

# VHMAC-ST Meeting Minutes (25 July 2019)

## I. Call to Order

David La Pointe called to order the regular meeting of the Veterans' Healthy Minds Advisory Council-South Texas, at 1108 on 25 July 2019, at the Audie L Murphy VA Hospital.

**Roll Call Present or Excused:** Andrea Strong, Angela Soberly, Betsy Davis, David La Pointe, Estela Cantu-La Pointe, Gingerlei Seda, Kelly Brooke-Van Drury, Kesha Delasbour, Kevin Crozier, Lisa Firmin, Michael Carrion, Michael O'Connell, Wil Seda, Jill Palmer, Karah Smith, Natasha Walden, Robin Soto. **Not Present:** Carlos Acosta, Christopher Vidaurre, Richard Delgado Jr., Richard Martinez, Austin Lawler.

## II. Approval/Review of Previous Minutes/Current Agenda

Previous meeting minutes were reviewed and approved by Chair, David La Pointe and Co-Chair, Gingerlei Seda.

Current meeting agenda was reviewed by Secretary, Kesha Delasbour.

A copy of the member roster was disseminated to council members physically present in meeting.

## III. Old Business

**2019 VA Community Mental Health & Wellness Summit.** 8 August 2019; 8:30 a.m.- 2 p.m. Presented by Dr. Betsy Davis. Attachment previously provided to council members. Open to VA health care providers and community partners. Opportunity for networking. Four council members will be in attendance as note-takers for (4) breakout sessions during summit. Location: St. Philip's College, Sutton Learning Center (Bldg. 10, Rm. Bowden Alumni Center 3rd floor); 1801 Martin Luther King Dr., San Antonio, TX, 78203. **(OPEN)**

**Urgent Care.** Where and When You Need It. Individually review information about the Mission Act, which expands same-day services in primary care and mental health, as well as expands telehealth to veterans in their homes. Attachment previously provided to council members. **(OPEN)**

**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." Attachment previously provided to council members. **(OPEN)**

**VHMACST—Website.** Website options were reviewed. Web host selected by council officers was Bluehost. Development is a work-in-progress. Please provide input for website content. Resource information for PTSD, veteran's crisis, suicide, and the National Alliance on Mental Illness (NAMI) will be accessible on the site. Site can be accessed at <https://veteranshealthymindsadvisorycouncilsouthtexas.com>. **(OPEN)**

**VHMACST—ID Tags.** A company to source ID tags for council members to wear will be voted on. A design of our local and council contact information has been recommended by the council Chair. **(OPEN)**

**Facebook Page.** We will publish a Facebook Page once our website up is developed with the appropriate content. Please submit recommendations to council Chair. **(OPEN)**

**VHMACST Budget Request.** There is currently no VA approved funding for food or beverage consumption. Please submit input for budget considerations for the next 12 months (e.g. website development, office supplies, outreach banner/tent/table/chairs, etc.). Restrictions exist for vendor selections. Final projected budget proposal will be submitted to VA rep, Dr. Betsy Davis. **(OPEN)**

**New Meeting Locations.** Starting August 2019, securing a meeting location for future monthly meetings will be a high priority. The VA hospital will remain a possible option. **(OPEN)**

**Veteran's Crisis Line.** 24/7 access; Contact 1-800-273-8255 option 1. **(OPEN)**

**Career Summit.** JBSA, July 25-26, 2019. **(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! Attachment previously provided to council members. Contact nearest location for more info: San Antonio Northeast Vet Center, 9504 I-35 Frontage Rd. #214, contact number: (210) 650-0422; San Antonio Northwest Vet Center, 9910 W. Loop 1604 N #126, contact number: (210) 688-0606. **(CLOSED)**

#### **IV. New Business**

**SAVE Training.** Larry Stokes, Suicide Prevention Coordinator of Audie Murphy VA Medical Center, conducted a suicide prevention presentation to council members. Use of the veteran's crisis line was emphasized. 14 of 20 veterans that attempt to commit suicide per day are not enrolled in VA health care system. Recommendation is that council members be familiar with the signs and symptoms of possible suicidal veterans. Contact Mr. Stokes at (210) 617-5300, ext. 15824. **(CLOSED)**

**New Meeting Locations.** TBD. Recommendations include VA hospital, local Wounded Warriors site, and Warm Springs Rehabilitation Hospital. Please submit recommendations to council Chair. **(OPEN)**

**VHMACST—Business Cards.** Council members physically present in meeting were provided business cards for dissemination to local veterans, from council Chair. **(CLOSED)**

**VHMACST—Contact Cards.** Council members physically present in meeting were provided Contact Cards for documenting Council Member contacts with vets, family members, etc., when recommending guidance, direction or assistance to track committee purpose/efforts. **(CLOSED)**

