

VHMAC-ST Meeting Minutes (28 Oct 2019)

I. Call to Order

David La Pointe called to order the regular meeting of the Veterans' Healthy Minds Advisory Council-South Texas, at 1010 on 28 Oct 2019, at the Balcones Heights VA Outpatient Gold Clinic.

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

II. Approval/Review of Previous Minutes/Current Agenda

Previous meeting minutes were reviewed and approved by Chair, David La Pointe. Michael O'Connell motioned to accept previous minutes, Kevin Crozier seconded.

Current meeting agenda was reviewed by Chair, David La Pointe.

A copy of the member roster was disseminated to Secretary, Kesha Delasbour.

III. Old Business

VHMACST—Website. 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—Twitter. Council profile has been created, and may be accessed at the following handle: @VetMinds. **(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, advertising, 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)**

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. **(CLOSED)**

VHMACST—Facebook Page. A Facebook page has been created with the appropriate content. Please submit feedback to council Chair. **(OPEN)**

VA Whole Health Program— Guest Speaker. Dr. Betsy Davis will arrange for a VA rep to present the program details to the council. **(OPEN)**

Upcoming - Guest Speakers. Dr. Betsy Davis will arrange for a VA rep to present to the council on the following topics: MST for men, veteran's court, Veteran's Justice Outreach program (POC): Justin

Childers), and VA programs for homeless veterans.

IV. New Business

Committees. Establishment of committees within the council must be determined (e.g. website, communications, fundraising, membership, outreach, etc.). All council members, with the exception of council officers are to submit feedback and individual committee designations to council Chair. Council member Estela La Pointe volunteered for fundraising committee. Council member Lisa Firmin was nominated for social media committee. Chair directed that no council officers are to be nominated for or hold an internal committee position. **(OPEN)**

Outreach. VA Rep Dr. Betsy Davis will notify VA PCPs to inform veterans about the VHMALST. Council member Kevin Crozier will present VHMALST agenda during Veteran Fair committee meetings as a representative for D.A.V. **(CLOSED)**

VHMALST VA Hospital TV Slide. A hard copy disseminated in the meeting. Submitted to Dr. Davis for publication on VA TV. **(CLOSED)**

VHMALST— Business Cards. Council Officers were provided business cards by Chair. Cards are also available for council members. Contact Chair, David La Pointe to obtain cards as necessary. **(CLOSED)**

Meeting Locations. TBD. Recommendations include 3rd or 4th Monday of each month, 1000, Audie L. Murphy VA hospital, local Wounded Warriors site, and Warm Springs Rehabilitation Hospital. Please submit recommendations to council Chair. **(COMPLETE YOUR SURVEYS) (OPEN)**

V. Next Meeting

18 Nov 2019; 1300; Balcones Heights VA Outpatient Clinic— Wonderland of The Americas, 4522 Fredericksburg Rd., San Antonio, TX, 78201. Contact number: (210) 732-1802.

VI. Adjournment

A motion was made by Michael O'Connell to adjourn the meeting, it was seconded by David La Pointe. Chair, David La Pointe adjourned the meeting at 11:08.

VII. Miscellaneous

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

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

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.

My HealthVet. Central VA hospital scheduling resource for expedited appointment processing and healthcare management. Site: www.myhealth.va.gov; Contact 1-877-327-0022; M-F; 0700-1900 (CT).

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.

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.

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.”

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.

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.

Texas Veteran Services Fair. 2 Nov 2019. Good Samaritan Veterans Outreach and Transition Center. (4) seats were reserved for VMHACST council members. Please contact site for further information: (210) 486-2185.

UTSA Grand Opening & Open House. UTSA’s Center for Military Affiliated Students (CMAS). 14 Nov 2019; 1100-1400; Assembly Room, JPL 4.04.22. RSVP online at https://utsa.az1.qualtrics.com/jfe/form/SV_aaaC0T8Cj9iWkaF NLT 1 Nov 2019.

