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the Life  
/ Love!**

**PROSUMER—A PERSON  
WHO IS PROACTIVE IN  
THEIR OWN LIFE AND  
GIVES BACK TO THE  
COMMUNITY!**



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## **PROSUMER NEWS**

**We are the ones  
We have been  
Waiting for!!**

**Prosumers - A peer led, peer developed program focusing on wellness and discovery.**

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January

2023

**Janet Paleo—Editor**

Volume 22: Issue 1

### **Who Are You Feeding? By Janet Paleo**

Last night I had a very realistic dream which had a great message and I would like to share it with you. Please note the story is not real. It is made up of the thoughts which converged in my head while I was asleep. In the dream, I was usually the person in the story although occasionally, I was an onlooker. I hope you enjoy my dream as much as I did. I call this dream, What Are You Feeding?.

The whole world seemed to be a tornado and I was the epicenter. Everything in life had erupted. I was angry, depressed, anxious and bitter. Oh so bitter! I had been doing some volunteer work, being a good citizen and a good person. Then a horrible event happened and although not hurt physically, I was left with the state I am in now. Why did I go? Why me? And since then, I have been left in this tornado of depression, anxiety, bitterness, and anger. I can't seem to find my way out. People seem to be deserting me just when I need them most. Even the little I try to do, no one seems to be grateful for. Oh, they say the right words, but I can tell, they don't mean it. Life is hard and dark. There is no relief.

I have tried everything and nothing is working. I went to a meeting and I was paired up with a lady in a wheelchair. She had the most beautiful smile and peaceful demeanor. I thought, life is not fair. She seems happy and content and here I am in my tornado. Why did I get paired with her? I am sure she is not going to understand me or what I am going through.

As per the instructions from the leader, we sat together to get to know each other. She started as I didn't want to say anything. She had been a dancer and that was her passion in life. Then tragically a few years ago, she was driving and was hit by a drunk driver. She no longer was able to dance as she did because she was in a wheelchair. Today, she is a choreographer and people dance to her moves.

I stared at her. My mouth opened but the words would not come out. I finally muttered, "I am sorry that happened to you."

She smiled, "Thank you. It has been the best opportunity for me to grow!"

She said it with such genuine and sincere words, that once again, my mouth hung open. Then she asked about me. I opened my mouth and all the bitterness came out. The tornado threatened to

Continued on page 2

**Happy  
New  
Year**

### **Inner Growth versus Global Problem Solving Author Magali Daems**

Would you say that your capacity for inner leadership and well-being is directly connected to your social environment and even global challenges?

As a social anthropologist and global studies master, I spent several years studying local and global sociocultural dynamics, human conflict, globalization, power, and resistance. I wanted to understand what drives us at our core, why we do the things we do, the world we have created, and contribute to changing it for the better. One important lesson I learned is that a lot of the world's problems are caused by poor leadership.

Later, when working as an innovation funding expert, I was introduced to the United Nations' Sustainable Development Goals (SDG), a series of 17 global goals aiming to end poverty, protect the planet, ensure gender equality, good health, peace, and prosperity for every human being, as well as an impressive variety of hi-tech solutions to address these societal and global challenges. And yet... I always had a gnawing feeling that something was missing.

It wasn't until my own inner world collapsed and I was

Continued on page 2

#### **Our Mission:**

To empower all people to transcend adverse life experiences and to inspire resiliency for all people to thrive while fulfilling their dreams.

#### **Our Vision:**

All people living their life fully, with all the respect due to every human and all the passion to live the life they choose.

#### **Prosumer Meetings Currently Located in:**

**\* Houston \* Plano \* San Antonio \* Rio Grande Valley**

Editor in Chief—Janet Paleo Prosumers International P.O. Box 120394 San Antonio, TX 78212  
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sweep us both away. I began crying and feeling foolish and angry. I ended with, "Life is just not fair! It is too hard." And without thinking about what I was saying, I exclaimed, "I wish the damage to me was not psychological. I would rather have physical disabilities because there are things you can do for that."

Almost the second I said it, I saw the shock on her face and I mumbled, "I'm sorry. I should not have said that."

She looked me straight in the eye and said, "You don't think I was damaged psychologically? Of course I was. I was so very angry, bitter and I hated the person who did this to me. I thought my life as I knew it was over and nothing good could ever happen again. Depressed? I could have looked the word up and my picture would be next to it. Yes, I understand and I have been there."

Now I was curious. "How did you get to the peace and contentment that you have now?"

She looked at me and said, "I had to become grateful for what I have, not to be bitter about what I didn't have. But more than that, I had to realize I was feeding the wrong wolf."

"Huh?"

"I was told a story about a young native American who did a journey quest. Upon his return, he sought out his grandfather, a very wise man. Grandfather, he said, I saw within me two wolves. One was filled with anger, hate, bitterness and loathing. The other wolf was kind, peaceful, successful, and joyous. As I watched, the two wolves began to fight each other. The angry wolf seemed to be winning, yet the fight continued. The grandfather nodded. The young man then asked his grandfather, 'Who will win?' The grandfather responded, 'The one you feed. And as I heard that, I thought to myself I am feeding the wolf who is making me bitter and angry.'

