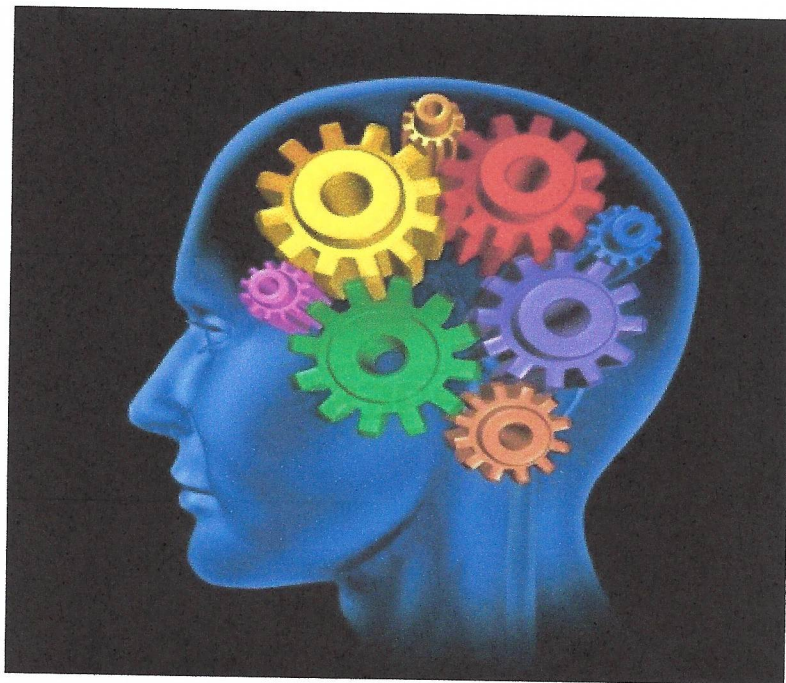


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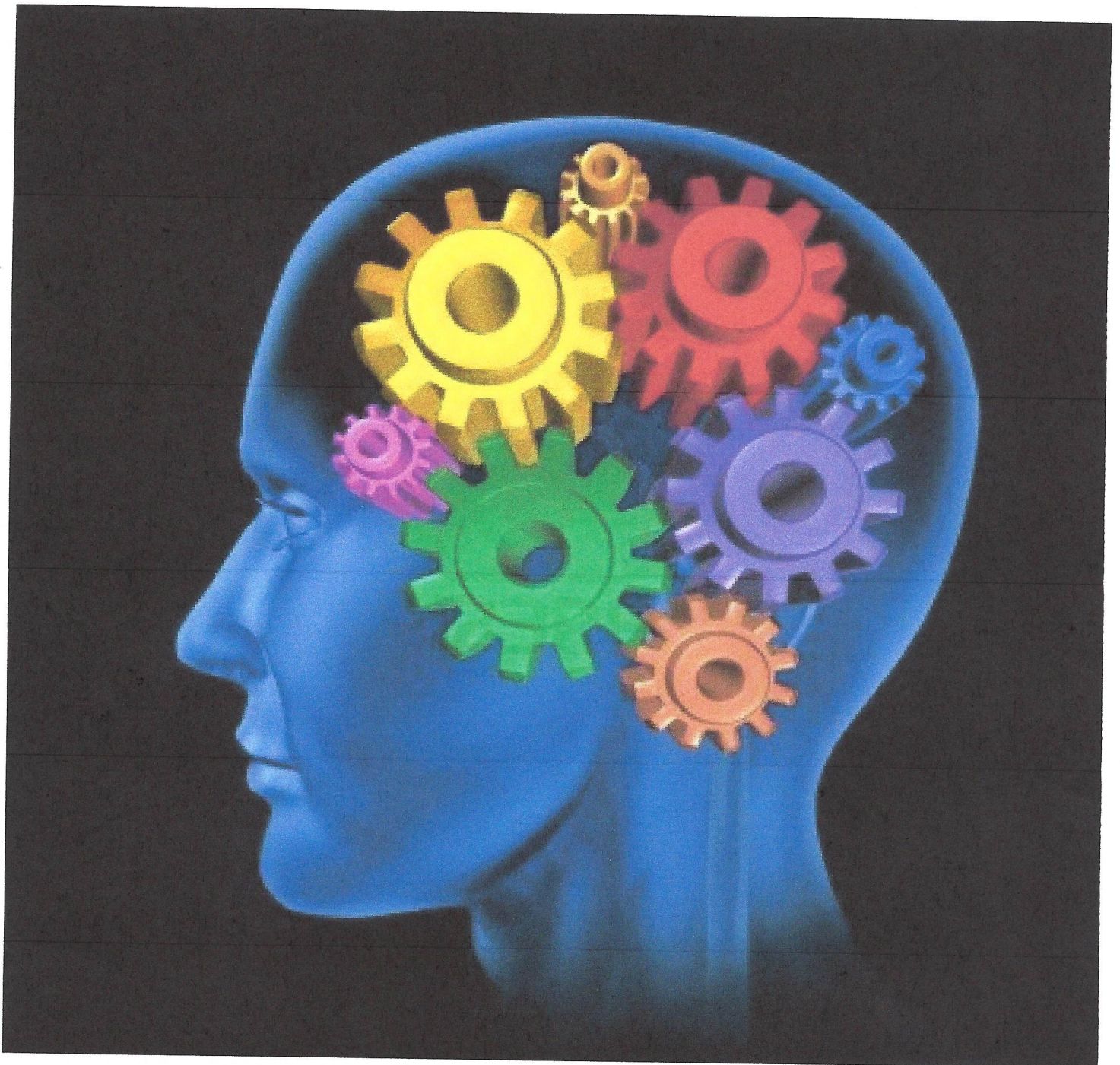
VHMACST - **Secretary**

