

VHMAC-ST Meeting Minutes (21 July 2021)

I. Call to Order

Council Chair Dr. David La Pointe called to order the regular meeting of the Veterans' Healthy Minds Advisory Council-South Texas, at 11:05 on 21 July 2021, via Zoom video/tele-conference.

Council roll was called by Secretary Karah Smith.

Roll Call – Present or Excused: David La Pointe, Edsel Thomas, Carlos Acosta, Gingerlei Seda, Karah Smith, Kevin Crozier, Larissa Martinez, Leah Whitmire, Lisa Firmin, Robin Soto

Dr. Betsy, VA Employee

Becki Williams, VA Care Provider

Not Present: Christopher Vidaurre, Jose Gonzales, Larissa Martinez, Leah Whitmire, Michael Carrion, Natasha Walden,

II. Approval/Review of Previous Minutes/Current Agenda

Council Chair Dr. La Pointe motioned to accept previous (June) meeting minutes. Motion seconded by Carlos and approved.

Started council with Old Business, no guest speaker this month.

III. Old Business

VHMACST – Veteran Resilience and Recovery (Dr. Davis) – no update

VHMACST – VA Community MH & Wellness Summit (Dr. Davis)- Dr. Davis is very excited about how it is coming together. The Summit will take place Sept 24 from 830-1230 and will focus on women veterans. A flyer is being finalized. There will be different learning tracks for a personalized experience. Dr. Davis shared her screen to show what the options will look like as of now. Dr. Palmer from Endeavors will be talking about wellness and suicide prevention as the keynote speaker. Dr. Davis is still looking for someone to do therapeutic creativity (expressive arts) that would be willing to present. Dr. Davis informed council that tracks and presenters were based off a survey that was sent out. Council asked if Substance Use Disorder was identified as a main issue, but it may not have been an option on the survey. Edsel discussed how women from Villa Serena may be able to engage in the summit. Dr. Davis will work with Dr. Mathews to help ensure the Villa Serena folks can join. Endeavors is sponsoring the Zoom platform-attending the summit will be free.

VHMACST – National Veterans MH Council (Dr. Davis) had a great session the past week about how to engage veterans and members so that people feel valued.

VHMACST- VA Mental Health Council (Dr. Davis)-not sure what that references, clarified it is related to the quarterly council-have not had any recent meetings, no updates at this time.

VHMACST – Women Veteran Sub-Committee (Col Lisa Firmin) Lisa not in attendance, no update at this time.

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VHMACST – Outreach Sub-Committee (Dave) 12 people currently tracking, had 13 responses from Nextdoor app. Dave can send to council what he sent out to Nextdoor so that we can have consistent messaging.

Next Door Community App (Dr. La Pointe) – requested folks to post information on local HOA or Nextdoor app if available. Reported he has already received responses

VHMACST - Budget (Dr. La Pointe) – in last few days Dr. Davis requested an update.

VHMACST Resource Guide (Dr. La Pointe) –will hold off on this until we are meeting again in person.

IV. New Business

SPEAKER: Ms. Judith M. Salmon MHA, BSN, RN, NE-BC Women Veterans Program Manager-no guest speaker this month due to unforeseen circumstances, will reschedule.

Miscellaneous-

Elections for the time period to cover 1 Oct 2021 – 30 Sep 2022 Nominations (Dr. La Pointe) starting this month we will take nominations (you can nominate yourself, or someone else in the council) and we will hold elections next month in August-September is the learning layover month, and then fully changed over in October and new officers will start in new positions. This is Dave's second year so he cannot run for chair, and Ginger cannot run for co-chair according to the bylaws. Dave plans on nominating Ginger for Chair, there are some restrictions on some of the positions, to be chair you have to be a veteran. Dave stated we can go through the bylaws together if desired. If you are interested or want to nominate someone for a position please email Dave. Next meeting anyone running can give their pitch/speech. Kevin nominate Karah for co-chair-will have to check bylaws to see if that is even an option.

Dave reminded group that when you look at what we have done in the last 2 years we have done a lot of good things-Discussed the Spurs day event as it was a great reflection of getting community involvement.

