

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

17 Apr 2025, 1300, Minutes

Type of Meeting: Monthly Council Meeting

- ✓ Call to Order – (Chair) Dr. David La Pointe @ 1302
- ✓ Call the Role – (Secretary)
- (No new members) MEMBERS PRESENT/EXCUSED: Angie Bukowski (excused), Carlos Acosta, Clifford McGlotten, Eric Sexton, Fred Thomas, Jason Leef, Kevin Crozier, Max Knoll, Robin G Soto (excused), Shakelia Mckenzie MEMBERS UNEXCUSED:

VA Staff Members Present: Dr. Betsy Davis Witt, Jaime Smith

- ✓ Accept/Approve Previous Minutes as Published – (Chair)

Old Business

- ✓ VHMACST Executive Vice President, (Fred Thomas; Non-Profit Sub-Committee Chair) – nothing to report
- ✓ Treasurer Report – (Angie Bukowski) Chair reported, Saving: \$540.00 - Checking: \$1046.89
- ✓ Secretary Comments – (Robin Soto)
- ✓ Website/Communications (Kevin Crozier) Reported the site has now reach more than 800,000 visits an increased 12,000, he is going to reorganize the layout by category
- ✓ Unaccompanied Burial Memorial Service Kevin volunteered to take over this program
- ✓ Veterans' Health Education and Information Committee - (Dr. La Pointe) Documentation
- ✓ Care Giver Program – (Dr. La Pointe) update provided, see attachment
- ✓ Veterans Resilience and Recovery Collaborative - (Dr. Davis Witt) Review of information discussed and meeting minutes provided in attachments
- ✓ National VMHC - (Dr. Davi Witt) Program being revised, will update as new information is provided
- ✓ Summit on May 13 Virtual – May 15 VHMACST Outreach Event Table (See information in Attachments), social connection: pre-registration needed. Dealing with isolation, and social connection (Dr. Davis Witt)
- ✓ Mental Health Community of Practice Meeting – (Dr. Davis Witt)
- ✓ Walk in clinic in 1E for Mental Health concerns, or care at any community hospital (Dr. Davis Witt)
- ✓ Community Engagement and Partnership Coordinator – (Jaime Smith) No new updates
- ✓ "Check-In Program" - (Dr. La Pointe) we currently have no one active in the program
- ✓ 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

New Business

- Guest Speaker:
Sheila Edwards
Central Texas Regional Manager
National Ovarian Cancer Coalition
sedwards@ovarian.org
Office: 512-402-5017
P.O. Box 170147, Austin, TX 78717

Slides: Woman Health Education on Cancer: (See attachments)
Understanding the Risks
Who is at Risks?
Signs/Symptoms
Genetic Mutation/Family History
Changes in Body: talk to your provider



NOCC Programs
and Services.pdf

Council Members Input, Updates, etc. NAMI: Cliff (provided information) for presentation next month meeting. Slide power point possible.

- ✓ NAMI: does internship for Behavioral Health, and other NAMI programs were discussed – Clifford McGlotten, Cliff will be our Guest Speaker at our next VHMACHST meeting
- ✓ Chair – other items pending; Job Postings and other email notifications (11 this year) – open in web-browser, Request for Outreach Table at VA locations, Request for folks you think might want to join VHMACHST, San Antonio Airport DV Parking, VA Community MH & Wellness Summit, Palo Alto College Outreach Event - 27 Mar 25, (additional items reviewed)
- ✓

Upcoming Training

- “Mindfulness Meditation.” Class for Veterans, 1000 – 1100, 1st Friday of every month
-

○ Upcoming Events:

- Caregiver Communication: Free 6-week online workshop offers group support for Caregivers of Veterans (Enrollment information/flyer will be attached to meeting minutes/has been sent to all council members)
- VHMACHST Monthly Meeting, 5/15/25, 1300 Cancel - See Upcoming Outreach Event information
- VHMACHST Monthly Meeting, 6/19/25, 1300
- VHMACHST Monthly Meeting, 7/17/25, 1300
-