UTSA Inaugural Veteran Appreciation Event. 19 Nov 2019; 1100-1300; Denman Room, Ste. 2.01.28. Event will celebrate all UTSA affiliated veterans such as faculty, staff, students, and veteran’s groups. RSVP online at https://utsa.az1.qualtrics.com/jfe/form/SV_eDQQ0V1vNHWjTaB NLT 5 Nov 2019.

Council Culture Survey. All council members received an electronic copy of the survey via email, and are directed to complete and submit the survey prior to the council’s next meeting by email, fax, or hard copy. Please contact Chair, David La Pointe for further information.

VIII. Minutes

Minutes submitted by Secretary, Kesha Delasbour.

Minutes approved by Chair, Dr. David La Pointe.

VHMACST - Membership	VHMACST@gmail.com						
Updated 11-5-19							
NAME	Address	Home Phone	Cell Phone	Email	Category		
Andrea Strong	8401 Datapoint Drive, Ste 500, SATX		210-724-4026	astrong@endevors.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	davep.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	leignised@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		
Keshha Delasbour	P.O. Box 353, Universal City, SATX, 78148		832-493-4137	keshha_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 Bif., 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	210-364-3147	mcarrion@woundedwarriorproject.org	Vet/VSO/Comm Part		
Michael O'Connell	10126 Wilderness Gap, SATX, 78254		210-364-3147	oseatx@hotmail.com; 48mcconnell@gmail.com	Vet		
Natasha Walden	6155 Eckhart 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 (116B) 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		
Richard Martinez	Held	210-617-5300x17556	210-279-8781	Richard.martinez4@va.gov	Vet/VA Rep; Non-voting member		
Michael Collins	Pending Application						
Support Members/Orgs.							

Council Survey Questions about our Culture

1. Are you inspired by the purpose and mission of this organization?
2. Are our organization's values aligned with the values that you consider important in your life?
3. On a scale from 0-10, (0 = not likely, 10 = very Likely) how likely are you to recommend this organization as "good to be involved in"?
4. I want to see the following items/topics on the VHMALST Website:
5. I want to see the following items/topics on our Facebook Page:
6. I want to see the following items/topics covered in our TWITTER Account:
6. Do you have access to the material resources you need to do your work properly for this Council (equipment, supplies, etc.)?
7. I would like the Council to consider holding Council Meetings on the following days/times (Evening-1800 or later). Circle ALL that apply.

Mon – AM or PM or Evening	Tue – AM or PM or Evening	Wed – AM or PM or Evening
Thu – AM or PM or Evening	Fri – AM or PM or Evening	Sat – AM or PM or Evening
Sun – AM or PM or Evening		
7. Are you happy with the frequency at which we hold our meetings?
8. Would you like to continue with our current monthly meetings schedule?
9. Do you feel like your organization is "connecting" with the intended people we are supposed to be serving?

10. What can we do to “get the word out” to the people we are supposed to be supporting?

11. What items should we be considering, to include in our BUDGET REQUEST to the VA for continuing work with the VHMACST?

12. Do you feel like your Council cares about your feedback?

13. Do you feel like you can share your honest thoughts with the Council?

14. Do you feel like our organization encourages you to give your opinion?

15. Do you have the flexibility to attend meetings, participate in the call-in option, or provide information for “EXCUSED” absences when you need to?

16. Do you think that your responsibilities to and for the Council are clear?

17. Do you feel like you have the opportunity to improve/provide input to the Council?

18. Do you feel the Council has a good level of transparency with you and others?

19. Do you think that your council peers’ welcome opinions that are different from their own?

20. The best thing(s) this Council could do to really make a difference for our Veterans, family members, etc. include; (please list any and all ideas)

*Council Member Name _____

*(Will not be shared)

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
*Office of Patient Centered Care and
Cultural Transformation*

**Whole
Health**
for **Life** 

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.

