

VHMACST Meeting Minutes (05/20/20)

I. Call to Order

Chair David LaPointe called to order the regular meeting of the Veterans' Healthy Minds Advisory Council- South Texas, at 1100 on 20 May 2020, via Zoom video/tele conference.

Roll Call - Roll call was conducted by Chair. Present or Excused: Carlos Acosta, Christopher Vidaurre, David La Pointe, Estela Cantu- LaPointe, Gingerlei Seda, Karah Smith, Kesha Delasbour, Kevin Crozier, Larissa Martinez, Lisa Firmin, Michael Carrion, Natasha Walden, Wil Seda, Betsy Davis. Not Present: Andrea Strong, Becky Smith, Christina Lynch, Jill Palmer, Jose Gonzales, Michael O'Connell, Scott Rios.

II. Approval/Review of Previous Minutes/Current Agenda

A motion was made by the Chair that both March (no quorum present) and April 2020 minutes be accepted as posted, the motion was seconded by Wil Seda and the motion carried.

III. Old Business

VHMACST— Feedback to VA Mental Health Dept. ON HOLD; though members are always encouraged to give feedback and improvement suggestions to Dr. Davis directly or go through VHMACST officers. **(CLOSED)**

VA Mental Health & Wellness Summit ON HOLD; **(CLOSED)**

VHMACST— Veteran Resilience and Recovery Operation Continues with meetings discussing increased mental health needs right now (see attachments). Dr. Davis highlighted a new VA Mental Health Service utilizing the "MyHealtheVet" platform and secure messaging. (see attachment). **(OPEN)**

VHMACST— Women Vet Sub-committee Council member Lisa Firmin continues direct dialog with Washington D.C. on women veteran including a pilot program for childcare within VA hospitals. Sub-committee is proposing a national assessment for the upbuild of women's clinics, within VA hospitals, be conducted with feedback from local, state-wide, and national VSOs whose primary support is centered around women veterans. **(OPEN)**

VHMACST – Outreach Sub-committee Council Member Wil Seda and committee members continue to contact/coordinate with VA, local community organizations, Vets, and family members. **(OPEN)**

Mental Health First Aid Training - Certified Mental Health First Aid Instructor, and council member, Larissa Martinez with Circle of Arms organization is offering a virtual training class for all council members. A minimum of five council members is required for the course to begin. 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 veteran's service organizations and individuals. Council will request funding via VA to have all council members certified, however at this time council members

are being asked to complete the training at own expense. Other training options include training 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)

VHMACST—Table Cloth Second tablecloth was funded and secured by Chair. (CLOSED)

VHMACST—Budget Request A budget proposal from the council to the VA will be submitted to VA this month after officers and Dr. Davis finish review and finalize. (OPEN)

VHMACST— Member Photos All council members are asked to submit a headshot photo for inclusion on the council website. Please submit photo to council Chair or council Webmaster at the following: Email: davelp.lapointe@gmail.com or kcrozier78247@att.net. (OPEN)

Sexual Assault Prevention Month - ON HOLD; (CLOSED)

2020 Military Health Collective Impact Summit – POC: Maria Gonzales, San Antonio, TX, TRICARE - Humana; Council members are directed to review emails for most recent updates regarding local events and involvement opportunities. (OPEN)

South Texas VA Tele Mental Health Services – “Meet with VA providers virtually and send important health data from the comfort of your home, using your computer or mobile device”; Remote patient monitoring; Video appointments/ Talk to your doctor via VA Video Connect. Contact your primary care provider for more info. Site: www.telehealth.va.gov. (CLOSED)

May Mental Health Month – Dr. Davis please review email postings on virtual series called “Coping during Coronavirus: 5 strategies you probably haven’t tried yet” with Whole Health and Endeavors (every Friday afternoon through June 5, 2020). (OPEN)

IV. New Business

Vet Admission Booklet – Inpatient MH, Same-day MH Services Brochure Review – Dr. Davis has requested VHMACST assistance in reviewing these items and providing feedback to her for editing/review in finalizing these documents for publications. (OPEN)

