

DECEMBER
2020

Veterans One Stop

HOLIDAY NEWSLETTER

Thanksgiving was different this year, as for everyone. Instead of our annual feast which could have easily fed over 700 community veterans, we used donated funds to purchase just under \$2000 of turkey and ham to provide for 100 of our most dedicated clients and consumers. Most care packages included everything needed for Thanksgiving at home, and if having an oven was the issue, we provided a fully cooked turkey or smaller ham. This was such a success we plan to replicate it at Christmas!

Donations welcome! With our food pantry wiped out from Thanksgiving we are asking for dry and packaged foods that can easily fit into a backpack. Pop-top canned goods, "heat n' eats", potted meat, and healthy snack bars are a few of the most appreciated. We are also accepting men's jeans in all sizes, winterwear, blankets, and space heaters. Please call to inquire about other items.

Do you have a veteran in your family deserving of recognition? Bring your 8 x 10 photo copy and a brief bio to have displayed on our Wall of Honor. Come by for a tour and we will show it to you.

Best wishes for the New Year!
The staff and volunteers of the One Stop



*Thank you for your Service,
We still need you*

MVPN Training

3rd Wednesday of most months. This is an 8-hour peer led course teaching the fundamentals of direct peer interaction that includes identifying and reporting mental health crises, and assisting with local resources. Certification funded by TVC. Application with background check requested in advance.

Dec 16, 2020; Jan 20 & 27th, and Feb 17, 2021; 9-4pm.

Plans for the New Year

Mental Health First Aid (MHFA) Virtual certification provides core skills to teach "first-aiders" how to recognize signs and symptoms of mental health challenges, knowing how to support others, and take care of our own mental health.

First Aiders Are: mental health ambassadors, caring colleagues, informed helpers, knowledgeable about resources, and know the limits of their role.

First Aiders Are Not: diagnosticians, treatment providers, trained interventionists, long-term care providers, or emergency providers.

Meet Sarah!

Sarah Throckmorton is the newest Clinical Assistant at the Veterans One Stop.



Sarah attended school at Tarleton with an interest in math, until realizing that it was not her lifelong passion. She rerouted to business psychology and became interested in child psychology. She interned at ECI at Abilene until accepting a position with Klara's Center, where she worked the next 4 years. When COVID forced her to work from home, she honed her interest in Excel and organizing documentation. Long-term goals involve the possibility of returning to a field of child psychology, but the sky's the limit. A fun fact she shared is she loves knitting. She began knitting when she was 7 years old, and has made scarves, shawls, cardigans, bag, doggie coats and other practical items. Welcome!

McLennan County Veterans Treatment Court

Is accepting applications for veterans with misdemeanor offenses to include DWI, assault with bodily injury, family violence, unlawful carrying of a weapon and terroristic threat. The primary target population is offenders whose military experience/exposure to combat contributed to the commission of the offense for which they are charged. Applicants must be at least 18, can prove veteran status, have approval from the DA, must have charges in, work or reside in McLennan county, should not have other criminal cases pending, must be physically and mentally capable and willing to participate in the program.



Social Media

Facebook: [Heart of Texas Veterans One Stop](#)

Twitter: [HOT Veterans One Stop](#)

Instagram: [HOT_VeteransOneStop](#)

Website: www.VeteransOneStop.org

What we offer

- Counseling
- Employment Resources
- Claims & Community Outreach
- Legal Resources
- Have something to promote to veterans community? Send email to bobbi.stewart@hotrmhmr.org

Around the house, the stockings were hung...

All services are by appointment only. We provide the opportunity to use computer/tech resources, take a hot shower, and knock out one load of laundry, but please call (254) 297-7171 and speak with a helpful volunteer to set a time.

Anger Management, Military Sexual Trauma (MST), PTSD support, Substance Use Disorder (SUD), and Family group are offered upon established relationship with one of our many providers

Art Group – Dec. 16th @ 5:30pm

Wounded Warrior – Fridays at 3PM

Group and individual counseling is provided using military-informed care and evidenced based practices.