Dave thanked Dr. Davis for her engagement in council. She has been connected to each and every referral that has come through the council. Dave discussed that there are so many people that are unaware of who we are and what we do so he is looking into ways to advertise the council.

Dr. Davis-will bring up council during monthly meeting town hall-meeting with providers and perhaps the council could speak there in order to increase awareness of council.

Discussed that bylaws are written to have term limits to help get some fresh ideas into the council. It will allow the council to grow in a new way as well as helping to prevent burn out.

Discussed the possibility of planning an outdoor social gathering to honor the work done-people sound like they are in favor of it.

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Still looking at making section of video from guest speaker available on website so others can have access to that information.

Dave encourages that we keep virtual option, even if back in person, so folks can see things that happen during the meetings and we can record the guest speaker portion.

Upcoming Events: Dave reported the following links may not be correct-will update council if/when available

VHMACST – Upcoming Training:

- Virtual Financial Literacy Training: help to Save Your Money – Tuesday, 27 Jul 1000-1200, Register Online – bit.ly/07savemoney21 – The Steven A. Cohen Military Family Clinic at Endeavors, San Antonio
- Healing through Horses – Tuesday, 7 Aug 0900-1100, Register Online – bit.ly/08healing21 – The Steven A. Cohen Military Family Clinic at Endeavors, San Antonio
- August 7 from 12-5 Mental health wellness back to school-have flyer by Circle of Arms
- Dave discussed the new men's intimate partner violence courses he took and how it was a great resource to have

Miscellaneous

New roster with contact information will be in the minutes

Future presenters could be Dr. Hoover with suicide prevention, patient advocate, enrollment and eligibility

Ed asked if a staff member from Villa Serena could sit in on this council. The people who are leaving there would benefit from having the connection resources that might exist prior to leaving. May look into having someone on council but to also be a guest speaker.

Dave inquired on how we can get other people in the VA to refer vets to this council. Betsy is specifically dedicated to this role so that is why she is the one making referrals, but there is no reason that other VA staff could not make referrals. Dr. Davis stated that speaking with providers will help to increase referrals.

Dave stated that he is proud of the group to be able to stick together this long, and through Covid which is testament to dedication and passion.

Kevin is updating website constantly-Dave listened in on national call this week and hearing how others are getting started, seeing what we have shows him that we are doing well with the information, ease of access of website. Thank you Kevin for the work that you have done on the website.

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V. Next Meeting 18 August 2021, 1100

VII. Adjournment

Meeting ended at 11:50

VIII. End of Minutes

Minutes submitted by Secretary Karah Smith

Minutes reviewed by Council Chair, Dr. David La Pointe.

Appointment of New Members

Council will have a target membership of 10-15 members. Members may be added or renewed to the Council in the following manner:

1. Candidates for membership can be nominated by any existing Council member or can be self-nominated and will be asked to complete a membership application.
2. The nominating Council member or nominee presents the candidate's background, qualifications, and potential for contribution to the Council.
3. The Council evaluates a candidate's suitability for membership on the Council.
4. The Council votes, and 2/3 vote is needed to accept a new member.

Council members will serve two year terms from the date of acceptance to the Council. Members may serve multiple terms by following the above procedure; however, efforts will be made to ensure that new members are added on a regular basis and to ensure that there is continuity on the Council (e.g., attempting to stagger membership terms).

Resignation of Members

Members may resign from the Council at any time by providing either written notification to the Council or verbal notification to the Council Chair or Co-Chair.

Removal of Members

Members can be removed from the Council or a committee for any of the following reasons:

1. The member's status changes (see above qualifications and duties).
2. The member is no longer able to fulfill their Council responsibilities or has not been fulfilling their responsibilities.
3. The member's behavior is disruptive and limits the Council's ability to function in a cohesive and effective manner.
4. A member has not consistently attended meetings (without prior notice of absence) or otherwise participated.

In these instances, the Council Chair will notify the member of possible removal and give an opportunity to take corrective action if appropriate.