Stop Harassment Now Campaign – Dr. Davis highlighted the effort and strongly encourages council members to sign-up and share info! (see email attachment). (CLOSED)

VA Intimate Partner Violence (IPV) Assistance Program. Trend increase during COVID-19. 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. Call 911 for all emergency situations requiring immediate assistance. (CLOSED)

Membership Roster – Chair reviewed latest membership roster changes and updates (see attachment). (CLOSED)

Events/Outreach Log – Chair reviewed latest log. While we are dealing with the current health issues we are attempting to stay involved and connected as much as possible. (see attachment) **(CLOSED)**

VHMACST— Contact Card Log - Chair, reviewed latest log and detailed the last three entries made with servicemembers, veterans, and family members of veterans for assistance. **(CLOSED)**

V. Next Meeting – 17 Jun 2020. 1100, Zoom Phone-in Video Conference (invitations will be sent).

VI. Adjournment – A motion was made by the Council Chair, Dr. David A. La Pointe to adjourn the meeting. Council member Wil Seda seconded the motion, and the motion carried. The meeting adjourned at 1142.

VII. Minutes

Minutes submitted by Secretary, Kesha Delasbour.

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

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

Veteran Resilience & Recovery Collaborative

STX Community Veterans Engagement Board

1-800-767-1750 code 20815#

April 14, 2020

- I. Attendees – Betsy Davis (VA), Stephanie Gattas (Pink Berets), Dave LaPointe (VHMAC), Karah Smith, Cris Escalante, Eileen Chapman (Wounded Warrior Project), Josie Herrera (Warriors Heart), Amanda Flores (STRONGSTAR), Dawn Elder-Eastwood (American Addictions Centers), Tracie Rosado (WoVeN), Jo Seliskar (Vet Center), Krishna Head (Cross Point), Chris Vidaurre (Cohen MFC), Cody Full (PTSD Foundation), Jim Aultman (GI Forum Healthy Minds Healthy Heroes), Verna Lister (NAMI San Antonio)
- II. Updates
 - a. VA Community Mental Health Summit is on hold for now, pending further guidance from VA Central Office.
 - b. All MH Month activities will be done virtually
 - i. Discussed gathering Veteran stories of coping/resilience or of Veterans helping others – we will decide if there is enough interest to move forward
- III. Discussion of current needs
 - a. Provider resources for best practices conducting therapy by phone or telehealth – hesitance to go too “deep,” harder to build rapport for new clients
 - i. Resources from Krishna: <https://www.socialwork.career/2020/03/covid-19-resources-social-workers-therapists.html>
 - ii. Betsy will also contact VA EBP coordinator for other best-practice resources
 - iii. WWP and others talked about benefits of self-paced online content for Veterans instead of “live” services
 1. VA has a few of these: <https://www.veterantraining.va.gov/>
 - b. Discussed possible virtual resource presentation for Veterans – Stephanie and Cris were interested in discussing further
 - c. Discussed working with Bexar County Military/Veteran office to post resources on city website, easy to navigate from COVID19 info/updates
- IV. Upcoming events
 - a. WWP has upcoming virtual couple’s workshop
 - b. NAMI will start offering NAMI Connections online including Veteran-specific group – Verna will send info
 - c. Cohen MFC has a number of upcoming virtual trainings (parenting, couples, employment) – flyers will be attached
 - d. Endeavors Wellness Program and VA MH/Whole Health are working on a series for MH Month – more to come
- V. Service Spotlight: Sound Off app - provides free, anonymous MH support to Veterans / <https://sound-off.com/>
- VI. Next meetings: monthly 2nd Tues at 3pm / call-in line: 1-800-767-1750 code 20815#
 - a. May 12 at 3pm - BY PHONE

Requesting help to start VA Mental Health Services through Secure Messaging

South Texas Veterans Health Care System

Important Notes:

****Secure messaging is only for *non-emergency mental health services*. For emergencies, go to the nearest emergency room (including Audie L. Murphy VA Hospital) or call 911 or the Veterans Crisis Line at 1-800-273-8255, press 1.**

****These instructions are for those who do not already have an assigned VA mental health provider.**

**** This requires you to have a Premium MyHealthVet account with secure messaging access:**

<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/upgrade-account-to-premium>

1. Sign in to MyHealthVet at myhealth.va.gov
2. Select "New Message" in upper left corner.



3. Send a secure message to "ALM Mental Health – Get Started" team with information about the services you're requesting.

Compose Message

Messages may be saved to your health record at your health care team's discretion.

* Indicates Required Information

From*

To* [Edit List](#)

Subject*

Subject Line

Attachments

Message*

- ALM Audiology Clinic@Patient_PROS
- ALM Chaplain Service@
- ALM Fisher House Information Request
- ALM Fish House Information Request
- ALM Move (Weight Loss)_HPDP
- ALM My HealthVet Help Questions_MHV
- ALM Non-VA Care Specialty Managers
- ALM Patient Advocates Office
- ALM Tobacco Cessation Assistance_HPDP
- ALM VA Billing Inquiries
- Community Care\$
- Release of Information Office\$
- STX-Ask A Pharmacist_PHARM
- STX-Caregiver Support Program



U.S. Department of Veterans Affairs
Veterans Health Administration
South Texas Veterans Health Care System

EXPENSES
5/24/2020

DATE	LOCATION	ITEMS PURCHASED	AMOUNT	TOTAL
2019				
7/11/2019	Online	VHMACT Website	\$346.07	346.07
7/11/2019	Online	Web Hosting	\$214.20	560.27
7/11/2019	Online	Office 365 - Pro	119.88	680.15
7/11/2019	Online	Domain Name	11.99	692.14
7/15/2019	Office Depot	Business Cards	102.78	794.92
7/15/2019	Best Buy	Ink,	136.87	931.79
8/23/2019	Walmart	Table/Chairs	111.03	1,042.82
10/11/2019	Office Depot	Paper, Acrobat Pro	194.84	1,237.66
10/11/2019	Office Depot	File Folders	37.88	1,275.54
10/13/2019	Office Depot	Business Cards	10.81	1,286.35
10/13/2019	Office Depot	Business Cards	101.75	1,388.10
10/13/2019	Office Depot	Business Cards	10.81	1,398.91
10/13/2019	Office Depot	Business Cards	10.81	1,409.72
10/18/2019	Office Depot	Business Cards	25.97	1,435.69
10/18/2019	Office Depot	Lanyards, badges, make items	89.28	1,525.27
10/19/2019	Office Depot	File Holders	21.64	1,546.91
2020				
1/29/2020	Office Depot	Brochure and Paper Holder	40.34	1,587.25
1/29/2020	Office Depot	Paper, Binder, Display Racks, Ink	239.76	1,827.01
4/14/2020	4 Imprint	Tablecloth	192.81	2,019.82
4/19/2020	Office Depot	Ink	174.04	2,193.86
4/19/2020	Office Depot	Paper	70.34	2,264.20
5/19/2020	Zoom	Video Conferencing	189.72	2,453.92
5/23/2020	Bluehost	Domain Names/Privacy-Pro	50.86	2,504.78

What Is Telehealth?

Telehealth uses technology and data to improve the way VA provides patient-centered care to Veterans.

Welcome to

VA Telehealth Services

The U.S. Department of Veterans Affairs is leading the way in telehealth innovation to make sure Veterans can access care when and where they need it. VA Telehealth Services is transforming how Veterans access high-quality VA care. From your home, the clinic, or the hospital, VA telehealth technologies make it easier for you to connect with your VA care team.

How Telehealth Works at VA

Using transformative virtual health technologies and devices, VA Telehealth Services gives you access to the care you need, when and where you need it.



