

# 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

November 2008

Janet Paleo—Editor

Volume 6, Issue 11

### Daytime Prosumer Meetings

**The 2nd Friday of the Month**  
**12 Noon to 3 PM**  
University Health Center —  
Downtown (the Old Brady Green)  
All Welcome!  
527 N. Leona (Near Frio and Martin)  
Buses 20, 77, 79, 89

### November 14, 2008 Meeting

When life happens, it is sometimes hard to see the good side of the situation. No matter the situation, there is always another way of looking at it. In this meeting, we will practice looking at things in other ways and learning how to be at peace no matter what happens. In other words, we will empower ourselves to live life, no matter what happens, rather than be a victim of life. This is a meeting that you won't want to miss. **This is a potluck meeting. Bring a side dish to share, but nothing red, please.**

### December 12, 2008 Meeting

**This is it!! Our Celebration of the Holiday Party with Gift Exchange!!**

Come celebrate the Holidays with your peers and experience the Evil Gift Exchange. Bring an item, totally gift wrapped that you want to get rid of or if you are buying a gift, no more than \$5.00. **This will also be a potluck however nothing red please.** We are going to have so much fun. Don't miss out and join us!!

**Prosumer meetings start with food, so please remember to RSVP to 210-653-5267 so that we have enough food to feed everyone and also to let us know if you will be using the parking lot. Remember: first come, first serve. We will see you there!!**

### Evening Prosumer Meetings

**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

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: **November 18, 2008 Evening**  
: **Meeting and the December 16,**  
: **2008 Meeting** will be the same topic  
: of discussion as the Daytime Meetings. If  
: you have any questions please call 210-  
: 653-5267. Prosumer meetings start with  
: food, so please remember to RSVP so  
: that we have enough food to feed every-  
: one. Remember, first come, first serve.  
: We will see you there!!  
: .....

### The October Prosumer Meeting Notes

Our meeting in October was awesome and I am sorry if you missed it. I wanted to share a bit of one of the presentations that I thought was awesome. I held up a \$20 bill and asked people who wanted it. I proceeded to step on the bill, spit on the bill, wad up the bill and rub it under my arm, etc. It was a very yucky bill. I kept asking who wants it and people still raised their hand. When I asked why, they said that it was still worth \$20. I then asked why was it, just because we have been stepped on, thrown away, spit on and labeled, why was it that we thought we had lost our self worth? Then a bit later in the presentation, I asked people was the \$20 bill more valuable if it were spent on pieces of candy or if it were given to charity? Of course, it is equal. Candy may make a difference for folks for a few moments, while a donation can make a bigger difference for a longer time. Either way, it was worth the same. The question was how big an impact do you want your life to make in the world. If you wanted your life to have a bigger impact, then look to see how you could join with others to maximize your contribution to life.

### REFLECTIONS ON RECOVERY: 'Getting What We Need' by Sarah Ho, Kona

It's good to be back writing to you again. It's good to be back to Life, because I've emerged from a depressive episode, my most difficult in nearly a decade.

I traveled to Connecticut to visit my 97-year-old mother (who has Alzheimer's), knowing that she probably doesn't have a lot of time left. I planned on a nearly 5-week trip, enough to visit every day and give her as much care and loving attention as I could. What I didn't factor in fully was that I'd also be seeing my older sister. She ended up staying at the family's summer cabin with me for the entire second week, during which the weather turned cold and we were forced to spend a lot of time together in the uninsulated house. My sister is a drinking alcoholic who, upon retirement two years ago, lost structure in her day and has since become acutely addicted. Spending time alone with her (and she drinks all day long now) triggered all my codependent patterns.

Many of you who have alcoholics or addicts in your life know exactly what I mean. As a sterling, first-class codependent, I/you monitor every action, notice every vocal nuance, and can assess the state of drunkenness of your beloved friend or relative in an instant. My sister's anger is predominant, so being with her is (as my sister-in-law says) 'like sticking your hand in a fan.'

The summer cabin became a more stressful place than the senior institution at which my mother lives. I lost my way. I became mired in the old patterns of being the 'good daughter' and the 'rescuer' in my family. I neglected to give myself regular exercise, time alone, therapy, or anything else that would have kept me stable. Instead, I became more and more anxious, until finally the all-too-familiar loss of appetite and easy crying began. Fortunately, my brother and his wife offered me board at their home, and my husband knew I needed to cut my trip short.