Choose **VA**

VHMACST Event/Outreach Tracking

DATE	TIME	EVENT	LOCATION	VHMAC TABLE?	VA STAFF POC	COUNCIL MEMBERS ATTENDING
10/20/2019						
5/28/2019	0900-1200	MH Awareness Month	Frank Tejeda Clinic	YES	Dr. Davis	Betsy, 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	Betsy, Ginger, Keshha, Kevin
8/13/2019	0900-1100	VA Suicide Prev. Resource Meeting	Audie Murphy VA Hospital	NO	Dr. Davis	Betsy, 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, Keshha, Wil
10/23/2019	9:00am	SAC Resource Fair	San Antonio College Victory Center	YES w/ VA	Mike Collins	Dave, Ginger, Keshha, Wil
11/4/2019		Out of the Darkness	AFVP	NO		Karah
11/6/2019	1330-1530	SACVF Vet Day Celebration	14747 Jones Maltsberger Rd. 78247	NO	Dave	Dave
11/8/2019	1000-1130	Beyond Barriers Vet Day Celebration	SAC Bldg. 22, 1819 N. Main	NO	Dave	Dave
11/14/2019	1100-1400	CMAC Grand Opening	UTSA ASSY. Rm., JPL 4.04.22	No	Dave	Dave
11/15/2019	1130-1400	VA Caregiver Support Lunch and Fair	VA Hospital Auditorium, Rm.222, 2nd Fl.	NO	Beatriz Yzaquirre	Dave, Bella
11/19/2019	1100-1300	UTSA Inaugural Vet Appreciation Event	UTSA Denman Rm., SU 2.01.28	YES		Lisa, Dave, Bella

If you are ATTENDING ANY events please Advise

Subject: Tomorrow's Special SACVF Meeting



**San Antonio Coalition for
Veterans & Families**

Help us celebrate an early Veterans Day tomorrow as we welcome our special guest speaker, Eric Morante to discuss Overcoming Obstacles with Resiliency and ways to help our Veterans!

Learn about the new San Antonio VA Program called Whole Health for Life and get important information to pass on.

TOMORROW, Wed, Nov 6, 2019

SACVF Mini-Informational Seminar

***LOCATION ***

Please drive to the back of the hospital and look for the PTSD sign on the building.

SACVF Meeting Tomorrow:

Date: Wed, Nov 6, 2019

Time: 1:30-3:30pm

Location: PTSD Foundation within the Warm Springs Hospital Complex at 14747 Jones Maltsberger Rd, San Antonio, TX 78247

Room: PTSD Foundations of America building at the back of the location.