Kesha Delasbour



Veterans' Healthy Minds Advisory Council – South Texas

“Helping Veterans, Help Themselves”



Veterans' Healthy Minds Advisory Council – South Texas

“Helping Veterans, Help Themselves”

VHMACST@gmail.com

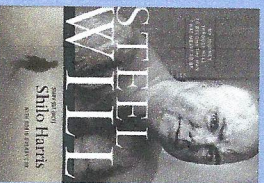
South Texas Veterans Health Care System
2019 VA Community Mental Health & Wellness Summit

Connecting
Communities

Strengthening
Families

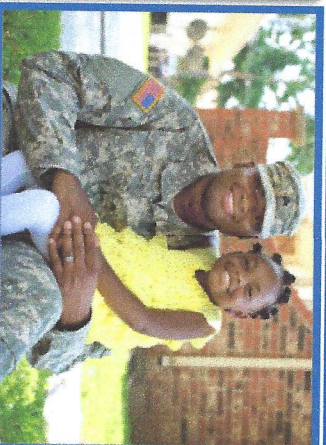
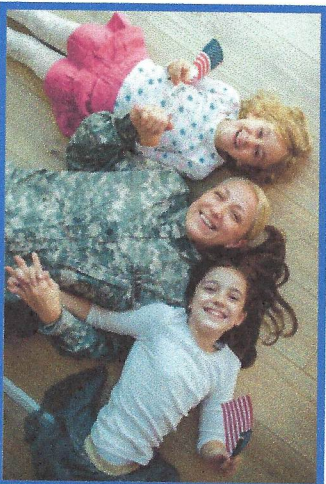
Serving
Veterans

This year's event will focus on the needs of Veteran family members and caregivers: *How can the San Antonio area community better collaborate to serve these families?*



Keynote Speakers:

SSG Shilo Harris, USA, Ret. & author of *Steel Will*, and **Jamie PK, M.Ed., LPC,** wife & caregiver



Date: August 8, 2019

Time: 8:30am-2:00pm (Registration & breakfast open at 7:30am)

Location: St. Philip's College, Sutton Learning Center (Bldg 10)

Room: Bowden Alumni Center 3rd Floor
 1801 Martin Luther King Dr, San Antonio, TX 78203

For: Anyone working with and serving Veterans and their families in the greater San Antonio area. Veterans, transitioning service members, family members, and other community partners are also welcome.

