

**/Live
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
Facebook—Prosumers
Twitter—ProsumersInt**

April 2024

Janet Paleo—Editor

Volume 23: Issue 4

Side Effects of Life By Janet Paleo

When you think of life, we typically have a belief that living is a good thing. Bringing a baby into the world is something we celebrate. However, when you consider the "side effects" of life, depending on your perspective on any given day, you might view the side effects of living as either great or not so great. Let's explore this further.

The concept of "side effects" usually refers to unintended consequences or drawbacks associated with a particular action or treatment. In the context of living, it's not usually framed in terms of side effects. However, life inevitably involves challenges, hardships, and experiences that may be perceived as negative or undesirable. These can vary greatly depending on individual circumstances, such as health issues, personal relationships, financial struggles, and societal pressures.

While life can be filled with joy, fulfillment, and growth, it also carries the potential for pain, suffering, and adversity. However, it's important to recognize that these challenges are a natural part of the human experience and can often lead to resilience, personal development, and a greater appreciation for life's blessings.

So, how does one take the pain of living and turn it into resilience and personal development? I'll tell you the secret. It's simple yet incredibly hard to do. It's not merely the power of positive thinking, because your mind may not readily accept it.

Continued on page 2

The Optimist Creed

I Promise Myself—

To be so strong that nothing can disturb my peace of mind.

To talk health, happiness and prosperity to every person I meet.

To make all my friends feel that there is something in them.

To look at the sunny side of everything and make my optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as I am about my own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature I meet a smile.

To give so much time to the improvement of myself that I have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear; and too happy to permit the presence of trouble.

OPTIMIST INTERNATIONAL



Center of Excellence in Mental Health Recovery

Prosumers has taken a giant leap in equipping peers to become more fully trained than ever before in Texas. We have been a CEU entity for several years, giving you access to trainings built around being the best peer specialist you can be. Finally, we are also now a training entity where you can become and get trained by one of the best trainers in Texas, Anna H. Gray. Anna has been a trainer and even helped develop the curriculum around MHSP training. She is also qualified to train peer supervisors. Along with this, she is a trainer

Continued on page 2

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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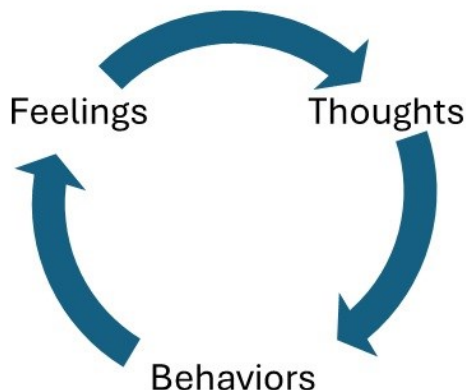
Thanks to Hope Family Health Center for partnering with Prosumers in the Rio Grande Valley.
The views expressed in this newsletter do not necessarily reflect the views of the editor or any of its sponsors..

The work involves a subtle but significant shift in focus. Instead of denying your pain and forcing positivity, acknowledge your suffering while also recognizing your existence. For example, instead of saying, "I feel horrible, so I say I feel great," you might say, "I feel horrible, and yet I am breathing. I am standing. I feel, therefore I am alive." This subtle shift in perspective can make a significant difference.

There's a chart that came out a few years ago, depicting a circle with three arrows. These arrows can go in either direction, and you can start anywhere in the cycle. Therefore, if living is causing you to feel bad, consider what you can change. Can you change your thoughts? If so, your thoughts can change your feelings, which can then influence your behavior. Alternatively, changing your behavior can impact your thoughts and feelings. Explore what you can do, think, or feel differently about your current situation. If living for you has the side effect of being great, examine what you're thinking, feeling, and doing so that you can maintain or return to that positive state. It's remarkable but not always easy.

Life is rarely a flat line. Even if we feel stuck in a hole, life continues to move. Living and being human come with the side effects of life—some we like, some we don't. The good news is that we can often change the ones we don't like, although not always. Some experiences, like injuries, the death of a loved one, or receiving a ticket, must be endured. However, even in these situations, we can find reasons to be grateful. For instance, despite the pain of an injury, we can be grateful for being alive. Despite missing a loved one, we can appreciate the lessons they taught us about life. Even if we receive a ticket, it can remind us to drive more carefully.

The most important thing to remember is that you only have one life, which will have its ups and downs. You are not a mistake, and you are worthy of love. If you feel otherwise, take a moment to reassess your feelings, thoughts, or actions to see what can be newly created. You have the power to choose your side effects, so choose wisely.



with Intentional Peer Support, Pat Degan's Personal Medicine Coach, National Council Trauma-Informed Care, Focus for Life, and a myriad of other trainings. If you have ever been in one of her training sessions, you know she is so knowledgeable and has you really understood whatever you are talking about without wondering, "will this end soon?"

We are also looking at creating a peer mentoring group or providing 1-on-1 peer mentoring to assist peers who are struggling at work. If that is something you are interested in, please let us know.

