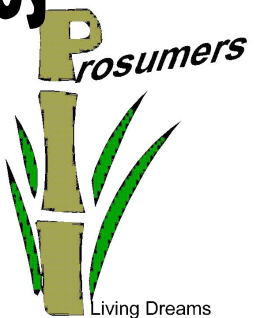


# Beyond Recovery!

**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](http://www.ProsumersInternational.org), Facebook—Prosumers & Prosumer Action Center, Twitter—ProsumersInt  
Phone: 210-399-8734 Toll free number: 1-877-334-2717 (Please only use this if needed)

February 2012 Janet Paleo—Editor Volume 10, Issue 2

### Prosumer meetings in Texas:

San Antonio 2nd Friday (12-3 pm) and 3rd Tuesday (5-8 pm) of the month  
Houston—2nd Saturday (12-3 pm) of the month

**Now RSVP online at our website**

**Prosumer Meetings**  
A consumer led, consumer developed program that has you focus on wellness and recovery.

**The 2nd Friday of the Month**  
**12 Noon to 3 PM**  
**Prosumer Action Center**  
**1921 Burnet, San Antonio,**  
**78202**

*All Welcome!*

### February 10 Meeting

#### "What is Wrong with Wrong"

Funny as it seems, we have unique ways of looking at things. We classify things as right or wrong, good or bad. We are going to continue on our theme of January about Language and explore the world of right and wrong. You will discover how even that judgment of right or wrong, good or bad can stop you and create barriers with other people. This meeting will leave you with the power to be more at peace with yourself and others as well as in open communication with others. It is going to be a thought provoking meeting that you don't want to miss.

### March 9 Meeting

#### "Making a Difference"

People want to make a difference in the world and yet often they don't know where or how to make a difference. People have traveled to wise shamans or yogis on top of mountains looking for what purpose they were born for. This is the topic of discussion in this meeting and we will explore how can you make a difference and maybe even find your purpose in life. This will be an interesting discussion that you won't want to miss.

*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 210-399-8734 or online so that we have enough food to feed everyone. Thanks!***

**SA Prosumer Evening Meeting**  
**The 3rd Tuesday of the Month**  
**5 PM to 8 PM**

**Prosumer Action Center**  
**1921 Burnet, San Antonio**

### February 21 Meeting

#### What is Wrong with Wrong

*(See February 10 Description)*

### Houston Prosumer Meeting

**The 2nd Saturday of the Month**  
**12 PM to 3 PM**

**MHMRA of Harris County**

### February 11 Meeting

*(See February 10 Description)*

**RSVP toll free for this meetings at**  
**1-877-334-2717 or online at**  
**[www.ProsumersInternational.org](http://www.ProsumersInternational.org)**  
so we can order enough food.

### Living an Authentic Life

Kara Lane

While meditating on self-development, I began thinking about what living an authentic life means to me. I believe it's something we would all like to do, but it's not something we think about very much. Following is a list I put together for myself, and I wanted to share it with you.

#### I know I'm living an authentic life when:

- I feel good about the choices I make, even when they don't turn out like I expected.
- I am honest with myself about why I do the things I do. I acknowledge my *real* motives, not just the ones that are socially acceptable.
- I have a feeling of inner peace that isn't disturbed by whatever is happening in my current environment.
- I say what I think, not just what I believe other people want to hear.
- I am kind to everyone; not because I should be kind, but because I want to be kind.
- My thoughts and comments are in alignment with my beliefs.
- I forgive myself when I make mistakes.
- I don't feel the need to be perfect.
- I love myself even when I'm not being my best self.
- I accept myself and everyone else as we are.
- I don't feel the need to defend myself when others disagree with me; nor do I think they have to defend their beliefs to me.
- I act out of a sense of what feels right to me, rather than just trying to meet others' expectations.
- I take full responsibility for my actions.

The above are my thoughts on how I can tell if I'm living an authentic life. If you have any thoughts to share on **what living an authentic life means to you**, we'd love to hear them!

Kara Lane is the founder of **Champions of Powerful Living** ([www.championsofpowerfulliving.com](http://www.championsofpowerfulliving.com)), a company that provides **personal development** products and services which help people achieve life success. She is also a **Certified Professional Coach** and author of *Wake Up to Powerful Living: 12 Principles to Transform Your Life!*

**When I am working on a problem, I never think about beauty. I think only how to solve the problem. But when I have finished, if the solution is not beautiful, I know it is wrong. ~Buckminster Fuller**



### ¡ Che Che!

For all of you interested in attending the World Congress on Mental Health in Buenos Aires in August 2013, we will be merging planning meetings with to-be-specified socials that will have an Argentinian, or at least South American, focus.

On February 22nd we will be playing bi-lingual scrabble (don't worry if you don't speak Spanish—you can still win) and other games. We will also have Argentinian food to snack on.

Come learn, plan, and enjoy with us. We will be discovering different foods, different music, different writers...perhaps we will be able to finally discover the answer to the endlessly perplexing question: *What does the word "che" really mean and where in the world did it come from?*

## What Was That Again? De-pathologizing Extreme Experiences

**Hannah Rush**

When most of us give any thought at all to people hearing voices we are likely to think of scenes from movies, like the classic *Snake Pit*, and of assassins-at-large. We see voice-hearing as a sure sign of dangerous mental illness.

