

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

18 Jun 2026, 1300, Meeting Minutes

THURSDAY, 18 Jun 2025, 1300. The council met by video link. Zoom Invitations were utilized.

Type of Meeting: Regular Monthly VHMACST Council Meeting

- ✓ Call to Order – (Chair) David 13:02
- ✓ Call the Role – (Secretary) Robin: Voting Members Present: Carlos Acosta, Cliff McGlotten, Dr. David La Pointe, Fred Thomas, Kevin Crozier, Max Knoll, Shakelia Mckenzie, Excused: Angie Bukowski, Robin Soto, Non-Voting Members Present: Dr. Betsy Davis-Witt

Guests: Burnadette Langford: ACOG, Maira Avalos: Wounded Warriors Project – Shakelia introduced Maira and Maira told us a bit about herself.

- (Introductions of new members, guest speaker, etc.)
 - Guest Speaker; No Guest Speaker
 - New Member(s); No New Members
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- ✚ Accept/Approve Previous Minutes as Published – (Chair) made a motion to accept/approve/publish the 21 May 26, Meeting Minutes as published, Max seconded the motion and they were unanimously accepted and approved.

✚ Old Business

- ✓ VHMACST Executive Vice President, (Fred Thomas; Non-Profit Sub-Committee Chair) – Fred reported that the tax paperwork submitted were accepted. If you get any donations PLEASE document, pass it on to one of the officers or Board Members so we can timely deposit it into our bank account(s).
- ✓ Treasurer Report – (Angie Bukowski) David reported that we had \$500.00 Saving, and \$418.85 in Checking.
- ✓ Secretary Comments – (Robin Soto) No additional comments
- ✓ Website/Communications - (Kevin Crozier) Kevin stated that we had 10,000 hits this month on our website. Changing up the look/layout. He went through all the statistics and answered questions. He's picked up and posted a lot of new resource material. Kevin also spoke about the amount of information contain on the site and weather we should consider removing "OLD" documentation/information that was no longer applicable to the Council or potential visitors to our site. He explained that ALL PREVIOUS items that would be removed from the site WOULD BE BACKED UP to an external drive. It would not be "deleted." Cliff motioned, Chair seconded, that information more than two years old should be deleted from the website. The council approved/accepted the motion unanimously.
- ✓ Unaccompanied Burial Memorial Service – (Shakelia McKenzie) Shakelia reported that the next service would be in July and she would pass on information as she receives it. Normally we don't get the names/number of individuals until 3-7 days before the event to share with everyone and again Dave stated that EVERY VHMACST member needs to attend this event at least once.
- ✓ Veterans' Health Education and Information Committee - (Dr. La Pointe) three items reviewed this month – two flyers and one trifold brochures. Reviewed exactly what the Committee actually does, how, when, etc.
- ✓ Care Giver Program – (Dr. La Pointe): Caregiver Training and information is given out each month to each Caregiver. We currently have three Caregiver's connected to our organization that we are aware of.
- ✓ Veterans Resilience and Recovery Collaborative - (Dr. Davis - Witt): No new updates
- ✓ National VMHC - (Dr. Davis - Witt): There wasn't anything relevant to us during the last call. But there has been a lot of email traffic about a meeting amongst the leadership alliance of other (more than 400 across the country) next week to get the councils "back in" the loop with the National VMHC.
- ✓ Mental Health Community of Practice Meeting – (Dr. Davis - Witt) We are on the rotation of programs. She thanked us for feedback. She stated that she discussed asking for "referrals" for possible VHMACST membership. And continue to provide her with topics, questions, comments, feedback, and information we want to share.

- ✓ Other Topics – **(Dr. Davis – Witt)** Betsy reported that they had over three-hundred people attend the last event, 45-47 organizations at the Mental Health Summit so it was a highly successful program. She also stated that the VA is aware and concentrating efforts to the rural and other county areas for service. Betsy spoke about upcoming Victoria event and will provide a flyer for us to post as well., Cliff and Betsy discussed the lack (or at the perception) of a lack of resources in the rural areas.
- ✓ Community Engagement and Partnership Coordinator – **(Jaime Karsten)**: No new updates
- ✓ “Check-In Program”: - **(Dr. La Pointe)** One person remains in program

