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the Life
/ Love!**

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



PROSUMER NEWS

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

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

**www.theProsumers.org
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March 2024

Janet Paleo—Editor

Volume 23: Issue 3

Permission To Be Human

By Janet Paleo

In the grand tapestry of life, we all find ourselves woven into the intricate threads of humanity. Despite our best efforts to cultivate virtues, practice empathy, and strive for excellence, there are moments when our distinctly human nature comes to the forefront. These instances serve as poignant reminders that, no matter how enlightened or evolved we become, we are, at our core, imperfect beings.

The Inescapable Human Moments: It's a shared experience, a universal truth - we have all had those moments where our human side takes center stage. These instances may manifest as an unexpected burst of frustration, a lapse in judgment, or a fleeting surge of anger. Regardless of how much we practice self-discipline, study, or accumulate knowledge, our humanity remains an integral part of who we are. The Irony of Human Improvement: The paradox lies in our continuous pursuit of becoming better beings. We invest time in introspection, hone our listening skills, and strive to extend empathy and compassion to those around us. However, even the most dedicated self-improvement efforts can crumble in the face of unforeseen challenges or triggers. It's as if, for a moment, we forget all the wisdom we've gathered, and our primal instincts take over.

Exploring the Depths of Human Complexity: Our journey to self-betterment is akin to navigating a complex maze. We are

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PeerFest 2024

PeerFest registration is OPEN!!

If you have not been to PeerFest, then you are missing out. There has only been one other PeerFest, and it was in 2016 held in Corpus Christi, TX. There were over 300 attendees, with great speakers, great vendors and a beautiful ocean right in our back yard.

This year, instead of the ocean, there is a wonderful waterpark to play in and still wonderful speakers and vendors. All included in your registration.

That isn't the best part of PeerFest. It is all the people you will meet who understand you and what you have been through. The connections are amazing and many people's journey of healing started in 2016. My fingers are crossed we have even more in 2024.



At The Great Wolf Lodge in Grapevine, TX. More information on the back page.

Navigating the Complex Terrain of Adulthood: A Gentle Exploration of Stress and its Management

Embarking on the journey of adulthood often paints a picture of endless fun and boundless possibilities. However, the reality we encounter as we grow older is far from carefree. The canvas of adult life is splashed with responsibilities, daily tasks, and the constant contemplation of consequences. The result? A state of perpetual stress where making a mistake seems like an unforgivable sin, and relaxation becomes a rare luxury.

The Pervasive Rise of Stress: In the modern era, stress seems to be an unwelcome companion, steadily increasing with each passing year. Shockingly, even children are not immune, grappling with sleep disorders and concentration issues, unwittingly influenced by the habits of their parents and society. Even our pets are affected by our stress levels.

Taming the Stress Monster: Yet, amidst this turmoil, there is hope. Stress can be managed – not

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Our Mission:

Create an environment where people are challenged and supported to find their power, as only Prosumers can!

Our Vision:

A world where people courageously grow and realize their dreams.

Prosumer Meetings Currently Located in:

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

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Phone: 1-800-577-3795 Email: janetp@ProsumersInternational.org www.TheProsumers.org

Thanks to the Harris Center for Mental Health and IDD for sponsoring Prosumers in Harris County.
The views expressed in this newsletter do not necessarily reflect the views of the editor or any of its sponsors

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creatures capable of profound kindness and generosity, yet we are equally susceptible to moments of frustration and impatience. The dichotomy between our aspirations and our occasional lapses reveals the intricate dance between our higher ideals and the raw authenticity of our humanity.

Embracing Imperfection: Rather than viewing these lapses as failures, it is essential to embrace them as integral parts of our human experience. The journey towards personal growth is not a linear path but a dynamic, evolving process. By acknowledging and accepting our imperfections, we cultivate a deeper understanding of ourselves and pave the way for genuine self-improvement.

In the grand spectrum of our existence, the moments where our humanity shines through are not signs of weakness but rather testaments to the complexity of being human. By recognizing these instances with compassion and self-reflection, we can navigate the ebbs and flows of our journey towards self-improvement. After all, in our pursuit of excellence, it is crucial to remember that being human is not a flaw but a shared and beautiful reality.

eradicated entirely, perhaps, but certainly tamed. Here we seek to explore various approaches to stress management, offering a gentle guide to weaving them into the fabric of our lives.

