

2008

Janet Paleo—Editor

Volume 6, Issue 08

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

*** 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.**

August 15, 2008 Meeting

"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!!

September 12, 2008 Meeting

You are in for a great treat this meeting. Rudolf Harst, the spiritual leader at Celebration Circle has agreed to come talk with us. He will empower you through his stories, his energy and hopefully his singing. Not our usual meeting but one that you will come away feeling great about being a part of the world.

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 pros, 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 a 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 — More on Personal Medicine — By Sarah Ho, Kona, Hawaii

Like Janet Paleo, I first learned of the term 'Personal Medicine' (PM) from Dr. Patricia Deegan, at a conference in Honolulu. I listened with intention, because she was describing exactly how Recovery happens, a process most all of us survivors stumble onto as we climb out of the pit. Here she was, putting a label and a concrete explanation onto the process. I cheered inside.

Let's recall: Personal Medicine means those activities or practices that an individual does to nurture, nourish, and heal oneself. It may or may not include medications.

When Recovery is new and fragile, we are like delicate plants yearning for the light. Because we may still be numb, we may not feel much happiness and satisfaction. But we may get glimmerings of them: a tiny attraction to something; a feeling of familiarity or safety; a memory; a 'noticing' — a spark of interest winking up out of the gloom.

Such winks are treasures! Each one may be the beginning of something bigger, something fulfilling and even life-changing, something we will come to love and cherish: our Personal Medicine (PM). Check inside with your own processes to see which of these ruminations about PM seem true for you.

Continued on the next page

1. Personal Medicine is absolutely individualized for each person. One man I know reads mystery novels. One friend sits by the seashore; one visits her church alone. One woman feels peace and safety around animals. Another swims. Another does yard work and yoga. Someone else writes poetry. Each choice is perfect for that survivor.
2. 'Feeling good' makes our neurons change. They make more and emotionally beneficial neurotransmitters, so we feel even better. We start with a little and build up. Any activity that's part of your PM should probably make you feel good, at least most of the time.
3. Learning one's Personal Medicine is a voyage of self-discovery. We're guided by a very personal emotional response, which we follow in hopes of increasing it. Our responsiveness to an activity tells us to pursue it.
4. Your PM choices can and probably will change over time. Depending on your stage of Recovery, you may do simple, then more difficult things. For example, for a while I read John Grisham novels, which were light, interesting stories that both held my attention and occupied my mind with something other than sadness. I also cleaned; it gave me a feeling of accomplishment. I did jigsaw puzzles, then X-stitch, only learning later that any repetitive activity increases serotonin levels. Aha! Think about that. That means walking, weight training, stuffing envelopes, sweeping, knitting, typing – all of these are actually neurologically healing.
5. Don't be afraid of self-discipline where Personal Medicine is concerned. Sometimes we need to be very strict with ourselves to make ourselves start a PM activity, but the payoff is great.
6. Besides pleasure, PM often relates to creativity or service, both of which liberate our minds and boost our self-esteem. Creativity puts us up beside the Mystery. Service brings humility and a sense of self-worth.
7. Get physical. Doing something with our bodies is often a best PM choice. So, all aerobic exercise, water play, dancing, yoga, bicycling, or walking

have especially powerful rewards. You may have to start slowly: you can lift soup cans while watching 'So You Think You Can Dance?'...or make that walk out in the dawn light for a cup of coffee.

8. Consider social activities. When we're with others, we get outside our own little minds – so, attend a Pro-consumer meeting, go to the movies with a friend, stop by at Clubhouse. You may have to push yourself first to go out in the world, but each time you do so safely, you make the next time easier.
9. Remember precious alone time, which can be the most important part of Personal Medicine. Loving yourself while alone is key. It will give you the opportunity to connect with God/Higher Power/Universal Energy/Big Mind/Spirit World – which guides us all.

Believe in Personal Medicine. **You are in charge.** You are finding your path. Whatever brings you a touch of joy and satisfaction today will bring you much more of them in days to come. Make PM integral to your Recovery. Finding it is discovering how to live.