Removal may occur only at a properly called meeting of the Council. Removal of members will be conducted in the following manner:

1. The Chair will ask the Council to review the membership of an individual.
2. The Chair will present the reason for reviewing the individual's membership.
3. The individual should give reasons why he/she should not be removed.
4. The Council must then reach a 2/3 vote in order to remove a member from the Council.

Section 2. Officers

Officers are expected to disclose all possible conflicts of interest during election process, so that this can be considered before being elected. Officers are also expected to sign a written agreement to limit the impact of potential conflicts of interest on Council activities.

The officers of the Council will consist of the following:

Chair
Co-Chair
Secretary

Section 3. Officer Qualifications and Duties

Chair

Qualifications

1. A current or former consumer of VA mental health services.
2. Possess leadership abilities.
3. Ability to effectively communicate orally and in writing.
4. Willingness to devote the necessary amount of time to this position.
5. Ability to work in partnership and collaboration with others.

Duties and Responsibilities

1. Oversees the development, implementation, and reporting of the Council's activities, including collaboration with Secretary on minutes and annual report.
2. Determines the agenda for Council meetings with input from the Council.
3. Conducts all Council meetings.
4. Serves as the official spokesperson for the Council.
5. Establishes and dissolves committees with a 2/3 vote of the Council.
6. Monitors and tracks all activities, progress, and unfinished Council business.
7. Responds to inquiries with the assistance from Council members.
8. Fills committee vacancies occurring during term in office with the consent of the Council.
9. Keeps record of history of Council activities to maintain continuity of Council operations over time.
10. Promotes and models professionalism and fosters positive working relationships within the council, with the liaison, members of the VA and the community.
11. Works to actively solicit input from all members of council.
12. Only votes as needed to break a tied vote.

Co-Chair

Qualifications

1. A present or former consumer or family member of a consumer of VA mental health services.
2. Possess leadership abilities.
3. Ability to effectively communicate orally and in writing.
4. Willingness to devote the necessary amount of time to this position.
5. Ability to work in partnership and collaboration with others.

Duties and Responsibilities

1. Assists the Chair in performing his or her duties.
2. Functions as Chair in the absence of the Council Chair.
3. Functions as Secretary in the absence of the Council Secretary.
4. Recruits volunteers for committees with help from Council.
5. Responds to inquiries with help from Council.
6. Attends all Council Meetings.
7. Promotes and models professionalism and fosters positive working relationships within the council, with the liaison, members of the VA, and the community.

Secretary

Qualifications

1. A present or former consumer, a family member of a consumer of VA mental health services, or a community partner.
2. Ability to effectively summarize meeting discussions to relevant minutes.
3. Ability to type, collate, copy and distribute written materials.
4. Willingness to commit time to perform duties.
5. Ability to work in partnership and collaboration with others.

Duties and Responsibilities

1. Schedules and notifies members of all Council meetings.
2. Records minutes of Council meetings.
3. Sends meeting minutes and other communications to appropriate parties in a timely manner (usually within 1 week).
4. Attends all Council Meetings.
5. Assists Chair in keeping record of history of Council activities to maintain continuity of Council operations over time.
6. Promotes and models professionalism and fosters positive working relationships within the council, with the liaison, members of the VA, and the community.

Section 4. Elections and Transfer of Officers

General elections of all officers will occur in August of each year. Newly appointed officers will co-conduct their duties with existing officers for a period of one month (typically September) in preparation for assuming their offices at the start of the fiscal year, October 1.

1. Candidates for office can be nominated by any existing Council member or can self-nominate.
2. Nominees can accept or decline the nomination.
3. A question and answer session will allow committee members to ask questions of the nominees.
4. Nominees must be members in good standing with the Council and have attended all meetings in the three months prior to nominations (or provide prior notice of absence).
5. The written votes are tallied by a Council member, typically the Secretary (not a nominee); the nominee with the highest number of votes wins.

Section 5. Terms of Office

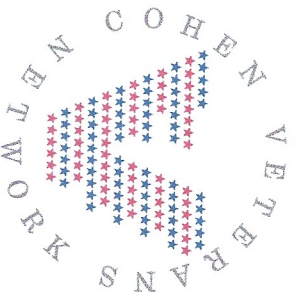
Each officer will serve for a term of one year, beginning upon election and extending for 12 calendar months. Officers may serve additional terms, not to exceed two consecutive years in that office.