**United Heroes League.** “Provides equipment, camps, pro sports tickets, financial assistance and special experiences for current service members and honorably discharged veterans who have been deployed to a combat zone and their children under 18 years old. All military branches are included and may apply.” **(CLOSED)**

**Homeless/At-risk of Becoming Homeless Veteran's Help.** National Call Center— 24/7 access to counseling and information on available health care programs; Contact: 877-424-3838. **(CLOSED)**

**NRD.gov—National Resource Directory.** An online resource “that connects wounded warriors, service members, veterans, their families, and caregivers to programs and services that support them” and “provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration” for the outlined population. **(CLOSED)**

**Committees.** Establishment of committees within the council must be determined (e.g. website, communications, fundraising, membership, outreach, etc.). Please submit ideas to council Chair. **(OPEN)**

#### **V. Next Meeting**

22 August 2019; 11:00 am; Warm Springs Rehabilitation Hospital— 5101 Medical Dr., San Antonio, TX, 78229. Contact number: (210) 616-0100. POC: Kelly Brooke-Van Drury, MSW.



**VI. Adjournment**

A motion was made by Dr. LaPointe to adjourn the meeting, it was seconded by Kevin Crozier. Dr. David La Pointe adjourned the meeting at 12:12.

**VII. Miscellaneous**

Conference line info for council meetings: 1-800-767-1750, code 60009#.

**VIII. Minutes**

Minutes submitted by Secretary, Kesha Delasbour.

Minutes will be approved by Chair, Dr. David La Pointe.



South Texas Veterans Health Care System

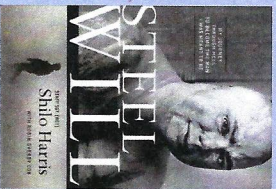
## 2019 VA Community Mental Health & Wellness Summit

Connecting  
Communities

Strengthening  
Families

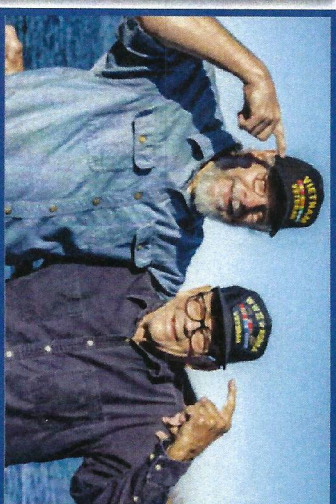
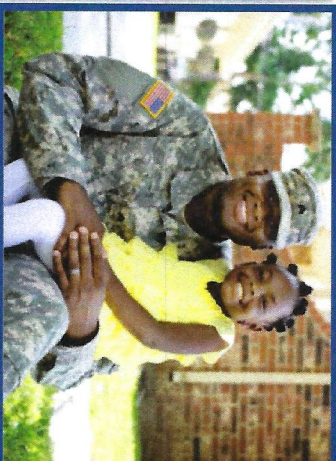
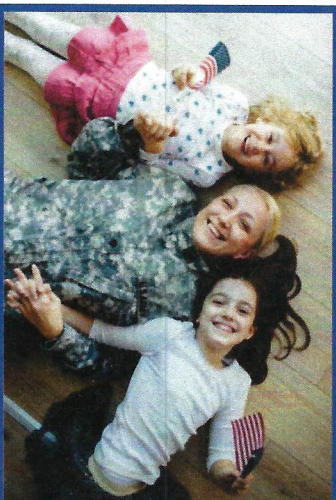
Serving  
Veterans

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 3<sup>rd</sup> 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



Wärirm  
Springs  
A subsidiary of Post Acute Medical





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)



## 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 210-949-3991.

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 Minter, San Antonio

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

Frank Tejeda 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

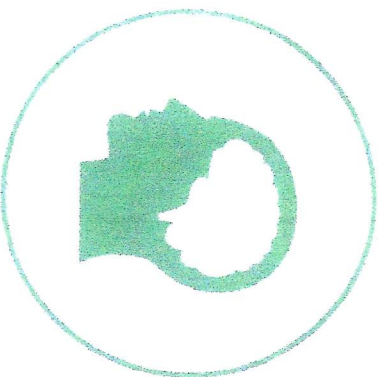
Kerrville VA Medical Center (KMC)  
(830) 896-2020 // 3600 Memorial Blvd, Kerrville

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 (1C). 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

Other clinics: see Clinic Locations & Numbers

Compensated Work Therapy (CWT)

## ASSOCIATED PROGRAMS

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  
(DGHV/ "The Dom")