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.

"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

Does Medicare pay for Inpatient Mental Health Services?

Yes, Medicare helps pay for inpatient mental health services in either psychiatric hospitals (hospitals that only treat mental health patients) or in general hospitals. Your doctor will determine which hospital setting you need.

If you receive care in a psychiatric hospital, Medicare helps pay for up to 190 days of inpatient care in your lifetime. After you have reached that limit, Medicare may help pay for mental health care at a general hospital.

Your out-of-pocket costs are the same in a psychiatric hospital as they are in any hospital. If you enter a psychiatric hospital within 60 days of being an inpatient at a different hospital, you are in the same benefit period and do not have to pay the deductible again.

After you pay a deductible each **benefit period**, Original Medicare will cover you in full for days 1 to 60 that you are in a hospital. For days 61-90, you pay a daily coinsurance. Medicare pays for up to 60 additional hospital days in your lifetime with a high daily coinsurance, after you have used up your 90 days of hospital coverage in a benefit period.

After you use up your 60 lifetime reserve days, Medicare will no longer pay for any coverage until you start a new benefit period.

A **benefit period** begins when you enter a hospital or a skilled nursing facility, and ends when you have been out of the hospital or skilled nursing facility (SNF), or stop receiving Medicare-covered skilled services at the SNF, for at least 60 days in a row.

If you buy any Medicare supplemental insurance policy (Medigap plans A-L) it will pay all your hospital coinsurance plus provide up to 365 additional lifetime reserve days. Plans B-J also pay your full hospital deductible.

For more information on what Medicare will cover, please go to www.MedicareInteractive.org. This website has lots of useful RESOURCE:http://www.medicareinteractive.org/page2.php?topic=counselor&page=script&slide_id=51

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.

Aug 5, 2008
Nominations
6:30-8:00 p.m.

Aug 19, 2008
Voter Education #4
6:30-8:00 p.m.

Meetings are held at
Brighton, the Center for
Inclusive Communities
14207 Higgins
(One-half mile west of Nacog-
doches, between Thousand
Oaks and
O'Connor)

For More Information call
Jomel Crayton, chair
210-590-1348
Judith Laufer, Advisor
210-828-7125

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.

**You take your life in
your own hands, and
what happens? A terri-
ble thing: no one to
blame. -Erica Jong**

How to Write Self-Affirmations

By Jim Messina

Have you ever been told: Affirm Yourself? Currently we all are hearing about the Power of Attraction. It is said that the more you are positive about what you want to achieve, gain or accomplish in life the more likely you will attract it to you. The power of attraction is successful however only if you use self-affirmations stating how you will be when you achieve what you wanted to attract. So, how do you write these self-affirmations?

Things you will need:

A journal to record your self-affirmations
Your creativity and imagination to visualize them
Your commitment to use them

1. Identify what you need to affirm yourself for: Do a self-assessment to determine what you want to affirm yourself for.
2. Make your affirmations positive: Once you have figured out the one thing you want to achieve in your life you are now ready to write your self-affirmations. You want to write the affirmations in positive language. You want to keep them short one sentence statements. You want to keep them on the topic that you are working on.
3. Make your affirmations visual: You want to make sure that you can visualize the affirmation statements. You want to be able to picture in your mind what it would look like in reality once the affirmations are achieved.
4. Write no more than 15 affirmations per item you are working on: You want to write 5 affirmations in these three formats: I can..., I will..., I am...!
 - ◆ I can ... affirmations: are statements of your potential. You need to state that you have the potential to achieve what you want in your life. These statements are intended to give you hope that you will trust in your ability to achieve that which you are affirming.
 - ◆ I will... affirmations: are statements of your commitment. These affirmations commit you to working hard on achieving that which you want to gain in your life. These statements are intended to give you a sense of purpose and direction so that you have your goal in sight all of the time!
 - ◆ I am... affirmations: are statements of your being what you want to achieve. These affirmations affirm that you are that state of being which you are working on achieving. These statements are intended to give you a behavioral rehearsal of thinking, feeling, and acting as if you have already achieved that which you are aspiring to gain in your life.
5. Record your affirmations: Once you have completed: I can..., I will... and I am... affirmations write them down in your journal.