Section 6. Vacancy

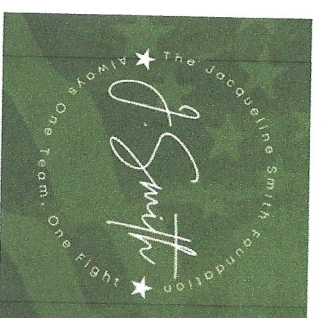
A vacancy will exist whenever an officer resigns or is removed from the Council. To address vacancies, the Council Chair will call for a special election at the next regularly scheduled meeting of the Council.

Section 7. Compensation and Reimbursement

The members of the Council will serve without pay.



The Steven A. Cohen
Military Family Clinic
at Endeavors, San Antonio



VIRTUAL FINANCIAL LITERACY TRAINING: HELP TO SAVE YOUR MONEY

Tuesday, July 27
10am-12pm (CT)

This training with The Jacqueline Smith Foundation will discuss financial literacy, ways to secure your money, prevent identity theft and financial fraud. Budgeting resources and tips to help manage your money more efficiently will be provided, as we aim to help you become more financially literate.

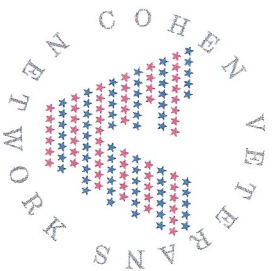
Facilitator:

Jacqueline Smith

Chief Executive Officer, The Jacqueline Smith Foundation

REGISTER BY VISITING:
bit.ly/07savemoney21

Questions? Contact Natasha Walden at nwalden@endeavors.org.



The Steven A. Cohen
Military Family Clinic
at Endeavors, San Antonio



HEALING THROUGH HORSES

Every Saturday

Beginning August 7

9-11am (CT)

Join us and Oasis Acres EATC for 8-sessions of Equine Therapy in support of the military community. We aim to help service members strengthen their resilience and coping skills and Veterans adapt to civilian life, cope with intense feelings, communicate thoughts effectively, and strengthen their resilience.

Benefits of Equine Therapy:

- Assertiveness
- Emotional awareness
- Empathy
- Flexibility
- Impulse control
- Self-actualization
- Independence
- Social responsibility
- Interpersonal relationships

Location:

Oasis Acres Equine Assisted Therapy Center
1601 Zuehl Crossing, La Vernia, TX 78121

REGISTER BY VISITING:

bit.ly/08healing21

Questions? Contact Susan Adams at susan@oasisacresatc.org.

4 BALANCE SCHOOL!

Save the Date
August 7th @ 12-5pm

ROSEDALE PARK
303 DARTMOUTH ST



MENTAL HEALTH WELLNESS IS PART OF
BACK TO SCHOOL TOO!

JOIN *CIRCLE OF ARMS* & BRIDGING THE GAP PLUS OTHER COMMUNITY PARTNERS IN A COMMUNITY BACK TO SCHOOL EVENT.

***CIRCLE OF ARMS* WILL BE PASSING OUT "STAY CALM" BOXES TO KIDS AGES 8-18 YEARS. FIRST COME FIRST SERVE, WE HAVE LIMITED BOXES. WHETHER YOU'RE GOING BACK TO SCHOOL IN PERSON OR VIRTUAL WE KNOW IT'S BEEN A DIFFICULT ADJUSTMENT FOR KIDS & TEENS. PRE-REGISTRATION REQUIRED**

WE WANT TO HELP OUR YOUTH STAY CALM AND FOCUSED FOR THE 2021-2022 SCHOOL YEAR.



**If you're interested in sponsoring/donating for the Stay Calm boxes, volunteering, or being a vendor please reach out to:
Odulia@circleofarms.org**



STVHCS Intimate Partner Violence (IPV) Assistance Program

Glorive Cabino, LCSW
Program Coordinator
(210) 993-3575

If you are experiencing violence in your relationship, it is not your fault.
You do not deserve to be hurt.
VA can help.

