

davelp.lapointe@gmail.com

From: davelp.lapointe@gmail.com
Sent: Tuesday, January 17, 2023 09:31 AM
To: Amanda Jenkins; Angela Sobery; Angie Bukowski; Becki Williams; Carlos Acosta; Chandler Mantipty; Christina Lynch; Christopher Vidaurre; Col. Lisa Firmin; Dr. Betsy Davis; Dr. Scott P. Rheinschmidt; Dr. Shirley E. Johnson; Edsel Thomas; Fred Thomas; Ginger Seda; Jill Palmer; John Nelson; Karah M. Smith; Keshia Delasbour; Kevin Crozier; Kristie Steinmeier; LaKeisha D. Howard; Larissa Martinez; Laura Knoll; Leah M. Smith; Leah Whitmire; Michael Carrion; Priscilla Cerbin-Cantu; Richard Martinez; Robin Soto; Sammy Lewis; Scott Daniels; Scott Rios; Susan Hart-Walch; Troy McGrath; Wil Seda
Cc: Dr. David A. La Pointe
Subject: FW: Hot off the press about PTSD
Importance: High

From: Kevin Crozier <kcrozier78247@att.net>
Sent: Tuesday, January 17, 2023 9:27 AM
To: 'Dr David A La Pointe' <davelp.lapointe@gmail.com>
Subject: Hot off the press about PTSD
Importance: High

Dave,

This information just came out today.

As of Jan. 17, 2023 Veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care (regardless of VA status)<https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5852>

Sincerely,

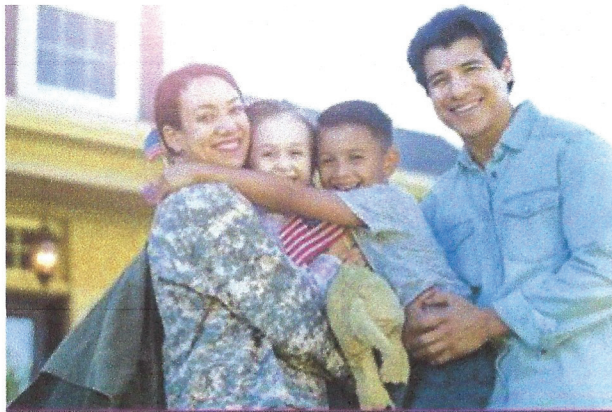
Kevin Crozier
(210) 326-3556
www.kevinsLTCclasses.com
Kevincrozier78247.com

What is NAMI Homefront?

- A free, six-session class for family, friends and significant others of Military Service Members and Veterans
- Helps families comprehend what the Military Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions
- Topics covered include mental health, communication, handling crises, treatment and recovery.

What you'll gain

- Help family members understand and support their Service Member/Veteran while maintaining their own well-being
- NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member / Veteran.
- The class is free, but you are expected to attend all six sessions.
- Online classes meet weekly in a virtual classroom, so participants experience the same level of interaction and learning as traditional in-person classes.
- You must have access to a laptop, PC, or tablet with a stable internet connection to participate.
- Audio will be via telephone line, a headset is recommended



Participant Perspectives

NAMI Homefront is an adaptation of the evidence-based NAMI Family-to-Family Education Program, which has been taught in VA health facilities since the late 1990s. Graduates of NAMI Homefront say:

"It's the first step I have taken to get more involved personally with the VA. The first step I have taken to take care of me."

Mother of a Veteran

"I realized I saw signs and symptoms of PTSD but did not know how to handle my loved one – I know better how to handle situations."

Spouse of a Veteran

Register for NAMI Homefront at www.nami-sat.org!

Online—Thursdays, Jan. 19 – Feb. 23 (6:30pm-9:00pm CST)

About NAMI San Antonio

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.