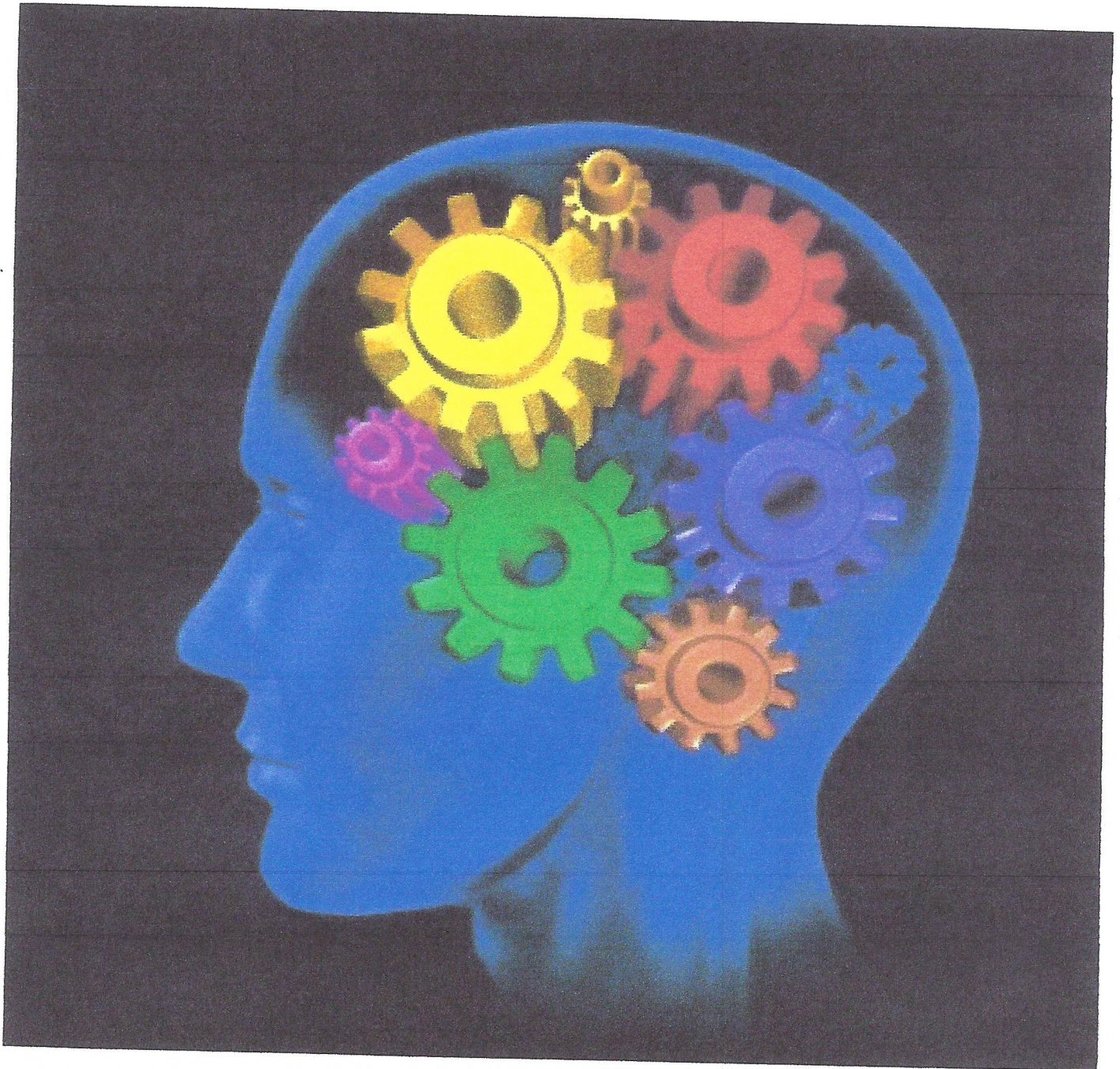
90+ day residential homelessness & employment program at Villa Serena. Access through consult from PCP or mental health provider. (210) 321-2700

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.





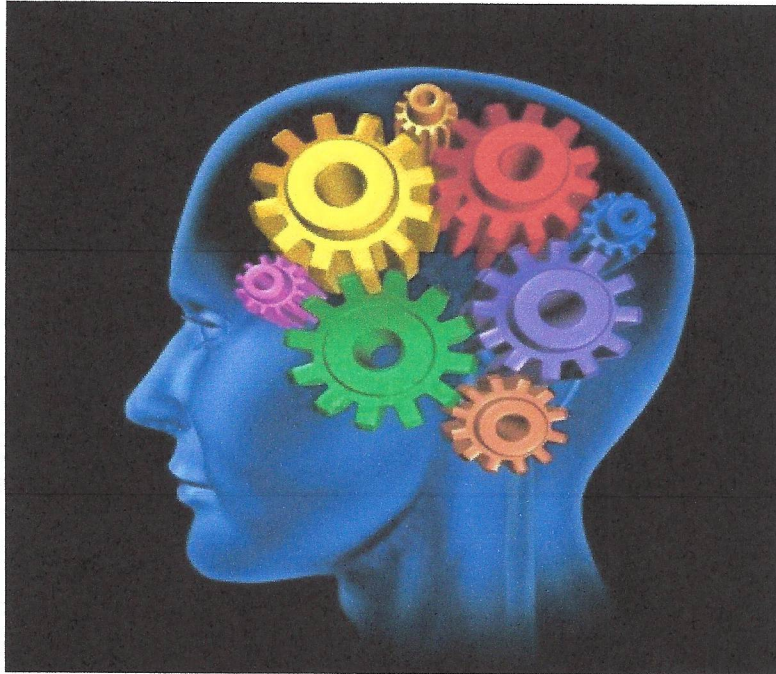
Veterans' Healthy Minds Advisory Council – South Texas