Continued on the next page

Back at home, I descended further: days of all-too-quick tears, struggles to eat properly, broken sleep, and deep sorrows. I had lost both my mother and my sister within a 3-week period. Although Mom is still living, she is increasingly withdrawn and unable to relate and remember; and my sister is not the sister I grew up with. I had a knot of tension/anxiety/fear/worry/sorrow/guilt/anger in my solar plexus area, and it locked itself in there. As usual for me in depression, my ego/personhood was dissolved: there was now nothing to defend, protect, create, express, nor solve problems with. It was, as you all know, a dark, bleak interlude.

How did I get out?

A medication adjustment was very helpful. As soon as a slight increase in an anti-depressant was in my system, the biochemical aspects of the depression began to lift. Then I was finally able to DO something to move into wellness.

I got into constant contact with the knot of anxiety in my midregion. I talked to it, asked for its wisdom and help, asked it to show me what it was saying to me and what I needed to do to heal it. What I got was true grieving – lots and lots of it. I just let it out; let the tears flow. On one of the hardest mornings, I walked my driveway and wept and sobbed and cried out: I was losing my mother and my sister. This was real sorrow, and it needed to be voiced. Gradually, the tensions eased.

This past week I was able to see my psychiatrist and therapist. Both were hugely supportive. As my doctor put it, 'Sarah, did you really think you could go into that situation and come out unaffected? No one could do that.' And my therapist said, 'You had to make this trip and see how things were.'

Oh, boy, is that the truth. I needed to make that trip to CT, and things needed to get just as bad as they did before I could 'see.' I had to experience my sister as a drunkard, achingly, tragically destroying herself; I had to witness my helpless mother suffering pains and indignities; and I had to realize/actualize that I CANNOT 'FIX' EITHER OF THESE. NOR DO I NEED TO DO SO.

I had left Hawaii thinking I could do this and that and the other thing, pull my mother and sister back from the abyss, and be the savior once again. Ha! and Aha! What I learned is that there are some situations that we cannot fix or change, and that is perfectly okay. A Buddhist expression, 'You must be willing to be everything or nothing in any given situation,' seems to fit. I received the most valuable lesson I've been taught in years: to let go of others' destinies and choices as my personal responsibility. My mother's transition/dying process is precisely and perfectly her own. She is fine, and she has lots of support and help, both spiritual and practical, as she begins to enter other realms (she shared a beautiful dream with me about 'the other side'). My sister has chosen to remain in denial. I was able to tell her that if she ever decides to quit drinking, I'll be there for her. This was our last communication, and our most important one, and both of us were sober. She teared up a little, and so did I; she even said, 'Thank

you.' That was beautiful; a treasured gift.

As my therapist said the other day, 'Sally, you got exactly what you needed.'

I now see my bipolar disorder in a more illuminating light: this 'illness' is the way I learn. Going into the pit, dark and horrible as it is, dismantles my ego for a time. With the old ego gone, there is a void to fill. Although such an egoless state can feel terrifying, it is actually a stunningly significant opportunity for awareness and growth. I am now in the process of rebuilding my ego, and there will be a new self in place of the old. This new self will be more loving and aware; she will be free of the compulsion to 'save' anyone else, but rather in awe of the greater truth that we do not have to 'save' anyone except ourselves. A few years back, the symbol for us at the Alternatives Conference was the Phoenix, and that is precisely correct: we arise from the ashes that these 'illnesses' reduce us to, brilliantly arrayed and healing.

I know that everyone who deals with depression or bipolar illness or an anxiety disorder or schizophrenia or panic knows that in the midst of our greatest vulnerability we may actually discover our greatest strengths. Not even these burdens are without their blessings.

I send a deep and loving aloha to all of you this day. Please do face your challenges with faith; the fears are potential gifts of awareness. Keep the light shining.

## **S.A.L.S.A.**

### **San Antonio League of Self-Advocates**

*An organization of people with  
intellectual disabilities, speak-  
ing up  
for their human and civil rights*

All are welcome at our meet-  
ings.

