

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)

October 2010 Janet Paleo—Editor Volume 8, Issue 10

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 except Nov '10 – 1st Sat
Ft Worth—Coming Soon!

Now RSVP online at our website



The 2nd Friday of the Month 12 Noon to 3 PM UTHSC School of Nursing Room 1.284 Cafeteria Building

All Welcome!

7703 Floyd Curl

Enter at the Louis Pasteur entrance near Babcock. Let us know if you need assistance with parking Buses 91, 92

October 8, 2010 Meeting

PROSUMER REUNION

We are reaching out to anyone that has ever been to a Prosumer meeting as well as people new to the program. We are making a special request for you to make the time in your schedule to come. Lots of exciting things are happening that we want to share. We also want to know what you are doing. It will be a time of sharing and catching up as well as looking to the future of our organization. Please tell anyone that you are keeping in touch with to make a special effort to be here. It will be great to see you.



November 12, 2010 Meeting

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

If you would like meetings to be interpreted in American Sign Language or Spanish, please notify us 5 working days prior to the meeting. **Prosumer meetings start with food, so please remember to RSVP to 210-212-6472 or online so that we have enough food to feed everyone. Thanks!**

Future Meeting Room Schedule		
Fri Oct 8, 2010	Room 1.284	Cafeteria Building
Fri Nov 12, 2010	Room 1.284	Cafeteria Building
Fri Dec 10, 2010	Room 1.222	Nursing School

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 210-535-5456 if the gate won't open.

October 19, 2010 Meeting

We continue the reunion for those who cannot make it to the daytime meeting. Lots of exciting developments with Prosumers, Focus for Life and the Prosumer Action Center. It will be a time of sharing and catching up with everyone and looking forward to the future of our organization.

Houston Prosumer Meeting The 2nd Saturday of the Month

12 PM to 3 PM

MHMRA of Harris County
Southwest Conference Center
7033 SW Freeway
Houston, TX 77074

October 9, 2010 Meeting

This is the first of a three part series on achieving your employment goals. Have you thought about working, what would it mean, how would you do it, what are the barriers and is working right for you? On **Oct 9, 2010**, we will be exploring what are your barriers to getting a job? On **Nov 6, 2010** we will look at the next step in achieving your employment goals. On **Jan 08, 2011** we will look at the final step of selling yourself to an employer.

Come Join us if you have ever had the thought, I think I might want to work again or just to be useful. Work, in the traditional sense might not be right for you now, but there are things you can do to be ready when you are ready. As always, we will have fun, be inspired and come away with new ideas of how to live a life on your own terms.

RSVP online at www.ProsumersInternational.org or to Michelle Mata toll-free at 1-877-334-2717.

Creating Change through Positive Questions

Learn to ask positive questions.

The unconditional positive question is believed to be the most powerful means of creating change. A positive question is an affirmatively stated question—a question that seeks to uncover and bring out the best in a person, a situation or an organization. It is constructed around a topic that is fundamentally affirmative.

- ◆ What do you value most about yourself?
- ◆ What are your three greatest wishes for your future?

Some of the greatest moments can be found in tapping into the joy experienced by another. If you want to watch someone come alive, inquire deeply into something he is excited about, and earnestly try to experience through his senses. Put yourself in his place and inquire into his experience until you begin to feel some of the same excitement. It's a great way to help develop an appreciative eye, and to connect more deeply with another.

When people come to us with problems, most of us ask for details about what is wrong and what is it they didn't like. Instead, ask them what do they want. Realize that just because we know what they don't like, or don't want, it doesn't tell us how to change things for the better. For example, realizing that if someone doesn't like the parking lot design, it doesn't necessarily mean they want a new parking lot. If they can't answer the question at that time, which is not uncommon, tell them to come back when they do know what they want. We cannot initiate change until we know what changes are desired.

Choose what to notice

What we choose to focus on creates our reality. The more attention we give to something, the more it expands as part of our experience. 1000 people see an accident, 1000 different accounts. Some people look at poor starving people from third world countries and see hopelessness, poverty, and destitution. Mother Teresa on the other hand saw God in these people. She was able to do more for them by seeing their strength and beauty than in focusing on the hopelessness of their situation.