Every morning I got up I thought about the accident and how much I hated the person who did it. Every second I thought about how my life was not going to be the way I planned. Every day my life was filled with anger, hurt and the dark abyss I had fallen into. I was feeding the wrong one. I did not even know if the other wolf was there, but I had to try to find it. It took on completely questioning my every thought, my every word, even my existence. Even all the pain from the accident which I complained about, I had to be grateful for that. When I notice I had fed the first wolf, I would pull the feeding back and change it to feed the second wolf. At first, the second wolf did not seem to be taking the thoughts and words I was giving it. But slowly, the appetite for the second wolf grew and soon I realized I was feeding the second wolf more. I was feeling happy and peaceful. Then I started thinking, how can I dance? As I danced in my head, I began drawing the movements and the steps. I showed my drawings to the people I had worked with and the next thing I know, I am dancing through other people."

I looked at her and thought how many times a day I was feeding the first wolf. I thought about how many times a day, I felt I had to explain to people my limitations. I wondered if I had a second wolf. As all of that was processing through my mind, she said one more thing, "It is not the limitations of our mind or our body that stops us in life. Rather it's the fear and the 'What if's?' that limits what we do and what we can accomplish. When one can focus on what they want to do and where they want to go, great things can be accomplished."

Then realizing the power of the last two statements, I awoke, looking for a way to capture the statement before it left me, as dreams often do. I know this was a story in my head, and some of it is things I have used in training. And dreams are parts and pieces of our life we have encountered. But this was a very poignant story, which reminded me, everyday I need to feed the wolf that I want to win. Thank you for allowing me to share this with you.

forced to shift my focus from social and global problem solving to inner problem solving, that a new insight arose: our own well-being is directly connected to the well-being of our surroundings. Our capacity of inner leadership is a prerequisite for any other kind of leadership, whether it be political, organizational, cultural, or within the realm of our own family or parenthood. Moreover, if we lack the inner capacity to deal with our own lives, as well as our increasingly complex environment, it doesn't matter how innovative and impactful our technological tools are. Because tools don't drive change, people do.

In that sense, helping others from the inside out, developing their inner leadership qualities through coaching and mental training, feels just as meaningful as solving problems from the outside in.

Nevertheless, it wasn't until my last visit to Stockholm that I was able to officially connect the dots by discovering a new global initiative: the "Inner Development Goals" (IDG), a non-profit organization for human inner growth and sustainable leadership (go ahead and Google that). The IDG present 23 skills and qualities for inner development, such as inner compass, openness and learning mindset, self-awareness, critical thinking, sense-making, long-term orientation and visioning, connectedness, trust, communication skills and active listening, courage, and creativity. The IDG were developed as a fundamental framework to support the attainment of the UN's Sustainable Development Goals. Seen from a personal development perspective, these are the same skills that maximize any individual's potential. In my view, this proves an important point: if we can't take care of ourselves, how are we to take care of others? If we are incapable of leading ourselves, how are we to lead others? And if we are unable to create sustainability within the realm of our own inner world, then how are we to join forces as a global community to create social, environmental, and economical sustainability?

A vast majority of the world's countries have signed up for and committed to the UN's 2030 Agenda for Sustainable Development, and yet it is unlikely that these goals will be met by 2030. We all share a vision of what needs to happen, and yet progress has so far been disappointing.

Humans are emotional beings with psychological needs. It seems like we have come to a point where an overly focus on external technocratic solutions is just not going to be sufficient. That doesn't mean we don't need technological innovation, we absolutely do! But we need to recognize the bridge that deeply connects our human psyche with what goes on outside of ourselves. As Einstein said: we cannot solve the world's problems with the same level of thinking that created them.

We humans exist in a dynamic relationship to ourselves and our surroundings, a never-ending dance that shapes our reality. The power of inner leadership is to consciously navigate that environment by asking the right questions and take the right decisions in order to design a world that both our and all future generations deserve.

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"It is not the limitations of our mind or our body that stops us in life. Rather it's the fear and the 'What if's?' that limits what we do and what we can accomplish. When one can focus on what they want to do and where they want to go, great things can be accomplished."