○ Upcoming Outreach Functions:

- **We have been approved to have our organization host an Outreach Event table at the upcoming VA Community Mental Health Wellness Fair, hosted by the South Texas Veterans Health Care System. We are focusing on organizations that offer social connection, meaningful activities, or valuable resources for Veterans and family members in the San Antonio area.**

Event Details:

 **Thursday, May 15, 2025**

 **10:00 AM – 2:00 PM (Set-up begins at 9:00 AM)**

 **Balcones Heights – Wonderland of the Americas Mall**
4522 Fredericksburg Rd, Balcones Heights, TX 78201

We are asking you to attend this event and participate in working our Outreach Table if possible – please provide your name if you can work the table

- **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). VHMACHST 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). VHMACHST provides flower arrangement and roses for each person to be memorialized.
- Waiting on Bexar to release 2026, schedule
-

Other/Miscellaneous

- **13 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
- If veterans need transportation check our resources, we have three options available? Call Dave or Kevin for questions.
-

 **Next Meeting – We will NOT have a VHMACHST meeting in May, we ask that you attend and participate in the 15 May 2025, VA Community Mental Health Wellness Fair, hosted by the South Texas Veterans Health Care System – please attend and/or participate at our Outreach Event Table**

 **Adjournment - 1403**

 **Minutes Submitted by: Robin Soto**

Approved by: Dr. David A. La Pointe

South Texas Veterans Health Care System

VA COMMUNITY MENTAL HEALTH SUMMIT

2025

FREE EVENTS

TUES
13
MAY

VIRTUAL SUMMIT:

"Helping Veterans
Thrive Through
Social Connection"

10AM - 2PM

THUR
15
MAY

IN-PERSON WELLNESS FAIR

Balcones Heights
Wonderland Mall

10AM - 2PM



SCAN HERE
TO REGISTER

*3.5 CE Credits offered.
Register for details.*



Need more info?
betsy.davis@va.gov
(210) 740-8149

VA



U.S. Department
of Veterans Affairs

South Texas Veterans Health Care System

SAVE THE DATES!

**VA COMMUNITY
MENTAL HEALTH SUMMIT
TUES MAY 13**

10-2, virtual

&

**WELLNESS FAIR
THURS MAY 15**

in-person, San Antonio

Details & Registration Forthcoming.

Questions? betsy.davis@va.gov

VHMACST			
Date 4/13/25			
** TOPIC **			
VOTING MEMBERS			
NAME			
Angie Bukowski			
Carlos Acosta			
Clifford McGlotten			
Dr. David A. La Pointe			
Eric Sexton			
Fred Thomas			
Jason Leef			
Kevin Crozier			
Max Knoll			
Michael McDonald			
Patrick Strouse			
Robin Soto			
Shakelia McKenzie			
Tracy Bender			
NON- Voting Members			
Dr. Betsy Davis			
(VA LRC, VA Staff Liaison)			
Michelle Conway			
Comm. Enage. & Part. Coor.			
Jaime Smith			
Comm. Enage. & Part. Coor.			
Cristina Elizondo			
VA Advisor			
Leah Smith			
VA Advisor			



PO BOX 691510 - San Antonio, Texas - 78269-1510

CallPlus Automated Phone Banking:
210-357-9000 or 1-800-52-SSFCU (77328)

ssfcu.org

STATEMENT PERIOD
03/01/25 to 03/31/25

6897774000
Page 1 of 1

327302 BATCH1
110-48941



VHMACST
DAVID A LAPOINTE
299 TUFTED CRST
SAN ANTONIO TX 78253-6364



SECURITY SERVICE INSURANCE AGENTS FIND YOUR BUSINESS REAL SAVINGS. THEY SHOP FOR YOU TO HELP FIND LOWER RATES BY COMPARING POLICIES TO GET YOU THE MOST SAVINGS AND THE RIGHT COVERAGE. SPEAK WITH AN AGENT TODAY AND SAVE UP TO \$985*.
*SAVINGS MAY VARY. SSI IS A SUBSIDIARY OF SSFCU.