Yet hearing voices, as well as feeling things (feeling that one's observations are unusually powerful or unique), and smelling things are all "extreme experiences" that are reportedly experienced by up to one in 10 people at some point in their lives. Often these experiences are not accompanied by any indication of psychosis or other mental illness.

Contrary to popular understanding "voices" are not always negative or threatening. The most common circumstance for the onset of this experience is the death of a loved one. An individual may hear the voice of the departed and so feel comforted and supported.

Even outside of bereavement, many people report their voices to be friendly, insightful, supportive, and willing to negotiate (i.e. *I disagree with that; make it quick; let's talk later when I have more time...*).

"My voices know me better than anyone else, and they protect and comfort me," says Jacqui Dillon in the *Psychology Today* article *In your Head: Hearing Voices* by William Lee Adams.

In his article Adams points out that only "one out of every three so-called 'voice-hearers' requires psychiatric help."

Of those one in three, Adams further reports, anti-psychotic drugs help in only about 30 percent of cases.

He tells of a 35 year old woman who heard seven different voices. She found five years of medication silenced only her friendly voices, but empowered her negative voices, which "...had more room to attack and bullied me even more."

An alternate, and, many claim a more effective approach to managing extreme experiences are support or self-help groups such as the European-inspired Hearing Voices Network ([www.hearing-voices.com](http://www.hearing-voices.com)) and other peer-run groups.

In *So What's Wrong With Hearing Voices?* Behavioral Healthcare ([www.behavioral.net](http://www.behavioral.net)) editor-in-chief Dennis Grantham explains the structure and mission of HVN and similar groups.

Along with de-pathologizing voice-hearing, Daniel Hazen, executive director of Voices of the Heart, Inc., says voice-hearers are seeking to "redefine our relationship with psychiatry," which generally regards voice-hearing as a monster symptom to be vanquished through medication.

Instead, groups such as HVN seek to facilitate integrating extreme experiences into the overall experience of living a full and creative life. Grantham writes:

*Based on the experiences and research of its early adherents, HVN's mission and training holds that voice-hearing and other extreme phenomena are real individual experiences that ought first to be explored and understood, then managed when possible in benign ways, often with the help of cognitive strategies that may be discovered or shared by the individual in the HVN group or individual therapy... The notion that peer-led groups might help voice-hearers to tame and better live with their voices was, in the words of one local psychiatrist, 'liberating.' The psychiatrist added that he found the autonomy offered by the HVN approach 'extremely helpful,' and a 'welcome alternative' to the 'paternalistic and even unethical' means advocated by some in psychiatry for treatment of those who experience voices or other extreme phenomena.*

The fact that so many people are able to incorporate extreme experiences into what are viewed as "normal" lives makes some wonder why we 'pathologize' these experiences in the first place. More and more professionals are rejecting the model of mental-illness in favor of a trauma-induced experience model as descriptive of extreme experience.

For anyone wanting to locate a group, receive facilitation training, or get more information in general, joining the "Hearing Voices Network USA" page on Facebook and/or visit Voices of the Heart.

## FREE Prosumer Group Facilitator Training February 27 –March 2, 2012

Due to the many requests we receive for help in starting up Prosumer groups in towns and cities throughout Texas and nation wide, we are planning a free, week long training this spring. The training will cover starting, facilitating, and sustaining Prosumer groups and meetings

Some of the key topics we will cover are:

- \* Our philosophy
- \* Learning the PAPERWORK
- \* How to facilitate
- \* Effective outreach
- \* Funding options and possibilities

While the training itself is free, participants will be responsible for their own transportation, lodging, and meals. Those of you who are sincerely interested in attending, but may have trouble financing the trip, call Janet Paleo at 1-877-324-2717 for advice on obtaining funding from other sources.

**Register at [www.ProsumersInternational.org](http://www.ProsumersInternational.org).**

## WHEN A LOVED ONE HAS AN ADDICTION

If someone you love has a problem with addiction, your top priority is to take care of yourself before you can take care of anybody else. Think about the instructions you get on an airplane: "If the cabin pressure drops, secure your own oxygen mask first, then help others with theirs." That philosophy applies here, too.

You can turn to support groups like Al-Anon (an AA spin-off for the family and friends of alcoholics) or Alateen (an offshoot of Al-Anon geared toward teenagers and preteens who are affected by the drinking of a parent or other close relative) for help. These groups are free and open to the public, and they have frequent meetings in most towns (see the Al-Anon/Alateen website for more information).

These fellowship groups can help you better understand your loved one's problem with addiction. In particular, you can learn you aren't responsible for it and that you can't force him or her to stop. These groups also can teach you effective ways to cope as your friend or family member faces the consequences of addiction and, if all goes well, finds his or her way to recovery.