# Virtual & In Person Meetings — January 2023

SUN	MON	TUE	WED	THUR	FRI	SAT
Jan. 1	Jan. 2 <b>Prosumer Holiday</b>	Jan. 3 WOOP 4p <b>N TX Prosumer Mtg 12p-3p</b>	Jan. 4 Journaling 10a Mindfulness 1p DBSA 7p In person	Jan. 5 Laughter Yoga 1p DBSA 7pm	Jan. 6 <b>RGV Prosumer Mtg. 12p-3p</b> Book Club 12:30 – 2:30 p Social 7-9 pm	Jan. 7 Wellness in Motion 10a
JAN. 8	JAN. 9 Let's Talk 1p I'm Awesome 3 p DBSA 7 pm	JAN. 10 WOOP 4p	JAN. 11 Journaling 10a Mindfulness 1p DBSA 7p In person	JAN. 12 Laughter Yoga 1p DBSA 7 pm	JAN. 13 Book Club 12:30 – 2:30 p Social 7-9 pm	JAN. 14 Wellness in Motion10a <b>Houston Prosumer Mtg 12:00p-3p</b>
JAN. 15	JAN. 16 <b>Prosumer Holiday</b> DBSA 7 pm	JAN. 17 WOOP 4p	JAN. 18 Journaling 10a Mindfulness 1p DBSA 7p In person	JAN. 19 Laughter Yoga 1p DBSA 7 pm	JAN. 20 <b>SATX Prosumer Mtg 12-3 pm</b> Social 7-9 pm	JAN. 21 Wellness in Motion10a
JAN. 22	JAN. 23 Let's Talk 1p I'm Awesome 3 p DBSA 7 pm	JAN. 24 WOOP 4p	JAN. 25 Journaling10a Mindfulness 1p DBSA 7p In person	JAN. 26 Laughter Yoga 1p DBSA 7 pm	JAN. 27 Book Club 12:30 – 2:30 p Social 7-9 pm	JAN. 28 Wellness in Motion 10a
JAN 29	JAN 30 Let's Talk 1p I'm Awesome 3 p DBSA 7 pm	JAN 31 WOOP 4p	FEB 1 Journaling10a Mindfulness 1p DBSA 7p In person	FEB 2 Laughter Yoga 1p DBSA 7 pm	FEB 3 <b>RGV Prosumer Mtg 9-12</b> Book Club 12:30 – 2:30 p Social 7-9 pm	FEB 4 Wellness in Motion 10a

## Calendar Times are listed in Central Time

To access the virtual meetings for Prosumers go to the Prosumer website at [www.theProsumers.org](http://www.theProsumers.org). If you don't have a way of getting to a computer or smart phone, call our office for help.

### Prosumer Meetings

North TX (Collin County/Denton) Prosumer Meeting **JAN. 3 — In Person**

RVG Prosumer Meeting **JAN. 6 — In Person**

Houston Prosumer Meeting **JAN. 14 — In Person**

San Antonio Meeting **JAN. 20— In Person**

### Virtual Groups—Subject to Change

**Book Club Meeting** - Responsibility Rebellion: An Unconventional Approach to Personal Empowerment by Kain Ramsay

**Journaling**—A guided journaling class to have you find your ah ha moments.

**I'm Awesome**—to empower and encourage individuals to see how awesome they are.

**Laughter Yoga**— Utilizing yoga type move, learn the skill of laughing to bring healing to your body

**Let's Talk**— A General Support Group

**Mindfulness Activity Group**—This group practices the art of Mindfulness while making art

**Social Night Out**—Join us for a night out of fun and games and ??? Come find out.

**Wellness in Motion**—Time to get moving with a Certified Trainer. From beginners to advanced

**WOOP**— A goal setting technique for getting what you want with lasting results. Stands for Wish/Outcomes/Obstacles/Plan and is highly effective.

\*Note DBSA groups are not run by Prosumers. We just know they are a great group and we support them by letting you know what is available. Please contact them for questions and concerns.

### Call Numbers

If in Crisis Call 9-1-1 or your LMHA Crisis Line

- 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
- Trans Lifeline 1-877-565-8860

If you are not in crisis but really need a peer to talk to, call the warm lines located on Page 8.

**We are the ones  
we have been  
waiting for!!**



Tell us how we are doing!! Scan the code with your phone or you can give us a call!

## Useful Websites and Links

Bexar County Elections Department [www.bexar.org/1568/Elections-Department](http://www.bexar.org/1568/Elections-Department)  
Depression and Bipolar Support Alliance (DBSA) [www.dbsalliance.org](http://www.dbsalliance.org)  
Focus for Life [www.myFocus4Life.com](http://www.myFocus4Life.com)  
Free Online Computer Classes [www.gcfglobal.org](http://www.gcfglobal.org)  
Harris Center for MH&IDD [www.theharriscenter.org](http://www.theharriscenter.org)  
Hearing Voices Network [www.hearingvoicesUSA.org](http://www.hearingvoicesUSA.org)  
Information on national programs and services [www.usa.gov/disability-services](http://www.usa.gov/disability-services)  
Medications, Assistance, Discount programs [www.needymeds.org](http://www.needymeds.org)  
Mental Health Self Help Clearinghouse [mhselfhelp.org/](http://mhselfhelp.org/)  
National Consumer/Survivor Coalition [www.ncmhr.org](http://www.ncmhr.org)  
National Empowerment Center: [www.Power2u.org](http://www.Power2u.org)  
Patient Assistance with Medications [www.phrma.org/](http://www.phrma.org/)  
Prosumers website [www.TheProsumers.org](http://www.TheProsumers.org)  
Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](http://www.SAMHSA.gov)  
Texas Administrative Code: [www.sos.state.tx.us/tac/](http://www.sos.state.tx.us/tac/)  
Texas Empowerment Initiative [www.texasnetwork.org](http://www.texasnetwork.org)  
Texas Legislature Online [www.capitol.state.tx.us](http://www.capitol.state.tx.us)  
The Center for Health Care Services [www.CHCSBC.org](http://www.CHCSBC.org)  
The Texas Election Division [www.sos.state.tx.us/elections/](http://www.sos.state.tx.us/elections/)  
TX Department of Housing and Community Affairs [www.tdhca.state.tx.us](http://www.tdhca.state.tx.us)  
TX government departments [www.texas.gov](http://www.texas.gov)  
Via Hope, [www.viahope.org](http://www.viahope.org)

