

## ***Veterans' Healthy Minds Advisory Council- South Texas (VHMACST)***

Monthly Council Meeting Minutes: 19 March 2026 @1306

Call to Order – Kevin Crozier@ 1306

Roll Call:

Present: Max Knoll, Kevin Crozier, Fred Thomas,  
Shakelia McKenzie

VA Advisors: Dr Davis, Jamie Karsten

### New Business:

Guest Speaker: Dr Rais Baig

Psychiatrist Polytrauma Rehab Center

Staff Physician

South Texas Healthcare System

Topic: Trauma Focus Therapy concentrating on PTSD depression

### Old Business:

- VHMACST Executive Vice President, (**Fred Thomas; Non-Profit Sub-Committee Chair**)
- Treasurer Report – (**Angie Bukowski**) - None
- Secretary Comments – (**Robin Soto**) - None
- Website/Communications (**Kevin Crozier**)
- Unaccompanied Burial Memorial Service (**Shakelia McKenzie**)
- Veterans' Health Education and Information Committee - None
- Care Giver Program - None
- Veterans Resilience and Recovery Collaborative - (**Dr. Davis**)
- National VMHC - (**Dr. Davis**)
- Mental Health Community of Practice Meeting – (**Dr. Davis**)
- Community Engagement and Partnership Coordinator – (**Jaime Karsten**)
- “Check-In Program”: - None
- Discussed someone filling the position of Chairman.

- Discussed whether the council continues as a 501C organization

#### Upcoming Events:

- Mental Health Summit: Virtual portion Tuesday June 2<sup>nd</sup>
- In-person portion Thursday June 4<sup>th</sup> at the Mall of the Americas (Wonderland Mall – lower level). More information to follow
- Unaccompanied Veterans Burial Wednesday April 15<sup>th</sup> 9AM Ft Sam National Cemetery
- Jaime Karsten mentioned veteran suicides are now 44 less than they were in 2023

#### Upcoming Council Meetings:

- VHMALST Monthly Meeting, 4/16/26, 1300
- VHMALST Monthly Meeting, 5/21/26, 1300
- VHMALST Monthly Meeting, 6/18/26, 1300

Next Meeting – 16 April 2026

Adjournment @ 2PM

Minutes by: Kevin Crozier