**Education and Outreach
Coordinator**
210-734-3349 ext. 102
nami@nami-sat.org
www.nami-sat.org

Veterans Healthy Minds Advisory Council

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| Suicide Prevention | 27,374 |
| Women Veteran Information | 5,335 |
| Immediate Assistance | 1,343 |
| About Us | 17,126 |
| Total | 559,660 |
| Increase | 1,354 |
| | From Dec 2022 |

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BALLOT DECEMBER 2022

✚ Proposed Meeting Time/Day; Circle Selection

Mon AM (0800-1200) - 0 Mon PM (1200-1600) - 3

Tue AM (0800-1200) - 7 Tue PM (1200-1600) - 1

Wed AM (0800-1200) - 3 Wed PM (1200-1600) - 3

Thu AM (0800-1200) - 1 Thu PM (1200-1600) - 10

Fri AM (0800-1200) - 2 Fri PM (1200-1600) - 0

✚ VHMACHST is considering converting to a NON-PROFIT Organization. Baring any VA restrictions to continue as a VA related Council, are you in favor of the restructuring? Circle Selection

YES - 12

NO - 3

✚ Should we continue the "Women's Sub-committee"? Circle Selection

YES - 7

NO - 6

If "YES" - Will you volunteer for the position and/or nominate a person for the role -

Angie, Karah, Laura

✚ Do you have any other recommendations for different "Sub-Committee's," not already identified? Circle Selection

YES - 0

NO - 5

If "YES" - Will you volunteer for the position and/or nominate a person for the role - _____.

✚ VHMACHST needs a "Chairperson" for the "STRATEGIC PLANNING COMMITTEE" - Will you volunteer for the position and/or nominate a person for the role - Karah, Angie, Leah Whitmire, Scott, Shirley

✦ Do you have any recommendations/ideas for “GUEST SPEAKERS”? If yes, would you please volunteer or nominate a person/organization? VA Director, VA Public Affairs, Gary Timpson with TVN, Round-Robin of people presenting their agencies, Karah, Substance Use Clinic, Suicide Prevention, Veteran Experience Office, Psychology Diversity Committee, Primary Care/Mental Health Program, Complex Pain Clinic, Domiciliary, Supported Employment Program, Dr. La Pointe, UTSA Coordinator to speak on importance of their events, Other VA Staff

✦ Do you have a preferred location you would like the VHMALST to meet each month? Circle Selection

YES - 1

NO - 5

If “YES” - Will you identify location(s) you prefer? Whatever is best for the Council. Non-VA spots seem to have higher attendance, Move to new location every month, New NW 151 Location (3)

✦ Should the VHMALST go to ZOOM MEETINGS ONLY? (No in-person contact)? Circle Selection

YES - 3

NO - 13

Whatever is best for the Council. In person meetings are great if people show up, but prefer virtual if we’re going to have low in-person attendance, At least provide the option, the city is so large – distance may be a factor

✦ OTHER: Are there any other ideas/concerns/recommendations not identified we should be considering?

Circle Selection

YES - 3

NO - 6

If “YES” – Please identify: Quarterly meetings with officers and VA MH leadership, Having a few “SMART” goals new for each year



U.S. Department of Veterans Affairs Veterans Benefits Administration

Dependency and Indemnity Compensation

What is Dependency and Indemnity Compensation?

Dependency and Indemnity Compensation (DIC) is a monthly benefit. It is paid to eligible survivors of:

- Service members who died while on active duty, active duty for training or inactive duty training, OR
- Veterans who died as a result of a service-connected injury or disease, OR
- Veterans who did not die as a result of a service-connected injury or disease, but were totally disabled by a service-connected disability:
 - For at least 10 years before death, OR
 - Since their release from active duty and for at least five years before death, OR
 - For at least one year before death, if they were a former prisoner of war and died after Sept. 30, 1999.

Who is eligible?

Surviving Spouses

You may be eligible for DIC benefits if you are a surviving spouse who:

- Married a Service member who died on active duty, active duty for training or inactive duty training, OR
- Married the deceased Veteran before Jan. 1, 1957, OR
- Married a Veteran who died from a service-connected injury or disease, if the marriage began within 15 years of discharge, OR
- Married the deceased Veteran for at least one year, OR
- Had a child with the Veteran and cohabitated with the Veteran until their death.
 - Note: If you have a child with the Veteran but were separated, you must not be at fault for the separation and not be remarried to be eligible.

- A surviving spouse who remarries after the Veteran's death may still be eligible for benefits:
 - If you remarried on or after January 1, 2004, and were at least 57 years old, you may still be eligible
 - If you remarried on or after December 16, 2003, were at least 57 years old, and your claim was received before December 16, 2004, you may still be eligible.
 - If you remarried on or after January 5, 2021, and were at least 55 years old, you may still be eligible.

