

# VHMAC-ST Meeting Minutes (26 September 2019)

## I. Call to Order

David La Pointe called to order the regular meeting of the Veterans' Healthy Minds Advisory Council - South Texas, at 1104 on 26 September 2019, at the VA – Balcones Heights VA Outpatient Clinic (Silver), 4522 Fredericksburg Rd., SATX 78201.

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

**II. Approval/Review of Previous Minutes/Current Agenda** - Previous meeting minutes were reviewed and approved.

## III. Old Business

**VHMACST Website:** Please provide input for website content. Site can be accessed at <https://veteranshealthymindsadvisorycouncilsouthtexas.com> or **VHMACST.com**. We will be creating a survey, and this will be an included item in that survey. **(OPEN)**

**VHMACST Budget Request:** We will be creating a survey and this will be an included item in that survey. 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.)** Final projected budget proposal will be submitted to VA rep, Dr. Betsy Davis. **(OPEN)**

**VHMACST ID Tag:** Two examples of ID Tag were distributed. A company to source ID tags for council members to wear will be designed and ordered. **(OPEN)**

**VHMACST Facebook Page:** We will publish a Facebook Page. Request has been submitted to Facebook. Our page will be developed with the appropriate content. Please submit recommendations to council Chair. **(OPEN)**

## IV. New Business

**Speaker – Wayne F. Martin;** Dr. Martin gave us an in-depth overview of the ACT Pain Group and took questions about the variety of conditions where this Mindfulness Program can serve useful purposes. The Chair commented that this was the “most useful program he'd ever been involved with” in the VA System. **Notes for the ACT-Mindfulness Presentation, Veterans' Healthy Minds Advisory Council – South Texas are Attached. (CLOSED)**

**VHMACST Brochures:** A “draft” copy of a brochure was distributed and approved for publication as our VHMACST Brochure. **(CLOSED)**

**Meeting Location(s)** – Because of upcoming holiday conflicts and multiple requests for a change in days/times for meeting we will be changing our scheduled monthly meetings. Again, we will be creating a survey and this issue will also be an included item in that survey. **(OPEN)**

**Committees - Please Respond!!** Again, we will be creating a survey and this will be an included item in that survey. **(OPEN)**

**VHMACST OUTREACH EVENTS:** A copy of completed, current and future Outreach events was distributed. If you are willing and able to participate in ANY future events posted, please let us know so we can get/put you on the list and ensure you're included in the event. **(OPEN)**

**VHMACST Contact Cards:** For administrative purposes and to track our efforts, it is critically important that we utilize the "Contact Cards" to memorialize Council Members works in referring/recommending options to our Vets and family members. We must track committee purpose and efforts. **(OPEN)**

**VHMACST VA Hospital TV Slide:** We submitted a copy of a slide to Dr. Davis to be displayed on the VA Hospital TV's. A copy is attached. **(OPEN)**

**VHMACST Overview:** Chair provided a copy of a VHMACST Overview for reference/use by Committee Members, so we are all providing consistent information on the organization. **(CLOSED)**

**VHMACST Membership:** Chair provided a copy of current Council Membership. **(CLOSED)**

**VA Whole Health Program:** There have been several questions/references to this program. We will coordinate with Dr, Davis and other VA Representatives to get them on our Schedule for a presentation. A copy of the "Introduction to Whole Health" approach to care is attached. **(OPEN)**

**V. Next Meeting:** **21 October 2019, 1000, Balcones Heights VA Outpatient Clinic, 4522 Fredericksburg Rd., SATX 78201. (Crossroads Mall) - See attachment for directions.**

**VI. Adjournment:**

A motion was made by Dr. LaPointe to adjourn the meeting, it was seconded by Kevin Crozier. The Chair adjourned the meeting at 1240.

**Minutes:**

Minutes approved by Chair, Dr. David La Pointe.