Source: [www.http://www.ehow.com/how_2187132_write-selfaffirmations.html?ref=fuel&utm_source=yahoo&utm_medium=ssp&utm_campaign=yssp_art](http://www.ehow.com/how_2187132_write-selfaffirmations.html?ref=fuel&utm_source=yahoo&utm_medium=ssp&utm_campaign=yssp_art)

**Like attracts like. Whatever the conscious mind
thinks and believes, the subconscious identically
creates. - Brian Adams (from 'How To Succeed')**

S	MON	TUE	WED	THUR	FRI	SAT
3	<p>Aug 4</p> <p>AMHCR Arts & Crafts 11-2 S. Presa</p> <p>DBSA 7 pm @8026 Floyd Curl</p>	<p>Aug 5</p> <p>DBSA CF 6 pm @210 South Grimes</p>	<p>Aug 6</p> <p>Womens Sup Grp 10 S.Presa</p> <p>Arts & Crafts 1-3 S. Presa</p> <p>Dual Recovery Grp 12 S.Presa</p> <p>AMHCR Coping with Anxiety 7pm @ Central Library Room 5.1</p>	<p>Aug 7</p> <p>DBSABC 7pm @758 Ramsey</p> <p>8th Annual Bexar Consumer & Family Support Conference Award Dinner 7 pm</p>	<p>Aug 8</p> <p>8th Annual Bexar Consumer & Family Support Conference 8am</p>	<p>8/9</p> <p>8th Annual Bexar Consumer & Family Support Conference 8am</p> <p>AMHCR PTSD-Armed Services (All welcome) 10:00 @ Central Library</p>
10	<p>Aug 11</p> <p>AMHCR Arts & Crafts . 11-2 S. Presa</p> <p>Anxiety Sup Grp 6:30-8pm 566-5783</p> <p>DBSA 7 pm@8026 Floyd Curl</p>	<p>Aug 12</p> <p>DBSA CF 6 pm @210 South Grimes</p> <p>NAMI 7 pm 510 Belknap</p>	<p>Aug 13</p> <p>Womens Sup Grp 10 S Presa</p> <p>Arts & Crafts 1-3 S. Presa</p> <p>Dual Recovery Grp 12 S.Presa</p> <p>AMHCR Coping with OCD 7 pm @Central Library Room 5.1</p>	<p>Aug 14</p> <p>AMHCR General Meeting 1 P.M. @ S. Presa</p> <p>AMHCR Board Meeting 1:30 p.m. @ S. Presa</p> <p>Mental Health Support Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261</p> <p>DBSABC 7pm @758 Ramsey</p>	<p>Aug 15</p> <p>Prosumer Meeting 12-3</p> <p>School of Nursing</p>	<p>8/16</p>
17	<p>Aug 18</p> <p>AMHCR Arts & Crafts 11-2 S. Presa</p> <p>Coping with Anxiety @6:30pm</p> <p>DBSA 7 pm@8026 Floyd Curl</p>	<p>Aug 19</p> <p>DBSA CF 6 pm @210 South Grimes</p>	<p>Aug 20</p> <p>Womens Sup Grp 10 S.Presa</p> <p>AMHCR Dual Recovery Grp 12 S.Presa</p> <p>Arts & Crafts 1-3 S. Presa</p> <p>AMHCR Parents & Siblings of Children with Mental Illnesses 7:00@Central Library, Rm. 5.1</p>	<p>Aug 21</p> <p>DBSABC 7pm @758 Ramsey</p>	<p>Aug 22</p> <p>Schizophrenia Anonymous 11:30 am @ Central Library Room 5.1</p>	<p>8/ 23</p> <p>AMHCR PTSD-Armed Services (All welcome) 10:00 @ Central Library Rm 5.1</p>
24	<p>Aug 25</p> <p>AMHCR Arts & Crafts 11-2 S. Presa</p> <p>DBSA 7 pm@8026 Floyd Curl</p>	<p>Aug 26</p> <p>DBSA CF 6 pm @210 South Grimes</p>	<p>Aug 27</p> <p>Womens Sup Grp 10 S.Presa</p> <p>Arts & Crafts 1-3 S. Presa</p> <p>AMHCR Dual Recovery Grp 12 S.Presa</p>	<p>Aug 28</p> <p>AMHCR Life Skills 2pm @SAILS 2:00 p.m</p> <p>DBSABC 7pm @758 Ramsey</p>	<p>Aug 29</p>	<p>8/ 30</p> <p>AMHCR Meet up Bipolar Sup Grp3 pm @ Central Library Rm. 5.1</p>