Overview of the National Association of Peer Specialists Conference **By Kathy Ramirez**

I had the wonderful opportunity of attending The 4th Annual National Peer Specialist Conference in Chicago. The limo service to and from the hotel was so totally cool! Prosumers always have a way of making all of us feel so special!

This conference had so many great and informative workshop sessions that it was hard to decide which one to hit first, but I just jumped in, and the following are some notes I took while attending some of the sessions:

The National Center for Trauma Informed Care presentation by Cathy Cave and Beth Filson shed light about how mental health and substance abuse treatment dialogues need to be front and center as a civil rights issue. More efforts are needed to exercise the understanding and prevalence of trauma on people's lives, their relationships, and connections to their communities. Peer Support validates the lived experience, because as peer specialists, we know first-hand what our peers are going through and have been going through all of their lives. We are all survivors of some unspeakable forms of trauma that include abandonment, child abuse of every kind, domestic violence, and the never-ending stigma that comes with mental illness. Community outreach is core. Places such as our own Prosumer Action Center present our peers with a safe haven for emotional support in a non-judgmental environment.

With the creation of Trauma Informed Care, people are no longer assessed by behavior alone; rather, there is an understanding of what was experienced. The statement of "What's wrong with you?" is in-

stead transformed as "What's happened to you?" Trauma and its impact can be dehumanizing (rape), shocking (domestic violence), and terrifying (child abuse). A single episode or multiple events in a person's life only compound the situation. This also impacts our spiritual beliefs and our own relationships with us. The results are recurring feelings of shame, guilt, rage, and isolation. Advocacy on our part in the form of peer support creates an environment of safety that is key to the beginning of recovery.

"Emotional CPR" presented by Dan Fisher, M.D., Ph.D. went into detail about new approaches for helping people through tough times. As peer specialists, we need to start becoming comfortable first with ourselves in order to give the appropriate support needed to our peers in a time of crisis. I was reminded of the saying, "You can't take care of your children if Mom's not okay". The need for a public health education program is vital, that prepares peer specialists for the important role of giving aid to our peers experiencing an emotional crisis. Psychological first aid in the form of crisis counseling following disasters (Katrina, Rita) is essential, both to adults and children. The reality of losing everything you hold dear and the instability of temporary housing only add fuel to the fire.

The uses of labels and categories (Schizophrenic, Bi-Polar) are dehumanizing. Emotional expression is important so that peers can begin recovery in everyday, simple activities. Being culturally attuned to the needs in the community is vital, so that people will be more accepting of recovery and its stages. Again, our Prosumer Action Center is a focal point in our own Eastside community. Just the fact that people come by out of curiosity brings them one step closer to seeing recovery in action.

"Policy Initiatives For Peers to Advocate" states that peer support specialists should be reimbursed by Medicaid as being medically necessary for a person's recovery. In a letter to all Medicaid directors, Cindy Mann reminded each state director ("Dear Medicaid Director") that the Olmsted decision (1999) held that "unjustifiable institutional isolation is devastating"... Medicaid's new tool for community integration includes the state's

plan for Personal Care Option Benefit-supporting people in their homes and communities, providing necessary help to care givers, thus ending the need for institutional care.

I've heard a buzz that Prosumer's is tossing around the idea of managing a crisis respite place where people can come and stay for a time to diffuse a confrontational setting that may be arising in their home. A place that's safe and nurturing will allow peers to open up discussion about recovery on their terms. The 1915I waiver permits states to provide home and community-based services to service people with psychiatric disorders without limiting benefits to either current or future need for institutional care.

As states are experiencing severe cuts in the mental health system, it is the responsibility of each of us in the community to reach out to our peers and offer the support and stability that is needed and is our right as human beings. ~

You Have a Voice, Now What? **By Nora Burton**

As you know having a voice means to speak. For a longtime I have been hushed by people. What is that? I don't matter? Because I have a mental health diagnosis; I should not speak?