davelp.lapointe@gmail.com

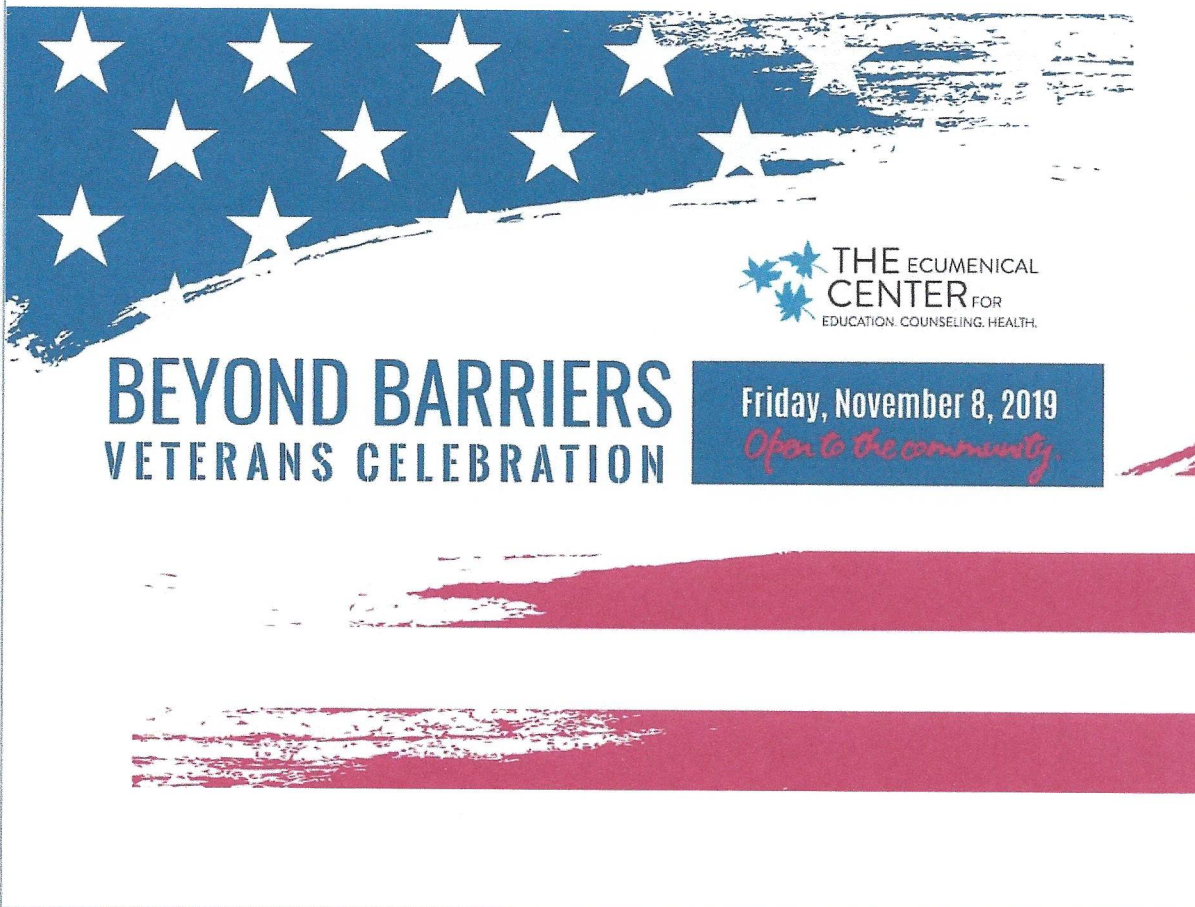
From: davelp.lapointe@gmail.com
Sent: Tuesday, November 5, 2019 05:47 PM
To: Dr. David A. La Pointe
Subject: Upcoming Veterans Day Celebrations 8 Nov 19

Below is info on 2 Veterans Day Celebrations
we wanted to share :)

Friday Nov 8th, 10 a.m. to 11:30

Location: The Ecumenical Center of San Antonio

Ceremony and guest speaker.
Food will be available.



Monday, Nov 11th, from 10 a.m to 11

Location: San Antonio College Victory Center, BLDG
22 on 1819 N. Main.

Ceremony and guest speaker.
Food, and cake will be available.

Operation Comfort | 4900 Broadway, Suite 100, San Antonio, TX 78209

[Unsubscribe davelp.lapointe@gmail.com](mailto:davelp.lapointe@gmail.com)

[Update Profile](#) | [About Constant Contact](#)

Sent by jennifer@operationcomfort.org in collaboration with

Constant Contact 

Try email marketing for free today!

Center for Military Affiliated Students

Come celebrate with us and learn how UTSA supports Military Affiliated Students



GRAND OPENING & OPEN HOUSE

**14 NOVEMBER 2019; 11AM – 2PM
ASSEMBLY ROOM, JPL 4.04.22**

RSVP no later than November 1st

https://utsa.az1.qualtrics.com/jfe/form/SV_aaaC0T8Cj9iWkaF

The University of Texas at San Antonio

UTSA Veteran and Military Affairs

National Caregiver Month

VA Caregiver Support Lunch and Fair

Thanking, Supporting, Educating and Empowering Family Caregivers

Friday, November 15th

11:30 a.m. to 2:00 p.m.