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

<b>VHMACST - ROLL CALL</b>			
<b>Meeting Date 9-26-19</b>			
<b>NAME</b>	<b>Present</b>	<b>Not Present</b>	<b>Excused</b>
Andrea Strong		X	
Angela Soberly		X	
Carlos Acosta		X	
Christopher Vidaurre		X	
Dr. David A. La Pointe	X		
Estela Cantu-La Pointe	X		
Gingerlei Seda			X
Jill Palmer		X	
Jose Michael Gonzales		X	
Karah Smith	X		
Kelly Brooke-Van Drury, MSW		X	
Kesha Delasbour	X		
Kevin Crozier	X		
Larissa Martinez		X	
Col. Lisa Firmin			X
Michael Carrion		X	
Michael O'Connell	X		
Natasha Walden		X	
Richard Delgado, Jr.	X		
Robin Soto		X	
Wil Seda	X		
<b>VA REPS/Staff Support</b>			
Dr. Betsy Davis	X		
Austin Lawler	X		
Richard Martinez	X		
<b>ADDS, Need Application</b>			
	11	11	2



VETERANS HEALTHY MINDS ADVISORY COUNCIL – SOUTH TEXAS "HELPING VETERANS, HELP THEMSELVES"

- HOME    ABOUT US    BLOG    CALENDAR    COMMUNITY    RESOURCES    COUNCIL MEMBERS
- MEDIA    PHOTOS    VA INFORMATION    VMHACST    MEETING MINUTES
- RECREATION OPORTUNITIES    IMMEDIATE ASSISTANCE    SUICIDE PREVENTION/RESOURCES

# HOME

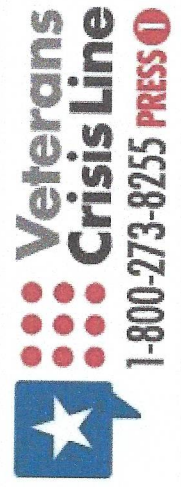
## Veterans Healthy Minds Advisory Council – South Texas

### "Helping Veterans, Help Themselves"

***I Need Immediate Help:***

***Suicide Prevention Hotline***

If an emergency call 1-800-273-8255 Press 1 for Veterans



**RECOGNIZE THE SIGNS OF SUICIDE RISK**

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of these signs requires immediate attention.

Call us if you experience any of these warning signs.



U.S. Department of Veterans Affairs

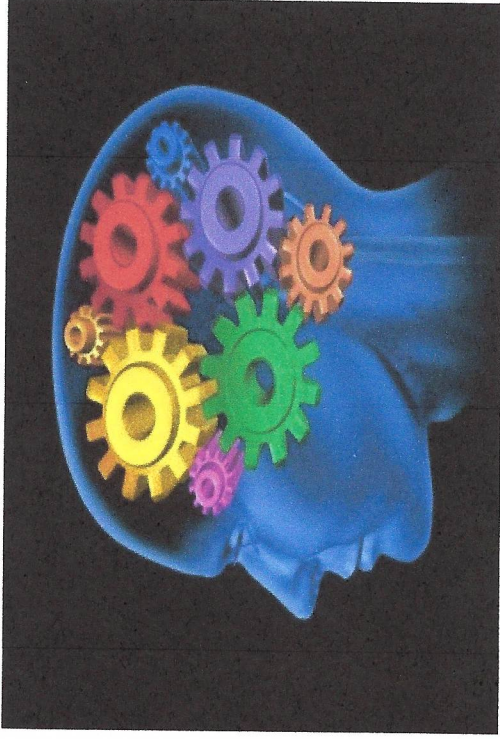
***\* VA Same Day Mental Health Options***

***\* Behavioral/Mental health Resources***

***\* STVHCS Mental Health Recovery Services***

***\* List of Support groups***

Savona Theme by Optima Themes



## Veterans' Healthy Minds Advisory Council – South Texas

“Helping Veterans, Help Themselves”

[veteranshealthymindsadvisorycouncilsouthtexas.com](http://veteranshealthymindsadvisorycouncilsouthtexas.com)

[VHMACST.com](http://VHMACST.com)

[VHMACST@gmail.com](mailto:VHMACST@gmail.com)



