

VHMAGST - Membership Updated 07/14/23	VHMAGST@gmail.com		
NAME	Address	Home/Work Phone	Cell Phone
Angie Bukowski	2700 NE Loop 410, SATX 78217		210-771-3007
Becki Williams	13415 Elm Forest, SATX, 78253		210-374-4287
Carlos Acosta	Held	210-487-1713	210-488-1593
Dr. David La Pointe	299 Tuffed Crest, SATX, 78253	210-236-9667	361-571-8539
Edsel Thomas	9234 Beowulf, SATX 78254	903-968-6132	903-736-2640
Fred Thomas	2683 Yellowrose, Diana, Texas, 78640	210-870-7340	619-743-2979
John Nelson	2523 Sonnerall, SATX 78	210-352-7016	210-322-6829
Juliana Stith	700 S. Alamo St., SATX 78205	210-247-6073	210-326-3556
Karrah Smith	12672 Silicon Dr., Ste. 105, SATX, 78249		832-228-5178
Kevin Crozier	15927 Watering Pt., SATX 78247	210-326-3556	361-894-6446
Larissa Martinez	8018 Hahala Blf., SATX 78254	210-399-4838	616-516-6874
Laura M. Knoll	6333 DeZavala Rd., Ste. B101, SATX 78249	210-387-9130	johnsonbeme1@yahoo.com
Mary Hilton	500 Coleto Rd., Victoria, TX 77905		BOARD/Family Member/Care Giver
Priscilla Cerbin-Cantu	Held		BOARD/Vet/Comm Part
Dr. Shirley E. Johnson	1705 Canyon Way, New Braunfels, TX 78132	830-312-7384	

Veterans Healthy Minds Advisory Council - Web Page Counts

Page	6/20/2023	7/18/2023					
About Us	17,533	17,582					
Blog	168	168					
Calendar	73,205	73,230					
Caregiver informatio	1,593	1,626					
Contact Us	4,358	4,473					
Home	137,412	138,234					
Immediate Assistanc	1,395	1,406					
Media	432	449					
Meeting Minutes	265	286					
MST	12,882	12,909					
Photos- 2019	21	34					
Photos- 2020	24	39					
Photos - 2022	23	40					
Photos - 2023	24	40					
Recreation	6,197	6,212					
Resources - National	60,406	60,429					
Resources - Local	63,304	63,323					
Suicide Prevention	27,487	27,536					
VA Information	256,424	256,500					
Women Veteran Info	5,806	5,840					
Total	668,959	670,356					

Veterans Healthy Minds Advisory Council

	Page		Page Counts					
	1/17/2023	2/15/2023	3/13/2023	4/20/2023	5/19/2023	6/14/2023	6/19/2023	
About Us	17,126	17,152	17,166	17,219	17,326	17,512		
Calendar	71,910	71,963	71,988	72,088	72,113	73,199		
Caregiver information	927	1,321	1,399	1,483	1,555	1,586		
Home	132,683	133,507	134,238	135,343	136,512	137,235		
Immediate Assistance	1,343	1,348	1,356	1,365	1,373	1,394		
MST	12,439	12,456	12,466	12,504	12,821	12,878		
Resources - National	60,272	60,305	60,326	60,353	60,364	60,402		
Resources - Local	63,191	63,208	63,227	63,270	63,287	63,299		
Suicide Prevention	27,374	27,385	27,392	27,412	27,433	27,476		
VA Information - Misc	16,616	16,627	16,634	16,682	16,690	16,699	256,254	
VA Information - 2019	44,297	44,347	44,383	44,460	44,526	44,533	0	
VA Information - 2020	54,155	54,212	54,254	54,325	54,397	54,409	0	
VA Information -2021	45,646	45,695	45,729	45,804	45,868	45,902	0	
VA Information -2022	6,346	7,321	7,356	7,427	7,497	7,516	0	
VA Information 2023		92	152	262	654	692	0	
Women Veteran Information	5,335	5,510	5,546	5,629	5,726	5,800		
Total	559,660	562,449	563,612	565,626	568,142	570,532		
Increase	1,354	2,789	1,163	2,014	2,516	2,390		
	From Dec 2022							