I took the Focus for Life training and learned I had a place in the world. I joined with a group of people who say, "Recovery is Possible!" and I believe that is true!

I am discovering many tools that empower me. I have a voice! A voice that is willing to teach and share this discovery with the world. I am the proof and so are my peers, that Recovery is Possible! The tools are shared from peer to peer. It is possible for everyone who reaches out and learns that their voice is valuable. Our experience is our path to having people understand. We now know we have tools that exist and work. Now what?

Use your voice in numbers to unify and make the differences that enable you to grasp for the change in our system of care. We can change our system to give us the tools that work. We need everyone's voice and for our voice to be heard everywhere!

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:

October 5, 2010

November 2, 2010

December 7, 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 choices could be
very confusing and overwhelm-
ing. At the Prosumer Action Cen-
ter we have three Volunteers
that can help you understand
what all this means. If you would
like more information or to make
an appointment please call the
Prosumer Action Center at 210-
212-6472 and ask for Cheryl,
Hannah or Michelle.**

Anti-Stigma: Do You Know the Facts?

Stigma is not just a matter of using the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness. Stigma is a barrier. Fear of stigma, and the resulting discrimination, discourages individuals and their families from getting the help they need. An estimated 22 to 23 percent of the U.S. population experience a mental disorder in any given year, but almost half of these individuals do not seek treatment (U.S. Department of Health and Human Services, 2002; U.S. Surgeon General, 2001). The educational information on www.samhsa.gov encourages the use of positive images to refer to people with mental illness and underscores the reality that mental illness can be successfully treated.

Do you know that an estimated 44 million Americans experience a mental disorder in any given year?

Do you know that stigma is not a matter of using the wrong word or action?

Do you know that stigma is about disrespect and using negative labels to identify a person living with mental illness?

Do you know that stigma is a barrier that discourages individuals and their families from seeking help?

Do you know that many people would rather tell employers they committed a petty crime and served time in jail, than admit to being in a psychiatric hospital?

Do you know that stigma can result in inadequate insurance coverage for mental health services?

Do you know that stigma leads to fear, mistrust, and violence against people living with mental illness and their families?

Do you know that stigma can cause families and friends to turn their backs on people with mental illness?

Do you know that stigma can prevent people from getting access to needed mental health services?

DO'S

Do use respectful language

Do emphasize abilities, not limitations.

Do tell someone if they express a stigmatizing attitude.

DONT'S

Don't portray successful persons with disabilities as super human.

Don't use generic labels such as retarded, or the mentally ill.

Don't use terms like crazy, lunatic, manic depressive, or slow functioning.

A SAMHSA Publication # OEL99-0004 02/03

We are the ones We have been Waiting for!

	MON	TUE	WED	THUR	FRI	SAT
3	October 4 Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	October 5 Recovery Inc 10-12 (see next page) Skill Building 1 - 2 @ AC	October 6 Social Event 1-3 @ AC Recovery Inc 7 pm	October 7 DBSA #2 7-9 p.m.	October 8 Prosumer Action Center closed for all to attend the Prosumer Meeting 12-3 @ School of Nursing	10/9 DBSA-BC 2-4 @ St. Benedict's Church "the nest" Prosumer Meeting in Houston 12-3
10	October 11 Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	October 12 Recovery Inc 10-12 Skill Building 1-2 @ AC NAMI Meeting 7 pm @ 510 Belknap	October 13 Social Event 1-3 AC Recovery Inc 7 pm	October 14 DBSA #2 7-9 p.m.	October 15	10/16 DBSA-BC 2-4 @ St. Benedict's Church "the nest"
17	October 18 Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	October 19 Recovery Inc 10-12 Skill Building 1:00-2:00 @ AC Prosumer Evening Meeting 6-9 LA PAZ 530 San Pedro	October 20 Social Event 1-3 @ AC Mental Health Support Grp 7 pm St. George Episcopal Church, 342-4261 Recovery Inc 7 pm	October 21 Bexar County Conference 6pm -10pm DBSA #2 7-9 p.m.	October 22 Journaling 10:30-11:30 @ AC	10/23 Bexar County Conference 9am—2pm DBSA-BC 2-4 @ St. Benedict's Church "the nest"
24	October 25 Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	October 26 Recovery Inc 10-12 Skill Building 1-2 @ AC	October 27 Social Event 1-3 @ AC Recovery Inc 7 pm	October 28 DBSA #2 7-9 p.m.	October 29 Journaling 10:30-11:30 @ AC	10/30 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

