

VHMAC-ST Meeting Minutes (22 Jan 2020)

I. Call to Order

Secretary Kesha Delasbour called to order the regular meeting of the Veterans' Healthy Minds Advisory Council- South Texas, at 1108 on 22 Jan 2020, at the Balcones Heights VA Outpatient Clinic (Gold).

Roll Call— Present or Excused: David La Pointe, Estela Cantu-LaPointe, Gingerlei Seda, Karah Smith, Kesha Delasbour, Kevin Crozier, Lisa Firmin, Michael Carrion, Michael O'Connell, Natasha Walden, Wil Seda, Betsy Davis, Richard Martinez.

Not Present: Andrea Strong, Becky Smith, Carlos Acosta, Christina Lynch, Christopher Vidaurre, Jill Palmer, Jose Gonzales, Larissa Martinez, Scott Rios, Austin Lawler.

II. Approval/Review of Previous Minutes/Current Agenda

Council roll was called by Secretary, Kesha Delasbour.

Council member Michael O'Connell motioned to accept previous meeting minutes. Council member Lisa Firmin seconded.

III. Old Business

VHMACST— Council Culture Survey. All council members previously received an electronic copy of the survey via email and/or in person, and was directed to complete and return the survey. Chair, David La Pointe consolidated survey results and disseminated a copy to council members for review at previous council meetings. Recommendation for bylaws to be extended was presented by council member Lisa Firmin. Function, Mission, and Goals for the council were reviewed. Council members will focus on function #2 from the current bylaws for CY2020, rewrite functions 3 and 4 to emphasize feedback to the VA, and subcommittees were initiated IAW bylaws. VA "ICARE" people, culture, and values mission was reviewed. **(CLOSED)**

VHMACST—Website. Development is a work-in-progress. Please review and provide input for website content. Resource information for PTSD, veterans crisis, suicide, and the National Alliance on Mental Illness (NAMI) is accessible on the site. A tab for women veterans related resources will be added. Site can be accessed at <https://veteranshealthymindsadvisorycouncilsouthtexas.com>. **(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. Current recommendation is to add Mental Health First Aid training for all council members to the budget request. **(OPEN)**

VHMACST—Facebook Page. A Facebook page has been created with appropriate content. Please review and submit feedback to council Chair, David LaPointe. **(OPEN)**

VHMACST— Feedback to VA Mental Health Dept. Council members are asked to report any issues or concerns with obtaining quality mental health care via VA mental health services in order to improve the quality of VA mental health services provided. Current issues highlighted include: VA customer

service, procedural triggers within VA healthcare for veterans with MST/history of suicidal attempts and ideations. (OPEN)

VHMACST— Meetings. Council meetings will be conducted on Wednesdays at 1100, presumably the 3rd Wednesday of each month.

VHMACST— 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 chair has directed that no council officers be nominated for or hold an internal committee position. Committee designations were established as follows: Council member Will S.- functions #1 and #2, for education WRT the VA healthcare system; Council members Larissa M. and David L.- function #1, specifically WRT MH First Aid Training; Council members Will S. And Michael C.- function #1 for Outreach; Council members Lisa F., Kesha D., Gingerlei S., Natasha W., and David L.- function #2, for women veteran's needs; Council members Gingerlei S., David L., Kevin C., and Michael C., for VA psychologists' training WRT veteran's experiences with mental health. (OPEN)

Other— Guest Speakers. Dr. Betsy Davis will arrange for VA reps 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. (OPEN)

IV. New Business

Mental Health First Aid Training— Guest Speaker. Certified Mental Health First Aid Instructor, and council member, Larissa Martinez with Circle of Arms organization presented the brief to council members during the previous council meeting. The purpose of the training is to help “identify, understand, and respond to signs of mental illnesses and substance use disorders”; Training is recommended for all veterans service organizations and individuals. Council will request funding via VA to have all council members certified. No retroactive pay via VA funding will be made available to council members that opt to pay out-of-pocket to attend training. Council members may be sponsored for training costs. Training will be conducted during a council meeting or off-site at a later designated time. Cost: \$40 for course material; 8-hr course; For more info, please contact a council officer or council member Larissa Martinez. Contact email: info@MentalHealthFirstAid.org; Site: www.MentalHealthFirstAid.org. (OPEN)

Outreach Events— Proposed. All council members are advised to submit information regarding outreach opportunities during monthly council meetings, or via email to Chair, David La Pointe. Chair disseminated a historical log of events attended by council members. (OPEN)

Outreach Event— Upcoming. San Antonio Spurs Mental Health Awareness Night. 1 February 2020; 1530-1730 (Pregame event); 2000 (Game start time). Cost: Free for pre-game event; Game ticket must be purchased separately. Address: 1 AT&T Center Parkway, San Antonio, Texas, 78219. Contact for RSVP: Kirstin Manka; (210) 444-5319; Email: kmanka@attcenter.com. Council Secretary, Kesha Delasbour will represent VHMACST during half-time presentation.