*** Please call and verify 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 9am to 12pm
Please call the person in charge - Frances Hernandez for appointment at 436-8018

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 let them know when you see them. 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

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

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

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



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: 30

REPRESENTATIVE TREY MARTINEZ FISCHER,
 HOUSE DIST 116
 1910 Fredericksburg Road, SA, TX 78201
 (210) 737-7200 Closest Bus Route: 92, 91

REPRESENTATIVE JOE STRAUS,
 HOUSE DIST 121
 7373 Broadway Suite 202A SA, TX 78209
 (210) 828-4411 Closest Bus Route: 9, 10, 505, 647

REPRESENTATIVE, JOE FARIAS
 HOUSE DIST 118
 601 S. Seguin Road Converse TX 78109
 210-659-9071 Closest Bus Route: 21, 639

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 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 ROLAND GUTIERREZ
 HOUSE DIST 119
 3319 Sidney Brooks Bldg. 510 Suite 2 SA, TX 78235
 (210) 532-2758 Closest Bus Route: 34, 20

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 RUTH JONES MCCLENDON,
 HOUSE DIST 120
 403 South WW White Road, Suite 210, SA, TX 78219
 (210) 225-2107 Closest Bus Route: 25, 550

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
 9107 Marbach Road Suite 111, SA, TX 78245
 (210) 645-4400 Closest Bus Route: 613, 615

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
 1114 S. Saint Mary's Suite 110 SA, TX 78210
 (210) 734-8937 Closest Bus Route: 34, 36, 42

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

Useful Websites and Links

An Online Wellness Tool

www.ProsumersLightaCandle.org

Recovery TV

www.WorldTV.com/RecoveryTV

The Prosumer website

www.ProsumersInternational.org

PRO International for Empowermentware

www.TheProInternational.com

National Consumer/Survivor Coalition

www.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/>

2008 Bexar County Consumer/Family Conference
August 7-9, 2008
For Info call Lupe Torres at 210-731-1300 ext 352

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

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

Alternatives 2008 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>

Gratitude helps you to grow and expand. Gratitude brings joy and laughter into your lives and into the lives of all those around you.

- Eileen Caddy

Leave a Laughing Impression

A little merriment can make you memorable

Want to make an unforgettable impact at your next dinner party? Let out a hearty laugh. McGill University researchers studied 40 adults and found that plenty of chuckles-and even the occasional joyful whoop-make you more memorable than neutral noises (like a sigh or yawn). Participants listened to several vocalizations, but remembered only the emotionally charged ones when the sounds were repeated later. Vocal passion can be as memorable as facial expressions, say the researchers.

Source: Prevention Magazine August 2008

When to go with your gut by Julian Kesner

Don't discredit or ignore your hunches-gut feelings will rarely lead you astray, says new research. Your brain uses intuition when there isn't time for in-depth analysis:

Lightning-quick impressions (or an immediate sense of how to solve a problem) result from instant comparisons to past experiences stored in your memory, according to psychologist Gerard Hodgkinson, PhD, of Britain's University of Leeds. "It's not something we can control," Hodgkinson says-but there are occasions when you may want to overrule a hunch.

(continued on next column)

GO WITH YOUR INTUITION WHEN YOU...

- Fear for your safety
- Feel no anxiety over a course of action

THINK TWICE WHEN YOU...