## **Universal Important Numbers**

**Prosumers International** – 1-800-577-3795 extension 800  
[www.theprosumers.org](http://www.theprosumers.org), 6800 Park Ten Blvd, Suite 220-N,  
San Antonio, TX 78213  
**Disability Rights TX** 800-252-9108, [DisabilityRightsTX.org](http://DisabilityRightsTX.org)  
**Narcotics Anonymous** – (888) 629-6757  
**National Suicide Prevention Lifeline** 1-800-273-8255  
**Texas Health and Human Svc** - (877) 787-8999  
**Texas Youth Hotline** 1-800-989-6884  
**TX Workforce Commission** Assist with employment  
1-800-628-5115 [www.twc.texas.gov/](http://www.twc.texas.gov/)  
**Veterans Crisis Line** 1-800-273-8255

**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

**Trans Lifeline** 1-877-565-8860

## **PROSUMER MEETINGS**

### **January Meetings**

#### **Dreaming Big**

Many of us tend to live as if what is right in front of our nose is all there is. We just keep putting one foot in front of the other. Dreams are for people who have nothing else to do, or are they? Learn why dreams are an important part of a joyous life and more geared to reality than the drudgery we do every day. Find the importance of dreams and how to incorporate them into a life worth living!

**Friday, Jan. 3 — North Texas 12p—3p**

**Tuesday, Jan.6 — Rio Grande Valley 9a—noon**

**Saturday, Jan. 14 — Houston 12p—3p**

**Friday, Jan. 20 — San Antonio 12p—3p**

**All monthly meetings are in person.**

### **February Meetings**

#### **Authenticity**

"Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.", Brené Brown. How to live an authentic life that is in harmony with your core values.

**Tuesday, Feb. 7 — North Texas 12p—3p**

**Friday, Feb.3 — Rio Grande Valley 9a—noon**

**Saturday, Feb. 11 —Houston 12p—3p**

**Friday, Feb. 17 —San Antonio 12p—3p**

## **Special Thanks to:**





# Elected Officials in the Prosumer Areas

\*After the elections it may take us some time to update our list.

## Collin County Elected Officials

SEN. Bob Hall | SEN DIST 2|  
SEN. ANGELA PAXTON | SEN DIST 8 | (972) 908-3424  
SEN. DREW SPRINGER | SEN DIST 30 | (512) 463-0130  
REP. JUSTIN HOLLAND | HSE DIST 33 | (972) 722-7521  
REP. PHIL KING | HSE DIST 61|  
REP. MATT SHAHEEN | HSE DIST 66 | (469) 642-8708  
REP. JEFF LEACH | HSE DIST 67 | (972) 908-3358  
REP. SCOTT SANFORD | HSE DIST 70 | (972) 548--7500  
REP. CANDY NOBLE | HSE DIST 89 | (972) 423-6542

## San Antonio Elected Officials

SEN. ROLAND GUTIERREZ | SEN DIST 19 | (432) 336-8260  
SEN. JUDITH ZAFFIRINI | SEN DIST 21 | (956) 722-2293  
SEN. DONNA CAMPBELL | SEN DIST 25 | (512) 463-0125  
SEN. JOSE MENENDEZ | SEN DIST 26 | (210) 733-6604  
REP. TREY MARTINEZ-FISCHER | HSE DIST 116 | (210) 733-8391  
REP. PHILIP CORTEZ | HSE DIST 117 | (210) 923-3638  
REP. JOHN LUJAN | HSE DIST 118 |  
REP. ELIZABETH CAMPOS | HSE DIST 119 | (512) 463-0452  
REP. BARBARA GERVIN-HAWKINS | HSE DIST 120 | (210) 822-2534  
REP. STEVE ALLISON | HSE DIST 121 | (512) 463-0686  
REP. LYLE LARSON | HSE DIST 122 | (210) 402-5402  
REP. DIEGO BERNAL | HSE DIST 123 | (210) 308-9700  
REP. INA MINJAREZ | HSE DIST 124 | (512) 463-0634  
REP. RAY LOPEZ | HSE DIST 125 | (512) 463-0669

## Rio Grande Valley Elected Officials

SEN. JUAN HINOJOSA | SEN DIST 20 | (512) 463-0120  
SEN. MORGAN LAMANTIA | SEN DIST 27 |  
REP. OSCAR LONGORIA | HSE DIST 35 | (956) 580-6944  
REP. SERGIO MUNOZ | HSE DIST 36 | (956) 584-8999  
REP. ARMANDO MARTINEZ | HSE DIST 39 | (956) 447-9473  
REP. TERRY CANALES | HSE DIST 40 | (956) 383-0860  
REP. BOBBY GUERRA | HSE DIST 41 | (956) 292-0407 292-0407