New Business

- ✓ **Council Members’ Input, Updates, etc.:** **Cliff**; just finished NAMI six-week course for Caregiving for Veteran’s. **Max**; We’re growing! We (Endeavors) currently have seven vacancies locally and have spots open in California and Florida. I’m just glad to be here! In answer to Cliff’s question about services and what Vet’s are eligible, Endeavors offers service to 911 **AND** pre- 911 Veteran’s. **Bernadette**; AACOG will be offering a Mini Resource Informational Event, AACOG Executive Board Room, 1 Jul26, 1200-1600. Bernadette will provide a flyer.
- ✓ **Chair Input, Updates, etc.:** – **THANK YOU** for the great turnout at the meeting.
 - The VA is transitioning all veterans to use a bank account to receive funds, like “travel pay.” You need to get online and provide your bank account information to get paid!
 - Request for folks you think might want to join VHMACHST
 - Voting: no contested positions, Secretary position is still vacant. Current Board of Directors’ (BOD) membership will remain the same. Each Director has stated that they can/will continue. No new person was nominated, and no new person expressed an interest that would call for a new election.
 - If you need “a Tool Kit for Safe Firearms Storage in Your Community” please let us know and we will figure out a way to provide you a copy.
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- ✓ Upcoming Training
 - “**Mindfulness Meditation.**” Class for Veterans, 1000 – 1100, 1st Friday of every month
 - TVC Monthly Q&A (How to access your state and federal benefits) **2nd Tuesday of every Month,**
 - Caregiver Communication: Free 6-week online workshop offers group support for Caregivers of Veterans (Enrollment information/flyer will be attached to meeting minutes and will be sent to all council members)
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- ✓ Upcoming Events:
 - VHMACHST Monthly Meeting, 7/16/26, 1300
 - VHMACHST Monthly Meeting, 8/20/26, 1300
 - VHMACHST Monthly Meeting, 9/17/25, 1300
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- ✓ Upcoming Outreach Functions:
 - **Unaccompanied Burial Memorial Service; July 15, 2026, 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 21, 2026, 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.
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 Other/Miscellaneous

- **17 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
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 **Next Meeting** – 18 July 2026, 1300 – ZOOM ONLY, Invitations will be emailed

 **Adjournment** - 1406

MINUES SUBMITTED BY:

MINUETS SUBMITTED AND APPROVED BY: Dr. David A. La Pointe

VHMACST			
Date 6/15/26			
** TOPIC **			
VOTING MEMBERS			
NAME			
Angie Bukowski			
Carlos Acosta			
Clifford McGlotten			
Dr. David A. La Pointe			
Fred Thomas			
Kevin Crozier			
Max Knoll			
Robin Soto			
Shakelia McKenzie			
NON-VOTING Members			
NAME			
Dr. Betsy Davis - Witt			
(VA LRC, VA Staff Liaison)			
Jaime Karsten			
Comm. Engage. & Part. Coord.			
Cristina Elizondo			
VA Advisor			
Leah Smith			
VA Advisor			

VHMACST - Membership Updated 06/15/2026		VHMACST@gmail.com											
NAME	Address	Home/Work Phone	Cell Phone	Email	Category								
Angie Bukowski	2700 NE Loop 410, SATX 78217		210-771-3007	Abukowski@aacog.com	OFFICER/BOARD/Comm Partner								
Carlos Acosta	Held	210-487-1713		Cmigaco@gmail.com	BOARD/Vet								
Clifford McGlotten	2773 CR 357, Lavernia, TX 78121	210-573-9061	210-573-9061	cliffmcglotten@gmail.com	BOARD/Vet								
Dr. David La Pointe	299 Tufted Crest, SATX, 78253	210-236-9667	210-488-1593	davelp.lapointe@gmail.com	OFFICER/BOARD/Vet/Comm Part								
Fred Thomas	2683 Yellowrose, Diana, Texas, 78640	903-968-6132	903-736-2640	FT21@aol.com	OFFICER/BOARD/Comm Part								
Kevin Crozier	15927 Watering Pt., SATX 78247		210-326-3556	kcrozier78247@att.net	BOARD/Vet/VSO								
Max M. Knoll	6333 DeZavala Rrd., Ste. B101, SATX 78249	210-307-5126	210-819-8146	laknoll@endeavors.org	BOARD/Vet/Comm Part								
Robin Soto	9469 N Stafford Dr., Citrus Springs, FL 34433		352-848-9396	bumbarn@aol.com	OFFICER/Vet/Vet Family Member								
Shakellia McKenzie	12672 Silicon Dr., SATX 78249	210-569-0875	904-832-4635	smckenzie@woundedwarriorproject.org	BOARD/Vet/Family Member/VSO/CP								
VA Representatives													
NON-VOTING MEMBERS													
Dr. Betsy Davis	7400 Merton Minter (116B) SATX 78229	210-949-3151	210-740-8149	betsy.davis@va.gov	VA Rep. Non-voting member								
LRC/Staff Liaison													
Leah M. Smith	275 Bauer Ln., Castroville, TX 78009	803-354-7719	210-993-3602	leah.smith8@va.gov	VA Rep. Non-voting member/Vet								
VA Advisors													
Cristina Elizondo	7400 Merton Minter, SATX 78253		210-993-3576	Cristina.Elizondo@va.gov	VA Rep. Non-voting member								
VA Requested Contact													