Some groups advocate "tough love" — confronting people with addiction and trying to force them to seek help while others recommend the exact opposite approach. For example, the CRAFT (Community Reinforcement Approach and Family Training) intervention encourages family members to avoid confrontation and instead use encouragement and other positive motivational strategies when trying to convince a loved one to seek help for addiction.

You also may want to seek advice and support from a therapist, clergy member, doctor, or social worker who is knowledgeable about addiction.

### **Interventions: How do you help a loved one who refuses help?**

In an intervention, family and close friends gather with the person with addiction to discuss the issue. Historically, clinicians advocated a rather draconian approach to interventions, instructing those holding the intervention to begin by asking the identified patient to be quiet and simply listen. In this approach, the affected person had no say in the discussion, and was often given an ultimatum.

Many clinicians now favor a more interactive approach to interventions, where the person with addiction can voice concerns without fear of reproach. Contemporary intervention approaches use various devices to gain the interest of the person with addiction so that the family doesn't have to cut ties or support.

Interventions, whether traditional or contemporary, share some common elements. At the outset, the affected person's family and loved ones recount how the problem with addiction has affected each

Texas Department of State Health Services Consumer Services and Rights Protection. 1-800-252-8154

Texas Department of Public Safety for Abuse and Neglect 1-800-252-5400.

## Americans with Disabilities Act -

### A Guide for People with Disabilities Seeking Employment

There are more opportunities now than ever before for people who are receiving SSDI and SSI benefits to learn job skills and find permanent employment.

If you are seeking a job or are new to the workforce, you should become familiar with the Americans with Disabilities Act of 1990 (ADA), a federal civil rights law designed to prevent discrimination and enable individuals with disabilities to participate fully in all aspects of society. One fundamental principle of the ADA is that individuals with disabilities who want to work and are qualified to work must have an equal opportunity to work. This brochure answers questions you may have about your employment rights under the ADA.

#### How do I know if I am protected by the ADA?

To be protected, you must be a qualified individual with a disability. This means that you must have a disability as defined by the ADA. Under the ADA, you have a disability if you have a physical or mental impairment that substantially limits a major life activity such as hearing, seeing, speaking, thinking, walking, breathing, or performing manual tasks. You also must be able to do the job you want or were hired to do, with or without reasonable accommodation.

#### What are my rights under the ADA?

The ADA protects you from discrimination in all employment practices, including: job application procedures, hiring, firing, training, pay, promotion, benefits, and leave. You also have a right to be free from harassment because of your disability, and an employer may not fire or discipline you for asserting your rights under the ADA. Most importantly, you have a right to request a reasonable accommodation for the hiring process and on the job.

#### What is a "reasonable accommodation"?

A reasonable accommodation is any change or adjustment to a job, the work environment, or the way things usually are done that would allow you to apply for a job, perform job functions, or enjoy equal access to benefits available to other individuals in the workplace. There are many types of things that may help people with disabilities work successfully.

#### Some of the most common types of accommodations include:

- Physical changes, such as installing a ramp or modifying a workspace or restroom;
- Sign language interpreters for people who are deaf or readers for people who are blind;
- Providing a quieter workspace or making other changes to reduce noisy distractions for someone with a mental disability;
- Training and other written materials in an accessible format, such as in Braille, on audio tape, or on computer disk;
- TTYs for use with telephones by people who are deaf, and hardware and software that make computers accessible to people with vision impairments or who have difficulty using their hands; and
- Time off for someone who needs treatment for a disability.

#### What should I do if I think I might need a reasonable accommodation?

If you think you might need an accommodation for the application process or on the job, you have to request one. You may request a reasonable accommodation at any time during the application process or any time before or after you start working.

#### How do I request a reasonable accommodation?

You simply must let your employer know that you need an adjustment or change because of your disability. You do not need to complete any special forms or use technical language to do this. For example, if you use a wheelchair and it does not fit under your desk at work, you should tell your supervisor. This is a request for a reasonable

accommodation. A doctor's note requesting time off due to a disability or stating that you can work with certain restrictions is also a request for a reasonable accommodation.

What happens after I make a request for a reasonable accommodation?

Once you have made a request for a reasonable accommodation, the employer should discuss available options with you. If you have a disability that is not obvious, the employer may request documentation from you demonstrating that you have a disability and explaining why you need a reasonable accommodation. You and the employer should work together to determine an appropriate accommodation.

#### What should I do if I think my ADA rights have been violated?

You should contact the nearest office of the Equal Employment Opportunity Commission (EEOC). Someone will help you determine whether you should file a charge of discrimination. Charges may be filed with the EEOC in person, by mail, or by telephone.

There are strict time frames for filing charges of employment discrimination. In most states, you have 300 days from the time the alleged discrimination occurred to file a charge, but in some states you may have only 180 days. The EEOC field office nearest you can tell you which time period applies to you. However, you should file a charge as soon as possible after you believe the discrimination occurred.

To contact the EEOC, look in your telephone directory under U.S. Government or call 1-800-669-4000 (voice) or 1-800-669-6820 (TTY).

#### Is there any cost to file a charge?

No. There is no cost to file a charge.