## Houston Elected Officials

SEN. BRANDON CREIGHTON | SEN DIST 4 | (409) 838-9861  
SEN. CAROL ALVARADO, SEN DIST 6 | (713) 453-5100  
SEN. PAUL BETTENCOURT | SEN DIST 7 | (713) 464-0282  
SEN. LARRY TAYLOR | SEN DIST 11 | (281) 332-0003  
SEN. BORRIS MILES | SEN DIST 13 | (281) 261-2360  
SEN. JOHN WHITMIRE | SEN DIST 15 | (713) 864-8701  
SEN. JOAN HUFFMAN | SEN DIST 17 | (281) 980-3500  
SEN. LOIS KOLKHORST | SEN DIST 18 | (512) 463-0118  
REP. SAM HARLESS | HSE DIST 126 | (281) 251-0194  
REP. DAN HUBERTY | HSE DIST 127 | (512) 463-0520  
REP. BRISCOE CAIN | HSE DIST 128 | (281) 420-1588  
REP. DENNIS PAUL | HSE DIST 129 | (281) 488-8900  
REP. TOM OLIVERSON | HSE DIST 130 | (281) 955-5152  
REP. ALMA ALLEN | HSE DISTRICT 131 | (713) 776-0505  
REP. MIKE SCHOFIELD | HSE DIST 132 | (281) 492-0684  
REP. JIM MURPHY | HSE DIST 133 | (512) 463-0514  
REP. ANNA JOHNSON | HSE DIST 134 | (713) 592-0006  
REP. JON ROSENTHAL | HSE DIST 135 | (281) 807-3428  
REP. GENE WU | HSE DIST 137 | (713) 271-3900  
REP. LACEY HULL, HSE DIST 138 | (713) 647-0042  
REP. JARVIS JOHNSON | HSE DIST 139 | (713) 699-3043  
REP. ARMANDO WALLE | HSE DIST 140 | (713) 694-8620  
REP. SENFRONIA THOMPSON | HSE DIST 141 |  
(713) 633-3390  
REP. HAROLD DUTTON | HSE DIST 142 | (713) 692-9193  
REP. ANA HERNANDEZ | HSE DIST 143 | (713) 675-8596  
REP. MARY PEREZ | HSE DIST 144 | (713) 740-8153  
REP. CHRISTINA MORALES | HSE DIST 145 | (512) 463-0732  
REP. SHAWN THIERRY | HSE DIST 146 | (713) 667-4146  
REP. JOLANDA JONES | HSE DIST 147 |  
REP. PENNY MORALES SHAW | HSE DIST 148 | (713) 861-6721  
REP. HUBERT VO | HSE DIST 149 | (281) 988-0212  
REP. VALOREE SWANSON, HSE DIST 150 | (281) 251-4222

To find out who represents you go to:  
[www.fyi.legis.state.tx.us](http://www.fyi.legis.state.tx.us)

# Local Numbers

## San Antonio

**CHCS Crisis Hotline** 1-800-316-9241  
**24/7 Crisis Clinic** 601 N Frio 210-225-5481  
**CHCS** Center for Health Care Services 6800 Park Ten Blvd, Suite 200-S (Central Office) 210-261-1000  
**CHCS Adult Mental Health Intake** 210-261-1250  
**CHCS Children's Clinic** —227 West Drexel 210-261-3500  
**CHCS Children's Clinic for Eligibility/Enrollment** 6812 Bandera Road Suite 102 210-261-3350  
**CHCS Northwest Clinic** 5372 Fredericksburg Rd Bldg. F 210-261-1600  
**CHCS Palo Alto Clinic** 711 Palo Alto Road 210-261-3200  
**CHCS P. Elizondo Clinic** 928 W. Commerce  
**DBSA**-Depression and Bipolar Support Alliance, 6851 Citizens Parkway 210-945-0689  
**Fair Housing Council of Greater San Antonio** 4414 Centerview Drive, Suite # 229; 210-733-3247  
**Hearing Voices—(InsideOutGroup)**, 2nd/4th Sat 10am 6851 Citizens Pkwy [hvn.sa.insideoutgroup@gmail.com](mailto:hvn.sa.insideoutgroup@gmail.com)  
**NAMI Office** 210-734-3349  
**Recovery Inc.** [recoveryinternational.org](http://recoveryinternational.org), Tues 10 am -12 pm, & Wed, 7:00 PM 210-317-7083  
**SAILS** – San Antonio Independent Living Services 1028 S. Alamo Drive 210-281-1878  
**San Antonio Clubhouse** 6851 Citizens Parkway, Suite 100 210-798-1619  
**San Antonio Gender Association** at Metropolitan Community Church, 611 E Myrtle 210-472-3597  
[www.sagender.net](http://www.sagender.net) 1st & 3rd Thursdays 6:30p—9 pm  
**VIA Metro Center** 1021 San Pedro 210-362-2020