What is intimate partner violence?

Intimate Partner Violence (IPV) is physical and sexual violence, emotional and psychological aggression, as well as stalking and financial abuse by a current or former intimate partner. IPV can occur between heterosexual or same-sex couples and does not require physical intimacy or for partners to live together. Examples of intimate partners can include current or former spouses, boyfriends or girlfriends, dating partners, and sexual partners (CDC, 2016).

Who is at risk for experiencing IPV?

Everyone. However, there are certain groups who are at higher risk of violence than others, such as females between the ages of 18-35 and female Veterans (Veterans Health Administration, 2013).

What are some of the warning signs of IPV?

Warning signs include: unexplained or repeated injuries, delay in seeking care, injuries during pregnancy, multiple ER visits, suicide attempts, substance use, fearful or evasive behavior, and lack of independence, among other signs.

STVHCS services for Veterans experiencing violence:

- Treatment for injuries
- Counseling and other mental health supportive services
- Assistance with goal setting and planning to maximize safety
- Referral to emergency, transitional, and permanent housing
- Connection to community-based agencies for legal assistance, advocacy, support groups
- Information about services and benefits available to you

Safety Planning Tips

It is important to have a safety plan while living with an abusive partner, when preparing to leave, and when leaving the relationship. It is also helpful to have a safety plan for emergencies, e.g. during a violent incident.

When tensions are mounting, try to avoid rooms without outside doors and kitchens or bathrooms which have weapons, hard surfaces, and glass.

Identify friends or family members you can turn to for help.

Make sure your cell phone and other devices can't be tracked. Change usernames and passwords and check privacy settings on social media accounts.

Pack a "go bag" with ID, important papers, phone numbers, medications, money, keys, clothing, etc. and hide it where you can get it quickly.

Call 911 in emergency situations.

For more information about safety planning, contact the IPV Assistance Program Coordinator or any of the hotlines listed below.

<p>Veterans Crisis Line Call 800-273-8255 (Press 1) Text 838255 Visit/chat veteranscrisisline.net</p>	<p>National DV Hotline Call 800-799-SAFE (7233) TTY 800-787-3224 Visit/chat thehotline.org</p>	<p>Texas Helpline Call 2-1-1 or (877) 541-7905 Visit www.211texas.org</p>
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U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Care Management and Social Work