Outreach Event— Upcoming. UTSA Student Veteran Resource Fair. 5 February 2020; 1000-1300. UTSA Main Campus, Sombrilla. Address: 1 UTSA Circle, San Antonio, Texas, 78249. Contact email: william.lansdon@utsa.edu. Council member Will Seda will be in attendance.

Event— Upcoming. Dementia Caregivers Support & Education Program. Presented by San Antonio Geriatric Research, Education and Clinical Center Geriatrics and Extended Care. 14 February 2020; “Introduction to Dementia” course, 1000-1100; “Breathing is the Key to Survival” course, 1100-1200. Audie L. Murphy VA Hospital, GRECC Conference Rm. A323 (3rd floor); 7400 Merton Minter Blvd, San Antonio, Texas 78229. To RSVP contact: Sandi Bustamante, (210) 617-5197.

Event— Upcoming. Warrior to Soulmate P.A.I.R.S. Couples Seminar. 7-8 February 2020; Two day event (Friday session, 1700-1930; Saturday session, 0900-1630). Attendance is required for both sessions. “This seminar will strengthen interpersonal relationships that are the foundation for successful marriages and partnerships. The goals are to empower couples with practical skills to strengthen empathy, problem-solve, and improve communication skills through reconnection. Interactive sessions using PAIRS curriculum: [www. PAIRS.com](http://www.PAIRS.com). Training in a large group environment with times for couples to practice new skills. Open to any South Texas VA-enrolled Veteran and guest Cost: \$25 registration fee; meals and materials: free. Audie L. Murphy VA Hospital, Auditorium Rm. 222; 7400 Merton Minter Blvd, San Antonio, Texas 78229. Registration contact: Julia Ramirez, Chaplain Service (Audie Murphy Rm. 229); phone: (210) 617-5300 ext. 15441; email: julia.ramirez2@va.gov.

V. Next Meeting

19 Feb 2020; 1100; Balcones Heights VA Outpatient Clinic (Gold)— Wonderland of The Americas, 4522 Fredericksburg Rd., San Antonio, TX, 78201. Contact number: (210) 732-1802.

VI. Adjournment

A motion was made by council member Michael O’Connell to adjourn the meeting. Council member Will Seda seconded. Meeting adjourned at 1206.

VII. Miscellaneous

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

VHMACST—Twitter. Council profile may be accessed at the following handle: @VetMinds.

VHMACST— Business Cards. Cards are available for council members. Contact Chair, David La Pointe to obtain cards as necessary.

VHMACST— Contact Card Log. Chair, David La Pointe maintains a log of all contacts made with servicemembers, veterans, and family members of veterans for assistance. An updated copy of the log was disseminated to all council members present. For record-keeping, council members are advised to notify Chair, David La Pointe of contact made by council members on behalf of the council for support.

VMHACST— VA Outreach. VA Rep Dr. Betsy Davis will notify VA PCPs to inform veterans about the VHMACST. Council member Kevin Crozier will present VHMACST agenda during Veteran Fair committee meetings as a rep. for D.A.V.

VHMACST— Functions, Duties, and Responsibilities. The mission of the council is to establish a true partnership between the veterans and their families, VA mental health professionals, community partners, and Veteran Service Organizations (VSOs) in order to improve the quality of VA mental health services, to improve veteran and family understanding of those services, and to promote best use of those services. A handout was provided to all council members in attendance detailing all functions, duties, and responsibilities of the council. The council is required to have 50% of council members present at meetings in order to be operational. Contact Chair, David LaPointe for more information.

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 Misson 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.

VA Aid and Attendance or Housebound. For veterans receiving a VA pension that also require assistance with performing daily activities, are bed-ridden due to an illness, reside in a nursing home due to mental or physical disability, have vision impairment, or are housebound due to a permanent disability. Required forms— VA Form 21-2680; VA Form 21-0779). For more info, contact your Primary Care Physician (PCP), the local Veterans Benefits Administration (VBA) at Frank Tejada VA Outpatient Clinic (FTOC), or the local Disabled American Veterans (DAV) office; FTOC Contact line: (210) 699-5040; DAV Contact Line: (210) 699-5064. Benefit eligibility, application process, form, and a local Pension Management Center (PMC) can be viewed online at the following site: <https://www.va.gov/pension/aid-attendance-housebound/>; local DAV office can be viewed online at the following site: <https://www.dav.org/veterans/find-your-local-office/>.

VA Intimate Partner Violence (IPV) Assistance Program. VA Coordinator Glorive Cabino. The purpose of the program is to provide “comprehensive person-centered, recovery oriented assistance” to veterans, family members, caregivers, and VA hospital employees that “use or experience” IPV. Program provides screening, assessment, and resources. For more info, contact: Ms. Cabino, (210) 993-3575; Women’s Health, (855-VA-WOMEN), womenshealth.va.gov; Mental Health, (800) 273-8255, mentalhealth.va.gov; National Center for PTSD, (802) 296-6300, ptsd.va.gov. Call 911 for all emergency situations requiring immediate assistance.

