

Appendix

VHMACST— Conference line. Info for Council meetings: The Council’s conference line has been temporarily replaced by Zoom videoconferencing and/or a call-in number to be disseminated via email.

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

VHMACST—Upcoming Events. All in-person events are canceled or suspended until further notice due to COVID-19 pandemic concerns. Virtual events will be forwarded to Council members via email.

VHMACST— South Texas Mental Health. Council members are asked to provide feedback and to report 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. Issues highlighted include: VA customer service, procedural triggers within VA healthcare for veterans with MST/history of suicidal attempts and ideations. Feedback may be submitted to Council officers for forwarding to Council VA rep, Dr. Davis.

VHMACST— Sub-Committees. Establishment of Sub-Committees within the Council have been determined for Council training, women’s needs, website, social media, and education and outreach. No current Sub-Committees have been set forth for communications and fundraising. All Council members, with the exception of Council officers are to submit feedback and individual committee designations to Council Chair if assignment to a Sub-Committee have not been confirmed. Council Chair have advised that all Council members be assigned to an internal Sub-Committee position.

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>.

VHMACST—Facebook Page. Council Facebook page may be accessed at the following: <https://www.facebook.com/Veterans-Healthy-Minds-Advisory-Council-South-Texas-108095933936524>

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

VHMACST— Business Cards. Cards are available for Council members. Contact Council Chair to obtain cards as necessary.

VHMACST— Contact Card Log. Council Chair maintains a log of all contacts made with servicemembers, veterans, and family members of veterans for assistance. An updated copy of the log may be obtained electronically by request. For record-keeping, Council members are advised to notify Council Chair of contact made by Council members on behalf of the Council for support.

VMHACST— VA Outreach. VA Rep Dr. Davis will communicate with and encourage VA Mental Health staff 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. The Council is required to have 50% of Council members present at meetings in order to be operational. Contact Council Chair for more information.

VHMACST—Budget. There is currently no VA approved funding for food or beverage consumption. Please submit input for budget considerations to Council Chair. Restrictions exist for vendor selections. Final projected budget proposals will be submitted to VA Rep, Dr. Davis.

Other— Guest Speakers. VA Rep Dr. 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.

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.

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. Trend increase during COVID-19. VA Coordinator POC: 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 Telehealth. "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.

My HealthVet. Central VA hospital scheduling resource for expedited appointment processing and healthcare management. Accessible to any veteran enrolled in the STVHCS. Info routing is as follows:

VA Rep Dr. Davis, Mike Collins, Rick Martinez, PCP. 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. A compilation listing will be developed and managed by the Council.