We meet on the 1st & 3rd  
Tuesdays of the month.

**Nov 4, 2008**

**Regular Meeting  
6:30-8:00 p.m.**

**Nov18, 2008**

**Regular Meeting  
6:30-8:00 p.m.**

Meetings are held at  
Brighton, the Center for  
Inclusive Communities  
14207 Higgins  
(One-half mile west of Nac-  
ogdoches, between Thou-  
sand Oaks and  
O'Connor)

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

## **GOOD SAMARITAN IS OFFERING LEGAL ASSISTANCE**

**Legal Assistance Every Monday 1:30 PM- 3:30 PM  
Good Samaritan Community Services Senior Center  
1600 Saltillo**

**210-434-5531 x2043**

**No appointments. Walk-In Only  
Do you need an attorney? Not sure?**

**Common Legal Issues—Consumer Rights—Bankruptcy-Credit  
Rights—Debt Collection-Social Security—Family Law-Divorce  
(custody/visitation/child support)—Protective Orders/ Restraining  
Orders—Crime Compensation—Identity Documentation**

## **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 [bexarhomecomforts@satx.rr.com](mailto:bexarhomecomforts@satx.rr.com). Brochures and applications for assistance are available on request at the same contact number.

## **Passage of Mental Health Parity Legislation a Great Victory**

### **Brain disorders are health conditions requiring proper medical treatment**

AUSTIN — Mental Health America of Texas today [10/3/08] hailed passage of federal mental health parity legislation that will broadly outlaw health insurance discrimination against Americans with mental health and substance-use conditions in employer-sponsored health plans.

Mental Health America of Texas and its national organization, Mental Health America, have worked for years to pass mental health parity legislation. Under parity, health plans must offer equal coverage for mental health conditions as they do other health conditions.

The legislation bans employers and insurers from imposing stricter limits on coverage for mental health and substance-use conditions than those set for other health problems. It will provide parity for 82 million Americans covered by self-insured plans and another 31 million in plans that are subject to state regulation. It is estimated that roughly 67 percent of adults and 80 percent of children requiring mental health services do not receive help, often because of discriminatory insurance practices.

“Today Texas families and their loved ones needing mental health care celebrate a great victory for fair play. This legislation opens doors for those too long denied access to appropriate mental health treatment because of discriminatory practices,” said Lynn Lasky Clark, president and chief executive officer of Mental Health America of Texas. “Disorders of the brain are just as treatable as heart disease, diabetes and other illnesses.”

The legislation applies to group health plans of employers with 51 or more employees. The bill takes the following steps:

- In the case of a health plan that offers coverage for any mental health or substance-use condition, that coverage must be equal to medical coverage (except to the extent that a state parity law requires broader coverage). Specifically, it prohibits group health plans that offer coverage for any mental health or substance-use conditions from imposing treatment limitations and financial requirements on those benefits that are stricter than for medical and surgical benefits.

- If a plan offers out-of-network benefits for medical or surgical care, it must also offer out-of-network coverage for mental health and addiction treatment and provide an equal level of services.

- Strong state parity and consumer protection laws are preserved while extending parity protection to 82 million more people who are not protected by state laws and 31 million in plans that are subject to state regulation.

This federal legislation strengthens Texas state parity law for those now covered by it while extending equal benefits to other employer-based insurance plans that cover mental illness or substance abuse. For a map of state laws: [www.mentalhealthamerica.net/go/parity/states](http://www.mentalhealthamerica.net/go/parity/states).

Mental Health America of Texas, founded in 1935, is the oldest citizens' mental health information, education and advocacy organization in the state. Its mission is to promote mental health, prevent mental disorders, and improve the care and treatment of people with mental illness. Its vision is to develop a society where mental health is the cornerstone of public health, stigma is eliminated and all Texans have access to comprehensive, high quality, culturally competent care.

### **What it Means for Texans**

Texas is one of 38 states with some form of mental health parity law, ranging from limited to comprehensive. This state law regulates a smaller portion of health insurance plans in Texas.

The Texas parity law, expanded in 1997, covers the following mental health disorders: schizophrenia, schizoaffective disorder, bipolar disorder, obsessive compulsive disorder, major depressive disorder, autism, paranoia and psychosis and childhood depression.