Building Resilience for the Long Haul: Understanding that complete elimination of stress is an unrealistic goal, we turn our attention to bolstering our mental and physical resilience. Building stamina and fortifying our bodies and minds enable us to face the discomforts of stress more effectively, mitigating its negative impact.

Lifestyle Adjustments for Stress Reduction: Rather than imposing drastic changes, consider subtle shifts in your daily life. Nourishing your body with healthy nutrition, engaging in regular physical activity, and embracing our personal agency can contribute significantly to stress reduction. These aren't mandates; they're gentle invitations to enhance your overall well-being.

Mindfulness Practices: Enter the realm of mindfulness – an oasis of calm amidst life's chaos. Meditation, a powerful habit that rivals quitting smoking or alcohol, offers a sanctuary for discovering hidden potential, finding answers to lingering questions, and learning to listen to yourself. Alongside meditation, simple breathing techniques act as allies, balancing blood pressure and infusing cells with much-needed oxygen.

The Importance of Nightly Repose: Acknowledge the crucial role of nightly sleep in your stress management

strategy. Nighttime is when our bodies produce essential hormones vital for stress reduction. Daytime naps, unfortunately, fall short in fulfilling this biological need, and a minimum of 6 hours of nightly sleep is essential for rest and rejuvenation.

Discovering Joy in Activity: Combat stress proactively by engaging in activities that captivate your interest. Whether it's working with your hands, delving into studies, or immersing yourself in a new learning experience, find what works for you. An active life often serves as a shield against unnecessary stress, leaving little room for fabricated problems.

Pursue Passion: If stress clings persistently to every aspect of your life, consider a fundamental shift. If your current path brings more stress than satisfaction, explore avenues aligned with your passions. Even gradual changes can transform your approach to life, making stress a lesser adversary and enhancing your overall comfort.

Parting Words: In the intricate dance of adult life, stress need not be a constant companion. Take control of your narrative, embracing habits that promote resilience and well-being. Let these seven gentle tactics be your guide on the journey to a life where stress is not a ruler but a passing visitor. Your path to a more comfortable, enriched existence starts with acknowledging the importance of your mental and physical well-being.

ACHIEVING YOUR DREAMS WITH W.O.O.P.: A PRACTICAL GUIDE TO TURNING WISHES INTO REALITY

Embarking on a journey to realize our dreams and aspirations is a common human desire. However, the gap between wishing and achieving can be vast without a clear roadmap. Enter W.O.O.P., a powerful psychological strategy that stands for "Wish, Outcome, Obstacle, Plan." In this article, we'll explore how W.O.O.P. provides a practical framework to transform your aspirations into actionable steps, bridging the gap between dreams and reality.

Wish – Clarifying Your Desires: The first step in the W.O.O.P. process is identifying and defining your wishes or wants. This involves delving into your deepest desires, aspirations, and goals. Take the time to reflect on what truly matters to you, whether it's personal, professional, or a combination of both. By clearly articulating your wishes, you lay the foundation for a more focused and intentional journey.

Outcome – Visualizing Success: Once your wishes are defined, the next step is to envision the positive outcomes associated with achieving those desires. Visualization is a powerful tool that helps you mentally experience the joy, satisfaction, and fulfillment that success would bring. By vividly imagining the positive outcomes, you create a motivational force that propels you forward and solidifies your commitment to the journey.

Obstacle – Anticipating Challenges: In the pursuit of any goal, obstacles are inevitable. The W.O.O.P. framework encourages a realistic assessment of potential challenges and barriers that may arise on your journey. Identifying these obstacles not only prepares you mentally but also allows for strategic planning. Acknowledging potential pitfalls empowers you to develop resilience and adaptability, essential qualities in the face of adversity.