@VetMinds

888-896-9078

**COUNCIL MEMBER**

# Notes for ACT-Mindfulness Presentation STX Veterans Health Minds Council

## My Introduction

**ACT** = Acceptance and Commitment Therapy

### 1. Adjunctive Treatment of Choice for Chronic Medical Conditions

### 2. My ACT Pitch to Veterans w/ Chronic Medical and MH Conditions

- a. **Living a life that includes Pain (or other chronic medical condition), but is not driven by Pain, or....other chronic medical condition**
- b. It's **reasonable to listen to your pain** and do less so your pain doesn't get worse
- c. **Unintended consequence** is it costs to quality of life
  - i. Decreased Quality of Life
  - ii. Increased depression, anxiety, anger, relational damage (Quality of life damage and
  - iii. Increased focus on pain >> more pain and stress (emotional pain) **Thinking about Pain increases Pain experience**
- d. **Answer = not** to do less, but to return to doing what you used to do that brought value and meaning to your life (Life Quality)
- e. **Focus on what you can control –not your pain – and commit to doing it in reasonable ways**



- f. Choose and actively pursue 1 of 10 commonly held values through value-driven activities for 7 weeks. Make it a habit.

### **3. Acceptance = coming to terms with the realities of chronic medical conditions**

- a. Involves Accepting the body and health condition you have rather than fighting it
- b. **Grieving loss of the loss of the body and life we expected/hoped to have at this point in our lives**
- c. **Learning to not resist/fight or ignore your chronic medical condition**

### **4. What does Acceptance and Commitment look like in practice? What does it feel like? What is the Patient's experience of it?**

- a. **At the end of the day the experience of living ACT principles....**

### **5. The problem with the Problem-Solving Brain**

- a. Great problem-solving organ
- b. **But... it rarely shuts off... and creates suffering (Quote)**
- c. **And Pain (or...) is a problem**
- d. Creates unnecessary anxiety, depression, irritability, sleep problems, relational problems, and MORE pain
- e. How do we manage this?

## **6. Mindfulness (Managing the Mind) & Mindfulness Meditation**

- a. **Catch it, Check it, Change** (i.e., Redirect) it
- b. **Learn & Practice Mindfulness Meditation**
- c. **'Monkey Mind', 'Puppy in the yard digging up the flowers'**
- d. We practice accepting and not fighting how our mind latches on to things and drifts away
- e. **'If the mind wanders 1000 times, bring it back 1000 times'**.
- f. This is learning the skill of bringing the mind back to what is useful, healthy, without judging its wandering (simple but not easy)

## **7. Mind work and Metaphors to help us walk the path of non-resistance, (aka acceptance) with open eyes**

- a. "I'm having the thought that..."
- b. "Getting off our Buts"
- c. "Who's Driving My Bus"
- d. ACT Metaphors
  - i. Tug of War with a Monster
  - ii. Aunt Ida
  - iii. Heaven and Hell

## Our Mission Statement

The mission of this independent council is to establish a true partnership between the Veterans and their families, VA mental health professionals, Community Partners and Veteran Service Organizations (VSO's) in order to improve the quality of Mental Health Services, to improve Veteran and family understanding of those services, and promote best use of those services.

### How are we accomplishing our Mission?

- . Monthly VHMACST meetings
- . Advocating for necessary changes
- . Hosting / Attending Outreach events
- . Participating in Sexual assault awareness, mental health, PTSD, medical illness sessions and other Veteran-centered Outreach events
- . And much more – ASK US ABOUT IT!

## What is VHMACST?

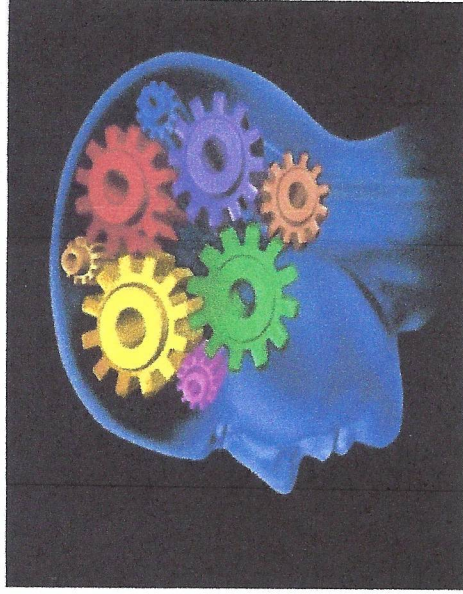
The Veterans' Healthy Minds Advisory Council – South Texas (VHMACST) is a group Veteran Healthy Minds Consumers and their family members.