- Are sleep deprived
- Are angry or emotionally stressed

Source: Prevention Magazine August 2008

Go confidently In the direction of your Dreams. Live the life you've imagined! - Author Unknown

Power Nap for Better Memory By Julian Kesner

GO AHEAD, DOZE OFF during your lunch break: Napping for as little as 6 minutes can improve your memory, report German researchers. Over the course of 60 minutes, three groups of volunteers stayed awake for the entire hour, got in just 6 minutes of shut-eye, or took a 30- to 45-minute nap. On a word recall test afterward, all of those who slept outperformed those who didn't-but surprisingly, the 6-minute nappers did just as well on the memory exam as those who snoozed longer.

Source: Prevention Magazine August 2008

Find Calm in Minutes By Julian Kesner

We already know that regular workouts can fight depression. Now, new research shows a single 20 minute exercise session per week is enough to reduce stress, ease anxiety and boost happiness and energy levels according to a new Scottish study of about 20,000 adults. Even better the researchers discovered that almost any type of physical activity—including house or yard work, or even a brisk walk—help lower levels of mental distress.

Financial Education Curriculum for Consumers Available

A new curriculum, Financial Education for Persons in Recovery, is available from the UIC Rehabilitation Research and Training Center. This six-session, highly interactive curriculum includes topics such as identifying values and financial goals; tracking and managing income versus expenses; managing debt; understanding credit; using financial institutions; and building savvy financial skills. Lessons involve hands-on budgeting activities, small group activities, and homework. The curriculum meets the requirements for financial training of individuals wishing to start Individual Development Accounts (IDAs). To order a copy of this curriculum for \$19.95, visit <http://www.psych.uic.edu/mhsrp/publications.htm> or call the Center at 312-355-1696. This project is funded by NIDRR and SAMHSA CMHS and the Consumer Affairs Program.

'It's our choices, Harry, that show us what we really are... far more than our abilities.'

-Albus Cumbledore from ' Harry Potter' by J K Rowling

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 know how great our group is. Thanks in advance for your participation in this project.

Helping with your Personal Medicine in San Antonio

INVITATION TO AUGUST 9TH SPLASH-TOWN EVENT

Please call the NAMI office at 734-3349 to attend this **free event**. **Gates will open at 10:00 a.m. for our group** and then will open to the public at 11:00 a.m. Lunch for our group will be served From 11:30 a.m. to 12:30 p.m. at the large group pavilion located in the back of the park. Guests are then welcome to stay the day to enjoy the park. **The deadline to RSVP will be close of business on Tuesday, July 29th,**

HOUSTON STREET FAIR & MARKET

Downtown, Aug. 30, 2008 12 noon-6:00pm **Free Entrance** Parking is free @ 400 St. Mary's St. (Parking Garage) & Travis Street Starting @ 12 noon www.houstonstreetfair.com

CONCERT UNDER THE STARS

San Antonio Botanical Garden Aug. 21, 2008 @ 6 pm **\$5.00** or Free for Members Bring own seating. No Food or Drinks www.sabot.org

SAN ANTONIO MUSEUM OF ARTS

200 W. Jones Ave. 978-8100 **Free Admission** on Tuesdays 3-9 pm www.samuseum.org

THE MCNAY

6000 N. New Braunfels 824-5368 **Free Admission** on Thursdays 4-9pm and 1st. Sunday of the Month www.mcnayart.org

WITTE MUSEUM

3801 Broadway 357-1900 **Free Admission** on Tuesdays 3-8pm www.wittemuseum.org

SALON MEXICO

4707 Broadway Basic Latin dance lesson every Friday 7-8pm with social dancing until 10:30pm in the Garden Room in the Villa @ Incarnate Word - **\$3.00 donation** covers lesson and dancing Lesson is repeated on the following Monday 7-9pm at an intermediate level for those who want to learn more about the dance. **\$5.00 donation.** www.salonmexico.20m.com

MEXICAN AMERICAN UNITY COUNCIL AND THE OFFICE OF CULTURE AFFAIRS

978-0500 ask for Sylvia. **Free** Adult & Senior Canvas Painting Art Classes Westside and Northside of San Antonio

"DANCE THERAPY" DANCE YOUR DEPRESSION AWAY INC.