#### Do I need a lawyer to file a charge?

No. You may file a charge on your own without a lawyer, though some people do choose to retain one. Your local bar association may be able to help you locate a lawyer, and many communities have organizations that can provide free legal services or legal services at a reduced rate to people who qualify for them.

#### What happens after I file a charge with the EEOC?

First, the EEOC notifies your employer that a charge has been filed.

In some instances, the EEOC will suggest mediation as a way of resolving the charge. Mediation is a process by which an impartial party tries to help people resolve a dispute. Mediation is voluntary, free, and completely confidential.

If a charge is not referred to mediation or if mediation is unsuccessful, and the EEOC determines that a violation has not occurred, your charge will be dismissed and you will be sent a letter telling you that you may file your own lawsuit.

If the EEOC concludes that you were discriminated against, it will attempt to settle the claim informally. If this is unsuccessful, the EEOC will decide whether to bring a lawsuit or issue you a letter giving you the right to file a lawsuit on your own.

For more information about work support, contact the Social Security Administration at: 1-800-772-1213 (voice);

1-800-325-0778 (TTY) [www.ssa.gov/work](http://www.ssa.gov/work)

For more information about the ADA, contact the Equal Employment Opportunity Commission (EEOC) and the Department of Justice (DOJ) at: EEOC 1-800-669-4000 (voice); 1-800-669-6820 (TTY) [www.eeoc.gov](http://www.eeoc.gov) DOJ 1-800-514-0301 (voice); 1-800-514-0383 (TTY) [www.usdoj.gov/crt/ada](http://www.usdoj.gov/crt/ada)

For free information about many types of reasonable accommodations, contact the Job Accommodation Network at: 1-800-526-7234 (voice/TTY) <http://janweb.icdi.wvu.edu/>

Publication Number ADA-0001 CN 951750

## 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.  
Time of Meetings

6:00-7:30 p.m.

Meetings are held at Brighton Center  
14207 Higgins  
(One-half mile west of Nacogdoches, between Thousand Oaks and O'Connor)

For More Information call Judith Laufer, Advisor  
210-828-7125

### Do You Have Questions About Your Care?

¿Tiene Usted Preguntas Sobre Su Cuidado?

RESPECT

RESPECTO

CHOICE

ELECCIÓN

SAFETY

SEGURIDAD

Disability Rights Texas Wants to Help!  
Disability Rights Texas Quiere Ayudar!

DisabilityRights  
TEXAS

1.800.252.9108

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

### 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

# 2012 February 2012

	MON	TUE	WED	THUR	FRI	SAT
29	<b>January 30</b> <b>Laughing Qigong</b> 2:00-3:00 @ Action Center  <b>DBSA 7 pm @8026</b> Floyd Curl	<b>January 31</b> <b>Recovery Inc</b> 10-12 <b>Skill Building</b> 1 - 2 @ Action Center	<b>February 1</b> <b>Social Event</b> 1-3 @ Action Center @Action Center  <b>Recovery Inc</b> 7 pm	<b>February 2</b> <b>Arts and Crafts</b> 11-12 @ Action Center	<b>February 3</b> <b>Journaling</b> 10:30-11:30 @ Action Center	<b>February 4</b> <b>DBSA-BC</b> 2-4 @ St. Benedict's Church "the Nest"
5	<b>February 6</b> <b>Laughing Qigong</b> 2:00-3:00 @ Action Center  <b>DBSA 7 pm @8026</b> Floyd Curl	<b>February 7</b> <b>Recovery Inc</b> 10-12 <b>Skill Building</b> 1 - 2 @ Action Center	<b>February 8</b> <b>Action Center Closed</b> <b>Recovery Inc</b> 7 pm <b>Mental Health Support Grp</b> 7 pm St. George Episcopal Church, 342-4261	<b>February 9</b> <b>Arts and Crafts</b> 11-12 @ Action Center	<b>February 10</b> <b>Prosumer Meeting</b> 12-3 @ Action Center	<b>February 11</b> <b>Prosumer Meeting in Houston</b> 12-3  <b>DBSA-BC</b> 2-4 @ St. Benedict's Church "the Nest"
12	<b>February 13</b> <b>PROSUMER ACTION CENTER CLOSED</b>  <b>DBSA 7 pm @8026</b> Floyd Curl	<b>February 14</b> <b>Recovery Inc</b> 10-12 <b>Skill Building</b> 1:00-2:00 @ Action Center <b>NAMI Meeting</b> 7 pm @ 510 Belknap	<b>February 15</b> <b>Social Event</b> 1-3 @ Action Center <b>Recovery Inc</b> 7 pm	<b>February 16</b> <b>Arts and Crafts</b> 11-12 @ Action Center	<b>February 17</b> <b>Journaling</b> 10:30-11:30 @ Action Center	<b>February 18</b> <b>DBSA-BC</b> 2-4 @ St. Benedict's Church "the Nest"
19	<b>February 20</b> <b>Laughing Qigong</b> 2:00-3:00 @ Action Center <b>DBSA 7 pm @8026</b> Floyd Curl	<b>February 21</b> <b>Recovery Inc</b> 10-12 <b>Skill Building</b> 1-2 @ Action Center <b>Prosumer Evening Meeting</b> 5-8 @ Action Center	<b>February 22</b> <b>Social Event</b> 1-3 @ Action Center World Congress in Argentina Planning meeting 3 pm <b>Recovery Inc</b> 7 pm	<b>February 23</b> <b>Arts and Crafts</b> 11-12 @ Action Center	<b>February 24</b> <b>Journaling</b> 10:30-11:30 @ Action Center	<b>January 25</b> <b>DBSA-BC</b> 2-4 @ St. Benedict's Church "the Nest"
26	<b>February 27</b> <b>Action Center Closed for Training</b>  <b>DBSA 7 pm @8026</b> Floyd Curl	<b>February 28</b> <b>Recovery Inc</b> 10-12  <b>Action Center Closed for Training</b>	<b>February 29</b>  <b>Action Center Closed for Training</b>  <b>Recovery Inc</b> 7 pm	<b>March 1</b> <b>Action Center Closed for Training</b>	<b>March 2</b> <b>Action Center Closed for Training</b>	<b>March 3</b> <b>DBSA-BC</b> 2-4 @ St. Benedict's Church "the Nest"