## Collin County

**Adapt Mobil Crisis Line** 866-260-8000  
**Al-Anon** 214-363-0461  
**Alcoholics Anonymous** 972-867-1115  
**Allen Community Outreach** 972-727-9131  
**Assistance Center of Collin County** 972-422-1850  
**TX A&M Dentistry** 214-828-8100  
**Children's Advocacy Center** 972-633-6600  
**Collin County Indigent Health Office** 972-548-4702  
**Collin County Veteran Services** 972-881-3060  
**Dallas Housing** 214-951-8300  
**DART** 241-979-1111  
**Food Stamps SNAP** 211  
**Green Oaks Hospital** 972-770-0818  
**Homeward Bound** 214-941-3500  
**Hope's Door Plano Crisis Line** 972-276-0057  
**Jewish Family Services** 972-437-9950  
**Julia's Center for Healthcare** 972-535-5099  
**Legal Aid of Northwest Texas** 800-906-3045  
**Lifepath Crisis/Suicide Hotline** 877-422-5939  
**LifePath McKinney Out-patient Clinic** 972-562-9647  
**LifePath Plano Outpatient Clinic** 972-422-5939  
**LifePath complaints/concerns** 972-372-0321  
**McKinney Housing** 972-542-5641  
**Medicaid Transportation** 877-633-8747  
**N. Central TX Workforce Solutions** 888-548-WORK  
**NEXUS** 214-321-0156  
**North Tx Behavioral Health Authority** 214-366-9407  
**North TX Food Bank** 214-269-0907  
**Plano Housing** 972-423-4928  
**Plano Workforce Center** 469-229-0099  
**Salvation Army McKinney** 972-542-6694  
**Salvation Army Plano** 972-423-8254  
**Samaritan Inn** 972-542-5302  
**Social Security Office McKinney** 866-931-2731  
**TAPS (Collin County)** 844-603-6048  
**Turtle Creek** 214-871-2483  
**Watermark Urgent Care** 972-972-8930

## Houston

**18th Street Clinic** 713-970-6090 2150 W.18th Street HOU  
**Disability Rights Texas** East region office: 1500 McGowen, Suite 100 HOU. Learn more at [www.disabilityrightstx.org](http://www.disabilityrightstx.org) 713-974-7691  
**Harris Center ACT Team** 713-970-8526  
**Harris Center Helpline** 713- 970-7000 24 hrs. (For Crisis Helpline press 1) 9401 SW Freeway, HOU  
**Heights Public Library** 832-393-1810  
**NAMI Greater Houston**— National Alliance on Mentally Illness of greater Houston 713-970-4419 [www.namigreaterhouston.org](http://www.namigreaterhouston.org)  
**NAMI Family to Family** Support Group Contact Phil or Lesley Blackburn 832-367-4943  
**Neuropsychiatric Center** (NPC) 713-970-7070 1502 Taub Loop  
**New Start** 713-970-8625 6032 Airline, HOU 77076  
**Northeast Clinic** 713-970-87007200 North Loop East, HOU  
**Northwest Clinic** 713-970-8400 3737 Dacoma Rd, HOU  
**PE.E.R. House** Crisis Peer Respite 713-970-6012 5518 Jackson Street HOU  
**re:MIND** Houston Administration offices: Depressive Bipolar Support Alliance 713-600-1131 [remindsupport.org](http://remindsupport.org)  
**Southeast Clinic** 713-970-4300 5901 Long Drive, HOU  
**Southwest Clinic** 713-970-3800 9401 Southwest Freeway, HOU  
**The Bristow Center** – PATH 713-970-7413 2627 Caroline St, HOU  
**University of TX Harris County Psychiatric Center** 713-714-6020 2800 South MacGregor Way, HOU

## Rio Grande Valley

**Abundant Grace Counseling Center:** 956-381-0622  
**American Red Cross:** 956-423-0523  
**Catholic Charities Rio Grande Valley:** 956-702-4088  
**Cash Medical Clinic:** 956-668-8813  
**Children's Advocacy Center:** 956-287-9754  
**Crisis/Suicide Hotline:** (877) 422-5939  
**Crisis Text line Text hello to** 741741  
**Family Crisis Center:** 1-866-423-9304  
**Hidalgo County District Attorney office:** 956-292-7600  
**Hope Family Health Center (Medical and Counseling Services):** 956-994-3319  
**Hope Peer Support Warmline:** 844-755-HOPE  
**Mujeres Unidas:** 956-630-4878  
**Palmer Drug Abuse Program:** 956-687-7714  
**Rio Grande Food Bank:** 956-682-8101  
**Salvation Army:** 956-682-1468  
**South Texas Civil Rights Projects:** 956-787-8171  
**Texas Rio Grande Legal Aid:** 956-393-6200  
**TX Tropical Behavioral Health Hotline:** 1-877-289-7199

## Denton

**Denton Outpatient Clinic** 940-381-5000  
**Flower Mound Outpatient Center** 214-488-0121  
**McKinney Outpatient Clinic** 940-891-0970  
**Morse Street Clinic** 940-381-5000  
**Psychiatric Triage Clinic** 940-381-9965  
**The Center for Integrated Health** 972-556-5836  
**Denton County Crisis Residential Center** 940-381-5000

# Prosumers Annual Report

Prosumers have completed twenty years of service to the communities of Texas from North Texas to the Rio Grande Valley, to Houston and back home to San Antonio. COVID changed a lot of our work in a good way as we opened more groups online to serve people. Prosumers are part of the contributors to the Peer Run Warm Line in the Valley, which is answered by Peers in English and Spanish. We felt this was important as so many people needed to talk about being shut in and feeling isolated during COVID. We also started a Friday night social from 7 pm to 9 pm where we play online games. This has become popular and sometimes a bit competitive, but it is all in the spirit of having fun. During COVID this helped distinguish the weekend from the week and gave people something to look forward to. And as we start back to our routine prior to COVID, we seem to be busier than ever.