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Veterans Healthy Minds Advisory Council - Web Page Counts

Page	5/18/2026	6/16/2026					
About Us	20,524	20,667					
2026 Updates	264	340					
2025 Updates	543	582					
2024 Updates	1,033	1,070					
2023 Updates	752	788					
2022 Updates	756	785					
2021 Updates	727	768					
2020 Updates	832	865					
Calendar	1,164,596	1,166,117					
Caregiver Information	4,811	5,061					
Contact Us	11,505	11,750					
Donate	458	492					
Home	504,381	510,906					
Immediate Assistance	2,155	2,209					
Media	1,246	1,288					
Meeting Minutes	1,238	1,303					
MST	14,981	15,067					
2026 Photos	72	100					
2025 Photos	781	806					
2024 Photos	879	909					
2023 Photos	691	721					
2022 Photos	651	676					
2020 Photos	602	633					
2019 Photos	500	538					
Recreation	7,251	7,316					
Resources - National	62,044	62,102					

Veterans Mental Health Advisory Council - South Texas Website Analytics								
Date: June 2026								
Website Views By Country								
Singapore	415	Sweden	3	Denmark	1			
United States	111	Brazil	2	Luxembourg	1			
Germany	7	France	2	Philippines	1			
Netherlands	4	Italy	2	South Korea	1			
		Norway	2	Vietnam	1			
		Total			553			
Website Views By City								
Singapore	413	Seattle	2	Council Bluffs	1	Ipatinga	1	Portland
North Charleston	23	Altoona	1	Cross Mountain	1	Lakewood	1	Princeton
San Antonio	19	Aspen	1	Denver	1	Lille	1	Prineville
Austin	5	Astolfo Dutra	1	Doylestown	1	McAllen	1	Rendsburg
Houston	5	Atascocita	1	Glen Burnie	1	Messina	1	Rodby
Boardman	3	Bissen	1	Glenview	1	Montrose	1	Rome
Dallas	3	Blue Ash	1	Grand Forks	1	Muhlhausen	1	San Mateo
Canyon Lake	2	Boerne	1	Gunnison	1	Nam Dinh	1	Sevremoine
Chicago	2	Bonn	1	Haarlem	1	New York	1	Somerville
Forest City	2	Brockton	1	Hanover	1	Opelika	1	Universal City
Granite Shoals	2	Busdorf	1	Herzberg	1	Orem	1	
Sandefjord	2	City of Santa Rosa	1	Hicksville	1	Phoenix	1	
		Total	107					

Resources - Local	65,403	65,600							
Site Updates	1,351	1,413							
Suicide Prevention	28,809	28,873							
VA Information	262,846	262,947							
Women Veteran Information	7,962	8,035							
Total	2,170,644	2,180,727							
Increase		10,083							



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

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

ssfcu.org

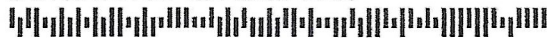
STATEMENT PERIOD
05/01/26 to 05/31/26

6897774000
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373801 BATCH1
110-20783



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



MAKE SURE TO PROTECT YOUR BUSINESS. BEWARE OF SCAMMERS WHO TRY TO STEAL
YOUR SENSITIVE INFORMATION. DON'T CLICK ON EMAIL LINKS ASKING FOR PERSONAL
INFO AND NEVER OPEN UNEXPECTED EMAIL ATTACHMENTS. REMEMBER, SECURITY
SERVICE WILL NEVER ASK FOR ONE-TIME PASSCODES, PASSWORDS, USERNAMES, OR
PERSONAL/ACCOUNT INFO.

BUSINESS SAVINGS ACCOUNT

6897774000

PREVIOUS BALANCE	500.66	SERVICE CHARGES	0.00
0 DEBITS	0.00	CHECKS DEPOSITED	0
1 CREDITS	0.02	CURRENT DIVIDEND	0.02
NEW BALANCE	500.68	YTD DIVIDEND	0.10

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

DATE	AMOUNT	*** DEPOSITS/CREDITS ***	*** OTHER DESCRIPTION ***
05/30	0.02	TRANSACTION	
		DIVIDEND PAID	

NON PROFIT BUSINESS CHECKING ACCOUNT

6897774071

PREVIOUS BALANCE	418.85	SERVICE CHARGES	0.00
0 DEBITS	0.00	CHECKS DEPOSITED	0
0 CREDITS	0.00	CURRENT DIVIDEND	0.00
NEW BALANCE	418.85	YTD DIVIDEND	0.00

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