

VHMACST Meeting Minutes

I. Call to Order

Dr. David A. La Pointe called to order the regular meeting of the **Veterans' Healthy Minds Advisory Council - South Texas**, at **1105 on 6-27-2019 at the Audie L Murphy VA Hospital, STVHCS, 78229.**

Roll Call PRESENT or EXCUSED: Andrea Strong, Austin Lawler, Dr Betsy Davis, Christopher Vidaurre, Dr David La Pointe, Estela Cantu-La Pointe, Gingerlei Seda, Kesha Delasbour, Kevin Crozier, Col Lisa Firmin, Michael Carrion, Michael O'Connell, Wil Seda. **NOT PRESENT:** Angela Sobery, Carlos Acosta, Jill Palmer, Natasha Walden.

II. Approval of minutes from last meeting

Minutes were reviewed and there was a motion made by Kevin Crozier and seconded by Michael O'Connell, to accept minutes as previously published. The motion was carried.

III. Old Business

VETERANS CRISIS LINE. 1-800-273-8255 PRESS 1. (OPEN)

Selection of VHMACST Secretary. Michael O'Connell nominated Kesha Delasbour for Secretary and Elizabeth Talamantez as an alternate, Col Lisa Firmin seconded the motion. The motion was carried. **AFTER FURTHER REVIEW**, according to the by-laws that were previously adopted, the Co-Chair "functions as Secretary in the absence of the Council Secretary". Therefore, there will be no "alternate secretary" as stated at the meeting by the Chair. See Attachment. **(CLOSED)**

IV. New Business

Logo, Slogan and email account. The selection of logo, slogan and email account were presented. See Attachment. **(CLOSED)**

2019 VA Community Mental Health & Wellness Summit. Submitted on behalf Dr Betsy Davis. "It would be great to have Council members attend this year and we may have opportunities to volunteer—I'll know as the event gets closer. This annual event is something that many Councils nationally are involved with (especially since LRCs are typically in charge of both MH Summits and Vet MH Councils). It would be a great opportunity to participate and think about ways the Council can be involved next year." Please let us know if you are interested in attending and or volunteering to help set-up for this function. See Attachment. **(OPEN)**

Career Summit – Joint Base San Antonio/July 25-26, 2019. July 25, 2019, 5-7 PM; Service members veterans, and military spouses are invited to network with companies at free reception featuring hosted refreshments.

July 26, 2019, 8:30 AM - 5:00 PM; Service members veterans, and military spouses gain valuable insights at career planning workshops. See Attachment. **(OPEN)**

Urgent Care - Where and When You Need It. Review information 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. See Attachment. **(OPEN)**

Texas Women Veterans Day Celebration. 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 (330 W. Mitchell St) on 29 June 2019. See Attachment. **(CLOSED)**

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 **210-949-8900**. (corrected) See Attachment. **(CLOSED)**

Vet Centers. Readjustment issues, counseling services, community outreach & education, individual and group counseling, marital, family & relationship Counseling, bereavement counseling, anger management, spouse/significant other support groups, employment guidance & benefits referral, military sexual trauma and more! See attachment. **(CLOSED)**

South Texas Veterans Health Care System. Mental Health & Recovery 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.” See Attachment. **(OPEN)**

VHMACST – Website. Website options are being reviewed. Options still being evaluated include; Go Daddy, Bluehost.com, Wix and Vista Print. Price packages for hosting with companies “building” the sites range from \$2000.00 to \$3400.00 and some include additional annual charges. We are reviewing options for building our own site and keeping the cost down to annual and small maintenance fees. PLEASE provide input on what type of content you’d like to see on the site. **(OPEN)**

Facebook Page. We will publish a Facebook Page once we get our website up and running with the appropriate content the council decides on. Please feel free to pass on any ideas you might have. **(OPEN)**

VHMACST – ID Tags. We will be identifying a source to create id tags for council members to wear. Probably a simple design of our local and council contact information. **(OPEN)**

Meeting Locations. Starting with August 2019, we are asking for locations to hold our monthly meeting! We are set for July but need to secure a spot for any and all future meetings. We will continue to monitor options at the hospital itself but would like to move the meeting around to other community support locations as well. **(OPEN)**

V. **NEXT MEETING.** 25 Jul 19, 1100; Audie L Murphy VA Hospital, STVHCS, 78229, Room D001.

VI. **Adjournment.**

A motion was made by Kevin Crosier to adjourn the meeting, it was seconded by Gingerlei Seda. Dr. David A. La Pointe adjourned the meeting at 1150.

Minutes submitted by Kesha Delasbour

Minutes approved by Dr. David A. La Pointe