May 2020

May is Mental Health Awareness Month.
Enjoy these tips and ideas for taking care of your Mental Health all month long.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NOW IS THE TIME <small>MENTAL HEALTH AWARENESS MONTH</small>					
3 Set yourself on a Kindness Mission today! Do something nice for someone—a neighbor, a friend?	4 Give yourself a break! Take it easy! We're all doing the best we can.	5 ADD the Veterans Crisis Line to your phone contacts today! 1(800) 273-8255	6 Take an inventory of the people in your life. Who is healthy and supportive? Who is not?	7 Try a Mindfulness activity today. Need Ideas? Check out 'You Tube or Apps: Mindfulness Coach	8 Call an old friend and check in with them. Human beings are wired for connection to others.	9 Watch something funny! Laughter boosts the immune system and can reduce anxiety.
10 Mother's Day Hand write a note to someone you miss today.	11 Take a social media, television, or telephone break for the day and enjoy the present moment around you.	12 Call your VA Provider and ask, 'What Can Whole Health do for me?'	13 Practice Grounding. Name 5 things you can hear, smell, taste, see, feel.	14 What is something you've overcome or accomplished that makes you proud? Reflect on that today.	15 Choose an affirmation that rings true to you. OR Check out the free app called, 'I Am.'	16 What's something you've been wanting to try? A new recipe, a craft, an activity? Try something new today!
17 Who is someone you really appreciate or admire? Tell them how you feel today.	18 Take a 15 minute walk outside today. Being in nature can boost energy and well-being.	19 Build your emotional vocabulary. Name and own your feelings today. Are you happy, sad, lonely, afraid?	20 Participate in an activity that makes you happy.	21 Check out one of the VA Apps: Google 'VA Mobile Apps'	22 Write down 3 things that you like about yourself.	23 Treat Yourself! Give yourself a pedicure, take a bath, get a massage, eat something yummy.
24 Is something bothering you? Let it out... On Paper! Writing can reduce symptoms of depression.	25 Memorial Day Practice Mindful Breathing. Inhale...1...2...3... Exhale...1...2...3...	26 Dance Party! Dance to one of your favorite songs today while doing a household chore.	27 Plan to get a good night's sleep. Adequate sleep is fundamental for mood, energy, and health.	28 Remind yourself that it's okay to ask for help when you need it.	29 Volunteer: Give your time to a charity that you love today. Need an idea? Find your local food pantry.	30 Spend time with an animal. Animals reduce stress hormones and boost oxytocin—which stimulates feelings of happiness.
31 What are 3 goals you have? Why are they important to you? What steps do you need to take to achieve them?		Make your mental health a priority. Find resources for Veterans at MakeTheConnection.net/MHIM		 <p>Veterans Crisis Line 1-800-273-8255 PRSSS</p>		



U.S. Department of Veterans Affairs
Veterans Health Administration
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The Stand Up to Stop Harassment Now! Committee would like your input!

“Stand Up to Stop Harassment Now!” A national campaign that recommits the VA to a harassment-free healthcare environment for employees, trainees, Veterans, volunteers and all visitors. Harassment is any verbal or physical interaction that makes VA a less than welcoming place to come for healthcare or for work, and it has no place in our facility, our organization, or our society.

Recruiting for Focus Groups

The *“Stand Up to Stop Harassment Now!”* Committee is asking for Veterans, employees, trainees and volunteers to have a conversation about harassment within the VA. Focus groups will last one hour. Separate groups will be held for self-identifying men and women, each group will be capped at 10 participants.

Who is appropriate for focus groups?

- Veterans, employees, trainees and volunteers who have experienced or witnessed harassment within the VA, or individuals with insight on how to improve response to harassment within the VA
- Individuals of all races, ethnicities, gender identities or expressions, national origins, ages, religions, disabilities, and sexual orientations

Who is not appropriate for focus groups:

- Individuals who are at high risk for suicide

Volunteers for Focus Groups

To make a referral or to self-refer, send an email to

VHASTXEEOSTopHarassment
Campaign@va.gov

Once an email is received, the Veteran or staff member will be contacted to confirm participation.