“Helping Veterans, Help Themselves”

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- web site
- ID Tags
- FACEBOOK PAGE





**Veterans' Healthy Minds Advisory Council – South Texas**

**“Helping Veterans, Help Themselves”**

**NEW MEETING LOCATION**

**Beginning 22 Aug 19/1100**

**POC: Kelly Brooke-Van Drury, MSW**

**Warm Springs Rehabilitation Hospital**

**5101 Medical Dr.**

**San Antonio, TX, 78229**

**210-616-0100**







## 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](http://www.vetcenter.va.gov)

**Veterans Crisis Line**  
1-800-273-TALK (8255)

### VA Education

1-888-442-4551

[www.gibill.va.gov](http://www.gibill.va.gov)

### VA Benefits

1-800-827-1000

[www.vba.va.gov](http://www.vba.va.gov)

### VA Health Benefits

1-877-222-8387

[www.va.gov/vhs/health/](http://www.va.gov/vhs/health/)

### Burial Benefits

1-800-827-1000

[www.cem.va.gov](http://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.

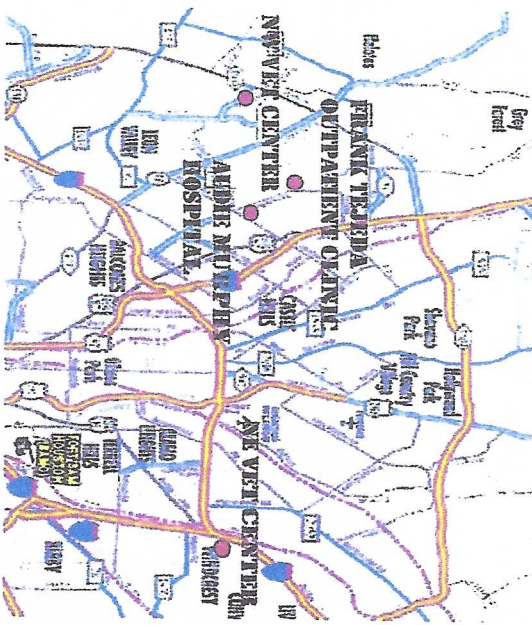
**Global War on Terrorism**—Veterans who serve or have served in military expeditions to combat terrorism on or after Sep 11, 2001 and before a terminal date yet to be established. Includes Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn.

\*\*\*For a complete and current list, refer to the web site: [www.vetcenter.va.gov/Eligibility](http://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”





Feed in this direction  
One sheet at a time

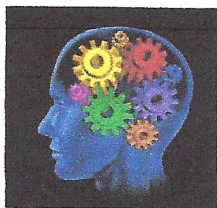
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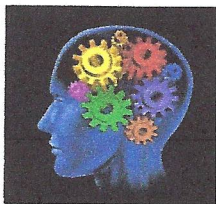
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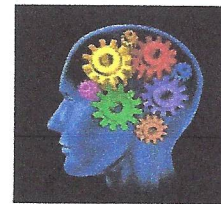
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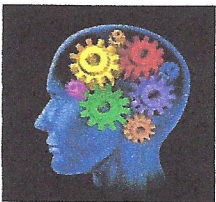
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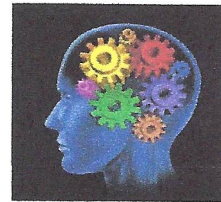
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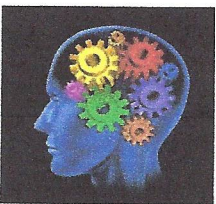
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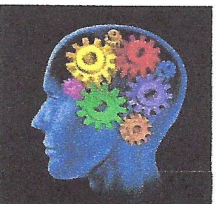
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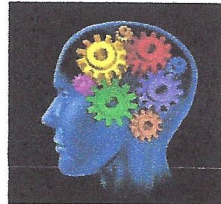
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Veterans' Healthy Minds Advisory Council – South Texas (VHMACST)  
Contact Card

Name of Contact \_\_\_\_\_ Date \_\_\_\_\_

Question/Concern of Contact \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Referral/Recommendation(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Council Member Contacted \_\_\_\_\_

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# UNITED HEROES LEAGUE

## United Heroes League Programs for Military kids

United Heroes League 501(c)(3) has provided over \$10 MILLION dollars' worth of free sports equipment, game tickets, cash grants, skill development camps, and special experiences to military families across the US & Canada. Special thanks to all of our incredible volunteers, donors, partners, supporters, and amazing military families for making the mission possible!