Sept 10 SA Prosumer Day Meeting 16 in attendance
 Sept 21 SA Prosumer Evening Meeting will be reported next month
 Sept 18 HOU Prosumer Meeting 19 in attendance
 Prosumer Newsletter circulation 2,130
 Prosumer Facebook Fans 49 with 1 from Japan, 1 from Poland & 1 from Taiwan
 People following Prosumersint on Twitter - 11

Prosumer Action Center August Numbers

Sixteen (16) volunteers provided 1065.75 hours
 Held public education on & increased awareness of MI with three presentations at Bexar conference
 Outreach occurred to 17 consumers and families
 Nine Journeyman became members of the NAPS.

Referred 10 people to services in the community
 98 people attended groups at the Action Center
 17 unduplicated people served at the Action Center this month
 A total of 213 services were provided
 Members of Prosumer Action Center Facebook— 75

Focus for Life Training FY'10

117 people have completed full curriculum
 87 people attended who completed a partial training
Trainings scheduled:
 None currently scheduled

Intentional Peer Support Training FY'10

None currently scheduled

USPRA Texas

Windows to Wellness & Peer Learning Community II.,
January 12-15, 2011,
Omni Austin South Park Hotel,
Featuring USPRA National Chair

www.uspratexas.org

21st Annual NAPSA Conference "Healing the Culture of Abuse"

WHEN: November 8-10th, 2010
WHERE: Westin Gaslamp Quarter, San Diego, CA

www.apsnetwork.org

The Sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders

November 17-19
Washington, DC

<http://wmhconf2010.hhd.org/>

With August approaching, this is the first sign that Texas High School football is about to come to life. Thursday night football highlights, Friday night highlights, rival games, Homecoming games, the playoff and leading up to State Championships! THE GODS OF FRIDAY NIGHT is a new stage musical about high school football in Texas. With a country score much like THE BEST LITTLE WHOREHOUSE IN TEXAS and FOOTLOOSE and a genre of VARSITY BLUES, FRIDAY NIGHT LIGHTS and BRING IT ON, comes a fresh new musical to take the stage. Come celebrate National Mental Health Awareness Week at Morgans Wonderland, Saturday October 9th with a special performance of THE GODS OF FRIDAY NIGHT at 2:30PM. Contact Nick by email at nbh0678@yahoo.com for more information.

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

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 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: 30

REPRESENTATIVE TREY MARTINEZ FISCHER,
 HOUSE DIST116
 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 DIST120
 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
 6100 Bandera, Ste. 130, SA, TX 78238
 (210) 684-6896 Closest Bus Route: 88

REPRESENTATIVE MIKE VILLARREAL,
 HOUSE DIST123
 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

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The views expressed in this newsletter do not necessarily reflect the views of the editor or any of its sponsors.

Useful Websites and Links

An Online Wellness Tool

www.ProsumersLightaCandle.org

Disability.gov Connecting the Disability Community to Information and Opportunities

www.Disability.Gov

The Prosumer website

www.ProsumersInternational.org

PRO International for Empowermentware

www.TheProInternational.com

National Consumer/Survivor Coalition

www.ncmhco.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.gcflearnfree.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

