



The Change Committee

# Monthly Newsletter

The Consumer Advisory Board for Healthcare for the Homeless—Houston

May 2008

---

## Coming Up

Voter Registration:

Monday, May 19

Change Committee meeting:

Tuesday, May 27

Voter Registration:

Monday, June 2

Change Committee Meeting:

Tuesday, June 10

Voter Registration

Monday, June 16

---



## Our Latest Project

The Change Committee, in conjunction with the H.O.M.E. S. clinic, is seeking to create an outlet for the untapped artistic energy that exists within Houston's homeless community. It is our belief that by doing so we can promote both rehabilitation and entrepreneurship. Our first step is to find studio space where the artists can hone their skills and prepare pieces for display and sale.

We would like to give voice to the creative spirit of our community. It can only be successful with participation, so if you are interested let us know. In this issue we are printing a poem by Charlotte Garner, a member of our community. If you have poems or other writings that you would like to submit for publication, please turn them in to Joseph.

We are also seeking donations of supplies for the artists to use. Beyond that, we are also seeking venues for the displaying and sale of their works. If you are interested in becoming a contributing artist, or if you or someone you know can help out with donations, please contact Joseph Benson at [jbenson@searchhomeless.org](mailto:jbenson@searchhomeless.org).

---

## Care to Join Us?

The Change Committee is the Consumer Advisory Board for Healthcare for the Homeless-Houston. Our committee is made up entirely of people who are or once were homeless. We have a permanent seat on the Board of Directors from which we advocate from the homeless community's point of view. We are always looking for new members, so if you would like to join us, we meet on the second and fourth Tuesdays of each month at 7:00AM at SEARCH. We'd love to have you!

## Help If You Want It

There's help if you want it  
If only we'll look  
Sometimes it takes a beating from life  
At least for me that's what it took

You see I choose to do it the hard way  
Yes, I tried to buck life  
But the only thing that got me  
Was an abundance of misery and strife

So finally I submitted  
Battered and broken I came in  
Never knew there were so many  
With a helping hand to lend

So now I carry the message  
Don't give up, just don't quit  
I'm a witness you can make it through  
There is help if you want it

~by Charlotte A. Garner

Inspired by God



## Making a Difference

One of the most common diagnoses seen in the clinics is severe mental illness. I would like to describe Major Depression. I can best describe it as a slow erosion of hope which leads to immobilization. At worst, you can literally sit in a chair all day unable to make yourself function. Without intervention, there is temptation to self-medicate with drugs or alcohol both of which create their own problems. Unable to work or take care of yourself and with the depressive belief that it can't get better, you end up desperate and homeless. I was rescued after a suicide attempt with hospitalization and stabilization on medication. This is the hope that the clinics restore. A dedicated group of doctors and students help hundreds of people with mental illness who have 'dropped off the radar' into homelessness regain a place and a chance to return to happier lives by helping them recognize and manage mental illness. ~Jan R.

## VOTER REGISTRATION



## From the Chairman

As some of you may have noticed, on May 5<sup>th</sup> we recommenced our voter registration effort at SEARCH. Mike and Jan will be back on Monday, May 19, and every second Monday thereafter until the general election in November. This is easily one of the most important things the Change Committee will do this year. We know that many in our community think that their votes don't matter. They are wrong. In local elections, even in a big cities like Houston, a voting bloc of only a few hundred members can decide winners and losers. There are more than 10,000 of us. More low income housing, more and better services, and so forth are not going to just happen. If that is what we want, voting is how we are going to get it.

**Feedback** can be sent to: [jbenson@searchhomeless.org](mailto:jbenson@searchhomeless.org). Even better, you can deliver it in person by attending one of our meetings. **BECOME A MEMBER!**

## HHH Clinic Hours

<b>SEARCH*</b>	Mon. - Thurs.	8AM - 5PM
2505 Fannin	Friday	8AM - Noon
713-276-3079		
<b>Cathedral Clinic*</b>	Mon. - Fri.	8AM - 5PM
1212 Prairie	Saturday	8AM - Noon
713-220-9730		
HOMES Student-Run Clinic	Sunday	9AM - 1PM
<b>Star of Hope - Men's</b>	Wednesday	10AM - 7PM
1811 Ruiz		
713-226-5426		
<b>Outreach at Palmer Way Station</b>	Mon. - Fri.	7:30 - 9:30AM

\*Not all services available at all times

## Project Access Bus Schedule

Casa de Amigos	07:25 AM	09:05 AM	10:45 AM		02:22 PM		
Compass/Beacon Center/ Cathedral Clinic	07:33 AM	09:12 AM	10:30 AM		01:53 PM	03:36 PM	04:40 PM
Bread of Life	07:41 AM	09:19 AM	10:24 AM		01:43 PM	03:28 PM	
MHMRA Bristow	07:45 AM	09:23 AM	10:21 AM		01:38 PM	03:22 PM	
SEARCH	07:50 AM	09:26 AM	10:19 AM	11:00 AM	01:33 PM	03:17 PM	04:24 PM
Social Security Admin.	07:55 AM	09:33 AM			01:24 PM	03:12 PM	
Lord of the Streets	08:00 AM	09:38 AM		11:05 AM	01:15 PM		
Operation ID (Tu & Th Only)	08:06 AM	09:45 AM		11:10 AM			
Emergency Aid Coalition		09:47 AM		11:12 AM			
Palmer Way Station	08:11 AM	09:50 AM					
Ben Taub & NPC	08:20 AM	09:55 AM		Arrv 11:30 Dpt 1:00PM		03:00 PM	04:14 PM
Vital Statistics (Tu & Th Only)	08:26 AM	10:00 AM				02:52 PM	
VA Medical Center	08:31 AM	10:06 AM				02:45 PM	04:06 PM
Health & Human Services (M-W-F Only)	08:37 AM	10:12 AM				02:37 PM	