Additional information is available at www.va.gov/disability/dependency-indemnity-compensation/

Surviving Children

If you are a surviving child, you may be eligible for DIC if the Veteran parent:

- Died in the line of duty, OR
- Died as a result of a service-connected injury or disease.

You also must be unmarried and either:

- Under the age of 18, OR
- Between the ages of 18 and 23 and currently attending school.

Certain helpless adult children may also be eligible. You can call 800-827-1000 for eligibility requirements.

Parents

If you are a surviving parent, you may be eligible for DIC if the Veteran child:

- Died in the line of duty, OR
- Died as a result of a service-connected injury or disease.

You can find more information about Parents' DIC at www.va.gov/disability/dependency-indemnity-compensation/.

How Much Does VA Pay?

- View the benefits tables for surviving spouses and children at www.benefits.va.gov/Compensation/current_rates_dic.asp.
- View the benefits table for parents at www.benefits.va.gov/Pension/current_rates_Parents_DIC_pen.asp.

How Can You Apply?

Apply for DIC benefits by filling out:

- VA Form 21P-534EZ, "Application for DIC, Death Pension and Accrued Benefits." Access this form: www.va.gov/disability/dependency-indemnity-compensation/
- VA Form 21P-535, "Application for Dependency and Indemnity Compensation by Parent(s)," Access this form: www.va.gov/disability/dependency-indemnity-compensation/

Documents may be submitted by mail, in person at a VA regional office or electronically. However, VA recommends submitting correspondence electronically as this is the fastest method of receipt.

VA provides several tools to assist in electronic submission. To learn more about how to submit documents and claims electronically, visit www.va.gov/disability/upload-supporting-evidence. You can also go directly to [AccessVA](#) to digitally upload any correspondence using Direct Upload.

By visiting www.va.gov you can also check your claim status and learn about other VA benefits. If you need assistance, you can find a local, accredited representative at <https://www.benefits.va.gov/vso/>

Bring your application to a VA regional office near you. Find a VA regional office near you at [Find VA Locations | Veterans Affairs](#)

If you prefer to mail your correspondence, please use the related mailing address below:

Department of Veterans Affairs
Pension Intake Center
P.O. Box 5365
Janesville, WI 53547-5365

For more information, call 800-827-1000, or contact your local VA regional benefit office.

Updated May 2022

STATE OF TEXAS EMERGENCY ASSISTANCE REGISTRY



REGISTER YOUR **CHILD**



IF YOU NEED EXTRA HELP
DURING AN EMERGENCY EVENT
REGISTER WITH...

STATE OF TEXAS EMERGENCY ASSISTANCE REGISTRY



Do you or anyone you know need some form of assistance during times of an emergency/disaster event?

CALL 211 TO REGISTER

or go to

STEAR.dps.texas.gov

CALL 211 TO REGISTER

or go to

STEAR.dps.texas.gov



Emergency Numbers

| | |
|--|--------------|
| Police, Fire, EMS..... | 9-1-1 |
| San Antonio Police Non-Emergency Line..... | 207-7273 |
| 311 Customer Service Line..... | 3-1-1 |
| Center for Health Care Services Mental Health Crisis Line..... | 223-7233 |
| Child Abuse/Elder Abuse Hotline..... | 800-252-5400 |
| Children's Bereavement Center..... | 736-4847 |
| ChildSafe (sexual abuse intervention)..... | 675-9000 |
| Family Violence Prevention Services..... | 930-3669 |
| National Suicide Prevention Lifeline..... | 800-273-8255 |
| Texas Poison Control..... | 800-222-1222 |
| Texas Youth and Runaway Hotline..... | 800-989-6884 |
| The Rape Crisis Center Hotline..... | 349-7273 |