United Heroes League keeps military kids active and healthy while their parents serve our country. So far, we have helped over 50,000 military families keep or start their kids in sports. [Who's Eligible?](#)

### GAME TICKETS

Through our MLB, MLS, NBA, NFL and NHL team and player partners, United Heroes League has sent thousands of military families to pro and college games for free nationwide. Special thanks to the Anaheim Ducks, Minnesota Wild, Pittsburgh Penguins, Los Angeles Kings, LA Galaxy, Boston Bruins, New York Islanders, Dallas Stars, Columbus Blue Jackets, San Jose Sharks, Washington Capitals, Minnesota Twins, Minnesota Timberwolves, Minnesota Vikings, Minnesota United FC, Washington Nationals, and Nashville Predators for making this possible. [Request tickets here.](#)

### SPORTS EQUIPMENT

We are proud to distribute gear for a variety of sports to ensure military kids are healthy and active in the sport they love. Bauer Hockey has donated several million dollars' worth of new hockey equipment to our mission. The NHLPA Goals and Dreams Foundation has donated \$300,000 worth of new hockey equipment for our cause. Many other sponsors and individuals have also donated baseball, basketball, football, golf, lacrosse and soccer equipment. With it, United Heroes League has been able to outfit thousands of military kids with top of the line gear. [Request Equipment here.](#)



## CAMPS

In addition to hosting our annual Warrior Camp, United Heroes League has sent thousands of military kids to some of the finest camps available across the nation. Through the generosity of Robby Glantz, Carroll Goalie School, LA Galaxy, Minnesota Timberwolves, Minnesota Twins, Minnesota United FC, Minnesota Vikings, Rink Rat 19, Cathy's Power Skating, Philadelphia Flyers and many others, youngsters are given a chance to improve their sports skills at no charge. [See available camps here.](#)

## GRANTS

United Heroes League has paid over \$500,000 in grants to help with local sports association fees. Many service members are in a "Reserve" status until they are deployed, and this is a great way for United Heroes League to say thank you to the families who give us so much. [Apply for a Grant here.](#)

## SPECIAL EXPERIENCES

United Heroes League has some incredibly generous donors, partners and athlete ambassadors that allow us to give once in a lifetime experiences to deserving men and women of our Armed Forces. Some of these special experiences have included: sending 20 service members to Super Bowl 52 in a field side suite, sending 4 military servicemen and their child as VIPs to the NHL All Star Game in San Jose, giving 14 military kids a Christmas to remember by having them shop with the Minnesota Timberwolves and receive a \$500 gift card to Target, along with a TV and Fitbit. These experiences allow our nations heroes to receive recognition and be honored for all they have sacrificed. To be kept up to date on future experiences, please sign up [here.](#)

**651-319-0737**

**501(c)(3) Fed Tax ID 27-0711063**

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Veterans who are **homeless or** at imminent **risk** of becoming **homeless can** call **or** visit their local **VA Medical Center or** Community Resource and Referral **Center** where **VA** staff are ready to **help**. Veterans and their families may also call 1-877-4AID-VET (1-877-424-3838) to access **VA** services.

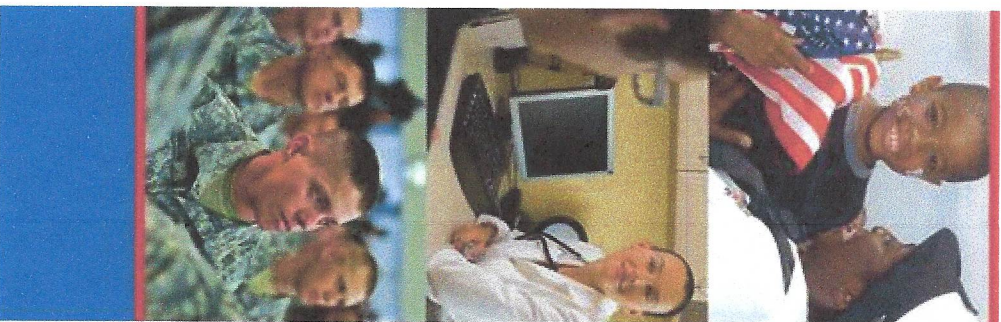
[Homeless Veterans - va.gov](https://www.va.gov/homeless/)

[www.va.gov/homeless/](https://www.va.gov/homeless/)