- . **Consumer:** a veteran who has received or who is receiving mental health or substance use services
- . The council may also include representatives from the community mental health agencies, Veteran Service Organizations (VSO), and local community employment and housing groups and many other service organizations.

The council is independent of the VA, but a partnership is the goal.

- . Current VA Employees cannot be members.

**Staff Liaison:** coordinates the work of the council and its communication with leadership of the facility's Mental Health Programs.



## Veterans' Healthy Minds Advisory Council – South Texas

### “Helping Veterans, Help Themselves”

[veteranshealthymindsadvisorycouncilsouthtexas.com](http://veteranshealthymindsadvisorycouncilsouthtexas.com)

[VHMACST.com](http://VHMACST.com)

[VHMACST@gmail.com](mailto:VHMACST@gmail.com)



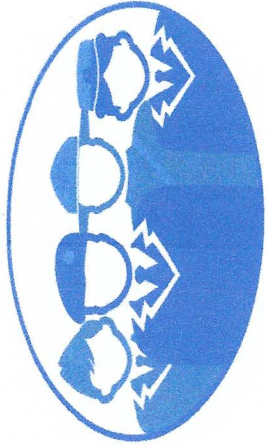
@VetMinds

210-949-3151 or

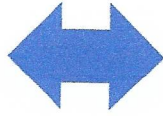
888-896-9078 (Message Line)

## What are the Functions of the VHMACST?

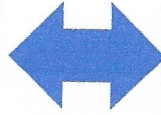
- Educate Veterans, family members, VA Staff and the community on issues and resources surrounding veteran mental health issues
- Reduce barriers to accessing mental health services for Veteran's and families, including stigma, lack of information about services, and difficulty navigating the VA System
- Provide Veterans and other stockholders (e.g., family members, caregivers, VSO's, community partners) input into the VA mental health services
- Advocate for Veterans (collectively) to the extent that is appropriate and pertinent to healthy mind issues



Veteran Community



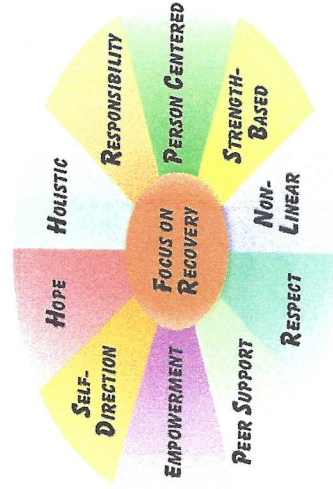
VHMACST



South Texas Veterans Health Care System

## Why is VHMACST Important?

- The Handbook on Uniform Mental Health Services in VA Medical Centers and Clinics mandate that all VA mental health services be “recovery orientated.”
- Recovery-oriented care involves recognizing the role of the Veteran and family in informing the mental health care system and providing the opportunity for input.
- Involves giving Veterans real and meaningful choices and full participation in decisions about their care.
- VHMACST is one way of meeting this goal.