Veterans Healthy Minds Advisory Council

Page	Page Counts											
	5/1/2022	6/15/2022	7/20/2022	8/17/2022	9/21/2022	10/9/2022	10/18/2022	11/15/2022	12/19/2022			
Home	121,012	122,008	123,677	125,104	126,330	129,844	130,015	130,951	131,947			
Calendar	70,752	70,772	70,800	70,825	70,861	70,879	71,597	71,848	71,896			
Caregiver information	486	528	562	590	611	701	726	733	844			
Resources - National	58,205	60,109	60,125	60,137	60,151	60,157	60,161	60,220	60,258			
Resources - Local	60,089	63,018	63,044	63,055	63,066	63,074	63,078	63,153	63,177			
VA Information - Misc	16,514	16,523	16,535	16,542	16,549	16,556	16,563	15,594	16,607			
VA Information -2022	5,941	5,968	5,994	6,021	6,142	6,157	6,170	6,206	6,252			
VA Information -2021	45,365	45,393	45,422	45,449	45,472	45,485	45,500	45,531	45,559			
VA Information - 2020	53,876	53,905	53,937	53,965	53,985	53,997	54,010	54,038	54,068			
VA Information - 2019	44,036	44,061	44,089	44,116	44,137	44,149	44,163	44,187	44,213			
MST	12,008	12,022	12,040	12,049	12,253	12,302	12,313	12,407	12,429			
Suicide Prevention	27,152	27,168	27,183	27,189	27,201	27,203	27,209	27,337	27,362			
Women Veteran Informa	4,512	4,843	4,869	4,893	5,112	5,122	5,137	5,213	5,250			
Immediate Assistance	1,132	1,138	1,151	1,154	1,164	1,172	1,176	1,321	1,335			
About Us	16,654	16,714	16,790	16,883	16,973	17,004	17,022	17,072	17,109			
Total	537,734	544,170	546,218	547,972	550,007	553,802	554,840	555,811	558,306			
Increase		6,436	2,048	1,754	2,035	3,795	1,038	971	2,495			



Working Together Toward Preventing Suicide

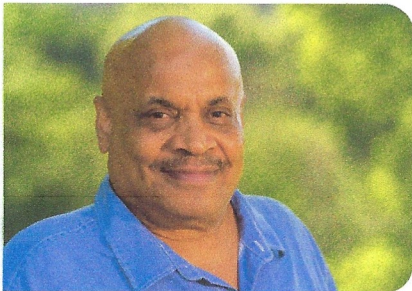
Support Veterans in Your Community

VA's highest clinical priority is Veteran suicide prevention. But we can't do it alone. Everyone has a role to play in keeping Veterans healthy and safe. And it starts in your community.



Why communities are critical in preventing Veteran suicide

Approximately half of Veterans receive care outside VA. VA is dedicated to reaching all Veterans where they live and connect. To do this, VA and communities are coming together to implement the public health approach, combining community and clinical interventions for suicide prevention. Together, VA and communities can work toward ending Veteran suicide.