Cost: Free

Register to reserve your spot (space is limited):

<https://2019southtxvamhsummit.eventbrite.com>



BREAK-OUT SESSIONS

- ⇒ Family Transition to Civilian Life
- ⇒ Accessing Services & Navigating the System
- ⇒ Managing Crisis Situations

EVENT SPONSORS

ALAMO COLLEGES DISTRICT
 St. Philip's College
 Good Samaritan Veterans Outreach & Transition Center

Warrior Springs
 A subsidiary of Post Acute Medical



CAREER SUMMIT

JOINT BASE SAN ANTONIO | JULY 25-26, 2019



GET ALL THE DETAILS AT HIRINGOURHEROES.ORG/EVENTS

EVENT HIGHLIGHTS

THURSDAY, JULY 25
5:00PM - 7:00PM

Service members, veterans, and military spouses are invited to network with companies at a free reception featuring hosted refreshments.
Randolph-Brooks Federal Credit Union, 1 IKEA RBFCU Pkwy, Live Oak, TX

FRIDAY, JULY 26
8:30AM - 5:00PM

Service members, veterans, and military spouses gain valuable insights at career planning workshops; LinkedIn premium membership overview and a free professional headshot; engage with national-level HR experts and hiring managers during employer panel discussions and career fair.
RackSpace Global Headquarters, 1 Fanatical Place, City of Windcrest, San Antonio, TX

NEED A RESUME?

[VISIT RESUMEENGINE.ORG](http://RESUMEENGINE.ORG) OR MYCAREERSPARK.COM

Resume Engine and Career Spark are the quickest and easiest way to send your resume to employers at the Career Fair. Build a powerful resume at ResumeEngine.org for service members and MyCareerSpark.com for military spouses.

Powered by Toyota

THANK YOU TO JOINT BASE SAN ANTONIO AND COMMUNITY PARTNERS

HIRING OUR HEROES

U.S. CHAMBER OF COMMERCE FOUNDATION

davelp.lapointe@gmail.com

From: Veterans Health <veteranshealth@public.govdelivery.com>
Sent: Monday, June 17, 2019 09:05 AM
To: davelp.lapointe@gmail.com
Subject: Urgent Care □ Where and When You Need It



Urgent Care – Where and When You Need It

You've probably seen news about the MISSION Act, which expands same-day services in primary care and mental health, as well as expanded telehealth to Veterans in their homes. Under the MISSION Act, urgent care is now a supplemental benefit for eligible Veterans. Urgent care in VA or the community (i.e., non-VA) is for those minor injuries and illnesses that do not require emergency room care. This support for urgent care does not *replace* the important relationship that you have with your VA health care team.

If you need to use the new urgent care benefit, it is important that you go to an urgent care location in your community that is within the newly established VA contracted network. It is also important to know the following details about the prescription component of the benefit:

- If the urgent care provider gives you a prescription, you can fill a 14-day supply of that medication at the VA or in a pharmacy within the VA contracted network.
- If you choose to fill an urgent care prescription at a pharmacy outside of the VA network, you will be required to pay for the prescription at the time of pick up and then file a claim for reimbursement at your local VA medical facility.

This [special publication about urgent care and the MISSION Act](#) provides all the details for you.

If you arrive at an urgent care network location and have any difficulty receiving care, you can call 866-620-2071 to receive assistance.

You can also call [your local VA facility](#) 24/7 for advice, or logon to My HealthVet and send a [Secure Message](#) (*login required*) to your health care team. Any Secure Message should get a response within 3 business days (usually fewer).

