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

21 May 2026, 1300, Meeting Minutes

THURSDAY, 21 May 2025, 1300. The council met at 1300, the Wounded Warrior Project location, 12672 Silicon Drive, Ste., 105, SATX 78249 and ZOOM – video link. Zoom Invitations were utilized.

Type of Meeting: Regular Monthly VHMACST Council Meeting

- ✓ **Call to Order – (Chair) David 13:07**

- ✓ **Call the Role – (Secretary) Robin: Voting Members Present:** Angie Bukowski, Carlos Acosta, Cliff McGlotten, Dr. David La Pointe, Fred Thomas, Kevin Crozier, Max Knoll, Robin Soto, Shakelia Mckenzie, **Excused:** Shakelia Mckenzie**, Non-Voting Members Present:** Dr. Betsy Davis-Witt, **Unexcused/Absent:** No one

    - **(Introductions of new members, guest speaker, etc.)**
        - **Guest Speaker; No Guest Speaker**
        - **New Member(s); No New Members**

- **Accept/Approve Previous Minutes as Published – (Chair)** made a motion to accept/approve the 16 April 2026 as published. Council unanimously accepted and approved.

- **Old Business**

- ✓ VHMACST Executive Vice President, **(Fred Thomas; Non-Profit Sub-Committee Chair) –** Fred reported that he has completed and submitted the required tax paperwork, due for documenting the book-keeping of our Non-Profit for the IRS. He also reminded us that if you spend any money on behalf of the VJMACST, to be sure and turn in any receipts or documents so we can ensure accurate reporting of our funds. 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 gave us the OUTSTANDING news that the VHMACST went over the 2,000.000 hits on the website! He went through all the statistics and answered questions. We owe him for the great work he's done for us!
- ✓ Unaccompanied Burial Memorial Service – **(Shakelia McKenzie)** Chair reviewed the schedule and stated that normally we don't get the names/number of individuals until 2-3 days before the event to share with everyone and again asked that EVERY VHMACST member needs to attend this event.
- ✓ 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):** National Council has restarted with VA representatives. Still trying to get approval for Council-wide inclusion.
- ✓ Mental Health Community of Practice Meeting – **(Dr. Davis - Witt)** We are on the rotation of programs. Provide her with topics, questions, and information we want to share.
- ✓ Other Topics – **(Dr. Davis – Witt)** We have a new MST Coordinator – Dr. Lisa Boden Felchle. We also have a new Acting COMPACT Act Coordinator – Millicent Nwokolo-Udeaja. A Mental Health (MH) Peer Specialist (Mike Collins) has been added to the Audie Murphy VA Hospital Emergency Room. MH and Primary Care are now sending out reminders for prescription refills.
- ✓ 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.
- ✓ Chair – other items pending; **THANK YOU** for the great turnout at the meeting. Job Postings and other email notifications (17 this year) – Request for Outreach Table at VA locations,
- ✓ Request for folks you think might want to join VHMACST, (additional items)
- ✓ Outreach Event – SA Military Sexual Trauma & PTSD Symposium 30 Sep 25 Oct 25, 0830 – 1730
- ✓ Outreach Event – Texas State Veterans Fair 25 Oct 25, 0930 – 1300
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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:
  - VHMACST Monthly Meeting, 10/16/25, 1300
  - VHMACST Monthly Meeting, 11/20/25, 1300
  - VHMACST Monthly Meeting, 12/18/25, 1300
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- Upcoming Outreach Functions:
  - **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). VHMACST provides flower arrangement and roses for each person to be memorialized.
  - Waiting on Bexar to release 2026, schedule
  - Outreach Event – Texas State Veterans Fair; 25 Oct 25, 0930 – 1300, 202 Connelly Street, SATX 78203
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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 June 2026, 1300 – Wounded Warrior Project/ZOOM**
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- **Adjournment - 1406**

MINUES SUBMITTED BY: Robin Soto
MINUETS APPROVED BY: Dr. David A. La Pointe