

Connecting with VA Care Remotely

STX VA Telecare Nursing Line: (210) 949-3994 or 1-888-686-6350 (outside of 210 area code)


<https://www.southtexas.va.gov/patients/telecare.asp>

TeleCare provides telephone medical advice to Veterans of South Texas Veterans Health Care System. Our service has bilingual capability and provides prompt, reliable and courteous answers to patients' questions. Call a TeleCare nurse if you have symptoms, questions, or need advice about any health problem. If your symptoms are not serious, you may not need an appointment. The TeleCare nurse will tell you how to treat the problem at home.

VA Primary Care Clinic: Make sure you have the phone number for your VA Primary Care clinic, listed here: <https://www.southtexas.va.gov/locations/index.asp> . If you have flu-like symptoms such as fever, cough and shortness of breath, call your provider before you come in.

VA Video Connect (VVC) Telehealth: <https://mobile.va.gov/app/va-video-connect>

If your VA provider recommends using VVC for follow-up appointments and you have a smartphone, tablet, or computer to use with internet/data access, here are your next steps:

1. Give an up-to-date email address and phone number to your VA provider or clerk to set up the appointment.
2. If using iPhone or iPad, download the free VA Video Connect app. If using a laptop or other Android phone/tablet, you do not need this app.
3. Optional: do a test call of your equipment at the "Video To Home Test"  link at the bottom of STX VA Homepage: <https://www.southtexas.va.gov/>
4. At the time of your appointment, click the link from your email and follow directions to connect to the appointment.

MyHealthVet: Create an account with free upgrade to "Premium" (verify ID) for access to secure message your providers, see appointments, request medication refills, and more.

<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/home>

South Texas VA: Keep up-to-date at <https://www.southtexas.va.gov/emergency/index.asp> or on Twitter or Facebook @SanAntonioVAMC

VA Apps: <https://mobile.va.gov/appstore/veterans>

Download and try out VA Apps that can be helpful, including ones for managing pain, improving sleep, refilling prescriptions, and improving your mood.

March 20, 2019

1

Sexual Assault Awareness Month 2020

You're Not Alone: VA is Here
for MST Survivors

James A. Leathem, LCSW

National Military Sexual Trauma (MST) Support Team

VHA Office of Mental Health and Suicide Prevention



Sexual Assault Awareness Month



- Every April, VHA hosts activities in recognition of Sexual Assault Awareness Month (SAAM)
- MST Support Team engages in special educational and awareness-raising efforts



- MST Coordinators and partners host events such as:
 - Clothesline Projects: Veterans decorate t-shirts to reflect their experiences of sexual trauma and recovery; shirts are then hung side-by-side to raise awareness of the impact of sexual trauma



- Ribbons of Support: Facilities display messages of support and encouragement for MST survivors written by staff, Veterans, and others



- Speakers, presentations, & outreach tables



mst
support team

National Ad Campaign

- MST Support Team worked with VHA Communications to develop national ads which will roll out throughout the month of April.
- Various platforms including social media, Facebook, Instagram, and banners on websites.
- Video and display ads in select mid-sized markets with large Veteran populations, raising awareness of MST and VA's MST-related services, posters/billboards and short 15-second video ads that will run in gas stations, casual dining restaurants, gyms, bars, and convenience stores.
- We're excited at the opportunity to reach not only Veterans, but friends, family, and the public in a way that we haven't previously on such a coordinated scale.

Sexual Assault Awareness Month 2020

YOU'RE NOT ALONE

VA is here for MST survivors



Your Work and Your Support are Vital

- We've encouraged MST Coordinators to reach out to you as they plan and advertise events; it's also fine to reach out to them
- Be on the lookout for activities during the month of April at your facilities. They are a great opportunity to:
 - Convey the system's support for MST survivors and educate others about VA's free MST-related services
 - Reduce stigma and shame related to MST, which can be associated mental and physical health difficulties, increased risk, social isolation, and barriers to care for those most at risk
 - Exchange outreach and education materials
 - Enhance your own connections and outreach efforts!
- **No involvement is too "small"**



Thank you for all that you do to help our most in-need Veterans!