If you work at an LMHA/LBHA, you get a 10% discount on all training. We are working on a system where we can give discounts for other groups, but that is not fleshed out at this time. Please visit our website and look at the training calendar to see if there is something that interests you.

Also, if there is any training you need or want, give us a call and see what we can create together. Our goal is to empower the Texas Peer Workforce to become the most highly trained peers, capable of effectively supporting all individuals on their journey to recovery.

Are you a poet?

If so, get out your best work and come celebrate May Mental Health Month with an online Poetry extravaganza!!

What: Prosumer Poetry Recital

When: May 20, 2024

Time: 5 pm—7 pm

Where: [Virtual on Zoom](#)

To Register as a Poet: [Click Here](#) or go to www.TheProsumers.org

If you are not a poet, Come vote for your favorite poem.

Top prize: \$50.00

2nd Prize: \$30.00

3rd Prize: \$10.00

All poets wishing to participate must register by May 17, 2024 so we can prepare the ballots. The poems will be posted on our website, with your permission. The winning poems will be run in the July issue of the Prosumer news. Staff or Board Members of Prosumers International may participate in the Poetry reading but are not eligible for cash prize. A poet may have another person read their poem for them or ask Prosumer staff for assistance. In case of a tie, a number randomizer will be used to determine the winners. Poets may read up to 2 oems or more if time permits. Only two will be used for the contest. Poets or their designee must be present to win. For further clarification or for questions, please contact the Prosumer Office.

Virtual & In Person Meetings — April 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
March 31	April 1 Let's Talk 1p DBSA 7 pm	April 2 N TX Prosumer Mtg 12p-3p WOOP 4p	April 3 Journaling10a Mindfulness 1p	April 4 Laughter Yoga 1p DBSA 7 pm	April 5 RGV Prosumer Mtg. 9am -noon Book Club 12:00 – 2:00 p Social 7-9 pm	April 6
April 7	April 8 Let's Talk 1p DBSA 7 pm	April 9 WOOP 4p	April 10 Journaling 10a Mindfulness 1p	April 11 Laughter Yoga 1p DBSA 7 pm	April 12 Book Club 12:00 – 2:00 p Social 7-9 pm	April 13 Houston Prosumer Mtg 12:00p-3p
April 14	April 15 Prosumer offices closed to go to PeerFest DBSA 7pm	April 16 Prosumer offices closed to go to PeerFest	April 17 Prosumer offices closed to go to PeerFest	April 18 Prosumer offices closed to go to PeerFest DBSA 7 pm	April 19 SATX Prosumer Mtg 12-3 pm Social 7-9 pm	April 20
April 21	April 22 Let's Talk 1p Prosumer Virtual Meeting 3-4:30pm DBSA 7 pm	April 23 WOOP 4p	April 24 Journaling10a Mindfulness 1p	April 25 Laughter Yoga 1p DBSA 7 pm	April 26 Book Club 12:00 – 2:00 p Social 7-9 pm	April 27
April 28	April 29 Let's Talk 1p DBSA 7 pm	April 30 WOOP 4p	May 1 Journaling10a Mindfulness 1p	May 2 Laughter Yoga 1p DBSA 7 pm	May 3 Book Club 12:00 – 2:00 p Social 7-9 pm	May 4

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 **April 2**
- RVG Prosumer Meeting **April 5**
- Houston Prosumer Meeting **April 13**
- San Antonio Meeting **April 19**
- Virtual Meeting— Any Area **April 22**

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.

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."



!! us how we are doing!!
:an the code with your
one or you can give us
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

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 3 - 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

All Meetings in Person
unless Virtual is indicated

May Meetings

Coping with Stress

Join us for an empowering conversation on stress management, where we'll delve into practical strategies to navigate life's challenges. Learn evidence-based techniques to cope with stress, tailored to your individual needs. Walk away with a toolkit of skills that promote resilience, well-being, and a renewed sense of control in the face of life's pressures.

Tuesday, May 7 - North Texas 12p-3

Friday, May 3 - Rio Grande Valley 9a-12p

Saturday May 11 - Houston 12p—3p

Friday, May 17 - San Antonio 12p—3p

Monday, May 27 - Virtual 3 pm—4:30 p

 **Methodist**
Special Thanks to:
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. MELAELA 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. MORGAM 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 | SENDIST 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
AI-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

Rejection is a Real Pain

Rejection is a genuine pain. A social snub, akin to a slap in the face, truly stings. Researchers at UCLA have discovered that the same brain cells that register physical pain also respond when the injury comes in the form of rejection. The neuroscientists monitored brain activity in 13 UCLA undergraduates who played a computer ball-tossing game with two unseen partners. One partner was another player, while the other was computer-generated and programmed to become antagonistic. Eventually, they stopped tossing the ball to the students, resulting in social rejection. At that point, the anterior cingulate cortex, a region of the brain that registers physical pain, lit up on the brain scans of the study volunteers.

Evolution may have hardwired our brains to view a social slight and a broken arm as equally serious threats to our survival. Researchers believe that the antidote—a kiss or a hug—could comfort a bruised ACC. "The ACC has a ton of opioid receptors, and opioids, which are released upon touch, are the body's most potent painkillers," says lead study author Naomi Eisenberger, a UCLA doctoral student (Source: Prevention Magazine, January 2005).