### VHIMACST Event Tracking

DATE	TIME	EVENT	LOCATION	VHIMAC TABLE?	VA STAFF POC	COUNCIL MEMBERS ATTENDING
5/28/2019	0900-1200	MH Awareness Month	Frank Tejada Clinic	YES	Dr. Davis	Dave, Kevin
7/25&26/19	1700-1900/0830-1700	Career Summit JBSA	Live Oak TX/Windcrest TX	NO	Dr. Davis	Lisa
8/8/2019	0830-1400	2019 VA Comm. MH and Wellness Summit	St. Phillips College	YES	Dr. Davis	Ginger, Keshia, Kevin
8/13/2019	0900-1100	VA Suicide Prev. Resource Meeting	Audie Murphy VA Hospital	NO	Dr. Davis	Dave
8/26/2019	0800-1200	Suicide Prevention Team	St. Phillips College	YES	Larry Stokes	Dave, Estela
9/26/2019	0800-1700	Nat. Minority Veterans Summit	Sheraton, Dallas Texas	NO	N/A	Lisa
10/5/2019	7:00am	NAMI Walk	Morgans Wonderland	NO	Rick Martinez	Dave, Ginger
10/8/2019	1:30pm	Recovery is Real Event	ALM Auditorium (222)	YES (own)	Betsy Davis	Dave, Ginger, Keshia, Wil
10/23/2019	9:00am	SAC Resource Fair	San Antonio College Victory Center	YES w/ VA	Mike Collins	Dave, Ginger, Keshia, Wil



**13th Annual NAMIWalks**  
**San Antonio**  
**Saturday, October 5, 2019**  
**Morgan's Wonderland**  
 5223 David Edwards Drive, 78233  
 6:30 am Registration, 7:00 am Start

Open to all ages  
**NO PETS IN PARK**

HERO  
**REGISTER 2019**  
 NAMIWalks

NOT ALL HEROES WEAR CAPES  
 Register Today  
[www.namiwalks.org/sanantonio](http://www.namiwalks.org/sanantonio)  
 For more information  
[nami@nami-sat.org](mailto:nami@nami-sat.org)

# OCT 5<sup>TH</sup> 2019 VETERANS ARE INVITED

THE PEER SUPPORT TEAM ARE ASKING VETERANS TO JOIN THEM AT THIS EVENT AND SUPPORT THE VA HEALTHY MINDS ADVISORY COUNCIL AND OUR PRRC VETERANS IN RECOVERY

## San Antonio Veterans

Come join in on our annual Nami Walk with our Certified Peer Specialist Team to raise awareness for Veterans that are building a meaningful life after the Armed Forces.

How : Please Go to the website and sign up or go to the gate and make a donation of \$9.00 ONLINE – OR 12.00 AT THE GATE

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=845>

<https://nami-sat.org/>

**Where: look for the VA Peers we will try to meet at the flagpole under old glory and lets enjoy the morning together!!!!**

What time?  
 Start time 07:00  
 am  
 6:30am registration  
 ———  
 Come be a part of  
 the Nami  
 Community  
 ———  
 Come and Be a Part  
 Of something  
 Positive  
 ———  
 Come meet  
 Community  
 Resources

Contact for VA Peer  
 Support Kizzy Griffin  
 210-617-5300 x15427

**Contact for Nami**  
 CORAL MARTÍNEZ-  
 CARDONA, EVENT  
 MANAGER AND  
 COMMUNICATIONS  
 COORDINATOR,  
 210-734-3349 X 4  
[CORAL.M@NAMI-SAT.ORG](mailto:CORAL.M@NAMI-SAT.ORG)



# Recovery is Real

A VA event in partnership with NAMI San Antonio

*for Veterans, family members, friends, providers, and anyone*

## October 8

1:30pm to 4pm

Auditorium (222)

Audie L. Murphy VA

More info: [Betsy.Davis@va.gov](mailto:Betsy.Davis@va.gov)

Veteran Recovery Stories

Refreshments

Raffle Prizes

Information on Mental Health

Resource Tables

How to help & get help

If your organization or business provides services and resources to Veterans and their dependents, you are cordially invited to participate in the.....

# SAC VETERANS RESOURCE FAIR

WEDNESDAY • 9 AM - 3 PM

## OCTOBER 23

**SAC VICTORY CENTER**

(On the corner of Main Ave. and Locust St.)

Your participation is at no cost and a table, 2 chairs, refreshments and lunch will be provided.