What you can do

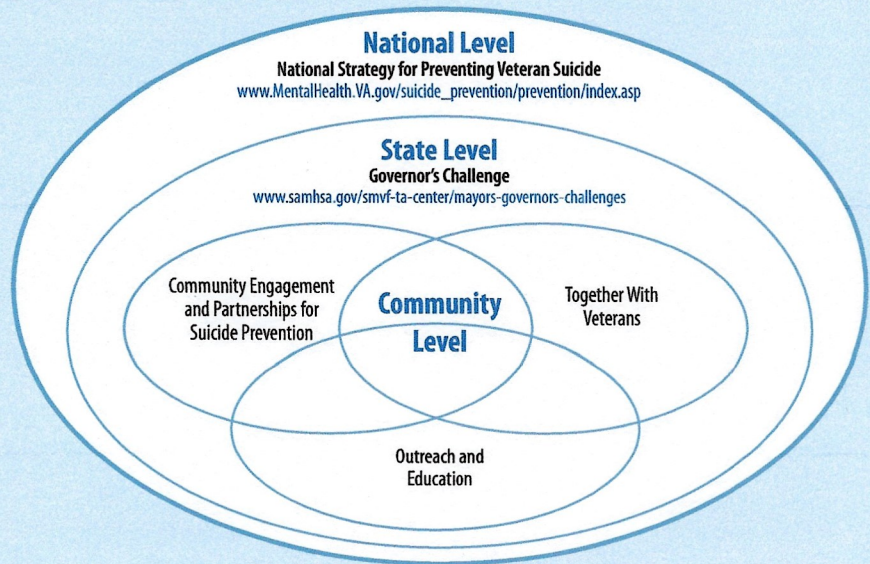
We invite communities to partner with our community engagement and partnership coordinators to enhance suicide prevention efforts. Community partners may include:

- Community mental health organizations, Veterans Service Organizations, or homeless organizations
- Mental health providers
- First responders or members of the clergy
- Representatives of a municipality, business, recreational organization or club, or health agency
- Veterans, service members, or members of their families
- Gun shop owners or employees
- Community members



How it works

VA uses evidence-based interventions to reach Veterans through multiple touchpoints at the local, state, and national levels.



Priority areas of focus



Identify service members, Veterans, and their families and screen for suicide risk



Promote connectedness and improve care transitions



Increase lethal means safety and safety planning

How to start

Contact your nearest community engagement partnership coordinator (CEPC), who may help the community identify care needs and opportunities for support and facilitate coalition efforts for suicide prevention public health strategies.

CEPCs are available to assist communities with:

- Coalition building and assisting with organizing coalition leadership
- Logistical and technical support
- Conducting needs assessments and environmental scans
- Program evaluation
- Data surveillance
- Action planning
- Knowledge about VA
- Suicide prevention training
- Outreach and education related to suicide prevention strategies

If you're passionate about supporting Veterans, join us. You can make a difference in a unified effort to prevent Veteran suicide.

Local CEPC contact information

Working Together Toward Preventing Suicide !

Michelle Conway, LPC
Community Engagement Partnership Coordinator (CEPC)

STX VA Healthcare System
Suicide Prevention Team
San Antonio, TX

email: Michelle.Conway@va.gov
phone: 361-243-5754



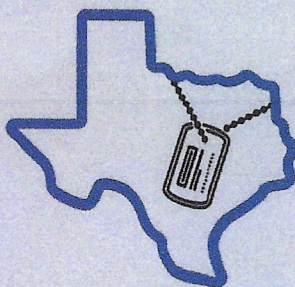
24/7 Support for Veterans and Their Loved Ones

No Veteran should go through a crisis alone. Save the Veterans Crisis Line number—**Dial 988 then Press 1**—in your phone in case you or a Veteran you care about needs support. Caring responders are ready to listen and help day or night.

Vets who may think calling 988 for crises that are not *suicidal crises* but can benefit from other VHA info may find help via Concierge for Care:

1-800-698-2411--lots of help w/ Eligibility questions!

<https://news.va.gov/45608/va-launches-concierge-care-program-connect-recently-separate-service-members/>



**ALAMO
VETER★NS
NETWORK**

Connecting all military members, to include active duty, retirees, veterans, National Guard/Reserves, and their immediate family members to the resources they need



alamoveteransnetwork.com
(888)724-8387

Housing & Shelter
Employment
Benefits Navigation
Money Management
Individual & Family Support
Legal Assistance
Social Enrichment

Mental & Behavioral Health
Physical Health
Substance Abuse Disorder
Wellness
Utilities Assistance
Education
Clothing & Household Goods

Transportation
Food Assistance
Sports & Recreation
Income Support
Spiritual Enrichment
Entrepreneurship
Health & Wellness

***Fellow Veterans Helping
Alamo Veterans***



ALAMO
VETERANS
NETWORK

We are Veterans Serving fellow Veterans in the Alamo Area!