Editor's Note: When I read this article, I recalled the numerous times I've faced social rejection due to my diagnosis of mental illness. One of the worst instances was when people refused to let me hold their babies because they feared what might happen if I had an episode. This is just one example, and it still brings tears to my eyes. We experience many forms of social rejection, such as being treated differently in mental health clinics compared to regular doctor's offices, having people talk about us in the third person, and being stigmatized and discriminated against because of a label placed upon us. Some individuals even believe it would be more humane to kill us if we became homeless.

The cure? Yes, a hug is also elusive when we face stigma. Many of us do not have someone we can readily turn to for a hug or kiss. Our society



discourages hugging as a greeting, and most people would back away if you approached them with your arms open. However, there are other options. The best option is to ask someone for a hug; most of our friends and acquaintances would respond by hugging us as long as we ask first. Additionally, you can hug a pet, a pillow, or a stuffed animal. It hurts when people socially snub us, but we shouldn't let that stop us from trying to achieve our dreams. If you've finished reading this, consider yourself hugged by me.

The Importance of Pets in Good Mental Health

Pets play a significant role in our lives beyond mere companionship; they contribute immensely to our mental well-being. The bond between humans and animals has been documented throughout history, and its therapeutic benefits are increasingly recognized in modern society. In this essay, we will explore the importance of pets for good mental health.

Firstly, pets provide unconditional love and companionship, which can alleviate feelings of loneliness and isolation. Many people, especially those living alone or struggling with mental health issues, find solace in the presence of a pet. Whether it's a dog greeting you with wagging tail or a cat curling up on your lap, the simple act of being with a pet can bring immense comfort and joy. This companionship creates a sense of belonging and purpose, which is crucial for maintaining good mental health.

Moreover, pets can reduce stress and anxiety levels. Studies have shown that interacting with animals can lower cortisol levels, the hormone associated with stress, and increase oxytocin levels, the hormone responsible for bonding and relaxation. Simply petting a dog or stroking a cat can induce a sense of calmness and tranquility, making pets valuable allies in managing stress and anxiety.

Furthermore, pets promote physical activity and social interaction, both of which are essential for mental well-being. Owning a pet often entails activities such as walking, playing, and grooming, which encourage regular exercise and outdoor time. These activities not only improve physical health but also boost mood and self-esteem. Additionally, pets can facilitate social connections by providing opportunities for interaction with other pet owners at parks, pet stores, or training classes. This social support network can reduce feelings of isolation and foster a sense of community, contributing to overall mental wellness.

Pets also offer emotional support during difficult times. They are highly attuned to their owners' emotions and can provide comfort and reassurance when needed most. Whether it's a comforting purr, a sympathetic nuzzle, or a loyal presence during moments of distress, pets have an uncanny ability to lift our spirits and offer unconditional love and support.

Moreover, caring for a pet can instill a sense of responsibility and purpose, which is particularly beneficial for individuals struggling with depression or low self-esteem. The daily routines of feeding, grooming, and exercising a pet provide structure and stability, helping to establish a sense of accomplishment and fulfillment. This sense of purpose can boost self-esteem and confidence, empowering individuals to overcome challenges and build resilience.

In conclusion, pets play a vital role in promoting good mental health. Their unconditional love, companionship, and therapeutic benefits offer comfort, reduce stress, and provide emotional support. Furthermore, pets encourage physical activity, social interaction, and a sense of purpose, all of which contribute to overall well-being. As we navigate the complexities of modern life, let us not underestimate the profound impact that our furry friends can have on our mental health and happiness.

We are the ones we have been waiting for!!

**New Independent Housing for
Clarence Upgraded!**

In this document I am going to be talking about what it has been like to be in my very own apartment. I have been in this type of living situation before, but this right here right now is so different. Learn from me that being nice and taking in the whole world into your personal space is not always ideal. I do not regret or dislike my two former roommates. That is not what this is. This in fact is what is going through my mind as I reside here on my street in southeast Houston.

Getting into the apartment that I have now was not easy at all. It was such a big challenge. I had to fill out and turn in so much paperwork. This ended up paying off in the end! This previous statement shows that I can follow through on something if I really want to do it. When I found out about this opportunity, I was excited and nervous at the same time. So, what am I saying? My first hurdle to cross was that I needed to make sure I was ready to follow through. When you follow through on something, you end up being successful.

Before this letter is closed, I really want to share this last point in this really powerful document. I am so happy. Period. This is the simple truth. I am not glad that I got put out of my last apartment. I am glad that it ended up being a blessing in a fake way! Does that connect with you? You may or not know this but there is power in being able to open and unlock your own space. It is an amazing feeling very difficult to express into words. So before I end this document. Remember be encouraged and uplifted about my story. It is again very nice to be in my apartment that is in my name and my name only!

Praise and adoration to the Almighty one who helped me get to this point!

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.

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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
February	359.76	58	105

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 to 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

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I live the life I love!!