For Texans, the federal law means:

- Plans subject to the state parity law can no longer set stricter or higher deductibles, co-pays, financial or service limits than those for other forms of health care.

- All other plans, if they offer mental health or substance abuse coverage, must offer equal benefits (including uniform copays, deductibles, financial or service limits) as the coverage offered for other forms of health care.

- The Children's Health Insurance Program covered the same mental health benefits as the state parity law until budget cuts in 2003. While some mental health benefits were restored, CHIP is not covered by the state parity law. It would also not be covered by the federal parity law, which applies only to employer-based health insurance plans.

SOURCE: **Mental Health America of Texas**

S	MON	TUE	WED	THUR	FRI	SAT
2 End Daylight Savings Time	Nov 3 DBSA 7 pm @8026 Floyd Curl	Nov 4 DBSA CF 6 pm @210 South Grimes	Nov 5	Nov 6 DBSABC 7pm @758 Ramsey BiPolar/Depression Peer Support Group 7-9pm @ 3011 N. St. Mary's Candlelight Coffee House	Nov 7	11/8
9	Nov 10 DBSA 7 pm@8026 Floyd Curl	Nov 11 DBSA CF 6 pm @210 South Grimes NAMI 7 pm 510 Belknap CHCS CLOSED Veteran's Day	Nov 12 Mental Health Support Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261	Nov 13 DBSABC 7pm @758 Ramsey BiPolar/Depression Peer Support Group 7-9pm @ 3011 N. St. Mary's Candlelight Coffee House	Nov 14 Prosumer Meeting 12-3 University Health Center-Downtown	11/15
16	Nov 17 DBSA 7 pm@8026 Floyd Curl	Nov 18 Prosumer Evening Meeting 6-9 LA PAZ 530 San Pedro DBSA CF 6 pm @210 South Grimes	Nov 19	Nov 20 DBSABC 7pm @758 Ramsey BiPolar/Depression Peer Support Group 7-9pm @ 3011 N. St. Mary's Candlelight Coffee House	Nov 21	11/22
23	Nov 24 DBSA 7 pm@8026 Floyd Curl	Nov 25 DBSA CF 6 pm @210 South Grimes	Nov 26	Nov 27 CHCS CLOSED Happy Thanksgiving 	Nov 28 CHCS CLOSED	11/29

**\* Please call and verify time and place prior to going to any of the meetings.**

**Conference Dates to Remember**

**2009 World Congress of the World Federation for Mental Health "Working Together for Mental Health" September 2-6, 2009 Hilton Hotel, Athens, Greece**  
[www.wfmh.org/09WCongress.htm](http://www.wfmh.org/09WCongress.htm)

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. --Melody Beattie

**Clothes Closet**  
 Center for Health Care Service  
 Family and Consumer Resources  
 5802 S. Presa  
 Is Temporarily Closed  
 Please call Frances Hernandez for further information at 436-8018

**PLEASE NOTE: DUE TO S. PRESA OFFICES MOVING TO BURNET, THE ALLIANCE AND CHCS GROUPS MAY OR MAY NOT BE MEETING. PLEASE VERIFY ALL MEETINGS BEFORE ACTUALLY GOING TO THE LOCATIONS. THANK YOU!**

**Mental Health Support Group.**  
 St. George Episcopal Church  
 6904 West Avenue  
 in Conference Room.  
 Every 2nd Wednesday at 7 pm.  
 Call 342-4261 for more information

## CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

**Prosumer Group**- 210-212-6586 ext 207 or 210-653-5267 [www.ProsumersInternational.org](http://www.ProsumersInternational.org) Mailing Address: PO Box 120394 San Antonio, TX 78212 Office located at 1921 Burnet, **Michelle Mata, Office Manager**

**Day Meeting** Foundation Room on the 3rd. Floor (University Health Center-Downtown—Old Brady Green) at 527 N. Leona St 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