To reserve your table contact Sylvia Rodriguez at 210-486-0018 or [sylvia.rodriguez1@va.gov](mailto:sylvia.rodriguez1@va.gov) or Tammy Micallef at [tmicallef2@alamo.edu](mailto:tmicallef2@alamo.edu) or 210-486-0435

**Deadline to reserve a table is September 15.**



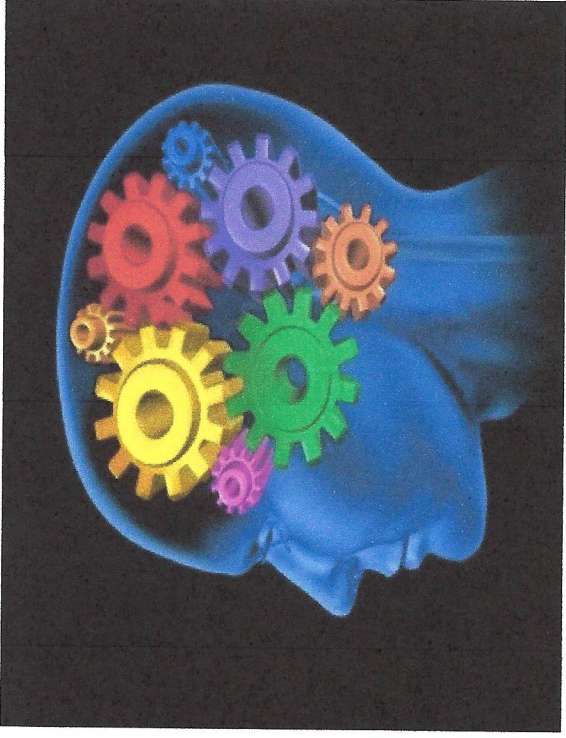
ALAMO COLLEGES DISTRICT  
San Antonio College

Tammy L. Micallef, M.S. USN(Ret) | Director  
Veterans Affairs | Victory Center  
1819 N. Main Ave. | San Antonio, Texas 78212  
Victory Center Rm.110 | (210)486-0435



**Contact Card Log  
9/26/2019**

Name of Contact	Date	Question/Concern of Contact	Referral/Recommendation(s)	Council Member Contacted
Bob Brown	7/10/2019	VA Housing Grant, VA disability rating increase.	Referred to Kevin Crozier (DAV) for VA disability rating. Contacted Kristi Johnston, Agent & Senior Appraiser for SAH/SHA Grants.	Dr. David A. La Pointe
Name Held By Request	7/25/2019	Lack of Care for Vet Spouse Safety and Security for self and (2) daughters	Gathered assistance options and discussed safety/security options. Coordinated with contact at Frank Tejeda clinic to establish assistance plan.	Dr. David A. La Pointe
Adela Brown	8/2/2019	Questions about home modifications (for handicapped access) and possible pool installation for injury rehabilitation.	Referred to Kristi Johnston for SAH/SHA Grants and Prosthetics for pool installation.	Dr. David A. La Pointe
Angela Sobery	9/2/2019	Spouse expelled from Camp Hope for failing to comply with Program Requirements. He posed a threat to self and others. Though family has Safe Room for Spouse and daughters, patient has history of physical/emotional abuse of all family members.	Contacted VA Hospital for guidance and assistance in placing patient in under emergency/safety condition as he posed a threat to self and others. Contacted other family members for placement as well as other civilian facilities. Veteran was placed in a local facility and did not return back to his home in San Antonio.	Dr. David A. LA Pointe
John Miller	9/17/2019	Requested assistance for completion of VA disability rating.	Referred to Kevin Crozier (DAV) and Texas Vet Representative who also completes documents for these requests.	Dr. David A. La Pointe



## Veterans' Healthy Minds Advisory Council – South Texas

“Helping Veterans, Help Themselves”

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[VHMACST.com](http://VHMACST.com)

[VHMACST@gmail.com](mailto:VHMACST@gmail.com)



@VetMinds

For More Information Contact:

Dr. Betsy Davis, 210-949-3151 or

Dr. David A. La Pointe, 888-896-9078

# VETERANS' HEALTHY MINDS ADVISORY COUNCIL – SOUTH TEXAS OVERVIEW

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- . Veteran's and Family Members
- . VA Staff/Liaisons
- . Community Health Agencies
- . Veteran Service Organizations
- . Local Agencies and Groups

