

Veterans' Healthy Minds Advisory Council – South Texas (VHMACST)

20 Mar 2025, 1300, Meeting Agenda

THURSDAY, 2/20/24, 1300. We will meet at the AACOG, 2700 NE Loop 410, SATX 78217. Please wear your VHMACST badge if you have one (if you don't, please call me and let me know and I'll ensure you get one during our meeting). CALL-IN ONLY PEOPLE - use this option: (*6 to mute/unmute your phones). Zoom Invitation e-mail will be sent separately later today.

IF YOU ARE UNABLE TO PARTICIPATE, YOU MUST NOTIFY AN OFFICER/BOARD MEMBER TO BE EXCUSED AND HELP MAINTAIN QUOTA REQUIREMENTS. PLEASE TRY AND BE ON TIME SO WE CAN GET STARTED AND NOT RUN OUT OF OUR CONFERENCE CALL TIME. IF YOU CANNOT BE ON THE CONFERENCE CALL-IN, PLEASE PROVIDE YOUR INPUT PRIOR TO THE MEETING. AGAIN, CONTACT ONE OF THE OFFICERS/BOARD MEMBERS. THANK YOU.

Type of Meeting: Monthly Council Meeting

- ✓ Call to Order – (Chair)
- ✓ Call the Role – (Secretary)
 - (Introductions of new members, guest speaker, etc.) Tracy Bender (New Council Member), Jaime
 - Guest Speaker; Dr. Emma L. Mata-Galan, MD
- ✓ Accept/Approve Previous Minutes as Published – (Chair)

✚ Old Business

- ✓ VHMACST Executive Vice President, (Fred Thomas; Non-Profit Sub-Committee Chair)
- ✓ Treasurer Report – (Angie Bukowski)
- ✓ Secretary Position – (Chair) (SEE NOTE ABOVE)
- ✓ Website/Communications (Kevin Crozier)
- ✓ Unaccompanied Burial Memorial Service (Ed Thomas)
- ✓ Veterans' Health Education and Information Committee - (Dr. La Pointe)
- ✓ Care Giver Program – (Dr. La Pointe)
- ✓ Veterans Resilience and Recovery Collaborative - (Dr. Davis)
- ✓ National VMHC - (Dr. Davis)
- ✓ Mental Health Community of Practice Meeting – (Dr. Davis)
- ✓ Community Engagement and Partnership Coordinator – (Michelle Conway)
- ✓ “Check-In Program”: - (Dr. La Pointe)
- ✓ Spur's Mental Health Night – (Dr. La Pointe)
 - VHMACST'S 2025 Pre-Event Agenda; Spur's Mental Health Awareness Night
 - Pre-Event Agenda; Spur's Mental Health Awareness Night
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✚ New Business

GUEST SPEAKER (S):

Elana Iulia Gherman, MD

Psychiatry Section Chief of Emergency Room, 1E
Triage/Same Day and Consult Liaison Team – MH division
STVHCS
7400 Merton Minter
San Antonio, TX 78229

- ✓ Council Members Input, Updates, etc.
- ✓ Chair – other items pending; Online submission for travel pay now in text message notifications – now a part of your check-in procedures (phone), “Veterans Tell Us...” form at NW Clinic, Opening Job Postings and other email notifications – open in web-browser, Outreach Table at VA locations, Request for folks you think might want to join VHMACST, San Antonio Airport DV Parking, VA Community MH & Wellness Summit, (other)
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- Upcoming Training
 - [“Mindfulness Meditation.”](#) Class for Veterans, 1000 – 1100, 1st Friday of every month
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- Upcoming Events:
 - TVC Monthly Q&A (How to access your state and federal benefits) 2nd Tuesday of every Month, 1330 – 1430
 - Caregiver Resilience: Bouncing Forward; Tuesday, 25 March 25, 1200, Visit: [Caregiver Webinar](#)
 - VHMCAST Monthly Meeting, 4/17/25, 1300
 - VHMCAST Monthly Meeting, 5/15/25, 1300
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- Upcoming Outreach Functions:
 - **Palo Alto College; 27 Mar 25, 1100 - 1300**, 1400 W Villaret Blvd., SATX, 78224
 - **Unaccompanied Burial Memorial Service; April 16, 2025, at 0900.** Bexar County Program, 3rd Wednesday of each month, Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Rd., SATX 78209 (follow the signs when you enter the main gate). VHMCAST provides flower arrangement and roses for each person to be memorialized.
 - **Unaccompanied Burial Memorial Service; July 16, 2025, at 0900.** Bexar County Program, 3rd Wednesday of each month, Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Rd., SATX 78209 (follow the signs when you enter the main gate). VHMCAST provides flower arrangement and roses for each person to be memorialized.
 - **Unaccompanied Burial Memorial Service; October 15, 2025, at 0900.** Bexar County Program, 3rd Wednesday of each month, Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Rd., SATX 78209 (follow the signs when you enter the main gate). VHMCAST provides flower arrangement and roses for each person to be memorialized.
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- ✦ **Other/Miscellaneous**
 - **7 People this year**, (Veterans, Family Members and Civilian connections) were employed by our informing everyone about employment opportunities.
 - Latest Veteran Suicide Rate: **17.6** Veterans per day
 - Immediate openings for “Detox” programs at Houston, ALL LOCATIONS
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✦ **Next Meeting** – 17 Apr 2025, 1300 - ???

✦ **Adjournment**

AGENDA MAY VARY FROM THIS PROPOSED OUTLINE

***** IF YOUR NAME IS “HIGHLIGHTED” IN AN ITEM, PLEASE BE PREPARED TO SPEAK TO THE TOPIC OR FORWARD YOUR INPUT TO AN OFFICER PRIOR TO THE MEETING SO WE ARE ABLE TO SHARE WHATEVER INFORMATION YOU DETERMINE TO BE APPROPRIATE. THANK YOU. *****

If you attend, present, or take part in any training, event, or outreach function, please let us know so we can track appropriately for end-of-year reporting – AND please wear your VHMCAST BADGE! Thank you.