The Neighborhood Place El Hogar de los Vecinos 3014 Rivas St. Ballroom Suite 431-7500 **Free** Every Wednesday 5:30-7pm Punctuality Required Leather Soles shoes No Partner Necessary No Tennis shoes

INSTITUTO DE MEXICO

600 Hemisphere Plaza Way Hemisphere Park 223-5100 **Free Admission** "My Life, A Retrospective 1991-2008" David Correa Through Aug. 24

Mental Health Services Should Be More Accessible in Primary Care Settings

A new report released today by three agencies of the U.S. Department of Health and Human Services proposes strategies to overcome barriers associated with the reimbursement of mental health services provided in primary care settings. Key actions recommended focus on a variety of stakeholders, including primary care providers, state Medicaid officials, and others billing for mental health services in the public sector, working together to promote a greater understanding of mental health reimbursement policy.

"The actions identified in this study are practical as well as achievable," said Terry Cline, Ph.D., administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA). "Improving access to timely and targeted mental health services in primary care settings can improve patient health and compliance with treatment."

The report was jointly funded by SAMHSA and the Health Resources and Services Administration (HRSA), with the technical expertise of the Centers for Medicare & Medicaid Services (CMS).

"I am pleased to see the results of HRSA's collaboration with SAMHSA and CMS on this issue," said HRSA Administrator Elizabeth M. Duke. "Actions identified in this report can help improve reimbursements for health centers and other safety-net providers that deliver mental health services in primary care settings, such as Community Health Centers, which is important to our grantees."

Mental health service consumers, practitioners, providers, researchers and government officials identified seven barriers and made suggestions for action aimed at alleviating the barriers to the reimbursement of mental health services in the primary care setting.

The main priorities and actions recommended in the conclusions of the report, *Reimbursement of Mental Health Services in Primary Care*, include the following:

- Increase leadership collaboration at the federal and state levels among government policymakers in Medicare, Medicaid, primary care, and mental health to ensure clarity in policies, rules, and procedures, and to promote the provision and reimbursement of mental health services in primary care settings
- Broadly disseminate clarified policies and procedures to patients, payers, practitioners, providers, and managers of care.
- Provide technical assistance and education to states, practitioners, providers, and managed care organizations;
- Encourage flexibility in state Medicaid benefit designs to cover mental health services in primary care settings, modeling changes based on best practices achieved through existing state Medicaid waivers;
- Increase payment for professional services by non-physician practitioners under Medicare and Medicaid, particularly in underserved rural and urban areas;
- Implement policies at the state level for appropriate reimbursement of telemedicine services; and
- Provide reimbursement for mental health prevention and screening services.

The full report is available on the Web at <http://download.ncadi.samhsa.gov/ken/pdf/SMA08-4324/SMA08-4324.pdf>. Additional information about billing for mental health services is available at: <http://hipaa.samhsa.gov/hipaacodes2.htm>.

SAMHSA Launches New Homelessness Resource Center Web Site

The Substance Abuse and Mental Health Services Administration (SAMHSA) has launched a new Homelessness Resource Center Web site. The Web site is designed to support individuals working to improve the lives of people affected by homelessness who have mental health conditions, substance use disorders, and histories of trauma.

"The new Homelessness Resource Center Web site provides a platform for creating an interactive community of providers, consumers, policymakers, researchers, and public agencies at federal, state, and local levels working to prevent and end homelessness," said Terry Cline, Ph.D., SAMHSA administrator.

This social networking site is designed to help users network with other providers of homelessness services, such as by sharing knowledge and experiences. Other features include accessing resources from the library, downloading resources and practical tools, rating and commenting on content, posting helpful information, and learning about upcoming events.

Topics, such as how to reach out to the homeless, the transition from homelessness, health care, self care, and housing, are included to promote recovery-oriented and consumer-centered homeless services.

For more information, visit: <http://www.homeless.samhsa.gov>