BUSINESS SAVINGS ACCOUNT 6897774000

PREVIOUS BALANCE	500.38	SERVICE CHARGES	0.00
0 DEBITS	0.00	CHECKS DEPOSITED	0
1 CREDITS	0.02	CURRENT DIVIDEND	0.02
NEW BALANCE	500.40	YTD DIVIDEND	0.06

*** TOTAL OVERDRAFT FEES ***			
CURRENT PERIOD OD	YTD OD	CURRENT PERIOD NSF	YTD NSF
.00	.00	.00	.00

*** DEPOSITS/CREDITS ***		***	
DATE	AMOUNT	TRANSACTION	OTHER DESCRIPTION
03/31	0.02	DIVIDEND PAID	

NON PROFIT BUSINESS CHECKING ACCOUNT 6897774071

PREVIOUS BALANCE	999.63	SERVICE CHARGES	0.00
0 DEBITS	0.00	CHECKS DEPOSITED	0
1 CREDITS	47.25	CURRENT DIVIDEND	0.00
NEW BALANCE	1,046.88	YTD DIVIDEND	0.00

*** TOTAL OVERDRAFT FEES ***			
CURRENT PERIOD OD	YTD OD	CURRENT PERIOD NSF	YTD NSF
.00	.00	.00	.00

*** DEPOSITS/CREDITS ***		***	
DATE	AMOUNT	TRANSACTION	OTHER DESCRIPTION
03/21	47.25	STRIPE	TRANSFER

Veterans Healthy Minds Advisory Council - Web Page Counts									
Page	12/16/2024	01/014/2025	2/15/2025	2/20/2025	3/17/2025	4/14/2025			
About Us	18,795	18,942	18,992	19,005	19,048	19,354			
2024 Updates	307	325	349	353	375	405			
2023 Updates	258	269	284	289	302	327			
2022 Updates	238	250	260	263	271	289			
2021 Updates	220	229	242	243	251	270			
2020 Updates	191	200	246	249	258	276			
2025 Updates			17	20	35	63			
Calendar	130,230	152,419	160,429	160,646	163,526	174,219			
Caregiver information	2,736	2,862	2,959	2,980	3,093	3,221			
Contact Us	6,433	6,576	6,754	6,792	6,968	7,209			
Donate	72	78	91	92	102	117			
Home	154,946	155,450	155,816	155,866	156,108	156,790			
Immediate Assistance	1,663	1,686	1,697	1,698	1,706	1,730			
Media	656	662	673	674	684	700			
Meeting Minutes	558	564	575	578	587	604			
MST	13,268	13,316	13,331	13,332	13,342	13,358			
Photos- 2019	190	197	212	213	221	237			
Photos- 2020	217	223	236	237	246	265			
Photos - 2022	211	217	227	230	238	256			
Photos - 2023	246	254	270	271	282	327			
Photos - 2024	83	124	138	139	146	166			
Photos - 2025			16	19	33	55			
Recreation	6,453	6,462	6,479	6,479	6,489	6,508			
Resources - National	61,096	61,157	61,169	61,172	61,182	61,218			
Resources - Local	64,142	64,206	64,246	64,249	64,291	64,333			
Site Updates	683	699	715	719	735	793			
Suicide Prevention	28,156	28,160	28,172	28,175	28,182	28,204			
VA Information	261,054	261,132	261,219	261,235	261,315	261,412			
Women Veteran Inform	6,665	6,697	6,745	6,755	6,805	6,884			
Total	759,767	783,356	792,559	792,973	796,821	809,590			
Increase		23,589	9,203	414	3,848	12,769			