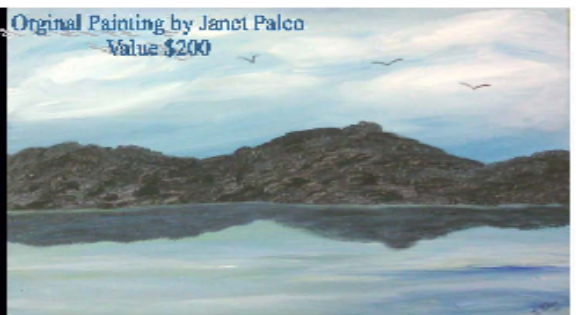
www.bexarhomecomforts.com

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



***Tickets are \$2.00 or 10 tickets for \$15.00
See a Prosumer Journeyman for more information!***

Prosumer Action Center

This month we have tickets for a drawing for the purpose of raising money for Prosumers to go to Conferences We have a Gold and Diamond Pendant from Americus Diamonds (\$500 value); an original painting from Janet Paleo (\$200 value); a CD Automatic Storage Unit (\$120 value); a Dinner for two from Chuy's Mexican Restaurant (\$85 value) and other possible prizes. Tickets are \$2.00 or 10 for \$15.00 and will help us realize our dreams of going to conferences.

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

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 volunteer training program that will make you job ready to be a Peer Support Specialist for jobs opening up in Bexar County and in Texas.

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

October 12, 2010 at 1 pm

November 15, at 1 pm

Take action today! For more information or to RSVP call Michelle at 210-212 - 6472 ext 201.

Prosumer Action Center Consumer Operated Services Grant Year End Report Narrative FY 2010

Advocacy on behalf of consumers:

The members of the Prosumer Action Center have represented consumers at the Texas AdHoc Committee meeting; the USPRA Texas Conference; at the 2nd Annual Psychiatric Rehabilitation Meeting; at the Texas Consumer Movement Seed group (now known as the Texas Catalysts for Empowerment); in the Supported Employment Learning Community; at the State Local Area Network Advisory Committee (LANAC); at the Behavioral Health Planning and Network Advisory Committee (BHPNAC), OSO Project; at the Legislative Symposium; at the Advocacy Inc, priority setting; and with individuals on an individual basis.

Four members of the Prosumer Action Center became Deputy Registrars. The Action Center is now a place where anyone in the community can register to vote.

Assist consumers in obtaining employment:

The Prosumer Action Center is a job readiness program. Consumers wishing employment or contemplating employment have access to the program. Consumers can come in as a volunteer whenever they want or when called to assist with special projects. This is for consumers testing the waters of employment. If the consumer is more serious about going back to work, they become an Apprentice. As an Apprentice they are asked to work two days a week. Their objective at this level is to become competent in time management and communication skills. At this level they are given some training. Upon showing a mastery of time management and communication skills, if the program has openings, they can become Journeymen. There are seven positions in the Journeyman Program. A Journeyman is required to be at the Prosumer Action Center a minimum of two days a week. They run groups, do outreach, help with referrals, disseminate information, empower consumers, and provide public education to increase the awareness of mental illness and recovery.

Among the trainings received by Journeymen and Apprentices were Focus for Life®, Intentional Peer Support, New Employee Orientation (Clients Rights, HIPPA, Confidentiality, First Aid, CPR, Safety Awareness and Disaster Planning, PMAB, Corporate Compliance, Cultural Sensitivity and Infection Control); United Way Bexar Necessities; National Association of Peer Specialists Conference; Statewide Benefits Counselor 1 Training; Whole Health training module provided by ViaHope; Landmark Forum; African American Conference; and Peer Specialist Certification provided by ViaHope.

Eleven consumers participated as Journeymen during this year. Seven Journeymen found employment and/or were offered employment during this year. Three Journeymen dropped out of the program or went to being Apprentices.

Nine members of the Prosumer Action Center are also now members of the National Association of Peer Specialists.

Provide consumers information and referral to services needed:

Forty six referrals were given for the year. The referrals ranged from housing assistance, food, clothing, employment, and childcare, dental, medical, GED classes, utility assistance, among others. Three Hundred and Five people were given information on the Prosumer Action Center and the services that we provided. These are only the number of people who showed up at the Prosumer Action Center.

Disseminate information relating to acquiring mental health services needed to reside within their community:

The Prosumer Newsletter had a dissemination of over 23,000 newsletters and was delivered at clinics, several hospitals, DARS, VA, shelters and other locations. The newsletters are delivered by hand, mail or by email and all are available online.