Date, time and Skype link will be provided to Veterans or staff members upon confirmation.

For questions, please contact:

Rikkita Hughes,
EEO Manager
(210) 617-5300 Ext. 15813

Stand Up To Stop Harassment Focus Group Sessions

Date	Time	Focus Group	Skype Link
Thursday, May 14, 2020	12:00 pm – 1:00 pm	Female only employee group (federal, contract, trainees, volunteers)	To be provided to participants
Thursday, May 21, 2020	12:00 pm – 1:00 pm	Female only veteran group	To be provided to participants
Thursday, June 11, 2020	12:00 pm – 1:00 pm	Male only employee group (federal, contract, trainees, volunteers)	To be provided to participants
Thursday, June 18, 2020	12:00 pm – 1:00 pm	Male only veteran group	To be provided to participants
Thursday, July 9, 2020	12:00 pm – 1:00 pm	Female only employee group (federal, contract, trainees, volunteers)	To be provided to participants
Thursday, July 16, 2020	12:00 pm – 1:00 pm	Female only veteran group	To be provided to participants

NOTE: Each session is capped at 10 participants, and each participant will need to RSVP to VHASTXEEOStopHarassmentCamapaign@va.gov **one week** prior to their respective session. All participants must complete the consent form which can be found [here](#). Completed forms can be emailed to the above email address or faxed to (210) 949-3304. To ensure confidentiality, the group Skype link will be provided to the group facilitator and participants **only**. Prior to each session, each facilitator will be provided a list of their participants in addition to the Skype link to their respective session.

VHMMACT Event/Outreach Tracking

DATE	TIME	EVENT	LOCATION	VHMMACT TABLE?	VA STAFF POC	COUNCIL MEMBERS ATTENDING
5/20/2019	0900-1200	MH Awareness Month	Audie Murphy VA Hospital	YES	Dr. Davis	Betsy, Will
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	Dr. Davis	Betsy, Dave
9/26/2019	0800-1700	Nat. Minority Veterans Summit	Sheraton, Dallas Texas	NO	Larry Stokes	Dave, Bella
10/5/2019	700	NAMI Walk	Morgans Wonderland	NO	Rick Martinez	Lisa
10/8/2019	1330	SAC Resource Fair	ALM Auditorium (222)	YES (own)	Betsy Davis	Dave, Ginger
10/23/2019	900	Out of the Darkness	San Antonio College Victory Center	YES w/ VA	Mike Collins	Dave, Ginger, Keshia, Will
11/4/2019	1100	SACVF Vet Day Celebration	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
2020						
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	HUMANANA-TRICARE/ VHMMACT Orientation	BJ Restaurant	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, Sombilla	YES		Will, 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	CVEB 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 Mil. Health Collective Impact Summit	Information Forthcoming	YES	Dr. Davis	Bella, Dave
3/10/2020	1500	CVEB 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
4/1/2020	1400	S.A.V.E. Initiative	Virtual Training Online	NO	Dr. Davis	Dave
4/2/2020	1500	VA Comm. MH&W Summit Meeting	VA Polytrauma, Rm. 108	NO	Dr. Davis	Dave
4/7/2020	1300	Emerg. Consider. Regarding Care for Women	Online Session	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	Conference Call	NO	Dr. Davis	Dave
5/13/2020	1200	Nat. Vet. MH Council	Conference Call	NO	Dr. Davis	Dave