Veterans Mental Health Advisory Council - South Texas Website Analytics

Date: April 14, 2025

Website Views By Country					
United States	49			Germany	1
Hong Kong	4			Morocco	1
Singapore	4			Myanmar (Burma)	1
(not set)	2			Poland	1
Mexico	2			Serbia	1
Panama	2			South Korea	1
Australia	1			Thailand	1
China	1				
Total					72
Website Views By City					
(not set)	23				
San Antonio	10	Clyde	1	Poplar Bluff	1
Dallas	5	Council Bluffs	1	Prairie Grove	1
Boardman	4	Fairfield	1	San Diego	1
Austin	3	Forest City	1	San Jose	1
Chicago	3	Greenfield	1	Shanghai	1
Mexico City	2	La Chorrera	1	Singapore	1
Ashburn	1	Memphis	1	St. Petersburg	1
Baytown	1	Novi Sad	1	Tangier	1
Big Spring	1	Orlando	1	Toledo	1
Bucheon-si	1	Owensboro	1	Waverly	1
Canyon Lake	1	Pirmasens	1	Winter Springs	1
Total					72

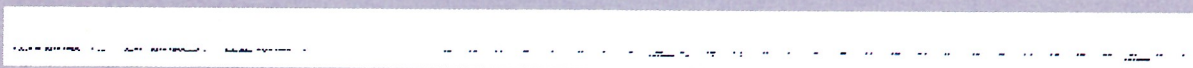
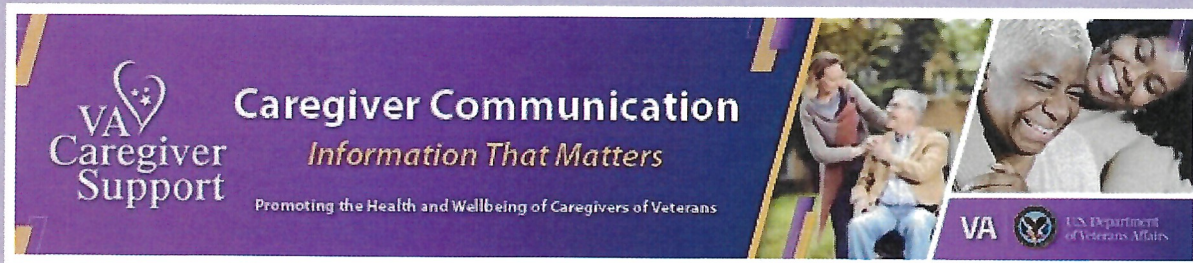
Subject: Free Building Better Caregivers Online Workshop

From: Veterans Health <veteranshealth@messages.va.gov>

Sent: Monday, April 7, 2025 12:06 PM

To: davelp.lapointe@gmail.com

Subject: Free Building Better Caregivers Online Workshop



Free 6-week online workshop offers group support for caregivers of Veterans

Dear Caregivers and Veterans,

If you often feel alone while taking care of someone, the Building Better Caregivers® (BBC) online workshop and community can help you connect with others who understand what you're going through.



When you join the 6-week BBC online workshop, you'll get:

- Weekly Lessons and support from trained leaders
- Tools to help you make time for yourself
- Activities to reduce stress and improve self care
- A community of caregivers with monthly events and support

What caregivers are saying:

"This was helpful for me in many ways. It was an invaluable experience and totally worth my time!"

To join, you must be enrolled in either the [Program of Comprehensive Assistance for Family Caregivers](#) (PCAFC) or the [Program of General Caregiver Support Services](#) (PGCSS). For more on eligibility and enrollment, visit: caregiver.va.gov.