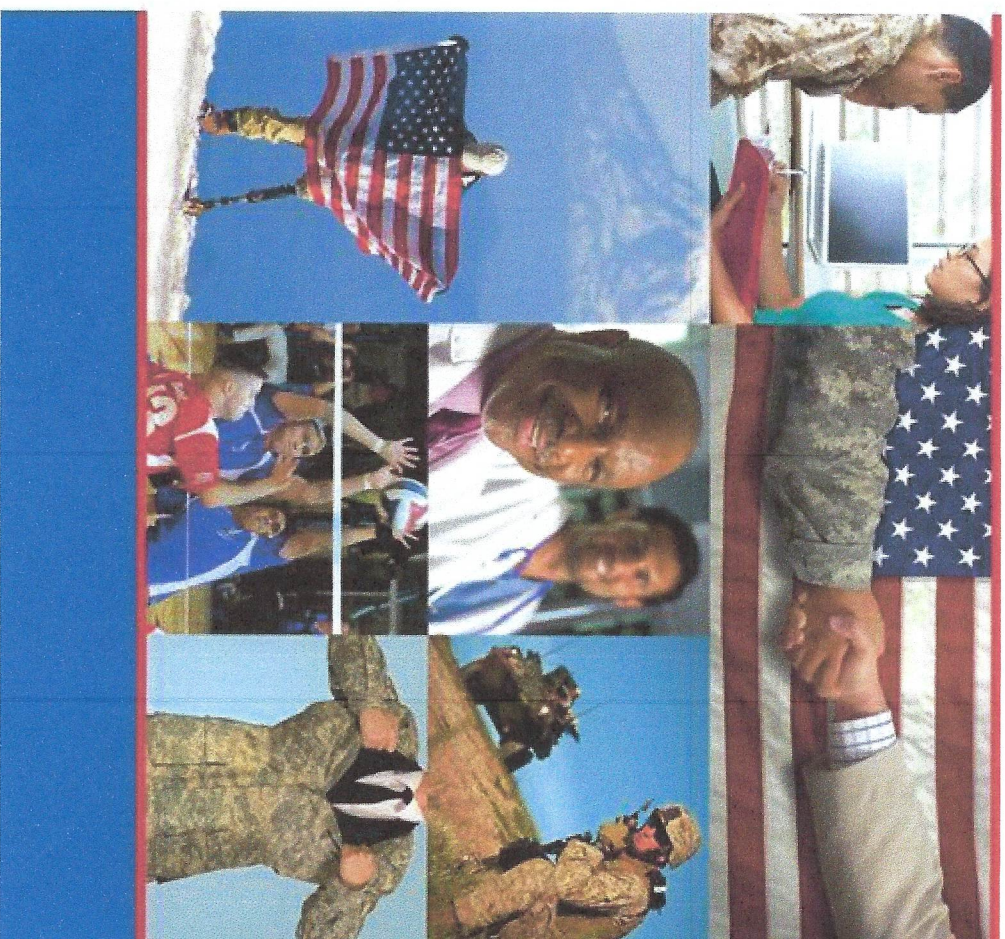
# NRD Highlighted Programs for our Military, Veterans and Families

The National Resource Directory and the Office of Warrior Care Policy engage with programs for Service Members and Veterans across the Department of Defense, Department of Veterans Affairs, other U.S. Government agencies, and associated organizations.



## Wounded, Ill, and/or Injured Compensation and Benefits Handbook

Published June 2019



### Department of Defense Compensation and Benefits Handbook for Wounded, Ill, and/or Injured Service Members

The Compensation and Benefits Handbook summarizes programs and resources available to wounded, ill, and/or injured Service members and the people in their support networks, answering some of the most pressing questions that arise during recovery, rehabilitation, and possible return to duty or transition to the civilian community.



### VA Same Day Mental Health Options

**Emergency** (imminent risk of harm to self/others or acute distress): ALM Emergency Department - open 24/7

**Urgent concern** but not emergency *and* within normal business hours (M-F, 8-4/except holidays): Same Day Services through Primary Care/MH Integration (in PACT clinics) OR Mental Health Clinic.

Clinic locations:

CLINIC	PCMH/IMC	MH Clinic	PHONE	ADDRESS
Audie L. Murphy VA Hospital (ALM)	PACT/IMC Clinic: 1G	MH/BHIP Clinic: GLF	(210) 617-5300	7400 Merton Winter, SATX
Balcones Heights Outpatient Clinic (BHOPC)	Silver & Gold PACT clinics		(210) 732-1802	4522 Fredericksburg Rd, SATX
Frank Tejeda Outpatient Clinic (FTOPC)	PACT Clinic: 1 <sup>st</sup> Floor	MH/PTSD Clinic: 2 <sup>nd</sup> Floor	(210) 699-2100	5788 Eckhert Rd, SATX
North Central Federal Clinic (NCFC)	PACT Clinic	MH Clinic	(210) 483-2900	17440 Henderson Pass, SATX
Shavano Park Outpatient Clinic (SPOPC)	PACT Clinic		(210) 949-3773	4350 Lockhill-Selma Rd, SATX
South Bexar Outpatient Clinic (SBOPC)	PACT Clinic	MH Clinic	(210) 648-1491	4610 E Southcross Blvd, SATX
Villa Serena		Substance Abuse Treatment Program	(210) 321-2700	4455 Horizon Hill Blvd, SATX
Kerrville VA Medical Center (KMC)	PACT Clinic: 1 <sup>st</sup> Floor	MH Clinic: 2 <sup>nd</sup> floor	(830) 896-2020	3600 Memorial Blvd, Kerrville
Victoria Outpatient Clinic (VOPC)		MH Clinic	(361) 582-7700	1908 North Laurent Street, Victoria