MST Resource Homepage (for staff):

<https://vaww.vashare.vha.va.gov/sites/mst>

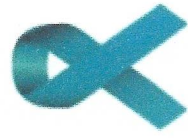
Find Your VHA MST Coordinator:

<https://vaww.vashare.vha.va.gov/sites/mst/contacts/mst-coordinators>

Public VA Military Sexual Trauma (MST) website (for Veterans and public):

<https://www.mentalhealth.va.gov/msthome/index.asp>

VA Services for Military Sexual Trauma:



Help
Hope
Healing



mst
support team

James Leathem, LCSW; James.Leathem@va.gov

VHMHC-ST Women Veterans Sub-Committee Meeting Minutes (6 Feb 2020)

I. Call to Order

Council member Lisa Firmin called to order the regular sub-committee meeting of the Veterans' Healthy Minds Advisory Council- South Texas, at 1400 on 6 Feb 2020, at the University of Texas at San Antonio.

Roll Call— Present: Gingerlei Seda, Kesha Delasbour, Lisa Firmin, Natasha Walden, Betsy Davis.

II. Approval/Review of Previous Minutes/Current Agenda

No previous subcommittee meeting minutes exist.

III. Current Objectives

Long-term Advocacy. Women's Clinic at Audie L. Murphy Memorial VA Hospital. Cultural training for VA hospital staff. Women veterans do not currently have a safe place to communicate their needs within the VA hospital.

Short-Term Goals/ Action Items. Assign female veteran mentors, possibly a peer support specialist. Online staff training for VA healthcare providers and staff. Document women veteran experiences with the VA healthcare system. Participate in the VA Mental Health Executive Council meetings that gather quarterly. Create mock scenarios for VA staff training. Highlight the positive experiences women veterans have had with receiving VA healthcare. Advocate for multiple doctor options. Advocate for increased time with one attending physician, or for a physician to accompany an intern providing care. Create and disseminate a needs assessment survey to local and surrounding area women's veterans groups. Advocate for suicide and MST identifiers in VA healthcare system electronic database(s). Advocate for provider preference. Advocate for homeless veteran housing for women and children. Advocate for an inpatient mental health clinic for women.

IV. Next Steps

Meeting with Barbara Hector—VA Women Veterans Program Manager. VA rep, Dr. Davis, will arrange a meeting between the VMHAC-ST subcommittee for women veterans and Ms. Hector. The meeting will be scheduled at a time determined by Ms. Hector, with consideration for her schedule availability.

Needs Assessment Survey. Council member Lisa Firmin will initiate creation of the survey, and contact the local Community Veterans Engagement Board (CVEB) for their participation. Council member Natasha Walden will contact local and surrounding area women's veterans groups to request their participation in the survey once it is constructed.

V. Next Meeting

TBD.

VI. Adjournment

A motion was made by council member Lisa Firmin to adjourn the meeting. Council member Kesha Delasbour seconded. Meeting adjourned at 1501.

VII. Miscellaneous

Conference line. Info will be distributed prior to next sub-committee meeting.

VIII. Minutes

Minutes submitted by Secretary, Kesha Delasbour.

Minutes will be approved by council member Lisa Firmin.



MENTAL HEALTH FIRST AID FOR VETERANS

Nearly **1 in 4** active duty members showed signs of a MENTAL HEALTH CONDITION, according to a 2014 study.

National Alliance on Mental Illness via JAMA Psychiatry

20 veterans die by SUICIDE EACH DAY.
U.S. Department of Veterans Affairs

About **18.5%** of service members returning from Iraq or Afghanistan have post-traumatic stress disorder (PTSD) OR DEPRESSION.
Substance Abuse and Mental Health Services Administration

Why Mental Health First Aid?

Mental Health First Aid for Veterans, Military Members and their Families teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

WHO SHOULD TAKE IT

- Military members
- Veterans
- Families and friends of military members or veterans

WHAT IT COVERS

- A discussion of military culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource information and support.