**South Texas Veteran's Health Care
System**

7400 Merton Minter Blvd

San Antonio, TX 78229

ALMD Auditorium Rm. 222 (2nd Floor)



**VA
Caregiver
Support**
PROGRAM

For more information, please contact Beatriz Yzaguirre
at 210-617-5300 ext. 19278

Inaugural Veteran Appreciation Event

19 November 2019

11:00 AM - 1:00 PM

Denman Room, SU 2.01.28

RSVP no later than November 5th

https://utsa.az1.qualtrics.com/jfe/form/SV_eDQQ0V1vNHWjTaB

*Join us in celebrating our Faculty, Staff
and Student Veterans*

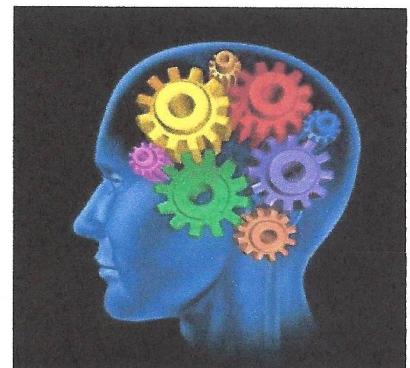


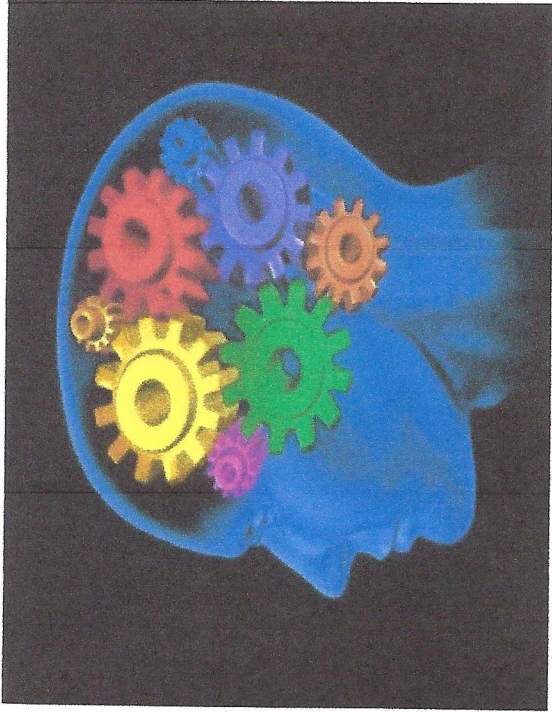
The University of Texas at San Antonio

UTSA Veteran and Military Affairs

VETERANS' HEALTHY MINDS ADVISORY COUNCIL – SOUTH TEXAS OVERVIEW

- W . Veteran's and Family Members
 - H . VA Staff/Liaisons
 - O . Community Health Agencies
 - . Veteran Service Organizations
 - . Local Agencies and Groups
-
- W . Refer for HELP – Suicide Prevention, PTSD, M.H. Assistance
 - H . Educate Veterans and Family Members on Issues and Resources Available
 - A . Provide Guidance and Direction on Veteran Assistance Programs/Options
 - T . 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, BLOG, Twitter, Speaking Engagements, Outreach Programs, etc.)
-
- W W . Monthly Council Meeting – Times and Location will vary
 - H H . Hosting Outreach Programs
 - E E . Participating in others' Outreach Programs
 - N R. . Attending VA, Community, VSO, Local Agencies meetings and functions
 - E . MOVE AROUND LOCATIONS – see/educate Council Members on VA Locations/Resources
-
- W . HELPING VETERANS – HELP THEMSELVES
 - H . Identifying and Reaching out to Veterans and Family Members
 - Y . Provide Assistance/Make a Difference
 - . Advocate for Veterans and Family Members with the VA System
 - . Increase Awareness Options/Resources for Veterans and Family Member





Veterans' Healthy Minds Advisory Council – South Texas

“Helping Veterans, Help Themselves”

veteranshealthymindsadvisorycouncilsouthtexas.com

VHMACST.com

VHMACST@gmail.com



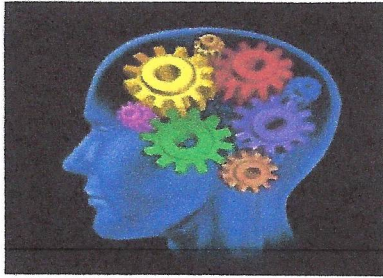
@VetMinds

For More Information Contact:

Dr. Betsy Davis, 210-949-3151 or

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

*VA - TX
Slide*



Veterans' Healthy Minds Advisory Council – South Texas

"Helping Veterans, Help Themselves"

veteranshealthymindsadvisorycouncilsouthtexas.com

VHMACST.com

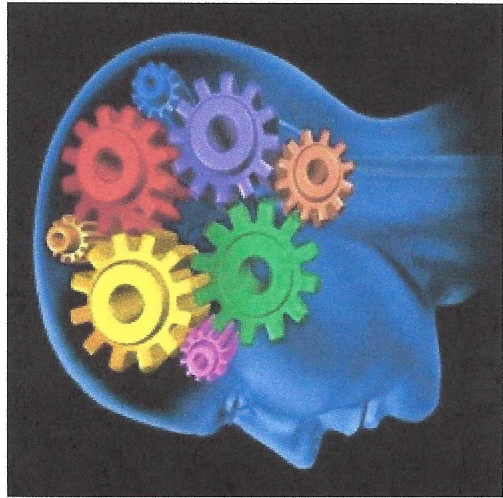
VHMACST@gmail.com



@VetMind

COUNCIL MEMBER

ID Badge



Veterans' Healthy Minds Advisory Council – South Texas

Per Mr. Davis

*Table C-10th has been
approved for purchase.*

dk

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.













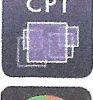







Clinic locations:

CLINIC	PCMHI	MH Clinic	PHONE	ADDRESS
Audie L. Murphy VA Hospital (ALM)	PACT/IMC Clinic: 1G	MH/BHIP Clinic: GLF	(210) 617-5300	7400 Merton Minter, SATX
Balcones Heights Outpatient Clinic (BHOPC)	Silver & Gold PACT clinics		(210) 732-1802	4522 Fredericksburg Rd, SATX
Frank Tejada Outpatient Clinic (FTOPC)	PACT Clinic: 1 st Floor	MH/PTSD Clinic: 2 nd 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 st Floor	MH Clinic: 2 nd floor	(830) 896-2020	3600 Memorial Blvd, Kerrville
Victoria Outpatient Clinic (VOPC)		MH Clinic	(361) 582-7700	1908 North Laurent Street, Victoria

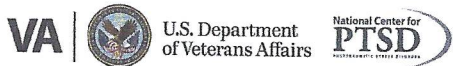


PRESCRIPTION FOR BEHAVIORAL HEALTH

Mobile & Web Resources

- | | | | | | |
|--------------------------|---|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> |  PTSD Coach
 | <input type="checkbox"/> |  ACT Coach
 | <input type="checkbox"/> |  AIMS for Anger Management
www.veterantraining.va.gov
 |
| <input type="checkbox"/> |  PTSD Coach Online
http://go.usa.gov/xN9Hb
 | <input type="checkbox"/> |  CBT-i Coach
 | <input type="checkbox"/> |  Moving Forward
www.veterantraining.va.gov
 |
| <input type="checkbox"/> |  PTSD Family Coach
 | <input type="checkbox"/> |  Mindfulness Coach
 | <input type="checkbox"/> |  Parenting2Go
www.veterantraining.va.gov
 |
| <input type="checkbox"/> |  CPT Coach
 | <input type="checkbox"/> |  Mood Coach
 | <input type="checkbox"/> |  VetChange
www.ptsd.va.gov/apps/change
 |
| <input type="checkbox"/> |  PE Coach
 | <input type="checkbox"/> |  STAIR Coach
 | <input type="checkbox"/> |  Path to Better Sleep
www.veterantraining.va.gov
 |

RECOMMENDATION:



More info on mobile apps:
www.ptsd.va.gov/appvid/mobile

Question about the Rx pads?
MobileMentalHealth@va.gov

Direct Scheduling Now Available

*San Antonio are Veterans DO NOT need a referral
for the following services*

- Audiology**
877-537-7348; battery replacement only: 303-273-6200
- Optometry**
210-949-8900 option 2
- Podiatry**
210-949-3561
- Diabetic Tele-retinal Eye**
Balcones Heights (210) 732-1802 ext-61811
North Central Federal Clinic 210-483-2900 ext-65713
- Dental**
210-949-8900 option 1
- PM&R Wheeled mobility equipment** including repair
Power scooter, manual WC, power WC, stair lift, vehicle lift
210-949-3500 option 3
- Nutrition Services** for basic education about weight loss
210-617-5300 extension 15728
- Screening Mammogram** females age 40-70 years
210-483-5997 or 210-617-5300 extension 65601



SOUTH TEXAS VETERANS

HEALTH CARE SYSTEM
SERVING ONE VETERAN AT A TIME

and receiving Top Honors on
Key Quality Measures from
The Joint Commission!