Please verify times and events before going!!

Computer Classes are available at the Action Center everyday 10-3 except for the 2nd Friday of the month or holidays. Come on in and we will get you started!!

### Prosumer Numbers January

January 13 SA Prosumer Mtg 20 present  
 January 17 SA Prosumer Mtg 5 present  
 January 14 HOU Prosumer Mtg 17 present  
 Prosumer Newsletter circulation 2,179  
 Prosumer Facebook  
 Twitter-26

### Prosumer Action Center

#### December Numbers for FY'12

10 volunteers provided 380.5 hours of service  
 Outreach occurred to 2436 consumers/families  
 60 unduplicated people served this month  
 A total of 88 services were provided  
 Members of Prosumer Action Center Facebook--94

### Focus for Life Training

334 people have completed  
 143 people attended who completed a partial  
**F4L Trainings scheduled:**  
 Feb 1-3 Wichita Falls, TX  
 April 24- 26 Corpus Christi  
 May 8-10 Dallas  
**Intentional Peer Support Training:**  
 None currently scheduled

**World Congress on  
 Mental Health 2013  
 Buenos Aires, Argentina  
 August 25-28, 2013  
 www.wmhc2013.com**

**National Association for  
 Rural Mental Health  
 Conference  
 Anchorage, Alaska  
 May 15-18, 2012  
 www.narmh.org**

**Alternatives 2012 Conference  
 Portland, Oregon  
 October 10-14, 2012  
 (503) 922-2377  
 www.mindfreedom.org**

**The Bexar County  
 Consumer/Family  
 2012 Conference  
 August 2012 -**

**African American Family Support Conference  
 February 16th & 17th—Austin, Texas  
 www.ctaafsc.org**

**Location and Date  
 TBD**

## CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

**Prosumer Action Center (AC)** – located at 1921 Burnet, Office Manager, Anita Correnti 210-399-8734 FAX 210-653-7372  
[www.ProsumersInternational.org](http://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 2nd Friday of the month from 12-3 Evening Meeting on 3rd Tuesday of the Month from 5-8**

**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

**Disability Rights Texas** (formerly Advocacy Inc) - Address is 6800 First Park Ten Blvd. 210-737-0499 [www.DisabilityRightsTx.org](http://www.DisabilityRightsTx.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](mailto: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](http://www.samentalhealth.org) Send info about all peer support groups and other events to [normansbrother@rocketmail.com](mailto: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.



This committee is open to the public and will receive public comment. If you are interested in serving on one of these committees, contact: Betty Landrum at 210-731-1300 ext 382

## 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  
 660 SW Military Dr. SA, TX 78221  
 210-923-0908 Closest Bus Route: 44

**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 LYLE LARSON**,  
 HOUSE DISTRICT 122  
 PO BOX 171148 SA, TX 78217  
 (210) 414-3536 Closest Bus Route:

**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 John Garza**  
 HOUSE DIST 117  
 No address or phone listed at this time

**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

## Useful Websites and Links

An Online Wellness Tool

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

Disability.gov Connecting the Disability Community to Information and Opportunities

[www.Disability.Gov](http://www.Disability.Gov)

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.ncmhcsso.org](http://www.ncmhcsso.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)

National Empowerment Center a consumer technical Assistance Center [www.Power2u.org](http://www.Power2u.org)

Depression and Bipolar Support Alliance

(DBSA) [www.dbsalliance.org](http://www.dbsalliance.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)

Mental Health Self Help Clearinghouse

<http://mhselfhelp.org/>

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.gcflearnfree.org/](http://www.gcflearnfree.org/)

For more information specific to their current situation and the transition to Medicare Rx

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

Blog for discussion of mental illness in veterans by Dr. Maria Felix-Ortiz [www.bexarinmind.org](http://www.bexarinmind.org)

Assistance with household goods for people with chronic mental illness. Home Comforts

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

NAMI a Organization for the families of people with mental illness [www.nami.org](http://www.nami.org)

Via Hope, a collaboration of Mental Health Advocacy groups to help with the transformation of services in Texas. [www.viahope.org](http://www.viahope.org)

## Yoga and Psychotherapy

Margi Clifford

Through psychotherapy individuals may address mental or emotional distress by looking, most often with the help of a trained therapist, at their own mental processing and identifying problematic or self-defeating patterns. Individuals may develop understanding about the nature and process of their own experience and their cognitive, emotional and spiritual development.