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.



WANT TO TAKE THE COURSE?

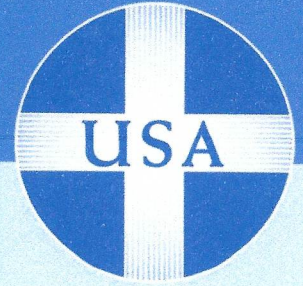
Where: _____

When: _____

Register Here: _____

MENTAL HEALTH FIRST AID®

Mental Health
First Aid USA



MENTAL
HEALTH
FIRST AID®

Instructor Certificate

Larissa Martinez

has completed the 32 hour

Adult -

Mental Health First Aid USA

Instructor Course

And is now qualified to teach the 8-hour Adult Mental Health First Aid course.
This course teaches skills for providing initial help to people experiencing mental health problems such as depression, anxiety disorders, psychosis and substance use disorders.

October 25, 2019

Date

Vice President for Public Education & Strategic Initiatives
National Council for Behavioral Health

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH
STATE ASSOCIATIONS OF ADDICTION SERVICES
Stronger Together.

National Council for Behavioral Health operates Mental Health First Aid in the USA. The National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health founded Mental Health First Aid USA.

VHMACST Event/Outreach Tracking

DATE 3/16/2020	TIME	EVENT	LOCATION	VHMAC TABLE?	VA STAFF POC	COUNCIL MEMBERS ATTENDING
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 Tejada 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, Keshia, 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, Bella
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, Keshia, Wil
10/23/2019	9:00am	SAC Resource Fair	San Antonio College Victory Center	YES w/ VA	Mike Collins	Dave, Ginger, Keshia, 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, 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 Maltsberger 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	1200	Nat. Vet. MH Council	CALL-in 1-800-767-1750, Code 44816#	NO	Dr. Davis	Dave, Ginger
1/9/2020	0800-1000	Little Alsace Urgent Care Center Visit	Little Alsace Urgent Care Center	YES		Bella, Dave
1/16/2020	1300-1430	HUMANA-TRICARE/VHMACST Orientation	BJ Resturant	YES		Dave
2/1/2020	1300-2100	Spurs MH Awareness Night	AT&T Center	YES	Dr. Davis	Keshia, Bella, Dave
2/5/2020	1000-1300	Student Veteran Resource Fair	UTSA Main Campus, Sombriilla	YES		Wil, Dave
2/6/2020	1400-1530	Women Veterans Conference	UTSA JPL Conference Room	NO	Dr. Davis	Ginger, Keshia, Betsy, Lisa, Natasha, Dave
2/10/2020	1100	Local Vet. MH Executive Council	VA Hosp. Rm. C-121	NO	Dr. Davis	Dave
2/18/2020	1330-1530	Darkness to Light Training (Child Abuse)	Cohen Military Family Clinic	NO		Ginger
2/25/2020	1400	CVFB MH & Suicide Prevention Subcommittee	Audie Murphy VA Hosp. Polytrauma 108	NO	Dr. Davis	Ginger, Keshia
3/5/2020	1500	VA Comm. MH&W Summit Meeting	VA Polytrauma, Rm. 108	NO	Dr. Davis	Dave
3/6/2020	0800-1230	2020 Milit. Health Collective Impact Summit	Information Forthcoming	YES	Dr. Davis	Bella, Dave
3/10/2020	1500	CVFB MH & Suicide Prevention Subcommittee	CALL-in 1-800-767-1750, Code 20815#	NO	Dr. Davis	Dave
3/11/2020	1200	Nat. Vet. MH Council	CALL-in 1-800-767-1750, Code 44816#	NO	Dr. Davis	Dave, Ginger
3/11/2020	1200	Nat. Vet. MH Council	CALL-in 1-800-767-1750, Code 44816#	NO	Dr. Davis	Dave
4/2/2020	1500	VA Comm. MH&W Summit Meeting	VA Polytrauma, Rm. 108	NO	Dr. Davis	Dave
4/14/2020	1500	Veterans Resilience and Recovery Collaborative	WWP 12672 Silican Dr., St. 105	NO	Dr. Davis	Dave
5/11/2020	1100	Local Vet. MH Executive Council	VA Hosp. Rm. C-121	NO	Dr. Davis	Dave
5/12/2020	1500	Veterans Resilience and Recovery Collaborative	TBD	NO	Dr. Davis	Dave
8/10/2020	1100	Local Vet. MH Executive Council	VA Hosp. Rm. C-121	NO	Dr. Davis	Dave
11/9/2020	1100	Local Vet. MH Executive Council	VA Hosp. Rm. C-121	NO	Dr. Davis	Dave