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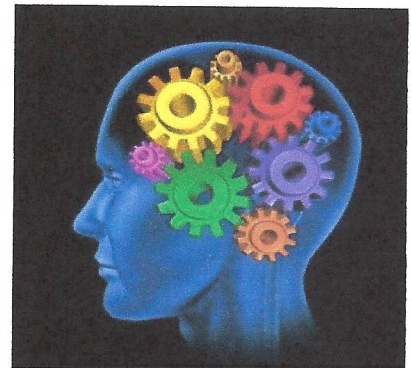
- . Refer for HELP – Suicide Prevention, PTSD, M.H. Assistance
- . Educate Veterans and Family Members on Issues and Resources Available
- . Provide Guidance and Direction on Veteran Assistance Programs/Options
- . Help them navigate the often-confusing system they are confronted with
- . Open Communication with Veterans and Family Members – Targeting People who need Help (Meetings, Website, BLOB, Twitter, Speaking Engagements, Outreach Programs, etc.)

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- . Monthly Council Meeting – Times and Location will vary
- . Hosting Outreach Programs
- . Participating in others' Outreach Programs
- . Attending VA, Community, VSO, Local Agencies meetings and functions
- . MOVE AROUND LOCATIONS – see/educate Council Members on VA Locations/Resources

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- . HELPING VETERANS – HELP THEMSELVES
- . Identifying and Reaching out to Veterans and Family Members
- . Provide Assistance/Make a Difference
- . Advocate for Veterans and Family Members with the VA System
- . Increase Awareness Options/Resources for Veterans and Family Member



VHMACST - Membership		VHMACST@gmail.com									
Updated 9-26-19											
NAME	Address	Home Phone	Cell Phone	Email	Category						
Andrea Strong	8401 Datapoint Drive, Ste 500, SATX		210-724-4026	astrong@endeavors.org	Vet/Comm Part						
Angela Sobery	1102 Boling Brook St., SATX		210-639-4100	asobery@yahoo.com	Vet Family Member						
Carlos Acosta	Held	210-487-1713		Cmigaco@gmail.com	Vet						
Christopher Vidaurre	Held	310-927-3790		christopher.vidaurre@clcitycgc.org	Vet/Comm Part						
Dr. David La Pointe	299 Tufted Crest, SATX, 78253	210-236-9667	210-488-1593	davelp.lapointe@gmail.com - VHMACST@gmail.com	Officer/Vet/Comm Part						
Estela Cantu-La Pointe	299 Tufted Crest, SATX, 78253	210-236-9667	269-626-4425	bella67cantu@gmail.com	Vet Family Member/Caregiver						
Gingerlei Seda	9622 Elmfield Pl, SATX, 78254		210-790-7901	leiginsed@gmail.com - VHMAVST@gmail.com	Officer/Vet/Family Member						
Jill Palmer	6363 De Zavala Rd., Ste. 200, SATX, 78249	210-399-4838	904-303-9023	jpalmer@endeavors.org	Vet/Comm Part						
Jose Michael Gonzales	213 Terrel Ave. SATX 78214		210-550-6793	joegm@taps.org	Vet/Comm Part						
Karah Smith	12672 Silicon Dr., Ste. 105, SATX, 78249	210-247-6073	904-524-3686	KWSmith@WoundedWarriorProject.org	Vet Family Member/VSO						
Kelly Brooke-Van Drury, MSW	8007 Alton Blvd., Selme, TX 78154	830-214-4439	210-834-1439	kdrury@warmsprings.org	Vet Family Member/Comm Partner						
Kesha Delasbour	P.O. Box 353, Universal City, SATX, 78148		832-493-4137	kesha_03@hotmail.com - VHMACST@gmail.com	Officer/Vet/Family Member						
Kevin Crozier	15927 Watering Pt., SATX 78247		210-326-3556	kcrozier78247@att.net	Vet/VSO						
Larissa Martinez	8018 Hahala Bf., SATX 78254		210-387-9130	circleofarms19@gmail.com	Vet/Family Member/Comm Partner						
Col Lisa Firmin	Off. of Vet & Mil Affairs, One UTSA Circle, SATX, 78249	210-458-6097	210-464-3592	lisa.firmi@utsa.edu	Vet/Comm Part						
Michael Carrion	12672 Silicon Dr., Ste. 105, SATX, 78249	904-654-4339		mcarrion@woundedwarriorproject.org	Vet/VSO/Comm Part						
Michael O'Connell	10126 Wilderness Gap, SATX, 78254		210-364-3147	oseatb@hotmail.com; 48mcconnell@gmail.com	Vet						
Natasha Walden	6155 Eckhert Rd., Apt. 7101, SATX, 78240	210-399-4838 x385	229-425-0937	natasha.l.walden@gmail.com	Vet/Comm Part						
Richard Delgado, Jr.	1 University Way, ATTN: Military Affairs	210-784-1175	210-369-8817	richard.delgado@tamusa.edu	Vet/Comm Part						
Robin Soto	3007 Mission Gate 78254	210-254-9831	210-364-2953	bumbarn@aol.com	Vet/Vet Family Member						
Wil Seda	9622 Elmfield Pl, SATX, 78254		210-790-7900	wil.seda@gmail.com	Vet/Vet Family Member						
VA Representatives											
Dr. Betsy Davis	7400 Merton Minter (1168) SATX 78229	210-949-3151	210-740-8149	betsy.davis@va.gov	VA Rep; Non-voting member						
Austin Lawler	1746 Joy Spring, New Braunfels, TX 78130	540-429-9427		austinlawler@gmail.com; Austin.Lawler@va.gov	Vet/VA Rep; Non-voting member						
Support Members/Orgs.											
Richard Martinez	Held	210-617-5300x17556	210-279-8781	Richard.martinez4@va.gov	Vet/Comm Part/Non-voting Member						