Virtual & In Person Meetings — March 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
Feb. 25	Feb. 26 Let's Talk 1p Prosumer Virtual Meeting 3-4:30pm DBSA 7 pm	Feb. 27 WOOP 4p	Feb. 28 Journaling10a Mindfulness 1p	Feb. 29 Laughter Yoga 1p OT students 2p DBSA 7 pm	March 1 RGV Prosumer Mtg. 9am -noon Book Club 12:00 – 2:00 p Social 7-9 pm	March 2
March 3	March 4 Let's Talk 1p DBSA 7 pm	March 5 N TX Prosumer Mtg 12p-3p WOOP 4p	March 6 Journaling 10a Mindfulness 1p	March 7 Laughter Yoga 1p DBSA 7 pm	March 8 Book Club 12:00 – 2:00 p Social 7-9 pm	March 9 Houston Prosumer Mtg 12:00p-3p
March 10	March 11 Let's Talk 1p DBSA 7pm	March 12 WOOP 4p	March 13 Journaling10a Mindfulness 1p	March 14 Laughter Yoga 1p DBSA 7 pm	March 15 SATX Prosumer Mtg 12-3 pm Social 7-9 pm	March 16
March 17	March 18 DBSA 7 pm	March 19 WOOP 4p	March 20 Journaling10a Mindfulness 1p	March 21 Laughter Yoga 1p DBSA 7 pm	March 22 Book Club 12:00 – 2:00 p Social 7-9 pm	March 23
March 24	March 25 Let's Talk 1p Prosumer Virtual Meeting 3-4:30pm DBSA 7 pm	March 26 WOOP 4p	March 27 Journaling10a Mindfulness 1p	March 28 Laughter Yoga 1p DBSA 7 pm	March 29 Book Club 12:00 – 2:00 p Social 7-9 pm	March 30

Calendar Times are listed in Central Time

To access the virtual meetings for Prosumers go to the Prosumer website at 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 Prosumer Meeting **March 5**

RVG Prosumer Meeting **March 1**

Houston Prosumer Meeting **March 9**

San Antonio Meeting **March 15**

Virtual Meeting— Any Area **March 25**

Virtual Groups—Subject to Change

Book Club Meeting - Clarity & Connection by Yung Pueblo

Journaling—A guided journaling group to help you find your ah ha moments.

Laughter Yoga— 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

OT Students—Come learn about Occupational Therapy from amazing Occupational Therapy Students and help them learn about the experiences we have.

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

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 9-8-8** 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

Depression and Bipolar Support Alliance (DBSA)
www.dbsalliance.org

Focus for Life www.myFocus4Life.com

Free Online Computer Classes <https://edu.gcfglobal.org/en/topics/computers/>

Harris Center for MH&IDD www.theharriscenter.org

Hearing Voices Network www.hearingvoicesUSA.org

Information on national programs and services www.usa.gov/disability-services

Medications, Assistance, Discount programs
www.needymeds.org

Mental Health Self Help Clearinghouse mhselfhelp.org/

National Consumer/Survivor Coalition <https://www.ncmhr.org/>

National Empowerment Center: www.Power2u.org

Peer Force: <https://peerforce.org/>

Patient Assistance with Medications www.phrma.org/

Prosumers website www.TheProsumers.org

Substance Abuse and Mental Health Services Administration
www.SAMHSA.gov

Texas Administrative Code: www.sos.state.tx.us/tac/

Texas Legislature Online www.capitol.state.tx.us

The Center for Health Care Services <https://chcsbc.org/>

The Texas Election Division www.sos.state.tx.us/elections/

TX Department of Housing and Community Affairs
www.tdhca.state.tx.us

TX government departments www.texas.gov

Via Hope, www.viahope.org

Universal Important Numbers

Prosumers International – 1-800-577-3795 extension 800
www.theprosumers.org, 6800 Park Ten Blvd, Suite 220-N,
San Antonio, TX 78213

Disability Rights TX 800-252-9108, 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/

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

March Meetings

Setting Boundaries, When to Say NO

Join us for an insightful dialog on setting boundaries and mastering the art of saying “NO” with confidence. Learn practical techniques to establish healthy limits in both personal and professional realms, fostering better relationships and reducing stress. Leave equipped with the skills to prioritize your well-being and communicate assertively for a more balanced and fulfilling life.