If you are ATTENDING ANY events, please Advise ASAP!

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

Contact Card Log
3/16/2020

Name of Contact	Date	Question/Concern of Contact	Referral/Recommendation(s)	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	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.
Got number from BC at one of our Outreach Events				

Sarah (Name held by request)	2/5/2020	Father (Vet) is agoraphobic, hoarder, losing weight, not eating, won't have contact with any family members, sees things not "there". Daughter has MH/PTSD concerns, wants medical care/evaluation.	Was told and provided information on MH eval./appointment process, meeting with her go to hospital together. Provided her with contact and information for medical care and Medical POA/Decision Making actions.	Wil/Dave
Jason Garza	2/5/2020	Previously in Aid and Attendance Program. Spouse no longer being paid as Care Provider, financial hardship on family.	Provider him with contact information on the new Directed Care Program Manager at Audie Murphy VA hospital and called to set up meeting.	Wil/Dave
Name held by request	3/6/2020	PTSD Vet just moved to SA. No meds. Having "issues" needs to talk to someone and med re-fills. Saw van and Council BC.	Took him to ER, not at risk (not same-day issues). Had refill on current meds - filled. Same-day aided him in getting set up with A PCM/ scheduled for eval and assistance.	Dave

VHMACST - Membership Updated 3-16-20		VHMACST@gmail.com		VHMACST@gmail.com		VHMACST@gmail.com		VHMACST@gmail.com		VHMACST@gmail.com		VHMACST@gmail.com	
NAME	Address	Home Phone	Cell Phone	Email	Category								
Andrea Strong	8401 Datapoint Drive, Ste 500, SATX		210-724-4026	astrong@endeavors.org	Vet/Comm Partner								
Angela Sobory	1102 Boiling Brook St., SATX		210-639-4100	asobory@yahoo.com	Vet Family Member								Inactive
Beky Smith	2301 Pooley Rd., SATX 78638		830-522-0746	beckyann55@yahoo.com	Vet								
Carlos Acosta	Held		210-487-1713	Cmigaco@gmail.com	Vet								
Christina Lynch	2810 Babcock Rd., #1201 SATX		210-778-6080	Cr8tivConxions@gmail.com	Vet/Comm Part								
Christopher Vidaurre	Held		310-927-3790	cvidaurre@endeavors.org	Vet/Comm Part								
Dr. David La Pointe	299 Tufted Crest, SATX, 78253		210-236-9667	davela.lapointe@gmail.com - VHMACST@gmail.com	Officer/Vet/Comm Part								
Estela Cantu-La Pointe	299 Tufted Crest, SATX, 78253		210-236-9667	bella67cantu@gmail.com	Vet Family Member/Caregiver								
Gingerlei Seda	9622 Elmfield Pl, SATX, 78254		210-790-7901	leijnised@gmail.com - VHMAVST@gmail.com	Officer/Vet/Family Member								
Jill Palmer	6363 De Zavala Rd., Ste. 200, SATX, 78249		210-399-4838	jpalmr@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	KWSmith@WoundedWarriorProject.org	Vet Family Member/VSO								
Kelly Brooke-Van Drury, MSW	8007 Alton Blvd., Selme, TX 78154		904-524-3686	kdruy@warmsprings.org	Vet Family Member/Comm Partner								Inactive
Kesha Delasbour	P.O. Box 353, Universal City, SATX, 78148		830-214-4439	kdruy@hotmail.com - VHMACST@gmail.com	Officer/Vet/Family Member								
Kevin Crozier	15927 Watering Pt., SATX 78247		832-493-4137	keshha_03@hotmail.com	Vet/VSO								
Larissa Martinez	8018 Hahala Bf., SATX 78254		210-326-3556	kcrozier78247@att.net	Vet/VSO								