Read More

[Urgent Care \(VA\)](#)

[VA Launches New Health Care Options under MISSION Act \(VA\)](#)

Good Morning,

I'd like to share with information about our **Texas Women Veterans Day Celebration** we are hosting on

29 June at Confluence Park in San Antonio.

Join the Women Veterans of San Antonio as we honor women Veterans and celebrate Texas Women Veterans Day. The San Antonio River Authority has graciously donated the use of Confluence Park (310 W. Mitchell St) on 29 June 2019.

Tentative Schedule:

0630-0730: Sunrise Yoga (free to women Veterans)

*All levels welcome (only women Veterans pls)

*Bring your yoga mat (or beach towel will work)

0900-1000: Vendor set up

1030: Registration opens

1100: Opening Ceremony

*Guest Speaker: Octavia Harris

1400: Raffles

1130-1500: Vendor tables, socialize, network, eat

Parking:

Parking is limited at Confluence Park and is open only for our planning committee, food trucks, & some vendors. The parking options available are pictured in an attachment. They are all a short walk from the park.

Note: these parking options (which are typically used during Confluence Park events) have been provided by Confluence Park representatives. Parking for Yoga: there is street parking and a small parking lot.

Food:

There will be 2 food trucks on site. Free meal tickets will be given to the first 100 women Veterans. Family and additional attendees must purchase their own food.

Goody/Swag Bags:

Free to the first 100 women Veterans

Additional Info:

**Bring a folding chair as needed (seating is limited)

**After yoga, participants must leave so that vendors and staff can set up for the rest of the day.

Thank You,

Robin Harder

U.S. Army, Retired

President & Founder

Women Veterans of San Antonio

(cell): 325-450-7704

(office): 830-391-9235

Routine Eye Exams:

New VA Eye Clinic is located inside of Wilford Hall Ambulatory and Surgical Center. Appointments are available between the hours of 0730-1630 Monday, Tuesday and Wednesday. On Thursday from 1200-1630. All veterans are eligible regardless of disability rating. There are optical Services available onsite for you to have prescriptions filled. To schedule an appointment in this clinic, call the Datapoint Eye Clinic at 210-929-8900.

Readjustment Issues...

***Contact the Vet Center for help with any of these**

Issues...

- ◆ Crisis
- ◆ Marriage, Family or Relationship Problems
- ◆ Anxiety
- ◆ Forgetfulness, Confusion
- ◆ Questions & Concerns from Family/Friends
- ◆ Guilt, Shame
- ◆ Avoidance of Reminders of Trauma
- ◆ Disturbing Dreams, Sleeplessness
- ◆ Lack of Motivation, Sluggish
- ◆ Anger, Irritability, Rage
- ◆ Alcohol or Substance Abuse
- ◆ Depression, Deep Sadness
- ◆ Problems with Authority
- ◆ Arousal, Hyper-Vigilance
- ◆ Anti-Social and Risk-Taking Behaviors
- ◆ Recurring Intrusive Thoughts
- ◆ Distrust of Others
- ◆ Isolation, Loneliness
- ◆ Problems Reconnecting with Family
- ◆ Emotional Numbness, Feeling Distant
- ◆ Lack of Meaningful Interaction with People
- ◆ Thoughts of Killing or Hurting Yourself
- ◆ Someone Who Knows You Well Has Asked You to Seek Help
- ◆ A Medical or Mental Health Professional Has Suggested You Seek Help



Info Numbers and Web Sites

Vet Centers

1-877-WAR-VETS

927-8387

www.vetcenter.va.gov

Veterans Crisis Line

1-800-273-TALK (8255)