Claims Department Offices

OFFICE NAME	ADDRESS	CITY	ZIP	PHONE	HOURS
Texas Veterans Commission Taylor County Annex	400 Oak Street Suite 170	Abilene	79602	325-338-4814 northwestclaims@tvc.texas.gov	7:30a-4:30p
Thomas E. Creek VA Medical Center	6010 Amarillo Blvd. West	Amarillo	79106	806-468-1883 northwestclaims@tvc.texas.gov	8:00-4:30
Texas Veterans Commission VA Outpatient Clinic	7901 Metropolis Dr. Room 1G113	Austin	78744	512-638-7190 northeastclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Outpatient Clinic	3420 Veterans Circle Room 507	Beaumont	77707	409-981-8598/Cell281-475-9698 southeastclaims@tvc.texas.gov	7:30-4:00
Bee County Office (temp vacant)	3800 Charco Road Room 5-104	Beeville	78102	361-230-9109 southwestclaims@tvc.texas.gov	7:30-4:00
Hutchinson County Courthouse Annex	1400 Veta Street Room 117	Borger	79007	806-273-0148 northwestclaims@tvc.texas.gov	7:30-4:30
George H. Obrien, JR. VA Medical Center	300 W. Veterans Blvd. Room 147B	Big Spring	79720	432-263-7361 ext.7007 norwestclaims@tvc.texas.gov	7:30 - 4:30
Texas Veterans Commission	1401 Medical Parkway Room 492	Cedar Park	78613	5120638-7190 northeastclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Outpatient Clinic	1651 Rock Prairie Road Suite 100	College Station	77845	979-218-0330 northeastclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission Conroe Community Outpatient Clinic	690 South Loop 336 West, 3A 153	Conroe	77304	936-522-4024/Cell281-678-4083 Cell 281-678-4468 southeastclaims@tvc.texas.gov	8:00-4:00
Texas Veterans Commission	VA Annex Bldg. 5283 Old Brownsville Rd	Corpus Christi	78405	361-230-9109 southwestclaims@tvc.texas.gov	8:00-4:30
Texas Veterans Commission Corpus Christi Naval Air Station	Naval Health Clinic Room 4101 - 4 th Deck	Corpus Christi	78419	361-230-9109 southwestclaims@tvc.texas.gov	7:30-4:00
Texas Veterans Commission VA Medical Center	Bldg. 2, Rm 1C-423- A-G 4500 S. Lancaster Rd.	Dallas	75216	214-433-2122 northeastclaims@tvc.texas.gov	8:00-5:00
Val Verde County Services Office (Temporarily Vacant)	508 E 11 th Street	Del Rio	78840	361-230-9109 southwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission Denton County Veterans Service Center	400 S Carroll Blvd. Suite 2000	Denton	76201	940-243-8234 940-243-8499 northwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Health Care Center, Ft. Bliss	5001 N. Piedras Room B-209-210	El Paso	79930	915-564-7852 915-564-7843 northwestclaims@tvc.texas.gov	7:30-4:00
Texas Veterans Commission	SFL-TAP 503 Pershing Rd, Room 102	Fort Bliss	79916	915-568-2086 northwestclaims@tvc.texas.gov	7:30-4:00
Good Samaritan veteran Outreach Center	202 Connelly Room 211 & 212	San Antonio	78203	210-727-7907 / 210-632-6027 southwestclaims@tvc.texas.gov	8:00-5:00

Ft. Hood Field Office	Soldiers Service Center Building 18010	Fort Hood	76544	254-287-3341 254-288-5124 northeastclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Outpatient Clinic	2201 SE Loop 820	Fort Worth	76119	817-730-0077 817-730-0605 northwestclaims@tvc.texas.gov	8:00-4:30
Texas Veterans Commission VA Outpatient Clinic	3828 Avenue North	Galveston	77550	409- 761-3200 409- 761-3204 cell281-475-3022 southeastclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Health Care Center	2601 Veterans Drive Room 2D111	Harlingen	78550	956-254-9189 southwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Health Outpatient Center	2106 Treasure Hills Blvd. Room 104	Harlingen	78550	956-254-9189 southwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Regional Office	6900 Almeda Rd.	Houston	77030	713-794-7785 713-794-7913 Cell281-825-8599 southeastclaims@tvc.texas.gov	7:00-4:00
Texas Veterans Commission Michael E. DeBakey VA Medical Center	2002 Holcombe Blvd. Room 2A-112	Houston	77030	713-794-7785 713-794-7913 southeastclaims@tvc.texas.gov	7:00-4:00
Texas Veterans Commission VA Outpatient Clinic	750 Westgreen Blvd.	Katy	77450	281-578-4600 southeastclaims@tvc.texas.gov	7:30-4:00
Texas Veterans Commission VA Outpatient Clinic	4602 N. Bartlett Ave.	Lake Jackson	78041	979-230-4866 cell281-979-5463 southeastclaims@tvc.texas.gov	7:00-4:00
Texas Veterans Commission VA Outpatient Clinic	6104 Avenue Q South Drive Rm. 902	Lubbock	79412	(806) 472-3400 northwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission Charles Wilson VAOPC	2206 N. John Redditt Drive	Lufkin	75904	936-671-4335 936-671-4442 Cell936-707-5893 southeastclaims@tvc.texas.gov	8:00-4:30
Texas Veterans Commission Lufkin Vet Center	3003 N. Medford Dr	Lufkin	75904	936-899-7110 936-899-7111 Cell832-409-8245 southeastclaims@tvc.texas.gov	8:00-4:30
Texas Veterans Commission Harrison County Veterans Service Office	P.O. Box 1981 102 W. Houston St.	Marshall	75901	903-503-3012 northeastclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Outpatient Clinic	901 E Hackberry Ave. Room E-400E	McAllen	78503	956-254-9189 southwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission Midland County Annex	2110 N. "A" Street Suite 194	Midland	75149	432-688-4879 northwestclaims@tvc.texas.gov	8:00-4.30
Texas Veterans Commission VA Outpatient Clinic	2000 S. Loop 256 Suite 36	Palestine	75801	281-455-2965 northeastclaims@tvc.texas.gov	8:00-5:00
Guadalupe County/Central Texas Technology Center	2189 FM 758, Bldg B Room 1581	New Braunfels	78130	830-481-2140 southwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Outpatient Center	4602 N. Bartlett	Laredo	78041-3 803	956-254-9189 southwestclaims@tvc.texas.gov	8:00-5:00
Brooke Army Medical Center (BAMC)	3551 Roger Brooke Dr. Room 615-25	JBSA Ft. Sam Houston	78234	210-251-2340 southwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission Kerrville VA Medical Center	3600 Memorial Blvd. Room 332	Kerrville	78028-5 768	830-481-9892 / 830-481-2115 southwestclaims@tvc.texas.gov	8:00-5:00
Lamar County Veterans Service Office	231 Lamar Ave. Room 101	Paris	75460	903-249-5687 northeastclaims@tvc.texas.gov	8:00-5:00