**CHCS Consumer/Family Support**—Address is 1921 Burnet 210-212-6586

**Children's Clinic for Crisis 7 Eligibility/Enrollment**—Address is 711 E. Josephine 210-299-8139

**Burnet Clinic** - Address is 1920 Burnet 210-227-3401

**Palo Alto Clinic**—Address is 2711 Palo Alto Road 210-533-2577

**North West Clinic**—Address is 9502 Computer Dr # 100 210-615-5700

**Zarzamora Clinic** - Address is 806 S. Zarzamora 210-434-7001

**Advocacy Inc.** - Address is 6800 First Park Ten Blvd. 210-737-0499 [www.advocacyinc.org](http://www.advocacyinc.org)

**AMHCR** - Alliance for Mental Health Consumers Rights For more info call 210-212-6586

or SaMentalHealth@sbcglobal.net or [www.SaMentalHealth.org](http://www.SaMentalHealth.org). Office located at 1921 Burnet

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

**Bipolar/Depression Support Group** meets at Candlelight Coffee House. Call Wendy for more info at 210-403-0433

**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

**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: 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](http://www.ProsumersLightaCandle.org)

Recovery TV

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

The Prosumer website

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

PRO International for Empowermentware

[www.TheProInternational.com](http://www.TheProInternational.com)

National Consumer/Survivor Coalition

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

The Center for Health Care Services

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

A website for all TX government departments [www.texas.gov](http://www.texas.gov)

NAMI

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

Texas Mental Health Consumers

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

Mental Health America of Texas

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

Texas Legislature Online

<http://www.capitol.state.tx.us>

Texas Administrative Code where you find the laws pertaining to the running of MHMR Centers <http://www.sos.state.tx.us/tac/>

The Texas Election Division to find voter information, and candidates

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

Substance Abuse Mental Health Services Administration

[www.SAMHSA.gov](http://www.SAMHSA.gov)

SAMHSA's Mental Health Information Center <http://www.samhsa.gov/centers/clearinghouse/clearinghouses.html>

Website for Medications, Assistance Programs, Discount programs

[www.needymeds.com](http://www.needymeds.com)

TX Department of Housing and Community Affairs <http://www.tdhca.state.tx.us>

Patient Assistance with Medications

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

Free Online Computer Classes through Global Community Foundation [www.gcflernfree.org/](http://www.gcflernfree.org/)

For more information specific to their current situation and the transition to Medicare Rx [www.texasmedicarerx.org](http://www.texasmedicarerx.org)

## Local Planning and Network Development - CHCS

The Department of State Health Services (DSHS), which is the State Mental Health Authority, has 37 Local Mental Health Authorities in Texas. Each of these Authorities must develop a Local Plan as a result of legislation passed two sessions ago. House Bill 2292 required the Mental Health and Mental Retardation Authorities in Texas to become “the provider of last resort” for services within their community. This means that the community MHMR Centers would have to look at their community to see if any other providers were willing to provide services in their areas.

The Center for Health Care Services (CHCS) is the local Mental Health Authority serving Bexar County. CHCS has evolved to assure the delivery of high quality services which are most needed within our community and continues to partner with both public and private entities to ensure the best possible outcomes for the people they serve.

The Center currently has a Planning and Network Advisory Committee (PNAC) or as we call it, the Behavioral Health PNAC (BHPNAC). With input from the Behavioral Health PNAC, the Center manages a network of providers, both external and internal, to deliver an array of Mental Health services in our area. As a result of House Bill 2292, CHCS has looked to the community and to their customer base to find out what was important to the people of our community so that they could begin developing a Local Plan.

CHCS received public input by developing surveys that were available online, printed in the Prosumer News and generally handed out and made available in the clinics; they hosted Public Forums as well as Community Focus groups. They obtained community input and then published draft plan. This plan was taken to the BHPNAC who gave input on the plan. The CHCS Local Planning and Network Development (LPND) department based its local planning process with all of the input from every level of stakeholders. With this information, the LPND developed a Local Plan around the delivery of local mental health services. Since HB2292 requires Mental Health and Mental Retardation Authorities to be “the provider of last resort” for services within their community, the goal of the Local Planning and Network Development was to develop a larger network of service providers that would meet the local needs and priorities; increase consumer choice; enhance access to service; protect the mental health safety net; and would maximize the use of available funds.

The Center for Health Care Services as the Mental Health Authority for our area will provide the functions of Case Management; Utilization Management; Crisis/Jail Diversion; and Intake and Administration. The Provider function which is to be contracted out if qualified providers apply will provide Psychiatric Evaluation; Pharmacological Management; Rehabilitative Services; and Outpatient Services.