VA Education

1-888-442-4551

www.gibill.va.gov

VA Benefits

1-800-827-1000

www.vba.va.gov

VA Health Benefits

1-877-222-8387

www.va.gov/vbs/health/

Burial Benefits

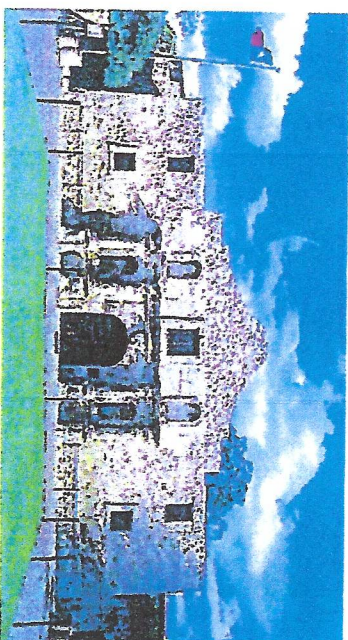
1-800-827-1000

www.cem.va.gov

"We understand. We care. We can help."



**"We understand and most of all,
we care."**



San Antonio Vet Center

Readjustment Counseling Service

San Antonio Vet Center
9504 IH 35 N, Suite 214
San Antonio, TX 78233
Phone: (210) 650-0422
Fax: (210) 650-0169

NW San Antonio Vet Center
9910 W Loop 1604 N, Suite 126
San Antonio, TX 78254
Phone: (210) 688-0606
Fax: (210) 688-3421

**"To care for those who have borne the battle
and their widow and orphan..."**

A. Lincoln

Services Provided

- ◆ Community Outreach & Education
- ◆ Individual & Group Counseling
- ◆ Marital, Family, & Relationship Counseling
- ◆ Military Sexual Trauma Counseling
- ◆ Bereavement Counseling
- ◆ Anger Management
- ◆ Spouse/Significant Other Support Groups
- ◆ Employment Guidance & Benefits Referral



Eligibility

If you, or a family member, served in any combat zone and received a campaign ribbon you are eligible for Vet Center services.

Military Sexual Trauma (MST) Counseling—any veteran who was sexually traumatized while serving in the military is eligible to receive counseling regardless of gender or era of service.

Bereavement Counseling—offered to parents, spouses, children, and siblings of Armed Forces personnel who die in the service to our country. Also eligible are family members of Reservist and National Guardsman who die while on federally activated duty.



Eligible Campaigns



- WWII**—7 Dec 1941 to 31 Dec 1946
- American Merchant Marines**—In ocean going service 7 Dec 1941 to 15 Aug 1945
- Korea**—27 Jun 1950 to 27 Jul 1954
- Vietnam**—28 Feb 1961 to 7 May 1975
- Lebanon**—25 Aug 1982 to 26 Feb 1984
- Grenada**—23 Oct 1983 to 21 Nov 1983
- Panama**—20 Dec 1989 to 31 Jan 1990
- Persian Gulf**—2 Aug 1990 to 28 Feb 1991
- Somalia**—17 Sep 1992 to PRESENT
- Bosnia**—21 Nov 1995 to 01 Nov 2007
- Kosovo**—24 Mar 1994 to PRESENT
- Operations Joint Endeavor, Joint Guard, Joint Forge** - Veterans who participated in one or more of the three successive operations in the former Yugoslavia (Bosnia-Herzegovina and Croatia, aboard U.S. Naval Vessels operating in the Adriatic Sea, or air spaces above those areas.)

Sexual Trauma/Harassment Counseling— Veterans of both sexes, all eras.

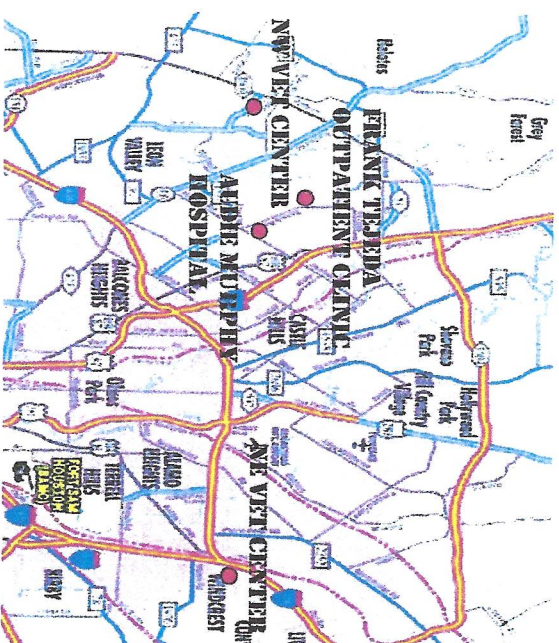
Global War on Terrorism-Veterans who serve or have served in military expeditions to combat terrorism on or after Sep 11, 2001 and before a terminal date yet to be established. Includes **Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn.**