Col Lisa Firmin	Off. of Vet & Mil Affairs, One UTSA Circle, SATX, 78249		210-387-9130	circleofarms19@gmail.com	Vet/Family Member/Comm Partner								
Michael Carrion	12672 Silicon Dr., Ste. 105, SATX, 78249		210-464-3592	lisa.firmi@utsa.edu	Vet/Comm Part								
Michael O'Connell	10126 Wilderness Gap, SATX, 78254		904-654-4339	mcarrion@woundedwarriorproject.org	Vet/VSO/Comm Part								
Natasha Walden	6155 Eckhart Rd., Apt. 7101, SATX, 78240		210-364-3147	oseatx@hotmail.com; 48mcconnell@gmail.com	Vet								
Richard Delgado, Jr.	1 University Way, ATTN: Military Affairs		229-425-0937	natasha.l.walden@gmail.com	Vet/Comm Part								Inactive
Robin Soto	3007 Mission Gate 78254		210-369-8817	richard.delgado@tamusa.edu	Vet/Comm Part								Inactive
Scott Rios	6918 Apple Valley Dr., SATX 78242		210-364-2953	bumbarn@aol.com	Vet/Vet Family Member								
Will Seda	9622 Elmfield Pl, SATX, 78254		210-789-4057	smrios17fi@ollusa.edu; Dredola210@gmail.com	Vet								
			210-790-7900	will.seda@gmail.com	Vet/Vet Family Member								
VA Representatives													
Dr. Betsy Davis	7400 Merton Minter (116B) SATX 78229		210-949-3151	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	Richard.martinez4@va.gov	Vet/VA Rep; Non-voting member								
Support Members/Orgs.													



Intensive Outpatient Treatment for Veterans with Posttraumatic Stress

Reference Guide

STRONG STAR Consortium at UT Health San Antonio recently received funding from the Bob Woodruff Foundation in partnership with the Qatar Harvey Fund to offer an Intensive Outpatient Program (IOP) to active-duty military personnel and veterans who lived, worked, or volunteered in the Houston/Gulf Coast region during Hurricane Harvey. The *no-cost* treatment program is an individual-based, 3-week program designed to focus on PTSD treatment with the goal of a quick recovery. Participating individuals will attend full-day sessions (M-F) of Prolonged Exposure (PE) Therapy at our offices located in San Antonio, Texas.

Eligibility for this program:

- Active-duty service member or veteran (no deployment required)
- Experiencing symptoms of PTSD (PTSD diagnosis is not required and symptoms do not have to be related to the hurricane)
- Volunteered, lived, or worked in the Texas Gulf Coast region during Hurricane Harvey
- Able to commit to a 3-week treatment program in San Antonio

Additional note: The program pays for travel expenses to San Antonio including transportation (airfare/car rental), lodging, and per diem.

Contact information:

Amanda Flores
Program Coordinator
210-562-6726

Floresal3@uthscsa.edu
www.strongstar.org/IOP-GulfCoast

The mission of the 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) 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.

Section 2. Functions

- 1. Educating Veterans, family members, VA staff and the community on issues and resources surrounding veteran mental health.**
- 2. Reducing barriers to accessing mental health services for Veterans and families, including stigma, lack of information about services, and difficulty navigating the VA system.**
- 3. Provide Veteran and other stakeholder (e.g., family members, caregivers, VSOs, community partners) input into VA mental health services.**
- 4. Advocate for Veterans (collectively) to the extent that is appropriate and pertinent to mental health issues.**