**Transportation Services for Veterans
in the San Antonio/New Braunfels Area**
Compiled by CRA Community Based Outpatient Clinics

Veterans Services

VA Patient Travel - Wheelchair van <ul style="list-style-type: none"> • for wheelchair/scooter veterans who are 30% or more service connected or with VA pension 	Patient's primary provider must place a consult
Comal County Veterans Service Council	830-221-1170
VA Travel Office	617-5300, ex. 5999
Disabled American Veterans (DAV)	617-5300, ex. 15920

Civilian Services

Alamo Call-A-Ride 4 Vets	210-362-5254 1-800-960-5201
Alamo Regional Transit	866-889-7433
Senior Transport, Bexar County Social Services	210-207-6680
Via (viainfo.net) <ul style="list-style-type: none"> • Via Bus Lines: standard bus routes • ViaTrans: handicapped services, application process involved 	210-362-2020 210 362-2140
Alamo Council on Aging Supportive services <ul style="list-style-type: none"> • One week to 10 days notice M-F 7 a.m. to 4 p.m. donation basis inside Bexar County 	210- 207-6680
Warm Springs Transportation <ul style="list-style-type: none"> • Inside of Bexar county, for disabled or senior citizens) \$5.00 one way or \$10.00 roundtrip 	210-532-5554
American Cancer Society <ul style="list-style-type: none"> • Provides for rides for cancer patients to cancer-related doctor appointments 	1-800-227-2345, press 1



Department of Veterans Affairs

VETERAN/BENEFICIARY CLAIM FOR REIMBURSEMENT OF TRAVEL EXPENSES

Section A. Traveler's Information

1.a Name of Person Claiming Travel Reimbursement (<i>Last, First, Middle</i>)	1.b Claimant's SSN
	1.c Claimant's Date of Birth (<i>mm/dd/yyyy</i>)

2.a Claimant's status: (*check one*) Complete 3.a, 3.b, 3.c and 3.d if Caregiver, Attendant or Donor is checked.

Veteran
 Caregiver (National Caregiver Program)
 Attendant (Medically authorized by VA)
 Donor (VA Transplant Care)
 Other

3.a Name of Veteran (<i>Last, First, Middle</i>)	3.b Veteran's SSN
	3.c Veteran's Date of Birth (<i>mm/dd/yyyy</i>)

Section B. Trip Information

1.a I am claiming travel reimbursement from address: (<i>Street, City, State, Zip</i>)	1.b Date Trip Began (<i>mm/dd/yyyy</i>)	1.c Travel by: (<i>e.g., car, train, bus, taxi</i>)
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2.a I am claiming return travel reimbursement to the address in B.1.a above <input type="checkbox"/> YES <input type="checkbox"/> NO (<i>if no, provide the Street, City, State, Zip below</i>)	2.b Date Trip Ended (<i>mm/dd/yyyy</i>)	2.c Travel by: (<i>e.g., car, train, bus, taxi</i>)
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3. I am claiming reimbursement of expenses other than mileage, such as tolls, parking, lodging, meals. YES NO
(If yes, itemize expenses below and provide a receipt for each expense claimed. Use reverse if additional space is required)