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## Behavioral Health Resources San Antonio, Texas

- 1) San Antonio Northeast Vet Center, IH35 & Randolph, 210-650-0422,  
<https://www.vetcenter.va.gov/>
- 2) San Antonio Northwest Vet Center, 9910 West Loop 1604, 210-688-0606,  
<https://www.vetcenter.va.gov/>
- 3) Steven A. Cohen Military Family Clinic at Endeavors, 6363 De Zavala Rd #300, 210-399-4838, <https://www.endeavors.org/mfc-sanantonio/>
- 4) GiveanHour.org, <https://giveanhour.org/>, Providers available in San Antonio, No charge
- 5) San Antonio Counsel on Alcohol and Drug Awareness (SACADA), <https://sacada.org/>, 210-225-4741, **Recovery Coaches**, various drug and alcohol treatment at various locations throughout SA, no charge, 7500 US 90 & Military Drive, near Lackland AFB
- 6) Military One Source, <https://www.militaryonesource.mil/>, No substance abuse counseling and time limited
- 7) Military and Family Life Counselors, JBSA-Fort Sam Houston, Lackland AFB, and Randolph AFB, <https://www.jbsa.mil/Resources/Military-Family-Readiness/> Marcella Duesada, 210-421-9387



VHMACST - Membership		VHMACST@gmail.com					
<b>Updated 7-24-19</b>							
NAME	Address	Home Phone	Cell Phone	Email	Category		
Andrea Strong	8401 Datapoint Drive, Ste 500, SATX		210-724-4026	<a href="mailto:astrong@endeavors.org">astrong@endeavors.org</a>	Vet/Comm Part		
Angela Sobery	1102 Boling Brook St., SATX		210-639-4100	<a href="mailto:asobery@yahoo.com">asobery@yahoo.com</a>	Vet Family Member		
Carlos Acosta	<b>Held</b>	210-487-1713		<a href="mailto:cmigacco@gmail.com">cmigacco@gmail.com</a>	Vet		
Christopher Vidaurre	Christopher Vidaurre	310-927-3790		<a href="mailto:christopher.vidaurre@clctvcgc.org">christopher.vidaurre@clctvcgc.org</a>	Vet/Comm Part		
Dr. David La Pointe	299 Tufted Crest, SATX, 78253	210-236-9667	210-488-1593	<a href="mailto:david.lapointe@gmail.com">david.lapointe@gmail.com</a> - VHMACST@gmail.com	<b>Officer/Vet/Comm Part</b>		
Estela Cantu-La Pointe	299 Tufted Crest, SATX, 78253	210-236-9667	269-626-4425	<a href="mailto:bellal67cantu@gmail.com">bellal67cantu@gmail.com</a>	Vet Family Member/Caregiver		
Gingerlei Seda	9622 Elmfield Pl, SATX, 78254		210-790-7901	<a href="mailto:lejinsed@gmail.com">lejinsed@gmail.com</a> - VHMAVST@gmail.com	<b>Officer/Vet/Family Member</b>		
Jill Palmer	6363 De Zavala Rd., Ste. 200, SATX, 78249	210-399-4838	904-303-9023	<a href="mailto:jpalmr@endeavors.org">jpalmr@endeavors.org</a>	Vet/Comm Part		
Karah Smith	12672 Silicon Dr., Ste. 105, SATX, 78249	210-247-6073	904-524-3686	<a href="mailto:kwsmith@WoundedWarriorProject.org">kwsmith@WoundedWarriorProject.org</a>	Vet Family Member/VSO		
Kelly Brooke-Van Drury, MSW	8007 Alton Blvd., Selme, TX 78154	830-214-4439	210-834-1439	<a href="mailto:kdrury@warnsprings.org">kdrury@warnsprings.org</a>	Vet Family Member/Comm Partner		
Kesha Delasbour	P.O. Box 353, Universal City, SATX, 78148		832-493-4137	<a href="mailto:kesha_03@hotmail.com">kesha_03@hotmail.com</a> - VHMACST@gmail.com	<b>Officer/Vet/Family Member</b>		
Kevin Crozier	15927 Watering Pt., SATX		210-326-3556	<a href="mailto:kecrozier78247@att.net">kecrozier78247@att.net</a>	Vet/VSO		
Col Lisa Firmin	Off. of Vet & Mil Affairs, One UTSA Circle, SATX, 78249	210-458-6097	210-464-3592	<a href="mailto:lisa.firmin@utsa.edu">lisa.firmin@utsa.edu</a>	Vet/Comm Part		
Michael Carrion	12672 Silicon Dr., Ste. 105, SATX, 78249	904-654-4339		<a href="mailto:mcarrion@woundedwarriorproject.org">mcarrion@woundedwarriorproject.org</a>	Vet/NSO/Comm Part		
Michael O'Connell	10126 Wilderness Gap, SATX, 78254		210-364-3147	<a href="mailto:oseatk@hotmail.com">oseatk@hotmail.com</a> - 48mccconnell@gmail.com	Vet		
Natasha Walden	6155 Eckhart Rd., Apt. 7101, SATX, 78240	210-399-4838 x385	229-425-0937	<a href="mailto:natasha.l.walden@gmail.com">natasha.l.walden@gmail.com</a>	Vet/Comm Part		
Richard Delgado, Jr.	1 University Way, ATTN: Military Affairs	210-784-1175	210-369-8817	<a href="mailto:richard.delgado@tamusa.edu">richard.delgado@tamusa.edu</a>	Vet/Comm Part		
Robin Soto	3007 Mission Gate	210-776-7548	210-364-2953	<a href="mailto:bunbarr@aol.com">bunbarr@aol.com</a>	Vet/Net Family Member		
Will Seda	9622 Elmfield Pl, SATX, 78254		210-790-7900	<a href="mailto:will.seda@gmail.com">will.seda@gmail.com</a>	Vet/Vet Family Member		
<b>VA Representatives</b>							
Dr. Betsy Davis	7400 Merton Minter (116B) SATX 78229	210-949-3151	210-740-8149	<a href="mailto:betsy.davis@va.gov">betsy.davis@va.gov</a>	VA Rep; Non-voting member		
Austin Lawler	1746 Joy Spring, New Braunfels, TX 78130	540-429-9427		<a href="mailto:austinflawler@gmail.com">austinflawler@gmail.com</a> - Austin.Lawler@va.gov	Vet/VA Rep; Non-voting member		
<b>Support Members/Orgs.</b>							
Richard Martinez	<b>Held</b>	210-617-5300x17556	210-279-8781	<a href="mailto:richard.martinez4@va.gov">richard.martinez4@va.gov</a>	Vet/Comm Part/Non-voting Member		