Tuesday, March 5 - North Texas 12p-3

Friday, March 1 - Rio Grande Valley 9a-12p

Saturday March 9 - Houston 12p—3p

Friday, March 15 - San Antonio 12p—3p

Monday, March 25 - Virtual 3 pm—4:30 p

All Meetings in Person
unless Virtual is indicated

April Meetings

Passion for Life and Realizing My Full Potential

Immerse yourself in an inspiring discussion on igniting a passion for life and realizing your full potential. Uncover the keys to cultivating enthusiasm and purpose, as we delve into actionable strategies to unleash your unique capabilities. Walk away with a renewed sense of direction, empowered to embrace life's opportunities, and chart a course toward fulfilling your aspirations.

Tuesday, April 2 - North Texas 12p-3

Friday, April 5 - Rio Grande Valley 9a-12p

Saturday April 13 - Houston 12p—3p

Friday, April 19 - San Antonio 12p—3p

Monday, April 22 - Virtual 3 pm—4:30 p

Special Thanks to:
 **Methodist**
HOSPITAL | SPECIALTY AND TRANSPLANT
Behavioral Health Services

Elected Officials in the Prosumer Areas

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

Collin County Elected Officials

SEN. Bob Hall | SEN DIST 2 | (512) 463-0102
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. FREDERICK FRAZIER | HSE DIST 611 | (512) 463-0738
REP. MATT SHAHEEN | HSE DIST 66 | (469) 642-8708
REP. JEFF LEACH | HSE DIST 67 | (972) 908-3358
REP. MELAELE PLESA | HSE DIST 70 | (512) 463-0356
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 | (512) 463-0714
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

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
NAMI Office 210-734-3349
Recovery Inc. 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 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 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
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
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

"From Isolation to Empowerment: A Lived Experience Perspective on the Transformative Power of Connection in Mental Health Recovery"

Embarking on the journey of mental health recovery is a path often marked by isolation, uncertainty, and internal struggles. However, at the heart of this transformative journey lies a profound truth — the critical role that relationships and connections play in the process. This article, shaped by the lived experience of individuals navigating mental health challenges, explores the pivotal importance of authentic connections with peers in fostering recovery, empowerment, and a sense of belonging.

A Lifeline in Isolation: For those grappling with mental health challenges, the feeling of isolation can be overwhelming. In the darkest moments, when the weight of internal struggles seems insurmountable, the presence of empathetic peers can serve as a lifeline. Shared experiences create a unique understanding that transcends words, offering solace and the assurance that one is not alone in the journey towards recovery.

Shared Understanding and Compassion: Peer connections provide a sanctuary where the complexities of mental health struggles are met with empathy and shared understanding. In these relationships, the need for explanations dissipates, replaced by a compassionate acknowledgment of the battles being fought. This shared language of experience fosters a profound sense of compassion that is often difficult to find elsewhere.

A Catalyst for Personal Growth: Recovery, for those with lived mental health experiences, is a deeply personal and transformative process. Peers become not only witnesses but active catalysts for personal growth. Through shared narratives, collective resilience, and mutual encouragement, individuals are empowered to confront their challenges, redefine their narratives, and discover their inherent strength.

Learning Resilience Through Peer Connection: Navigating mental health challenges demands resilience, and peer

connections become invaluable classrooms for resilience training. In these relationships, individuals learn to navigate setbacks, celebrate small victories, and forge ahead, knowing they have a network of understanding peers who stand beside them. The collective resilience of the group becomes a source of inspiration and motivation.

Fostering Empathy and Authentic Communication: At the heart of mental health recovery lies the development of empathy and effective communication skills. Peer connections offer a space to learn and practice these crucial skills. The ability to understand and communicate with authenticity becomes a powerful tool, not only in navigating personal challenges but also in fostering healthier connections in all areas of life.

Breaking the Chains of Isolation: In a world that often stigmatizes mental health struggles, authentic connections with peers become an antidote to the isolation imposed by societal norms. Face-to-face interactions, marked by genuine understanding and shared experiences, offer a reprieve from the loneliness exacerbated by digital communication. The warmth of shared moments becomes a powerful counterforce to the isolation that can accompany mental health challenges.

In the realm of mental health recovery, the lived experience perspective underscores the foundational truth that recovery truly begins in relationships and connections. Peers, bonded by shared struggles and triumphs, play an instrumental role in providing solace, empowerment, and the assurance that no one walks this path alone. The transformative power of connection transcends conventional therapeutic models, offering a beacon of hope and support that lights the way towards recovery and a renewed sense of self.

