

## VSACT Monthly Meeting Minutes

20 April 2016

1. Welcome
  - a. Passed out comments paper for opinions/direction of Alliance moving forward (attached within the meeting minutes that were distributed out to the group. Please fill out and email to [kmartin@hotgoodwill.org](mailto:kmartin@hotgoodwill.org) whenever you get a chance)
2. Guest Speaker: Gloria P. Mainz – Volunteer, Comfort Crew
  - a. Presented and spoke about the Together Again Kit
    - i. This is specifically for children whose parents are coming home from deployment
      1. Includes stuffed animal
      2. Journal
      3. DVD
      4. Have 1,200 left
        - a. If interested in receiving one, there is a form that you may fill out (attached to the notes) that you may fill out.
        - b. Can either have an organization fill out the form and distribute out, or may send directly to the family
        - c. Will receive a sample
      5. A partner with USO
    - ii. Please contact Angela McDonald at [angela@comfortcrew.or](mailto:angela@comfortcrew.or) or 512-372-8359
  - b. Carl Levin Month of the Military Child Park, etc.
    - i. Sunday, April 24<sup>th</sup>
3. Guest Speaker: John Valentine—unable to attend
  - a. Katie Martin spoke about the general services Operation Phantom Support Supplies
  - b. Food Pantry every Thursday and Saturday each week
  - c. Active Duty & Honorably Discharged Military/Families
    - i. Can receive 8 vouchers each month for \$10 if an agency; can pop in individually or set up an automatic, recurring payment
    - ii. Needs volunteers
    - iii. [www.phantomsupport.org](http://www.phantomsupport.org)
4. Updates & Events
  - a. Heart of Texas Goodwill will be hosting 2 hiring events in May with employers present that will accept various criminal backgrounds
    - i. May 20<sup>th</sup> (Friday) 2016 : Waco (1700 S. New Road, Waco, TX 76711)
      1. 10AM – 2PM
      2. Flyer will be distributed as soon as all businesses confirmed
      3. Will have 10+, all legitimately hiring with background policy of each provided as soon as participants walk through the door
    - ii. Belton: May 25<sup>th</sup> (Wednesday) 2601 Commerce St., Belton, TX
  - b. Operation Stand Down (Flyer Attached)
  - c. Darnall Behavioral Health & Wellness Fair
    - i. Call Michelle to register @ 254-288-9162

- d. Bell County Vet Court is in major need of volunteers to peer mentor participating Veterans: ideally discharged Veterans that have shared a similar experience with those within Veterans Court
    - i. Especially need female Veterans: 40% of participants are females
  - e. Explanation of process for volunteers within Bring Everyone in the Zone
    - i. Basic training for peer mentors
    - ii. There is a definite need for peer mentors as peer-to-peer is proven to be successful; from Bell County Veterans Court, to Fort Hood's Federal Veterans Court, to even beginning this program at the VA's Retirement Home.
      - 1. Contact Maureen Jouett @ [mojo53@hot.rr.com](mailto:mojo53@hot.rr.com) or 254-681-9112 for more information on training
      - 2. Contact Michael Jackson @ [mjaxonjr@hotmail.com](mailto:mjaxonjr@hotmail.com) for more information on volunteering
    - iii. Vet Center is an excellent option for military families to seek counseling/assistance
      - 1. While under the VA umbrella, is a separate entity from the VA and Fort Hood so that everything is kept confidential
  - f. Proposal of mental health training as a Veteran Coalition
    - 1. Could possibly offer at the Goodwill Learning Center
      - a. Required 8 hour training
      - b. Excellent for those who have to interact with the public who may be facing mental health issues
      - c. Steering committee will discuss this idea, potentially look at dates, and bring back to next VSACT meeting to see interest
  - g. Cedar Crest is also going to be offering a law enforcement training for dealing with Veterans/domestic violence issues with Veterans & Family Members
  - h. Bring Everyone in the Zone is still offering the Operation Family Caregiver Program
    - i. Provide support & needs for the caregiver and the Veteran
  - i. EMDR Therapy (Eye-Movement Desensitization Rehabilitative Therapy)
    - i. Assists in moving memories from the feeling side of the brain, more so to the processing side of the brain. Allows one to move from visceral, immediate action, to the ability to think through things before reacting.
    - ii. Helps those with PTSD, etc.
      - 1. Don't have to talk about the issues; simply do the work. Veterans have reported major improvement in flashback, etc. in under a month
    - iii. There's a national EMDR center online where you can search for those that provide this service
    - iv. 3 of 6 Vet Center counselors in Harker Heights participate in EMDR
5. Shout-out/Need for Help
- a. Veteran through TVC in need of a bicycle for transportation to/from work at this moment
    - i. Believe there are two potential options through BEITZ and Jessica Carter
    - ii. Bike-share options in Killeen, similar to those in surrounding areas?
      - 1. CARITAS provides that option

2. April 30<sup>th</sup> at Club Hood 8AM – 3PM: Fort Hood auctions items that they are phasing out (flyer attached)
    - a. Will have kitchen, gym items, tools, etc.
    - b. \$3 registration fee
    - c. Bikes, etc. All unclaimed properties that have been abandoned on post
6. Round Rock Express is hosting a Veterans/Military day over Memorial Weekend (May 30<sup>th</sup>)
  - a. Will be sent out to the committee
  - b. In need of tables, etc.
7. Heart of Texas Goodwill is in need of enrollments for the Careers in Retail initiative
  - a. Looking for forums to present to potential enrollees
    - i. VA Job Fair on May 28<sup>th</sup>, 2016
    - ii. Speaking at the Bell County Veterans Court
8. CTC Massage Therapy looking to launch new program
9. USO Lunch & Learn: Simply need military ID: Email Kimberly Gutierrez for more information at [kgutierrez@uso.org](mailto:kgutierrez@uso.org)
  - a. 21 April 2016; geared toward spouses going through the transition process
    - i. Assists in the communication process in healthily moving through all of that
      1. TAP
      2. VA Process, etc.
      3. Building 1871 on post
  - b. May 5<sup>th</sup> is one particular in preparation for the Fort Hood Mega Job Fair occurring on 17 May 2016; resume prep, list of employers that will be in attendance, etc.
    - i. Events/items are on USO on Facebook
    - ii. Also Email Kim Guieterrez at [kgutierrez@uso.org](mailto:kgutierrez@uso.org) to receive weekly updates/ “hot” employers, etc.
10. Fort Hood Mega Job Fair occurring on May 17<sup>th</sup>, 2016
11. Vet Center no longer assists with Disability and compensation claims any longer, FYI