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.

Veteran’s Discounts. Please submit information for organizations that provide discounts for services to veterans to council Chair, David LaPointe. A compilation listing will be developed and managed by the council.

VIII. Minutes

Minutes submitted by Secretary, Kesha Delasbour.

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



MENTAL HEALTH AWARENESS NIGHT

**February 1, 2020
1 AT&T Center Parkway**

Mental Health Awareness Night Packages Starting @\$26

***Purchase includes:**

- One (1) t-shirt
- A \$5 donation back to NPO
- Admission to Mental Health Awareness Pregame Event
- Admission to speaker panel
- One (1) ticket to the Spurs vs. Charlotte game on Feb. 1



**Proceeds will benefit a multitude
of Mental Health Organizations*

*For more information, please contact
Kirstin Manka at KManka@attcenter.com*

Have a wonderful week!

Best,

Kirstin

Kirstin Manka

You are invited to participate in the

Student Veteran Resource Fair



February 5th ,2020

10:00 AM—1:00 PM

UTSA Main Campus,
Sombrilla

If you have any questions please email
william.lansdon@utsa.edu

UTSA Office of Veteran and Military Affairs



Friday, March 6th | 8:00AM – 12:30PM

Please mark your calendars for the 2020 Military Health Collective Impact Summit in San Antonio, TX, hosted by Humana Military's Office of Population Health. The purpose of this summit is to address social determinants of health (SDOH) impacting TRICARE beneficiaries (e.g., loneliness, food insecurity, and tobacco/alcohol use). The goal is to inspire military health influencers to join our Military Health Advisory Board. Members will partner with Humana Military, and one another through a collective impact approach, to develop collaboration projects to improve health outcomes, impact SDOH, and lower the cost of care.

Formal invitation with link to register is forthcoming. In the meantime, feel free to forward this invite to anyone interested in learning how SDOH are impacting TRICARE beneficiaries.

We look forward to seeing you there.

VHMCAST Event/Outreach Tracking

DATE	TIME	EVENT	LOCATION	VHMCAST TABLE?	VA STAFF POC	COUNCIL MEMBERS ATTENDING
1/29/2020						
5/20/2019	0900-1200	MH Awareness Month	Audie Murphy VA Hospital	YES	Dr. Davis	Betsy, Wil
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		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 Maltzberger Rd. 78247	NO		Dave, Bella
11/8/2019	1000-1130	Veteran's Day Celebration	The Ecumenical Center of SA	NO		Richard Martinez, Michael Collins
11/8/2019	1400-1600	Vet Day Info Fair	VA Hosp. Auditorium, Rm. 222	NO	Dr. Davis	Dave, Bella
11/11/2019	1000-1100	Veterans Ceremony	1819 N. Main, Bldg 22	NO		Dave, Bella
11/11/2019	1200-1300	Vet Day Celebration	14747 Jones Maltzberger Rd. 78232	NO		Kelly, Dave, Bella
11/14/2019	1100-1400	CMAC Grand Opening	UTSA ASSY. Rm., JPL 4.04.22	NO		Dave
11/15/2019	1130-1400	VA Caregiver Support Lunch and Fair	VA Hospital Auditorium, Rm.222, 2nd Fl.	NO	Beatriz Yzaquirre	Bella
11/19/2019	1100-1300	UTSA Inaugural Vet Appreciation Event	UTSA Denman Rm., SU 2.01.28	YES		Lisa, Dave, Bella
1/8/2020	0800-1000	Little Alsace Urgent Care Center Visit	Little Alsace Urgent Care Center	YES		Bella, Dave
1/16/2020	1300-1430	HUMANANA-TRICARE/VHMCAST Orientation	BJ Restaurant	YES	Dave	Dave
2/1/2020	1300-2100	Spurs MH Awareness Night	AT&T Center	YES	Dr. Davis	Ginger, Keshha, Betsy, Wil, Bella, Dave
2/5/2020	1000-1300	Student Veteran Resource Fair	UTSA Main Campus, Sombrilla	YES		Wil, Dave
3/6/2020	0800-1230	2020 Milit. Health Collective Impact Summit	Information Forthcoming	YES	Dr. Davis	Bella, Dave

If you are ATTENDING ANY events, please Advise ASAP!

If you see Area that needs CORRECTIONS - contact an OFFICER IMMEDIATELY

**Contact Card Log
1/29/2020**

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.	Dave
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 Tejada clinic to establish assistance plan.	Dave
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.	Dave
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.	Dave
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.	Dave
Jeremy Kilcrease Got number from BC at one of our Outreach Events	12/3/2019	Says he's "reaching out" for help; having a lot of problems lately, prescription issues, access to VA care, feels lost in the system can we help.	Contacted him, met him at VA ER. Went to "Same Day Care" for help 6 Dec 19. Had/has follow-up appts. In the system.	Dave, Betsy, Ginger Betsy and Ginger followed and followed up with JK - calls, emails, etc.