Basic Needs

| | |
|--|--|
| Application Assistance – SA Food Bank Outreach | 431-8326 |
| Public Benefits: SNAP, Medicaid, TANF, CHIP, WIC, Women's Health | |
| Food Pantries | |
| San Antonio Food Bank Pantries..... | 2-1-1 |
| Catholic Charities..... | 226-6178 |
| Christian Assistance Ministry (walk-In 110 McCullough)..... | 223-6648 |
| Ella Austin Community Center..... | 224-2351 |
| Salvation Army..... | 352-2020 |
| San Antonio Christian Hope Resource Center..... | 732-3776 |
| Clothing | |
| Christian Assistance Ministry (walk-in)..... | 223-6648 |
| Catholic Charities..... | 226-6178 |
| Housing | |
| San Antonio Housing Authority Customer Care Line..... | 877-550-1109 |
| Apply online (Sec 8 & Housing): https://saha.apply4housing.com | |
| Housing Authority of Bexar County..... | 225-0071 |
| Habitat for Humanity (homeownership)..... | 223-5203 |
| Neighborhood Housing Services (homeownership)..... | 533-6673 |
| Utility Assistance | |
| Bexar County Energy Assistance..... | 335-3666 |
| Catholic Charities..... | 226-6178 |
| Christian Assistance Ministry (walk-In 110 McCullough)..... | 223-6648 |
| City of SA – Family Assistance Division (apply online)..... | 207-7830 |
| www.sanantonio.gov/humanservices/financialemergency/utilityassistance | |
| CPS Energy Customer Line (extension & payment plans)..... | 353-2222 |
| Salvation Army..... | 352-2020 |
| SAMMinistries (online only)..... | www.samm.org |

Medical/Dental Services

| | |
|--|----------|
| Dental Care | |
| CentroMed..... | 922-7000 |
| (Southside, South Park, Palo Alto, Walzem, & Maria Flores Clinics) | |
| CommuniCare Clinics (East and West Campus)..... | 233-7000 |
| San Antonio Christian Dental Clinic (adults)..... | 220-2300 |
| UTHSCSA Dental School..... | 450-3700 |
| Medical Care | |
| Bishop E.T. Dixon Clinic..... | 527-1505 |
| Bowden Eye Care and Health Clinic (UIW)..... | 283-6800 |
| CentroMed Clinics..... | 922-7000 |
| (City Base, Medina Base, N G Eling, Palo Alto, South Park & Southside) | |



United Way of San Antonio
and Bexar County



Children's Impact Council Resource Guide

www.readykidsa.com
www.unitedwaysatx.org

- Our Vision -

Growing Happy, Healthy, Ready Children

The Six Protective Factors

The Six Protective Factors build strong families:

- **Parental Resilience:** The ability to cope and bounce back from all types of challenges
- **Social Connections:** Friends, family members, neighbors, and community members who provide emotional support and basic needs assistance to parents
- **Concrete Supports:** Financial security to cover daily expenses and unexpected costs that come up; access to formal supports like TANF and Medicaid, and informal support from social networks
- **Knowledge of Parenting & Child Development:** Accurate information about raising young children and appropriate expectations for their behavior
- **Social & Emotional Competence of Children:** A child's ability to interact positively with others and communicate his or her emotions effectively
- **Nurturing & Attachment:** Early experiences of being nurtured and bonding with a caregiver affects all aspects of behavior and development