While employing eclectic methods of client-centered psychotherapy, the method I often find most useful is known as Gestalt or "whole" therapy. The goal of this kind of therapy is to promote awareness. A client may learn to see their own behavior and its effects from a new perspective.

A typical counseling session may involve exploration of the various states of one's body, spirit, thoughts, emotions, and relationships. In collaboration, we may consider these areas separately, exploring joys and struggles in each. We will aim to identify strategies for aiding the developmental process, to assist you in the process of becoming more truly yourself.

Ultimately, I hope to see clients achieve a sense of contentment with and curiosity about the world.

Therapy may be an effective way to process difficult emotions associated with grief, loss, change and development. Psychotherapy may also help in controlling impulses, balancing moods and overcoming obsessive thought patterns.

*Margi Clifford, LPC, RYT, received graduate training in Counseling Psychology at Alaska Pacific University. She is Licensed by The State of Alaska as a Professional Counselor and Registered with Yoga Alliance as a certified instructor of Hatha Yoga.*

Source: [yogaformentalhealth.com](http://yogaformentalhealth.com)

## Clearing a Distracted Mind

Paschimottanasana (seated forward bend) literally means "intense stretch from the west" and can help clear a distracted mind, preparing you for sleep. Here's how to do it:

- 1) Sit on the floor with your legs outstretched in front of you, pressing your thighs into the ground. Place your palms on the floor next to your hips.
  - 2) Lean forward from the hips--not the waist--and reach your hands towards the sides of your feet.
  - 3) With each inhale, lift your torso slightly, exhaling into a deeper stretch. Hold the pose for 1-3 minutes.
  - 4) To sit up, lift your torso away from your thighs first, straighten your arms, and lift your torso back up, concentrating on keeping your tailbone pushed into the floor.
- Time Involved: 1-3 minutes

### Body Benefit: A clear mind, ready for sleep

*You should always check with your healthcare provider before doing any exercise program.*

Source: [sparkpeople.com](http://sparkpeople.com)

## New Help for the Sleepless

New research backs up what many people have long suspected: Gentle rocking helps you fall asleep faster, Nancy Shute reports in NPR's health blog, Shots. A slight sway also put volunteer nappers into a deeper sleep (thought to help people cement the memories they made during the day). The researchers call that finding unexpected, but a million mothers are nodding to themselves—science has validated all that rock-a-bye business.

A second study offers another possible aid. Researchers gave 12 bad sleepers a nightcap—not the liquid kind but a wearable one with water circulating through it to cool the brain, according to the AARP Bulletin. The cooler the brain, the deeper the sleep, scientists reported at the SLEEP conference last June. The lead researcher has applied for a patent on the cooling cap, but until it appears in fetching flannel, try a tip from nurse-practitioner Karen Roush, whose What Nurses Know...Menopause includes tips for women left sleepless by night sweats. Put your pillowcase into a plastic bag, Roush suggests, and leave it in the freezer until bedtime.

SOURCE: Reader's Digest September 2011 page 45

## Election Mental Health Advocacy: Opportunity and Action By Katrina Gay, NAMI Director of Communications

Much attention is being focused these days on politics and policy. From the GOP primary leading up to this fall's presidential election to redistricting, the U.S. Supreme Court deliberation on the Affordable Care Act and the opening of many state legislative sessions across the country, 2012 promises to be a pivotal year for mental health care in America.

Amid all this activity, it is clear that we will have plenty of opportunities to share stories and messages, raise issues in the public discussion and influence the future direction of mental health care. As the new year begins, we at NAMI, the National Alliance on Mental Illness, encourage you to do your part to enhance candidates' and policy makers' understanding of mental illness. Here are a few ways you can help:

- ◆ **Connect with Candidates.** The combination of redistricting and elections challenge us to cultivate relationships with candidates and new policy makers. This is an important time for us to reach out, to illustrate how policies affect our lives and to let policy makers know about the issues that are important to us. To support this effort, NAMI offers mental illness fact sheets, issues fact sheets, state fact sheets and talking points—these are available and will be updated with the latest information to help you explain the need for mental health services and funding.
- ◆ **Learn More.** In 2011, NAMI released a series of reports on the state budget crisis that shows these cuts continue to threaten our already fragile mental health care system. The NAMI *Grading the States* report is another tool that continues to drive the debate. Use these to learn more about what is happening to funding of mental health services and our system of care for people living with mental illness in your state and across the country. Then, talk with candidates and policy makers about the need for services and supports that support real recovery for millions of Americans.
- ◆ **Take Action.** News unfolds quickly and information travel fast in 2012. Following NAMI on Twitter to help stay abreast of the daily mental health news and happenings and subscribing to receive our advocacy updates and alerts are ways that you can easily stay connected—from your computer or your smart phones. Daily and weekly postings and alerts will feature news related to the ever-changing political and policy climate, ensuring that you are well informed.
- ◆ **Stay Tuned.** NAMI will be launching a new *Mental Health Care Gets My Vote* website section and social media campaign dedicated to the elections. Liking NAMI on Facebook, following us on Twitter and bookmarking our website are good places to start to stay apprised of the campaign as it unfolds. Through these channels, voters and citizens will have access to the latest tools, information, discussions, community conversations and resources aimed to empower them to both enhance these relationships and encourage their voting process.