The role of the PNAC was to have an active role in providing input by attending forums and meetings; review and make recommendations to the Draft Plans; review final Plan prior to submission to DSHS; and review and make suggestions on tools for procuring external providers.

What the stakeholders, citizens and consumers of Bexar County asked for was the “One stop shop” concept along with Comprehensive Health Care – Primary and Behavior. Also, they wanted Enhanced Continuity of Care and Improved Collaboration among providers to maximize outcomes for people.

If the CHCS plan is approved, the services CHCS would be looking to procure would be Adult Mental Health Outpatient Services and Children

Mental Health Outpatient Services. These services will be procured by RFP and as a Bundled Package. Any comprehensive service provider who feels they meet the qualifications can then bid on the service package they would like to provide.

### **The Impact on Center Resources**

Approximately 178 Full Time Employees

Approximately \$14 Million Dollars

#### Mental Health Outpatient clinics/service sites:

Child Mental Health – 711 E. Josephine

Adult Mental Health – 1920 Burnet Street

Adult Mental Health – 9502 Computer Drive

Adult Mental Health – 806 S. Zarzamora

Adult Mental Health – 5802 S. Presa

The Center for Health Care Services could continue to provide services if there are no qualified providers that bid on the Request For Proposal (RFP); or if only one external provider bids or there is insufficient consumer choice. They could also continue to provide services if there would be a reduction in the ability to access services; or if they needed to protect the critical infrastructure to continue to keep the organization viable or if they have current agreements that might result in the loss of significant service funds; or if there is Insufficient capacity in an external network.

The CHCS Board of Trustee Approved Plan on September 30, 2008 that was then sent to the Department of State Health Services (DSHS). DSHS will review the Local Plan and then will provide feedback to the CHCS 60 days after submission. The Department of State Health Services may approve the plan as is, may ask for amendment to the plan or may deny the plan.

After the Plan is approved CHCS will begin the implementation of the procurement phase and develop an Request For Proposal (RFP). CHCS is required to publicize the draft RFP and to seek public comment for a 14-day period. The Behavioral Health PNAC will participate in the RFP process and make recommendations to the CHCS Board of Trustees. The CHCS Board of Trustees will be informed of all developments and will advise the staff concerning the implementation phase. If an external provider is selected, they will most probably be providing outpatient Mental Health Services. The Center for Health Care Services would then manage and monitor the contracts for these services to ensure quality and consistency.

### **ATTORNEY'S ADVICE - NO CHARGE**

A corporate Attorney sent the following out to the employees in his company.

1. Do not sign the back of your credit cards. Instead, put "PHOTO ID REQUIRED."  
2. When you are writing checks to pay on your credit card Accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.

3. Put your work phone # on your checks instead of your home Phone. If you have a PO Box use that instead of your home address. If you do not have a PO Box, use your work address. Never have your SS# printed on your checks. (DUH!) You can add it if it is necessary. But if you have it printed, anyone can get it.

4. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to Call and cancel. Keep the photocopy in a safe place. I also carry a Photocopy of my passport when I travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a Name, address, Social Security number, credit cards.

Unfortunately, I, an attorney, have firsthand knowledge because my Wallet was stolen last month. Within a week, the thief(S) ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more. But here's some critical information to limit the damage in case this happens to you or someone you know:

5. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card Numbers handy so you know whom to call. Keep those where you can find them.

6. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an Investigation (if there ever is one).

But here's what is perhaps most important of all: (I never even thought to do this.)

7. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and also call the Social Security fraud line number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the internet in my name. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.

By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them dead in their tracks.