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____

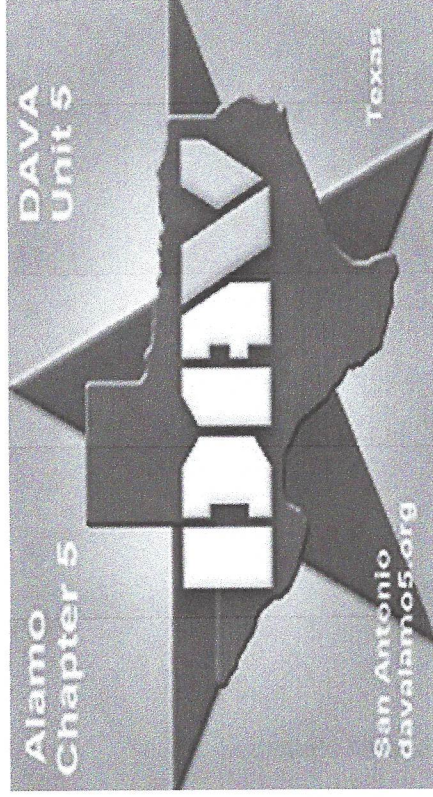
4. Treating Facility Name (VA or Non-VA location)	5. Treating Facility Address (Optional)
NW 410 VA CBOC 4318 Woodcock Drive, Suite 120, San Antonio, TX 78228 Phone: 210-736-4051 / Fax: 210-736-4449	

Section C. Statements and Certifications

Penalty Statement: There are severe criminal and civil penalties including fine or imprisonment, or both, for knowingly submitting a false, fictitious, or fraudulent claim

Certification: I have incurred a cost in relation to the travel claimed. I have not obtained transportation at Government expense, through the use of Government owned conveyance, or Government purchased tickets/tokens, or received other transportation resources at no-cost to me. I am the only person claiming for the travel listed. I have not previously received payment for the transportation claimed. I certify that the above information is correct.

Signature of Claimant	Date (mm/dd/yyyy)
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VA Claims Assistance Offices

- Provide Information about benefits available to veterans, their dependents and survivors
- Provide assistance in the preparation of claims
- Advise, instruct and counsel claimants
- Assistance for adjustments of benefits

Wayland Baptist University

First Thursday of Each
Month
11550 I-35 Frontage Rd
Room #107
11AM – 5PM

PTSD Foundation – San Antonio

Second Tuesday of Each
Month
14747 Jones Maltsberger
Rd Bldg. 500
10AM – 2PM

Stephen A. Cohen Military Family Clinic

Third Tuesday of Each
Month
6363 De Zavala Rd
10AM – 2PM
Starting January 2020

Good Samaritan Veterans Outreach & Transition Center

Fourth Wednesday of
Each Month
202 Connelly St
10AM – 2PM

For More Information, Call (210)-326-3556 or email:

Davalamo5@att.net

Website: <https://davalamo5.org/>

Suicide Prevention/PTSD Resources Information

DAV Alamo Chapter 5 - <https://davalamo5.org/ptsd-information/>

Veterans Healthy Minds Advisory Council-South Texas

[https://veteranshealthymindsadvisorycouncilsouthtexas.com/\(www.vhm.acst.com\)](https://veteranshealthymindsadvisorycouncilsouthtexas.com/(www.vhm.acst.com))

Veterans Healthy Minds Advisory Council-South Texas - Resources

<https://veteranshealthymindsadvisorycouncilsouthtexas.com/suicide-prevention/>

Endeavors (Family Orientated) - <https://www.endeavors.org/mfc-sanantonio/>

NAMI Support Groups - <https://nami-sat.org/community-support-groups/>

TXServes San Antonio - <https://sanantonio.americaserves.org/veteran-services/>

PTSD Foundation of America - San Antonio

14747 Jones Maltsberger Rd, San Antonio, TX 78232 P: 210-248-9784

Frank Tejada VA Outpatient Clinic

5788 Eckhert Road, San Antonio, TX 78240 Phone: 210-699-2100

Emergency Numbers

- National Veterans Crisis Hotline: [800-273-8255](tel:800-273-8255), press 1
 - Family Press 2
- National Women Veterans Hotline: [855-829-6639](tel:855-829-6639)
- CHCS Crisis Line: [210-223-7233](tel:210-223-7233)
- San Antonio Police Department Mental Health Unit: [210-452-3042](tel:210-452-3042)