If advocacy is the process by which we aim to influence public policy and leadership decisions within our local, state and national community, we as NAMI and mental health advocates step confidently into 2012. Through our individual and combined efforts, we recognize this as a year full of opportunity for success and partnership as we strive to help ourselves and others and ensure that our country, from Main Street to the Capitol, is the best she can be for children, youth and adults living with mental illness and their families.

### LOOKING FOR WORK, WE CAN HELP?

The Prosumer Action Center is looking for consumers who want to go back to work. People who join our volunteer program receive intensive training and opportunities while building a resume for viable employment. All the time working in an atmosphere of fun, growth and development. You also get to be part of one of the fastest growing programs in Texas.

**If you are interested call  
210-399-8734 today!!**

### Socials for February at Prosumer Action Center

February 1	Movie & Popcorn
February 15	Cookie & Ice Cream Social
February 22	Argentinian Games and Snacks

### ADDICTION Continued from page 2

of them. By confronting the loved one with the consequences of the addiction, both objective and subjective, an intervention might penetrate the person's denial and help him or her decide to seek treatment.

#### **Don't do this on your own**

Because an intervention is a complicated and delicate process, friends and family members should not try it on their own. Seek the help of a professional — such as a doctor, therapist, or member of the clergy — who has experience with the process.

Timing is crucial. It's best to set up an intervention shortly after an addiction-related problem has occurred and to investigate treatment options in advance.

Bear in mind that interventions can be painful and do not always work. In fact, interventions can backfire, because they can make people with addiction feel alienated from his or her support system. This can further distance them from the help they need. For these reasons, interventions should be considered only as a last resort in response to a desperate situation

### A Matter of Significance

#### *Recognizing Your Value*

#### **Sometimes we can feel as if we don't matter in the world, but we all have something to offer.**

It can be easy sometimes to buy into the illusion of our own insignificance. We may see large corporations or institutions, celebrities or successful people in our community, and compare ourselves to them, thinking that their fame or material power affirm how little our own lives amount to. But nothing could be further from the truth. Every single one of us matters—tremendously. Our very existence affects countless people in countless ways. And because we are each essentially a microcosm of the larger universe, our internal experiences affect the whole of life more than we could ever imagine. The world simply could not exist as it does now if you, or any one of us, were not in it.

Perhaps you are aware that on some level you believe your life does not matter. If this thought resonates within you, maybe it is time to explore why you feel this way. You may have formed self-rejecting or belittling beliefs as a child to keep yourself safe or to help you make sense of confusing situations. You may have felt unseen or unheard and decided that there was something wrong with you, rather than with the attention span of the people around you. Spend some time looking into where these feelings of insignificance first took root, and see what changes you might be able to make in your life and in your heart.

This one belief in your own unimportance could be limiting you and impacting your life in enormous ways. When you shift your perceptions around your own ability to affect your life and impact the world, you may discover wonderful parts of yourself that you had long ago forgotten. There may even be exciting new parts that you never even knew existed. When you gain awareness of how much your life really does matter, new sources of energy can emerge and your sense of connection with the world is renewed.

SOURCE: [www.dailyom.com](http://www.dailyom.com)

**When a dog runs at you, whistle for him.**

**~Henry David Thoreau**

# State Attorney General Sues Drug Company

## By Tim Eaton

Texas Attorney General Greg Abbott is pitted against one of the largest multinational pharmaceutical companies in a trial starting this week that could bring the state more than \$1 billion - one of its largest potential awards since a multibillion-dollar tobacco settlement in 1998.

Abbott is charging that Johnson & Johnson Inc., its wholly owned subsidiary Janssen Pharmaceutical LLC and five other related companies defrauded the state in a "sophisticated marketing scheme" that caused the Texas Medicaid Program to pay too much for Janssen's schizophrenia drug Risperdal, the lawsuit says.

The state also questions the companies' marketing practices and alleges that the companies misled state health officials about the drug's effectiveness, the risk of side effects and its suitability for pediatric use.

The trial is scheduled to begin at 9 a.m. today in Judge John Dietz's 250th state District Court in Travis County.

The drug companies have denied the allegations in court documents and in a statement issued last week.

"Janssen is prepared to vigorously defend itself against these claims," the company said. "We are committed to ethical business practices and have policies in place to ensure that our products are only promoted for their FDA-approved indication. If questions are raised about adherence to our marketing and promotion policies, we act quickly to investigate the situation and take appropriate disciplinary action."

