

**COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY
SAN DIEGO MILITARY AND VETERANS ADVISORY COUNCIL MEETING**

**MEETING NOTICE: In Person
North Central Live Well Center
5055 Ruffin Road, 2nd Floor Conference Room, San Diego CA 92123
Phone (858) 694-3222**

Public Video Viewing/Comment Option:

<https://sdcounty-ca-gov.zoom.us/j/89992138991>

**October 8, 2026
1:00 p.m. to 3:00 p.m.**

AGENDA

- | | |
|-------------|---|
| 1:00 - 1:01 | 1. Call to Order |
| 1:01 - 1:02 | 2. Pledge of Allegiance |
| 1:02 - 1:03 | 3. Roll Call |
| 1:03 - 1:05 | 4. Action Item: Approval of August 13, 2026, Meeting Minutes |

PUBLIC COMMENTS

- | | |
|-------------|--|
| 1:05 - 1:15 | 5. <u>Guidelines for Public Comment on Items not listed on the agenda:</u> <ul style="list-style-type: none">➤ Members of the public may request to speak about any issue within the purview of the Board.➤ Each speaker will be limited to three (3) minutes.➤ Board members may not discuss or take action on issues raised during public comment unless the issue is listed in this Agenda. |
|-------------|--|

PRESENTATIONS/DISCUSSION ITEMS

- | | |
|-------------|--|
| 1:15 – 1:30 | 6. Discussion Item: New Community Connections: SDMVAC Council Members share community events they had recently attended, All San Diego Military and Veterans Advisory Council Members |
| 1:30 – 1:50 | 7. Discussion Item: SDMVAC Annual Report 2025, All San Diego Military and Veterans Advisory Council Members |
| 1:50 – 2:10 | 8. Discussion Item: Working Group Reports and Updates, All San Diego Military and Veterans Advisory Council Members <ul style="list-style-type: none">• Food Security – Robyn Nolin and Teague Mangiaracina• Housing – Paula Jansen and Michael Kerr• Education – Philip Kendro and John Paul Sullivan• Employment – Philip Kendro, David McCulloh and Teague Mangiaracina• Healthcare – Robin Nolyn and Michael Kerr• Legislation – John Paul Sullivan and Paula Jansen |

- 2:10 –2:30 9. **Presentation Item:** USD’s Veterans Initiative-Telemental Health Training Clinic at University of San Diego, Liz Hooper Outreach Coordinator, Counseling & Marriage and Family Therapy.
- 2:30 –2:50 10. **Presentation Item:** Mt. Carmel HS Project, Reese Mitzner, Mt. Carmel High School Senior, Lead on Student Civic Engagement Project Regarding Veteran Mental Health and Government Resources.
- 2:50 –3:00 11. **Discussion Item:** Suggested topic for future meetings: All San Diego Military and Veterans Advisory Council Members.

ADJOURNMENT/ NEXT MEETING

The next regular meeting will be held on December 17, 2026, 1:00 – 3:00 pm, at 5055 Ruffin Road, 2nd Floor Conference Room, San Diego, CA 92123.

ASSISTANCE FOR THE DISABLED:

Agendas and records are available in alternative formats upon request. Contact the San Diego Military and Veterans Advisory Council Meeting staff contact at (858) 694-3222 with questions or to request a disability-related accommodation. To the extent reasonably possible, requests for accommodation or assistance should be submitted at least 24 hours in advance of the meeting so that arrangements may be made. Additional information can be found on the San Diego Military and Veterans Advisory Council (SDMVAC) website:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/veterans_advisory_council.html

**COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY
SAN DIEGO MILITARY AND VETERANS
ADVISORY COUNCIL (SDMVAC)**

**Held In Person
North Central Live Well Center
5055 Ruffin Road, 2nd Floor Conference Room, San Diego CA 92123
Phone (858) 694-3222**

Public Video Viewing/Comment Option:

<https://sdcounty-ca-gov.zoom.us/j/82121005893>

**SDMVAC Meeting Minutes
August 13, 2026**

Members Present

Jude Litzenberger
John Paul Sullivan
Robyn Nolin
David McCulloh
Michael Kerr
Paula Jansen
Teague Mangiaracina

Members Absent

Philip Kendro

Staff Present

Amy Klock, OMVA
Ray Flores, OMVA
Brenda Vargas-Ramirez

Guests

Joey Jerome - SDVC
John Aasted – City of San Diego
LS Eve – US Navy
Stuart Wall – US Navy
Kelli May Douglas – DOW/Defense State Liaison

1. Meeting called order at 1:00 pm by Jude Litzenberger, Chair
2. Pledge of Allegiance
3. Roll Call
 - SDMVAC present members noted above.
4. The minutes of June 18, 2026, meeting were approved by six Council members, with one abstention.