The main Prosumers meetings are all back in person with San Antonio being the last to go live. We are collaborating with the Mexican American Unity Council on Commerce and pan on meeting there until August. In the Valley, we meet at the Hope Family Clinic, in Houston at the Harris Center for MH&IDD, in Plano at LifePath Systems.

## Prosumers by the Numbers\*

\*Based on Fiscal Year FY 22 ending on August 31, 2022

- 80 New Participants
- 1274 Returning Participants
- 485 Groups
- 1729 Individual Peer Support
- 21,260 Newsletters printed and distributed
- 3763 Emails sent to Participants
- 11,213 Social Media Connections
- 9,698 Reached with Community Outreach
- 308 Referrals given including Food, Housing, Help with Services, Connection to Services, etc.

January 2022 began our 20th year anniversary for Prosumers. To celebrate, each month, except June, participants at the Prosumer meeting were entered into a drawing to win a prize. For June, the month we celebrate everyone's birthday, we launched our Dream Vacation Get Away Contest with a top prize of \$1,000 vacation, second prize a suitcase and 3rd prize a backpack. The Dream Vacation was to help people jump start dreaming again. After the long COVID spell, people seemed to have difficulty going beyond a week or more of planning or dreaming. This contest was designed to help that process of thinking beyond next week. To win one had to submit a 600-word essay on their Dream Vacation. A rubric for scoring was created, and 3 independent scorers scored the writings. Writing style, grammar and spelling were not factored into the scoring. We looked for passion, desire, and a story which embraced the Prosumer Philosophy. The winner was Kathy Franklin who is working with a travel agent to make all the arrangements for a vacation within the \$1,000 parameter. Also, all participants received a book called Travel Stories. All staff wrote about a memorable vacation along with pictures. At the end of the book, there was a writing guide for people to find their dream vacation. This was a very commemorative year.

During 2022. We were forced to change our radio platform from an international audience to a limited international audience due to the changes in the platform we were using.. During the first four months while still on Shoutcast, we had over 1500 sessions with almost 14,000 listening hours. Germany had about 87 dedicated listeners. We went to Live365 radio platform in May, which still has some international reach, but not a lot. Mainly Mexico, Canada, Britain and the United States. In seven months we had almost 600 sessions with close to 3,000 hours of listening time. We were down one month transferring platforms. Although we are

sad we lost many of our international listeners, we are happy to still be on the air. We are also looking forward to maybe doing some more podcasts in the future.

Two staff became trained during 2022 in Intentional Peer Support Training, one was certified as a Laughing Yoga Instructor while one staff member completed her Certified Peer Specialist training. Additionally, two staff members were trained in using Bexar Necessities the online resource guide for nonprofits to share resources and the needs of the people they serve. Prosumers also conducted the Focus for Life Training in Houston during this year at the request of a Local Mental Health Authority (LMHA).

Prosumers worked with the UTSA Health Science Center on the World Cafe Project conducted on March 15, 2022 This gave us the opportunity to bring awareness about mental health and working with people with diagnosis to areas like Physical Therapist, Nurses, and other medical professionals.

Prosumers is also working with Tri-County (Just north of Houston) to help them develop a robust Peer Program there. We are still currently working on this project.

The ARC of Texas has contracted with Prosumers to help during legislative session to assist with knowledge of mental health issues as pertaining to people who have been also diagnosed with Intellectual Disabilities

Prosumers conducted a lot of outreach. Here is a list of conferences or events we have attended, in some we presented and/or sometimes had a resource booth.

- Central Texas African American Conference
- Haven for Hope Resource Fair
- TX Council Conference.
- NAMI San Antonio Pathways to Hope Conference
- National Association of Peer Specialists Annual Conference
- San Antonio Independent Living Services (SAILS)
- The San Antonio NAMI group twice
- Judicial Summit
- National Association of Rights Protection and Advocacy (NARPA)
- The Alternatives Conference
- The Center for Health Care Conference
- The CHCS Winter Wellness Fair
- The Empower House Holiday Cheer and Resource
- The Big Texas Rally

Prosumers continue to have a presence within our state to bring the voice of people who have been diagnosed to the table. Our Executive Director served on the Protection and Advocacy for Individuals with Mental Illness (PAIMI) Council for Disability Rights Texas as well as the serving as vice Chair for the Behavioral Health Advisory (BHAC) committee for HHSC. As a member of BHAC she serves as the co-chair of the Peer and Family Partner subcommittee and the Access subcommittee. She also serves on the Joint Committee for Access and Forensic Services for HHSC.