The Action Center registered 103 participants for the Bexar County Consumer/Family Support Conference and provided three workshops at the conference with approximately 188 people attending our sessions. Additionally, other organizations have held presentations at the Action Center such as SAILS and Advocacy, Inc.

Outreach to consumers and families & Public education and increased awareness of mental illness:

The Prosumer Action Center and the Prosumers have developed Facebook pages to outreach to consumers and families. Among the 49 members on Facebook, people from Poland, Japan and Taiwan, and Australia are watching the Prosumer Program. Prosumers is also on Twitter. We have a webpage that is updated at least once monthly.

The Action Center Journeymen have held presentations at SAILS, Telecare, Solara, a Silver Stars game, Kids Day in the Park, Harvard Progressive Women's group, the NAMI Walk, the BHPNAC, Southwest General Hospital, La Paz, and the Sarabia Clinic.

The Action Center hosted a Grand Opening with about 150 in attendance.

All people working at the Prosumer Action Center assisted in obtaining new unwrapped toys which were donated to the Fairweather Lodge. Gift Certificates were donated to the parents and the older children of the Lodge. Additionally, 300 personalized holiday cards with words of encouragement and an invitation

to join us at the Prosumer meetings, were given to the 300 patients of the San Antonio State Hospital who were in the hospital over the holidays.

The Prosumer Action Center has provided a place for other community organizations to meet as well as to do outreach. Among those that have used the Action Center was the US Census Bureau, CBHP group from the UTHSC School of Nursing, Via Hope, Texas Catalysts for Empowerment, Center for Health Care Services, Harvard Progressive Womens' Group, Joyz of Artz and the BHPAC. The Action Center is now also an Art Gallery.

Members of the Prosumer Action Center also present regularly at the UTHSC School of Nursing and at the University of the Incarnate Word for Dr. Maria Felix-Ortiz's class.

Peer support groups or drop-in centers:

Laughing Qigong – Come see how laughing can improve your physical health at the same time relieve some stress and release the negative energy in your body	90 attendees/year
Recovering Your Mental Health – A self-help guide booklet series "Building Self-esteem"	99 attendees/year
Social Time – Come spend some time with our peers, every week will be a different activity	150 attendees/year
Arts N' Crafts – Show off your creative side	129 attendees/year
Journaling – Discover yourself through writing	65 attendees/year
Joyz of Artz – Community Artist teaching painting	81 attendees/year

Technical assistance and training to assist consumers to develop skills necessary to reside within their community:

Three Focus for Life® Trainings were held during the year for over 50 people. Intentional Peer Support training was held for ten people. Trainings by other organizations such as SAILS, Advocacy, Inc., skill building classes were held at the Prosumer Action Center. Additionally, the Prosumer Journeymen and Apprentices raised enough money to equip a six station computer lab.

Access to basic human shelter, food and clothing:

Consumers needing these services were given referrals to the community. In addition, the Action Center started a clothing closet for business clothes and a community garden.

Empower consumers to become self-sufficient within their community:

Up to twenty volunteers donated over 5552 hours of service. Over 350 consumers attended either the daytime Prosumer meeting or the nighttime Prosumer meeting.

Protection of consumer rights and self-help, or peer support:

All services provided throughout the year, were provided through peer support and mentoring.

A total of 1,893 services were provided over the year, of those, 337 were unduplicated services for FY'10.

Overcoming Fear

Overcoming a fear, whatever it happens to be, can be challenging, but when conquered, very liberating.

Fear is an emotion experienced in anticipation of some specific pain or danger and is usually accompanied by a desire to flee or fight. It can be real, or imagined.

It is certainly not always a bad thing. When fear serves as a warning signal for impending danger or a life-threatening situation, it is necessary and life preserving. If we didn't feel it in certain situations we wouldn't react appropriately and we'd put ourselves at great risk.

If, a fear is imagined or irrational, it can be paralyzing and hold us back from living life fully and productively. Many imagined fears, such as of rejection, looking foolish, or of failure are the types of fears we must learn to manage and overcome. If we let them control our lives, we would never venture forth or strive to become all that we can be.