Enroll in Building Better Caregivers today: [Learn More](#)

Veterans Resilience and Recovery Collaborative

STX Community Veterans Engagement Board

Feb 11, 2025 – 3pm; Teams

- I. Attendance/Introductions: Betsy Davis (VA MH), Erin Lowe (NW Vet Center), Mark Johnson (VA SP COMPACT Act Program Coord), Ezequiel Hernandez (PTSD Foundation), Stacey Adams & Anchorah Cameron (VJO), Dave LaPointe (VHMAC), Adam Rodriguez (NAMI), Adelina Ramirez & Krystal Diaz (Endeavors Transition Support Program)
- II. Org updates & events
 - a. NAMI
 - i. Homefront course upcoming; no start date yet but will send flyer when available.
 - ii. NAMI has expanded Warm Line to call for help.
 1. 210-939-9999. 8am-11pm. NAMI-sat.org chat option also.
 2. POC is Lauryn.s@nami-sat.org – can contact her to share info about your organization so respondents can refer people
 - iii. Lots of support group happening – 8 Peer, 7 Family groups.
 - b. Endeavors Transition Support Program – looking for sponsors to help transitioning SM's in their first year; about an hour/month. Get trained by Onward Ops.



TSP Becoming a
Sponsor Flyer_ UPD,

- c. NW Vet Center
 - i. Rolling out new program for Veteran outreach during transition.
 - ii. Most community outreach is on hold after new administration approval process unless directly to Veterans/service members
- d. VA
 - i. Michelle Conway retiring in April; will work to connect people with other CEPC colleagues before leaving.
 - ii. MH summit – tentative dates 5/13 & 5/15, focus on loneliness. Planning meetings starting this week 2/13.
 - iii. Deflection initiative – still trying to work on internal partners. Looking a Veterans Response Team to get Veterans in crisis connected. Work with law enforcement to connect Vets with frequent contact with care before arrest.
 1. Created a postcard with info for law enforcement & 1st responders. QR code to go to VA page with resources for them.



2. May be good to connect with PTSD Foundation – sometimes involved with talking Veterans down.

- e. PTSD Foundation – linking with Mark for info on COMPACT Act.
 - i. PTSD Foundation Crisis and Resource line 24/7
877-717-PTSD (7873)

III. Current/unmet needs

- a. Financial assistance for rent for transitioning Veterans. Many organizations out of funding or SM has to be connected to VA first. Resources shared:
 - i. Shannon – Guardian Community. Has employment opportunities for Veterans.
 - ii. Texas Veterans Commission employment specialists.
 - iii. Code of Vets – financial aid
 - iv. Operation Homefront
 - v. Crosspoint
 - vi. SAMMs Homeless Prevention Funding
 - 1. Ph# (210) 340-0302
 - 2. Email: veteran@samm.org
 - vii. VA Homelessness Hotline. 877-424-3838
 - viii. <https://aacog.gov/veteran-services>
 - ix. <https://www.combinedarms.us/texasveteransnetwork>

IV. Next meetings: May 13 at 3pm



HONOR FLIGHT SAN ANTONIO

FLT #20

WELCOME HOME

May 4th San Antonio

Airport at 11am

STAGE NEAR THE

UNITED/AMERICAN AIRLINES

TICKET COUNTER (UPPER LEVEL

TERMINAL B)

We recommend parking at Airport

Security Parking. (HALM road)

Mention Honor Flight San Antonio

for a discount.

FOLLOW OUR FACEBOOK PAGE FOR

UPDATES.

davelp.lapointe@gmail.com

From: TRICARE Benefit News & Updates <TRICARE@news.dha.mil>
Sent: Monday, April 14, 2025 10:11 AM
To: davelp.lapointe@gmail.com
Subject: See what's new with TRICARE emails

April 14, 2025



We've moved!

TRICARE has moved to a new email platform. Our email address is now **tricare@news.dha.mil**.

Over the past few weeks, you may have received fewer emails from us than you're used to. You can visit the [TRICARE Newsroom](#) to see the latest TRICARE news and tips for using your benefits.

What's New in the TRICARE Newsroom



Veterans' Healthy Minds Advisory Council – South Texas

“Helping Veterans, Help Themselves”

veteranshealthymindsadvisorycouncilsouthtexas.com

VHMACST.com

VHMACST@gmail.com

[@MindsVet](#)

[888-896-9078](tel:888-896-9078)