VHMACST Event/Outreach Tracking

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

VHMMACT - Membership		VHMMACT@gmail.com							
Updated 05/16/20									
NAME	Address	Home Phone	Cell Phone	Email	Category				
Andrea Strong	8401 Datapoint Drive, Ste 500, SATX		210-724-4026	astrong@endevors.org	Vet/Comm Partner				
Angela Sobery	1102 Boling Brook St., SATX		210-639-4100	asobery@yahoo.com	Vet Family Member				Inactive
Becky Smith	2301 Pooley Rd., SATX 78638		830-522-0746	beckyann55@yahoo.com	Vet				
Carlos Acosta	Heild	210-487-1713		Comtaco@gmail.com	Vet				
Christina Lynch	2810 Babcock Rd., #1201 SATX		210-778-6080	C8tivConkions@gmail.com	Vet/Comm Part				
Christopher Vidaurre	Heild	310-927-3790		cvidaurre@endevors.org	Vet/Comm Part				
Dr. David La Pointe	299 Tuffed Crest, SATX, 78253	210-236-9667	210-488-1593	davejp.lapointe@gmail.com - VHMMACT@gmail.com	Officer/Vet/Comm Part				
Bella Cantu-La Pointe	299 Tuffed 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	leiglnsed@gmail.com - VHMMAVST@gmail.com	Officer/Vet/Family Member				
Jill Palmer	6363 De Zavala Rd., Ste. 200, SATX, 78249	210-399-4838	904-303-9023	jpalmer@endevors.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 Duren, MSW	8007 Alkon Blvd., Selme, TX 78154	830-214-4439	210-834-1439	kcdurny@warmsprings.org	Vet Family Member/Comm Partner				Inactive
Kesha Delasbour	P.O. Box 353, Universal City, SATX, 78148		832-493-4137	kesha_03@hotmail.com - VHMMACT@gmail.com	Officer/Vet/Family Member				
Kevin Crozier	15927 Watering Pl., 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.firmin@utsa.edu	Vet/Comm Part				
Michael Carrion	12672 Silicon Dr., Ste. 105, SATX, 78249	904-654-4339		mcarrion@woundedwarriorproject.org	Vet/Comm Part				
Michael O'Connell	10126 Wilderness Gap, SATX, 78254		210-364-3147	oseatx@hotmail.com; 48mcconnell@gmail.com	Vet/VSO/Comm Part				
Natasha Walden	6155 Eckert Rd., Apt. 7101, SATX, 78240	210-399-4838 x385	229-425-0937	natastah.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				Inactive
Robin Soto	3007 Mission Gate 78254	210-254-9831	210-364-2953	bumbarm@gmail.com	Vet/Vet Family Member				Inactive
Scott Rios	6918 Apple Valley Dr., SATX 78242		210-789-4057	smrios17fl@tllusa.edu; Dredola210@gmail.com	Vet				
Will 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				
Support Members/Orgs.									

Contact Card Log
5/11/2020

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 Tejeda 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
Met at St. Phillips Coll. Event				
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 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.	Wii/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.	Wii/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.	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
Saw van and Council BC hanging in it				
Roy Reese	4/15/2020	Needs VA eval. For possible disability from service. Wants to know if he's entitled to Military ID card. Doesn't know what benefits he has.	Given all info. on different Milt. ID cards. Contacted his state, county and city and informed him of what benefits were available to him (OH). Told him the process and who to contact at his local VA clinic and his closest VA Hosp.	Gingerlei/Dave
Ricardo Oliveres	5/1/2020	Had back injury (service) related, wanted help with VA disability paperwork.	Referred to Kevin Crozier, he in-turn had one of his DAV representatives contact Ricardo. They responded THE SAME DAY to assist Vet with his request! THANK YOU KEVIN AND KATHLEEN.	Kevin, Kathleen, Dave
Nathaniel Reese	5/16/2020	Needs assistance with caregiver program and home modification program.	Will attempt to contact him on Monday 5/18/2020	Dave
Met at UTSA Event - VP UTSA Student Vet. Association				
Presley Dyer	5/20/2020	Needs help with VA ID Card, Assistance with military separation/discharge code change and VA educational entitlements.	Ref./Rec: Enroll in STVHCS, submit appeal to Board for Corrections of Naval Record Records, contact VA Rep to review the veteran's current Montgomery GI Bill and Post - 9/11 educational entitlements.	Kesha