U.S. Department of Veterans Affairs

Veterans Health Administration  
Office of Patient Centered Care and  
Cultural Transformation



## Please Join Us for an Introduction to Whole Health

### What is this Introduction to Whole Health About?

- This introduction session will familiarize you with the VA Whole Health approach to care.
- Transitioning from military service and life as a Veteran can pose unique challenges and opportunities. We'll talk about how the Whole Health approach may be helpful in meeting these challenges and capitalizing on opportunities.
- Our number one goal is that you accomplish the mission you create for yourself.
- We'll talk about areas of health and well-being that make up the different aspects of who you are as an individual.
- Through the VA's programs and services and most importantly your own strengths and abilities we'll work together in a healing partnership to optimize your health and well-being and focus on what's important to YOU.



### What is Whole Health?

- Whole Health recognizes you as a whole person and helps support your unique answer to the question, "What would I do if my health were the best it could be?"
- Whole Health goes beyond your illnesses, injuries, or disabilities.
- Whole Health focuses on your values and aspiration, your health and well-being, and includes self-care and complementary therapies (such as acupuncture, chiropractic adjustments, therapeutic massage, yoga, tai chi and qi gong) along with your conventional medical care.
- In Whole Health care you are a more active partner with your health team.

### Introduction Locations, Dates and Times. Walk-ins Welcome!

- Audie L. Murphy VAH, 7400 Merton Minter, San Antonio, TX 78229. Polytrauma building Room 108. Held monthly the second Tuesday at 10:00am and fourth Wednesday at 5:30pm.
- Kerrville VAH, 3600 Memorial Blvd., Kerrville, TX 78028. Learning Center classroom. Held monthly the last Wednesday at 9:45am.

**Questions and Information:** Contact your Whole Health Coaches 210-617-5300 Ext. 15088.



**Balcones Heights "Silver Clinic" conference room.**

Here are directions to the Balcones Heights conference room:

- The Balcones Heights VA Outpatient Clinic is located inside the Wonderland of the Americas Mall (4522 Fredericksburg /also called "Crossroads Mall"). It is located at the southwest corner of the 410/I-10 exchange on Fredericksburg Rd.
- The entrance for the clinic is from the East parking lot, between Burlington Coat Factory and the back of Target (photos below).
- Look for the VA SILVER CLINIC signs, and the conference room is toward the back of the waiting room in this clinic (ask front desk staff).