**Veterans' Healthy Minds Advisory Council - South Texas**

**Membership Application**

1. Name \_\_\_\_\_
2. Address \_\_\_\_\_
3. Phone \_\_\_\_\_ Mobile Phone \_\_\_\_\_
4. Email \_\_\_\_\_ Can we release highlighted information to other VHMACHST members or affiliate members?  Yes  No
5. I am a:  Veteran  Veteran Family Member  VSO  Community Partner  
 Other (Identify) \_\_\_\_\_
6. Skills I have that could be helpful to the VHMACHST - (check all that apply)  
 People Skills  Social Media  Graphic Design/Art  Public Speaking  Photography  Outreach  
 Peer Support  Leading Discussions  Taking Notes  Writing  Lega/Policy  Event Planning  
Other:  
\_\_\_\_\_  
\_\_\_\_\_
7. Please list why you would like to serve on the VHMACHST:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Are you currently affiliated with or representing other veteran's or community organization(s)?  
 Yes  No If yes, list organization(s) \_\_\_\_\_
9. Are you willing to join VHMACHST staff at outreach events to increase awareness and access to VA or community services?  Yes  No
10. What do you want from this council (personally)?  
\_\_\_\_\_  
\_\_\_\_\_
11. What do you want this council to do/provide to Vets, family members, others?  
\_\_\_\_\_  
\_\_\_\_\_

Email to [VHMACHST@gmail.com](mailto:VHMACHST@gmail.com) or [davelp.lapointe@gmail.com](mailto:davelp.lapointe@gmail.com)  
Fax to 888-896-9078  
Return by hand: Audie L. Murphy VA Hospital  
front desk clerks in GLF or 1E clinics

Mail to  
Dr. David A. La Pointe  
299 Tufted Crest  
San Antonio, TX 78253





## Welcome to the Veterans Crisis Line

Are you a Veteran in crisis or concerned about one?

Connect with the Veterans Crisis Line to reach **caring, qualified responders** with the Department of Veterans Affairs. Many of them are Veterans themselves.

How to Connect with a Responder

### Call

**1-800-273-8255**

**and Press 1**

### Text

838255

### Chat

**Connect online**

Support for deaf and hard of hearing

**1-800-799-4889**