Texas Veterans Commission VAOPC Clinic	4240 Southwest Blvd. Room 3	San Angelo	75460	403-737-2484 northwestclaims@tvc.texas.gov	7:30-4:30
Texas Veterans Commission Frank M. Tejada VA Outpatient Clinic	5788 Eckhert Road Room 2A122	San Antonio	78240	210-608-4753 / 210-680-2580 southwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission Audie L. Murphy Memorial VA Med Ctr	7400 Merton Minter Suite 107	San Antonio	78229	210-251-2340 southwestclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission Olin E. Teague Veterans' Center	1901 Veterans Memorial Drive Bldg. 208; Rm 119	Temple	76504	254-743-0549 northeastclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission Texarkana College	2500 Robinson Road	Texarkana	75599	903-249-3906 northeastclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission VA Outpatient Clinic	1200 W Main Street	Tomball	77375	281-516-1505Ext. 11776 Cell281-475-3451Cell281-678-4468 southeastclaims@tvc.texas.gov	8:00-5:00
Texas Veterans Commission Watkins-Logan Texas State Veterans Home	11466 Honor Lane	Tyler	75708	VACANT	7:00-4:30
Texas Veterans Commission Pattie Dodson Public Health Center	2805 N. Navarro Street	Victoria	77901	361-582-5810 Fax361-582-5811 southeastclaims@tvc.texas.gov	7:30-4:30
Texas Veterans Commission VA Regional Office	One Veterans Plaza 701 Clay Avenue	Waco	76799	254-299-9950 northwestclaims@tvc.texas.gov	7:30-4:30
Texas Veterans Commission Sheppard Air Force Base	82 MSS/MSP Bldg. 402, Room 234 426 5th Avenue, Suite #234	Sheppard AFB	76311	940-676-4140 northwestclaims@tvc.texas.gov	7:45-4:30
Texas Veterans Commission Wichita County Courthouse Annex	600 Scott Street Suite 203	Wichita Falls	76301	940/716-8599 940/766-8139 northwestclaims@tvc.texas.gov	8:00-5:00

VHMA CST - Membership		VHMA CST@gmail.com									
Updated 07/12/21											
NAME	Address	Home Phone	Cell Phone	Email	Category						
Andrea Strong	8401 Datapoint Drive, Ste 500, SATX		210-724-4026	aststrong@andevors.org	Vet/Comm Partner						
Angela Sobery	1102 Boling Brook St., SATX		210-639-4100	asober@yahoo.com	Vet Family Member						
Becky Smith	2301 Poolley Rd., SATX 78638		830-522-0746	beckvann15@yahoo.com	Vet						
Carlos Acosta	Heid		210-487-1713	Cmjaocoo@gmail.com	Vet						
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