There are, of course, some fears that our having them, or not, doesn't affect our lives. For example, if someone has a fear of public speaking, yet has no need, intention, or desire to speak publicly; trying to conquer the fear is of no consequence. There is really no motivation, or need, to work on conquering it. If, on the other hand, the fear of public speaking will hold one back from progressing in their career, or getting ahead in any way, then it is time to work getting rid of it.

Strategies for Overcoming Fear

Acknowledge the fear. Whether it's imagined or real, the first step in overcoming fear is to admit that it exists. We all have fears; it's human nature. Denying or ignoring them doesn't make them go away.

Analyze it. Where does it come from? Is it real or imagined? Can it be put in a different context? For instance if you think it through to its logical conclusion, what's the worst that can happen to you? Once you've determined what that might be, ask yourself if you can deal with, or overcome it. More often than not, once you go through the process of analyzing it, the fear isn't as scary as you originally imagined.

Face it. Allow yourself to feel it, and then do it anyway. Act in spite of your fear and treat it as a challenge for personal growth and an opportunity to become stronger.

Be persistent. Do the thing you fear over and over again. By doing it repeatedly it loses its power over you and you become less vulnerable to it.

Develop courage. Sometimes the answer may not be to conquer a particular fear; it may be to develop courage. If you focus too much on any one fear instead of trying to build [courage](#), you may in fact, intensify it. By developing courage you [build self-confidence](#) and resilience. You also build a healthy approach towards facing all fear.

As Mark Twain said:

"Courage is resistance to fear, mastery of fear, not absence of fear."

Here is list of top 9 fears according to Forbes.com

Fear of bugs (especially spiders), mice, snakes, bats

Fear of heights

Fear of water (drowning)

Fear of public transportation

Fear of storms

Fear of closed spaces

Fear of tunnels and bridges

Fear of crowds

Fear of public speaking

How many on this list can you count as your own? Decide which ones you may want to work on, and then overcome your fears!

Source: EssentialLifeSkills.net

If you're like many of us, you've spent years trying to feel comfortable in your own skin and to figure out what to do with your life. This is your most important purpose: to fully move into the power of your authentic self and to discover how to put that power to work in the world. There's a reason why you are here and a special way to accomplish your role in the world. But so much of us feel a lack of clarity around all this. We feel out of touch with our true nature and aren't sure why.— Jean Haner

Source: The Wisdom of Your Face: Change Your Life with Chinese Face Reading!, Pages: 7

What we choose to notice creates our experience.

When we allow others in a conversation to have their beliefs without resisting them, interesting things begin to happen: we now have more time in the exchange to listen. We begin to realize that the way we grow and learn is by listening to how others view a situation and the meaning they develop. We find that the more a person is different from us, the more it causes us to reflect on our taken-for-granted thoughts, and the more we can learn. As we attempt to understand the unique way another makes sense, we open ourselves to new horizons of thinking and understanding. This is the value of diversity and the spirit of true inquiry.

We also find that other people become a lot more interesting as we let go of our need to be right and attempt to discover more about them.

What is the future that we desire for ourselves? What is it that we want for our peers, for our community, and for our world?

What small change could we make now that would move us towards the future we desire?

Be deliberate in what you ask for and you can create it.

Source: www.AppreciativeInquiry.case.edu

Why Me?

The following is the response Janet Paleo received when she asked this question while in the hospital. I share it with her permission. Anna H. Gray

"There will come a time of great dissention among our people. Many people will suffer and become confused. Thru your suffering and pain you will be able to help our people. You have known pain, you have known suffering. You will be stronger to help those who know not of these things. Experience your pain. Delve into the pain. You will emerge stronger and greater to help the people that need the strength. The suffering will touch us all, yet you are one of the chosen few who will be able to rise above and lead our people into salvation. You will save many souls. Holy are these words I speak unto you. Cherish them, relish them and for now know there is a reason for your existence, for your pain, for your suffering. You are my child."

It is my pleasure to inform all of you that Janet Paleo is one of the recipients of the Voice Award from SAMHSA for this year. More to come on this.

Whatever you may be going through, deal with it with resiliency and courage, it can be used to make a difference for others