***For a complete and current list, refer to the web site: www.vetcenter.va.gov/Eligibility



Confidentiality & Privacy

The Vet Center staff respects the privacy of all veterans and we hold in the strictest confidence all information disclosed in the counseling process. No information will be communicated to any person or agency, without written consent from the veteran, except in circumstances to avert a crisis (Privacy Act, 1975).



Post Traumatic Stress Disorder (PTSD)

- ◆ Normal response to an abnormal/traumatic event
- ◆ Feelings of fear, helplessness, and/or horror
- ◆ Feelings and issues suppressed by the individual
- ◆ Becomes a disorder with passage of time

National Center for PTSD

PTSD Information Line: (802) 296-6300

Web Site: <http://www.ptsd.va.gov>

“Everyday may not be good, but there is some good in every day.”

“Author Unknown”

Connecting with Care

Eligibility & Establishing Care

For information about eligibility for VA Mental Health Services, visit the Enrollment & Eligibility Offices at ALM or FTOPC or call 210-949-3981.

Once enrolled, call 210-949-3994 to schedule an initial primary care visit.

Note: Individuals with Other Than Honorable discharge statuses may be eligible for some mental health services.

Referral Process

In most cases, Veterans can access mental health services through their Primary Care Providers. This brochure highlights some of the programs that Veterans can request referrals to, depending on their needs.

Once engaged in mental health care, Veterans can request referrals to other programs through their assigned Mental Health Treatment Coordinators.

Same Day Services

All Mental Health and Primary Care clinics are able to provide Same Day Services, meaning that Veterans with a need for care right away will have it addressed the same day or, if after hours, by the next day.

Clinic Locations & Numbers

Audie L. Murphy Memorial VA Hospital (ALM)
(210) 617-5300 // 7400 Merton Winter, San Antonio

Balcones Heights Outpatient Clinic (BHOPC)
(210) 732-1802 // 4522 Fredericksburg Rd, San Antonio

Frank Tejada Outpatient Clinic (FTOPC)
(210) 699-2100 // 5788 Eckhart Rd, San Antonio

North Central Federal Clinic (NCFC)
(210) 483-2900 // 17440 Henderson Pass, San Antonio

Shavano Park Outpatient Clinic (SPOPC)
(210) 949-3773 // 4350 Lockhill-Selma Rd, San Antonio

South Bexar Outpatient Clinic (SBOPC)
(210) 648-1491 // 4610 E Southcross Blvd, San Antonio

Villa Serena (SATP & Domiciliary program)
(210) 321-2700 // 4455 Horizon Hill Blvd, San Antonio

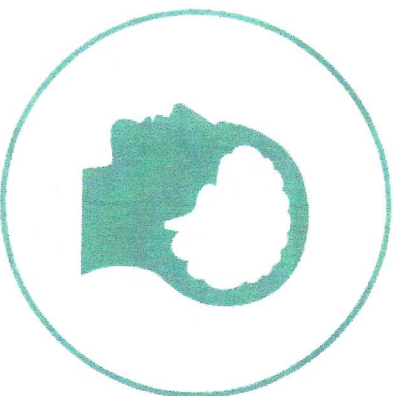
Kerrville VA Medical Center (KMC)
(830) 896-2020 // 3600 Memorial Blvd, Kerrville

Victoria Outpatient Clinic (VOPC)
(361) 582-7700 // 1908 North Laurent Street, Victoria



Veterans Health Administration

South Texas Veterans Health Care System



MENTAL HEALTH & RECOVERY SERVICES

VA Approach to Services

We believe that recovery from mental health and substance use problems is possible and that treatment can be an important part of this process for many Veterans.