Now, here are the numbers you always need to contact about your wallet, etc., has been stolen:

1.) Equifax: 800-525-6285

2.) Experian (formerly TRW): 888-397-3742

3.) Trans Union : 800-6807289

4.) Social Security Administration (fraud line):800-269-0271

SOURCE: EMAIL ALERT

## Helping with your Personal Medicine in San Antonio

### SAN ANTONIO MUSEUM OF ARTS

200 W. Jones Ave. 978-8100  
**Free Admission** on Tuesdays 4-9 pm  
[www.samuseum.org](http://www.samuseum.org)

### WITTE MUSEUM

3801 Broadway 357-1900  
**Free Admission** on Tuesdays 3-8pm  
[www.witemuseum.org](http://www.witemuseum.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](http://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

### THE MCNAY

6000 N. New Braunfels 824-5368  
**Free Admission** on Thursdays 4-9pm and 1<sup>st</sup>. Sunday of the Month  
[www.mcnayart.org](http://www.mcnayart.org)

### Old School Gamers

All community seniors and adults come join the fun at the Lincoln Community Center. Various games along with refreshments. Workout room available as well. **FREE to participants.** Monday, Tuesday and Friday 2 pm—6 pm. Call Dora or Esther at 210-271-7741 for more information.

### Bazan Branch Library

Beginning Guitar in Spanish. 2200 W. Commerce, San Antonio 78207. 12pm on Saturdays. Bring own Guitar. **Free**

### Lincoln Community Center Sewing Class

2915 E. Commerce. Wednesdays from 3:30-5:30 pm. Call 210-271-7741 for more information.

### Pan American Branch Library Tai Chi

1122 W Pyron Avenue 78221. Free. 6:30 pm on Mondays. Wear loose fitting clothes. Come in 5-10 min early. Call for info at 210-924-8164

### Memorial Branch Library Family Fun Nights

3222 Culebra 78228. Stories and crafts. **FREE!** 1st and 3rd Tuesdays of the month at 6:30 pm. Call 210-432-6783 for more info.

### Maverick Branch Library Maverick Knitters

8700 Mystic Park 78254. Sundays 2-5pm. **FREE!** Call 210-680-9346 for more info.

### Nov. 8— Art in the Park

Join artist Susan Blaker in exploring the shape and texture of elements found in the natural world. Learn nature-printing techniques. \$3 suggested donation or \$5 per family. 9 - 11 a.m. Medina River Natural Area, 15890 Highway 16 South. 624-2575.

### Cinemark Movies 16 5063 N.W. Loop 410 (210) 210-522-9660

Can't beat the prices At Cinemark Dollar Movies!  
Mondays – Fifty-cent admission on family parties of 3 or more.  
Tuesdays - \$1 Admission all day  
All other days - \$1 first matinee.  
\$1.50 other matinees before 6 pm and evening shows

### Retama Park 1 Retama Parkway Selma, TX 78154

General Information: (210) 651-7000  
Check out the horse races at Retama Park, November 14 is 50-cent Friday, Nov 1, 8, 15 is 50-cent Saturdays, parents can bet on the horse races while kids enjoy the carnival-like atmosphere. On 50-cent Nights, programs and sodas are 50-cents, and hotdogs are \$1.00. On Fifty Cent Nights parking is \$5.00 while Admission is free. With the Free admission you can enjoy pony rides, petting zoo, face painting, clowns and more. Gates open at 5:30pm and live racing starts at 6:45pm.

Free Admission on 50-cent Nights  
General Admission - \$2.50  
Clubhouse Admission - \$1.00 additional  
Kids 15 and under – free  
Military – Free  
Parking is \$2.00 on live racing days.

**Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy—because we will always want to have something else or something more.**

**-Brother David Steindl-Rast**

### New Guide on Self-Directed Mental Health Care

Self-directed care is a new approach to the delivery of community services to people with mental illnesses. It allows consumers to manage their own care and control a budget to pay for the services and supports.

The Bazelon Center and the UPENN Collaborative on Community Integration which is funded by the National Institute on Disability and Rehabilitation Research have produced a new guide entitled *In the Driver's Seat: A Guide to Self-Directed Mental Health Care*. This 40-page document describes self-directed care, offers advocacy strategies and tactics to develop and implement self-directed care approaches, and looks at how these initiatives work and how they are funded. It also lists strategies by states to support these services. Fact sheets and questions-and-answers provide further information on financing, eligibility, evaluation, planning, and support brokerage. The guide is at website [http://www.upennrrtc.org/resources/view.php?tool\\_id=184](http://www.upennrrtc.org/resources/view.php?tool_id=184).  
SOURCE: CMHS CONSUMER AFFAIRS E-NEWS JULY 10, 2008

**"You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you."**

**-Sarah Ban Breathnach  
Simple Abundance**