Texas got involved with Risperdal litigation about six years ago, when Abbott's office joined a lawsuit filed by corporate whistleblower Allen Jones, who is a former employee of the office of the inspector general of Pennsylvania.

Jones has questioned the process for how Risperdal was approved in Texas and how that information was used by other states in their approval processes.

Jones filed suit in 2004 after his investigation in Pennsylvania led him to examine the companies' track record in Texas. As a whistle-blower plaintiff, he alleged that the companies overcharged the states and overstated the drug's effectiveness.

Risperdal, approved by the FDA in 1993, was one of Johnson & Johnson's top-selling drugs. Sales dropped off when Risperdal got generic competition in June 2008. Originally, the drug was only approved for adults, but later the FDA allowed it for children and the elderly.

Texas' case alleges that the drug companies prevented state health officials from receiving "truthful information about the safety, efficacy, appropriate uses and cost-effectiveness of Risperdal."

Risperdal - which once brought Johnson & Johnson more than \$3.4 billion in annual sales - and similar antipsychotic drugs have been linked to increased risk of strokes and death in elderly dementia patients, seizures, major weight gain, onset of diabetes and potentially fatal high blood sugar, plus many more common but less-serious side effects. It also has been linked to lactation in some male patients, according to court documents.

The lawsuit says that Johnson & Johnson and its subsidiaries employed suspect tactics in order to sell Risperdal in the public sector, which promised to be especially lucrative. Eighty-five percent of Risperdal's revenue was projected to come from the public sector, because schizophrenic adults tend to be poor and uninsured.

"Understanding the need to obtain significant government buy-in to achieve their financial goals for Risperdal, defendants set their sights on a state with one of the largest Medicaid populations in the country - Texas," according to the filing by the state and Jones.

But getting a state like Texas to put a drug on a list of preferred medications - which the companies ultimately accomplished - can be a tremendous undertaking.

The lawsuit discusses the challenge for the companies to persuade decision-makers in Texas' public medical agencies to

make the move - despite what it said was evidence that the drug is more expensive and no more effective than older medications, the state and Jones say in their lawsuit.

Johnson & Johnson and the related companies even created a special business unit called the Public Health Systems and Reimbursement Department designed to push the drug in the public sector, the lawsuit says.

The companies also had to navigate the Texas Medicaid Program's cost-savings measures, and to do so the companies employed a campaign that included misrepresentations about the drug's effectiveness and superiority over other drugs, the state alleges.

The state's case outlines allegations of kickbacks - "money going directly to key decision-makers," the lawsuit says - paid more than a decade ago to several doctors employed by the state's Health and Human Services Commission to give Risperdal preference over other antipsychotic drugs.

Jones' lawsuit claims that Risperdal became part of the treatment plan because of the drug companies' "improper influence" over Dr. Steven Shon, the former medical director for behavioral health at the Department of State Health Services. Shon had served as a paid Janssen consultant and traveled the country promoting the Texas plan. He denies the allegations in the lawsuit, however. And in 2006, he said: "I didn't personally benefit from this project."

Stephanie Goodman, a spokeswoman for the commission, said in an email last week that Shon resigned from the state in October 2006.

No state employees were named in the suit, but one of the doctors is accused of accepting an honorarium from Johnson & Johnson to fly around the country urging doctor colleagues in other states' Medicaid and mental-health programs to use Risperdal instead of other drugs, said Thomas Melsheimer, a Dallas lawyer who represents Jones and is co-counsel with the Texas attorney general in the case.

Jones' legal team also charged that the company perfected its marketing skills in Texas before reaching out to the other states in which it pushed for expanded Risperdal prescriptions.

Other states have already successfully sued Johnson & Johnson and its subsidiaries in Risperdal-related cases.

In October 2010, Louisiana got a ruling to receive \$258 million from the drug-maker for violating the state's Medicaid Fraud Act.

And in June of last year, a judge in South Carolina issued an order for the defendants to pay \$327 million, plus \$73 million for the state's legal expenses, for misrepresentation of possible side effects of Risperdal.

Attorneys for South Carolina told The Associated Press that it was the biggest verdict in the country over the marketing of Risperdal.

By comparison, Melsheimer has said that he is seeking more than \$1 billion against the companies, based on the large number of Texans who were prescribed the drug.

Texas' largest legal award came in 1998, when it won a \$17.3 billion settlement from five tobacco manufacturers after suing to recover the state's cost of treating ill smokers.

SOURCE: AMERICAN-STATESMAN STAFF Published: 8:41 p.m. Sunday, Jan. 8, 2012

### Pay-for-Delay Drugs

Pharmaceutical companies have sought for years to protect their expensive brand-name drugs by paying generic rivals handsome sums of money to put off efforts to introduce cheaper, generic alternatives that could steal market share.

The controversial practice, known as "pay for delay," occurs as part of patent litigation settlements and typically buys a brand-name drug company more time to sell its blockbuster drug exclusively until its patent on the drug expires. Federal Trade Commission regulators have said the practice costs American consumers an estimated \$3.5 billion each year, and have pushed for a ban.

See entire article @ [www.didyounow.org](http://www.didyounow.org)