Our advocacy work for this year included working on a peaceful protest against Assisted Outpatient Commitment (AOT). Our white paper is almost complete and points out how this punitive and paternalistic system diminishes the role of the person being served, as well as their voice. This increases the power differential which has been shown to inhibit and prolong people's ability to find recovery, as mentioned in the United Nations Report.

The Prosumers also led a contingency for the increase of the Medicaid billing rate for peer services. Again we created a white paper informing people of the need for the increased rate. This was well received and they raised it more than anyone thought would be possible.

Prosumer is now working with a consultant to help us grow. We are all very excited as he shepherds us into a new way of thinking and doing things. We have already hired an accounting firm to do our books as well as a Human Resources Firm for payroll and all things HR.

Yes we are growing and our twenty-first year is promising to be fantastic!

## Struggles By: Terry Bruce

Sometimes life seems so unreal. Will you  
ever sing a happy song?  
Are you drinking or popping a pill, wondering  
whatever went so wrong?  
You have a light bill due. Oh no your rent  
and you need food too!  
But you binged and all your money is spent.  
Sometimes I cry while lying awake at night,  
I'm asking God to make everything all right.  
Please take my hand and let me stand. Help  
me to pull the devil down,  
Because I know he doesn't have a right to be  
on higher ground.  
Now I can sing a happy song.  
You know why? Because Jesus\* has  
rightened all of my wrongs.

\*Or your higher power

Editor's note: Prosumers does not promote or endorse any  
specific spiritual path or religious beliefs. The author's work  
is presented as the original work.

## Mental Health Conferences 2023

Feb 7-8, 2023	<b>Central TX African American Family Support Conference</b> <a href="https://ctaafsc.com/">https://ctaafsc.com/</a>
Apr10-11, 2023	<b>Annual Resilience and Mental Health Conference</b> New York, NY <a href="http://www.iconconferences.org/conference/iconrmh23ny/">www.iconconferences.org/conference/iconrmh23ny/</a>
May 8-11, 2023	<b>Peerpocalypse 2023</b> Virtual and In Person Seaside, OR <a href="http://www.mhaoforegon.org/peerpocalypse-main-page">www.mhaoforegon.org/peerpocalypse-main-page</a>
June 21- 23, 2023	<b>TX Council of Community Centers Annual Conference</b> <a href="http://www.TXCouncil.com/conference">Www.TXCouncil.com/conference</a>

\*NOTE: To get more information about a conference, you will need to  
access this form on the internet to click on the link. You can find it at  
www.TheProsumers.org under Newsletters.

## Hearing Voices Network Is Now Hosting Online Groups

"There are now ONLINE opportunities to connect, share  
experiences, and find mutual support," the Hearing Voices  
Network (HVN) writes. "These groups are accessible via web-  
based platforms and by phone...Online groups are specifically  
for those with personal lived experience with hearing voices,  
seeing visions, and/or negotiating alternative realities. They are  
voice-hearer facilitated. With further questions and for details  
on how to access the group[s], please email  
[info@hearingvoicesusa.org](mailto:info@hearingvoicesusa.org)."

## The Free Library

Since 2003, The Free Library has offered free, full-text versions of  
classic literary works from hundreds of celebrated authors, whose  
biographies, images, and famous quotations can also be found on  
the site <https://www.thefreelibrary.com/>

## South TX Hope Center Bilingual Warm Line!

Need someone to talk to about what is going on? Someone to hear your  
thoughts? The warm line is a place where you can do just that.

**Available 12-10 pm Monday-Friday**

**Available 9 am– 2 pm on Saturday**

**844-755-4673**

## Mental Health and Addiction Helpline — Grant Halliburton Foundation

Developed by Grant Halliburton Foundation, The Here For Texas Mental  
Health Navigation Line is a free helpline offering guidance, information,  
resources, and support for mental health and addiction. Call us to get  
resources for anxiety, depression, bipolar disorder, addiction, and other  
mental health issues.

If you need help, give us a call at [972-525-8181](tel:972-525-8181) Monday–Friday from 10  
a.m. to 6 p.m.

## Tarrant County Warm Line!

Need someone to talk about what is going on? Someone to hear your  
thoughts? The warm line is a place where you can do just that.

**Available 8 am- 5pm Monday- Friday**

**English- 817-546-7826**

**Spanish- 817-546-7827**

## Prosumer emPOWERment Radio (PPR) Feel the Power

To listen to the Prosumer station go to:  
[www.ProsumersInternational.org](http://www.ProsumersInternational.org) and click on  
**Prosumer emPOWERment Radio.**

Prosumer emPOWERment Radio (PPR) Stats:

Month	# Listening Hours	# Sessions	# Session Starts
November	53	394	70

## Now on Alexa!!

Say "Enable My Tuner Radio" on your  
Alexa Device/ Then say Play  
**Prosumer emPOWERment  
Radio, the PPR**

**I live the life I love!!**