COMMUNITY RESOURCES

Family Support Services

| | |
|---|---------------------------|
| Call-A-Nurse | 22-NURSE (226-8773) |
| Healthy Kids Project (Zuber Tubers)..... | www.klrn.org/healthy-kids |
| ReadyKidSA | www.readykidsa.com |
| San Antonio Public Library Services | 207-2500 |
| Dial-A-Story | 207-4466 |
| Text 4 Baby | www.text4baby.org |
| Parent Education | |
| Autism Community Network | 435-1000 |
| AVANCE San Antonio..... | 223-3667 |
| Catholic Charities | 222-1294 |
| Family Service Association | 431-7581 |
| The Children's Shelter | 212-2576 |
| Father's Program | 212-2559 |
| Parent Support Programs | |
| <i>Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program</i> | |
| Catholic Charities, Family Connects..... | 226-3030 |
| Catholic Charities, Nurse Family Partnership..... | 226-3030 |
| Good Samaritan, Parents as Teachers..... | 434-5531 |
| Madonna Center, HIPPY..... | 435-1391 |
| <i>Military Families and Veterans Prevention Program</i> | |
| Any Baby Can | 547-3021 |
| Big Brothers, Big Sisters | 225-6322 |
| The Children's Shelter | 212-2597 |
| ChildSafe | 233-5930 |
| Family Endeavors | 431-6466 |
| Family Service Association | 431-7505 |
| VOICES for Children..... | 220-2584 |
| <i>Healthy Outcomes through Prevention & Early Support (HOPES)</i> | |
| Any Baby Can | 227-0170 |
| Catholic Charities | 568-8958 |
| The Children's Shelter | 212-2521 |
| DePelchin Children's Center | 1-888-507-6681 |
| KLRN | 208-8405 |
| Martinez Street Women's Center..... | 908-9772 |
| Family Service Association | 433-1211 |
| Respite Care..... | 737-1212 |
| Center for Health Care Services..... | 261-3256 |
| Childcare Services | |
| Childcare Resource and Referral Services..... | 230-6300 |
| Early Childhood Intervention Services (ECI): | |
| Brighton Center | 826-4492 |
| Center for Health Care Services..... | 261-3300 |
| Easter Seals Rehabilitation Center..... | 614-3911 |
| Legal Services | |
| Texas Rio Grande Legal Aid | 212-3700 or 888-988-9996 |
| Catholic Charities Immigration Services | 433-3256 |
| Financial Stability | |
| Financial Empowerment Centers (east and west) | 431-4425 |
| Goodwill Career Academy..... | 924-8581 |
| Volunteer Income Tax Assistance..... | 2-1-1 or www.VitaSA.org |

| | |
|--|----------|
| CommuniCare Clinics..... | 233-7000 |
| (Downtown, East, Northwest, Shavano Park and West) | |
| SAMHD Main Immunization Clinic | 207-8894 |
| University Family Health Centers: | |
| R.B. Green Campus | 358-3400 |
| North | 358-0800 |
| Northwest..... | 358-8820 |
| Southeast..... | 358-5515 |
| Southwest | 358-5100 |
| University Health System Clinics | 358-8255 |
| (Eastside, Health for all Women- Callaghan, Kenwood, Naco- Perrin, S. Flores, Ricardo Salinas, Rio Grande & S. Zarzamora) | |
| University Health System – Texas Diabetes Institute..... | 358-7000 |

Access to Healthcare

| | |
|--|----------|
| Health Insurance Marketplace/Health Exchange Assistance | 977-7997 |
| University Health System – CareLink..... | 358-3350 |
| (Financial assistance program to access quality healthcare services) | |
| University Hospital | 358-4000 |
| Other Medical Assistance Referrals..... | 2-1-1 |

Mental Health

Mental Health Treatment

Center for Health Care Services

| | |
|---|----------|
| Children | 261-3350 |
| Adult Intake Line..... | 261-1250 |
| Crisis Line | 223-7233 |
| Clarity Child Guidance Center (children & adolescent) | 616-0300 |
| CommuniCare | 233-7000 |

General Counseling Services

| | |
|--|---------------------|
| Bishop E.T. Dixon Clinic..... | 527-1505 |
| Catholic Charities Counseling Center..... | 377-1133 |
| CommuniCare | 223-7000 |
| Community Counseling Services – OLLU..... | 434-1054 |
| Community Life Center at UTSA..... | 458-2055 |
| Family Life Center of St. Mary's University..... | 438-6411 |
| Family Service Association | 299-2400 |
| Family Violence Prevention Services..... | 821-3855, ext. 2201 |

Substance Abuse Counseling and Treatment

| | |
|---|---------------------|
| Alcoholics Anonymous | 828-6235 |
| Center for Health Care Services Outpatient Counseling | 261-3060 |
| Family Service Association | 299-2400 |
| Youth Against Gang Activity | 431-7500 |
| FVPS Substance Abuse Program for Youth..... | 930-3669, ext. 2230 |
| Rise Recovery | 227-2634 |
| San Antonio Council on Alcohol and Drug Abuse | 225-4741 |

All other inquiries please call 211 Texas/United Way
Help Line by dialing 2-1-1 or 227-4357.

The Help Line provides free information and referrals to health and human
care services for individual and family needs and for disaster needs.