We offer treatment options that are based on the latest research. Most of our clinics are structured into interdisciplinary teams that work together to serve Veterans and their families. Our approach to care puts our Veterans at the center of their care and strives to treat each Veteran as a whole person—incorporating their strengths, preferences, and life goals into their treatment process.

Many Veterans find that they only need mental health services for limited periods of time, or *episodes of care*, to overcome specific obstacles and get back on track towards their goals. Veterans are always welcome to return for additional services in the future as needed.



Primary Care - Mental Health Integration (PCMH)

Mental health clinicians located at Primary Care clinics who provide brief therapy for mild to moderate concerns and facilitate connection with other mental health services. Located in most Primary Care clinics. Access through Primary Care Provider (PCP) at visit; no scheduled appointment necessary.

PTSD Clinical Team (PCT)

Specialty outpatient treatment for PTSD related to military trauma (combat, non-combat, military sexual trauma). Involves time-limited, recovery-focused individual and/or group therapy. Located at FTOPC. Access through consult from PCP or mental health provider. (210) 699-2120

PRIME Clinic

Specialty outpatient services for more intensive mental health concerns (ex: severe mood disorder, psychotic disorders) involving medication management, therapy, and case management. Located at ALM (1E). Access through consult from mental health provider. (210) 949-9794

Emergency & Inpatient Psychiatric Services

Emergency and inpatient services for acute psychiatric and safety concerns provided by an interdisciplinary team. Located at ALM (Emergency Department, GLA, & GLB units). Walk-in access available through Emergency Department. (210) 617-5300 x15829

Continuum of Mental Health & Recovery Services

Behavioral Health Interdisciplinary Program (BHIP)

General outpatient mental health services including medication management and individual and/or group therapy. Located at most outpatient clinics listed here. Access through PCP consult.

Substance Abuse Treatment Program (SATP)

Specialty treatment for substance abuse:

- Twice-weekly outpatient groups located at ALM (1E) & KMC
- Residential program at Villa Serena

Access through consult from PCP or mental health provider. (210) 321-2700

Psychosocial Rehabilitation & Recovery Center (PRRC)

Specialty outpatient group-based programs:

- STARR: two-week intensive outpatient program for all mental health concerns
- Stepping Stones: promotes recovery from serious mental illness (ex: schizophrenia, bipolar disorder)

Located at ALM (1E). Access through consult from mental health provider. (210) 949-9791

Intensive Community Mental Health Recovery (ICMHR)

Community-based services to support recovery from serious mental illness (ex: schizophrenia, bipolar disorder) involving weekly home visits from an interdisciplinary team. Access through consult from mental health provider. (210) 617-5300 x16261

ALM: 1C (210) 949-9794 / GLF (210) 949-3397
FTOPC: (210) 699-2120
Other clinics: see Clinic Locations & Numbers

Compensated Work Therapy (CWT)

Community-based program providing various levels of support for employment. Access through consult from PCP or mental health provider. Requires clearance to work from PCP. (210) 949-9010

Domiciliary Care for Homeless Veterans (DCHV/ "The Dom")

90+ day residential homelessness & employment program at Villa Serena. Access through consult from PCP or mental health provider. (210) 321-2700

Neuropsychology

Assessments and groups for dementia & cognitive concerns (incl. caregivers). Located at ALM (1E). Access through consult from PCP or mental health provider. (210) 617-5121

Assessment and rehabilitative services for Traumatic Brain Injury (TBI). Access through consult from PCP to Polytrauma System of Care.

ASSOCIATED PROGRAMS