- Our call center and outreach team are comprised of local Veterans who understand the needs of Veterans and their families in Military City USA!
- Connecting all military members, to include Active Duty, Retirees, Veterans, National Guard/Reserves and their immediate families to the resources they need in the Alamo Area!

Benefits – Health - Social Enrichment - Clothing & Household Goods – Housing -
Spiritual Enrichment – Education - Individual & Family Support Services –
Employment – Legal – Transportation - Food Assistance - Money Management –
Utilities...and much more!



1-888-724-8387

davelp.lapointe@gmail.com

From: Angie Bukowski <ABukowski@aacog.com>
Sent: Friday, July 28, 2023 02:46 PM
To: davelp.lapointe@gmail.com
Subject: Call Center Position

Hey!

Can you send out to the group that Alamo Veteran's Network is seeking an employee for their call center located at AACOG. If any Veteran is seeking a position and is interested, please let them know to apply?

Angie Bukowski

Veteran Directed Care - Veteran Care Lead

Military and Veteran Affairs

Alamo Area Council of Governments/AACOG

2700 NE Loop 410, San Antonio, TX 78217-6221

Phone (210) 771-3007 Toll Free 1-866-231-4922

Fax: 1-866-332-3252 - attn: Angie Bukowski

abukowski@aacog.com



Please take a moment to complete the [AACOG Customer Satisfaction Survey](#)



Please consider the environment before printing this email...thanks!

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davelp.lapointe@gmail.com

From: Natasha Walden <nwalden@endavors.org>
Sent: Tuesday, July 25, 2023 03:26 PM
To: Laura Knoll, LPC-S, NCC; Ali Lucia; Brent Penman; Erica Santoya; SSVF SA; Sierra G. Hunter; Feliece Murrell; davelp.lapointe@gmail.com; kcrozier78247@att.net; circleofarms19@gmail.com; jterry@ncoausa.org; james.b.franklin@gmail.com; rw00d54@swbell.net
Cc: Laillah Guice
Subject: SAVE THE DATE
Attachments: SAVE THE DATE FOCUS GRP.pdf; FG Save the date.png

Greetings All,

The San Antonio team will be conducting the recruitment of Focus Group participants, to provide an overview of what Veterans and their Families are seeking when researching mental health providers.

- Date: 9 Aug 2023 9am /2pm
- Timing: 45 minutes to 1 hour

We graciously ask for your support by attending to share your knowledge. See the attachment Please let me know if you will be able to attend as soon as possible If you know someone who you think would have valuable input please share.

v/r,
Natasha Walden
Outreach Director
p: +1 210-399-4838 x385
e: nwalden@endavors.org
w: endeavors.org



The Steven A. Cohen
Military Family Clinic
at Endeavors

ENDEAVORS®

6333 DeZavala Rd | San Antonio, Texas 78249



Subscribe to our Cohen Clinic newsletter!

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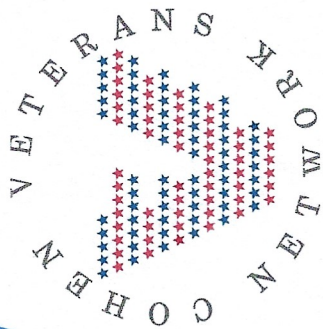