ACHIEVING YOUR DREAMS WITH W.O.O.P.

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Plan – Crafting Actionable Steps: With a clear understanding of your wishes, envisioned outcomes, and anticipated obstacles, the final step is to develop a concrete plan of action. Break down your journey into manageable and realistic steps, creating a roadmap that guides you toward your desired outcome. Your plan should be specific, measurable, and time-bound, ensuring that each step contributes to the overall success of your endeavor.

W.O.O.P. in Action – A Practical Example: Let's consider a real-life scenario – the desire to learn a new language.

Wish: You wish to become fluent in Spanish.

Outcome: Visualize yourself confidently conversing with native speakers, exploring Spanish-speaking countries, and embracing the cultural richness that comes with language fluency.

Obstacle: Anticipate challenges such as time constraints, potential frustration with complex grammar rules, and the need for consistent practice.

Plan: Develop a specific plan, including daily language practice, joining language exchange groups, using language-learning apps, and scheduling periodic immersion experiences.

W.O.O.P. provides a practical and systematic approach to turning wishes into reality by fostering clarity, motivation, and strategic planning. Whether your aspirations are personal or professional, the W.O.O.P. framework empowers you to navigate the journey with intentionality and purpose. By acknowledging your wishes, envisioning positive outcomes, anticipating obstacles, and crafting a detailed plan, you set yourself on a path towards success that is both meaningful and achievable. Remember, the journey may have challenges, but with W.O.O.P., you possess a powerful tool to transform aspirations into tangible accomplishments.

PeerFest 2024

Get ready for Peer Fest 2024 – an event you won't want to miss, especially if you missed Peer Fest 2016! Hosted by the Hogg Foundation, PeerFest is a unique conference organized by a dedicated work group of peers. It's not just an educational experience; it's a celebration for Texans who have faced behavioral health challenges and are on a journey to wellness.

PeerFest is not your typical conference—it's a fantastic opportunity to connect with others who truly understand your journey. Beyond focusing on wellness, PeerFest provides a platform to explore a variety of useful topics. And let's not forget, it's an absolute blast!

Mark your calendar because PeerFest 2024 will take place in Grapevine, TX, from April 15-18, 2024. Your registration includes a three-night stay at the Great Wolf Lodge Resort, complete with an indoor water park, and covers all your meals except one. Please note that you'll either room with someone or pay an additional fee. Act fast, as there are only 350 registrations available, and there may be scholarships up for grabs. Word on the street is that registration will likely range from \$300 to \$350 per person and open mid January. While you'll be responsible for your travel and one dinner, the rewards are plentiful. Peer Fest promises a unique blend of learning, networking, and laughter – an experience that's truly remarkable.

For additional details, visit www.PeerFest.org. Don't miss out on this incredible opportunity to connect, learn, and laugh at Peer Fest 2024!

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."

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.

Mental Health Conferences 2024

April 15-18, 2024	PeerFest in Grapevine TX www.Peerfest.org
Apr 15-17, 2024	NatCon24: in St. Louis, Missouri https://www.thenationalcouncil.org/
April 15-16, 2024	6th World Mental Health Congress ONLINE https://www.mentalhealth-conference.com/
May 6-9, 2024	Peerpocalypse in Seattle, WA https://www.mhaoforegon.org
June 10-12 2024	2024 online Law & Mental Health Conference https://www.lawconferences.org/
June 17-19, 2024	Texas Council Conference in San Antonio, TX www.TXCouncil.com/Conference
June 17-18, 2024	Trauma Summit 2024 in Belfast and Online https://actiontrauma.com/traumasummit/?msclkid=32d05dd262341a8ba05f38e33c47e86d
Sept 4-7, 2024	National Association for Rights, Protection and Advocacy in Portland, OR www.NARPA.org

*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.

RESOURCES

Everything from building Empathy to Activism to Wellbeing. This website has captured essential articles on Peace and Conflict and what we can do about them. Go to the website with the QR Code.



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 and click on
Prosumer emPOWERment Radio.

Prosumer emPOWERment Radio (PPR) Stats:

Month	# Listening Hours	# Sessions	# Session Starts
January	359.76	58	105

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!!