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Save the Date

2023 FOCUS GROUP

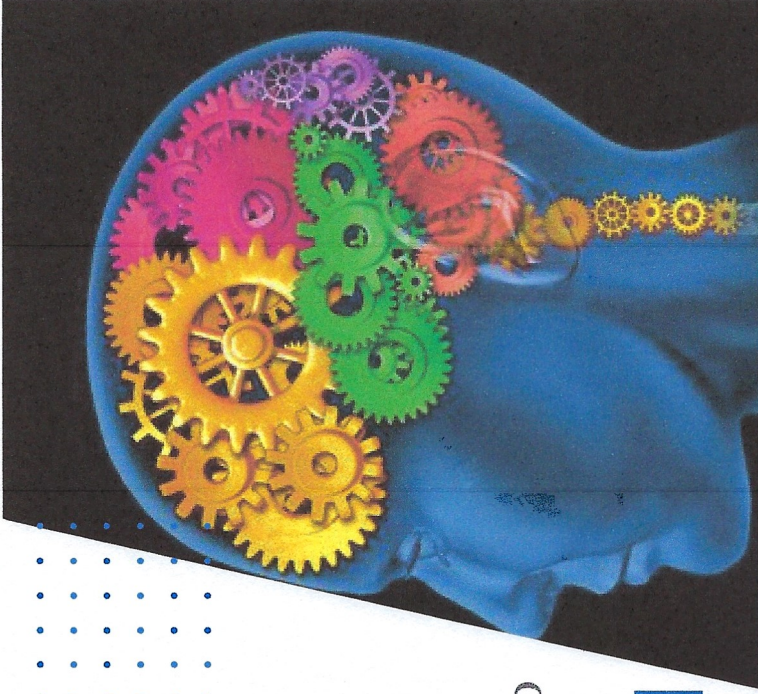


The Steven A. Cohen
Military Family Clinic
at Endeavors, San Antonio

09 AUG, 2023 | 9AM

Location: 6333 De Zavala
San Antonio, TX 78249

To discuss what Veterans Seek when
researching mental health providers



Mental Health Matters

davelp.lapointe@gmail.com

From: Frances Perry <fperry@unitedwaysatx.org>
Sent: Tuesday, July 25, 2023 11:18 AM
To: asmith@mmhpi.org; arlene.perez@tvc.texas.gov; jheifner@agif-nvop.org; ayana@reachpeersupport.com; Cassandra.williamson@transveteran.org; cholt@tamusa.edu; nathan.hanson@bexar.org; stephanie@thepinkberets.org; stroudmarketing@gmail.com; Davis, Betsy; davelp.lapointe@gmail.com; laknoll@endeavors.org; Kevin Crozier; Gregory Morton (gmorton@chcsbc.org); Glenn Faulk
Cc: Juliana Stith; Courtney Stephenson
Subject: Got Your Six meeting Mental Health

Good Morning All,
Just want to reach out to inform of the next Got Your Six meeting:

Our next meeting is scheduled:
Location: 700 S. Alamo
Date: August 16, 2023
Time: 9:30-11:00

Hope you all are staying cool!

Fran
Good Morning All,
Just want to reach out to inform of the next Got Your Six meeting:

Our next meeting is scheduled:
Location: 700 S. Alamo
Date: August 16, 2023
Time: 9:30-11:00

Note: For planning purposes, please RSVP no later than COB August 14, 2023.

Hope you all are staying cool!

Fran

From: Frances Perry
Sent: Wednesday, July 12, 2023 9:32 AM
To: asmith@mmhpi.org; arlene.perez@tvc.texas.gov; jheifner@agif-nvop.org; ayana@reachpeersupport.com; Cassandra.williamson@transveteran.org; cholt@tamusa.edu; nathan.hanson@bexar.org; stephanie@thepinkberets.org; stroudmarketing@gmail.com; Davis, Betsy <Betsy.Davis@va.gov>; davelp.lapointe@gmail.com; laknoll@endeavors.org; Kevin Crozier <kcrozier78247@att.net>; Gregory Morton (gmorton@chcsbc.org) <gmorton@chcsbc.org>; Glenn Faulk <txguard1960@yahoo.com>
Cc: Juliana Stith <jstith@unitedwaysatx.org>; Courtney Stephenson <cstephenson@unitedwaysatx.org>
Subject: Final Reminder (Mental Health)