5. Public Comments:
 - No public comment
6. **Discussion Item:** New Community Connections: SDMVAC Council members share community events they have recently attended. New member from district four Teague Mangiaracina shared his attendance at Costa Oral Alliance board meeting as s Veterans' representative. Robin Nolin shared information about recent events she organized for Veterans, including fishing activities that connect Veterans with outdoor resources and provide opportunities to participate in a therapeutic environment. She also shared that San Diego Anglers has been raising funds in conjunction with the Wounded Warrior Project, Real Warriors, and various Veteran organizations to support efforts to get Veterans outdoors and engaged in these activities. John Paul Sullivan shared that he attended the Spirit of '45 event at the San Diego Air & Space Museum, which honored World War II Veterans and recognized the contributions of the Rosie the Riveters. Michael Kerr shared that he attended an event at Veterans Village of San Diego (VVSD) focused on Veteran homelessness and support services. Vice Chair David McCulloh shared that he attended the first meeting at the Veterans Association of North County in Oceanside. He also shared information about upcoming Veteran-related events, including the Carried Forward 5K at Liberty Station on Saturday, supporting the Wounded Warrior Project, and the Marine Corps League's 5th Annual Barbecue Competition on August 22. Paula Jansen shared information about Combat Testing Gaming, a video gaming community where Veterans can connect and interact online. She noted that the program provides Veterans with an opportunity to connect with others and shared that it has helped save the lives of several Veterans. Chair Jude Litzenberger shared that Guide Dogs of America brings therapy dogs to Vista Jail to provide support and comfort to individuals in the facility.
7. **Presentation Item:** Navy Ten-Miller, Lawrence Eve, Navy Ten-Miller Race Operations Manager, Lawrence Eve, Operations Manager for the Navy Ten-Miler, provided a presentation on the Navy Race Organization. The presentation covered the organization's timeline and mission, as well as an overview of the Navy Ten-Miler, including participant demographics, program successes, and plans for 2027.
8. **Discussion Item:** Working group reports and scheduled future working group meetings, All San Diego Military and Veterans Advisory Council Members
 - Food Security – Robyn Nolin and Teague Mangiaracina
 - Housing – Paula Jansen and Michael Kerr
 - Education – Philip Kendro, John Paul Sullivan and Teague Mangiaracina
 - Employment – Philip Kendro and David McCulloh
 - Healthcare – Robin Nolyn and Michael Kerr
 - Legislation – John Paul Sullivan and Paula JansenCouncil members discussed the role of the working groups in sharing updates, identifying issues, and supporting coordination. Working groups will continue to meet as needed and provide updates and recommendations at future Council meetings.

9. **Discussion Item:** Legal Clinic for Veterans in October; Chair Jude Litzenberger, Chair Jude Litzenberger shared information about a law firm offering free pro bono legal services to veterans. The firm is interested in hosting a legal clinic in San Diego on October 9, helping with discharge upgrades and corrections to military records.
10. **Discussion Item:** Suggested topic for future meetings: All San Diego Military and Veterans Advisory Council. The Council discussed potential topics for future agendas and areas of interest for upcoming meetings. Items will be considered as part of the ongoing agenda planning process. The Council discussed changing the meeting date due to County staff attending the CWDA conference. Chair Jude Litzenberger moved to change the meeting date from October 15 to October 8, 2026. All members were in favor, with no abstentions

ADJOURNMENT/SET NEXT MEETING:

The meeting was adjourned at 3:00 p.m. The next regular meeting will be held on October 8, 2026.

ITEM #6 New Community Connections: SDMVAC Council Members Share Community Events They Had Recently Attended

All San Diego Military and Veterans Advisory Council Members



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**LIVE WELL
SAN DIEGO**

ITEM #7 SDMVAC Annual Report 2025

All San Diego Military and Veterans Advisory Council Members



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SAN DIEGO

San Diego Military and Veterans Advisory Council (SDMVAC) 2025-2026 Annual Report to the County Board of Supervisors

August 2026

In accordance with the County Administrative Code, Article XLVIII, Section 820 the San Diego Military and Veterans Advisory Council (SDMVAC) submits the following report of activities and accomplishments for Fiscal Year 2025-2026.

Background:

The Board of Supervisors of the County of San Diego sets the policy of the County to take a leadership role in identifying and addressing the needs of Military Veterans. In order to fulfill the tasks related to this, the Board established a San Diego County Military and Veterans Advisory Council. The Council shall function as an independent body in carrying out its duties and responsibilities, reporting directly to the Board of Supervisors, as well as the Chief Administrative Officer.

The plan for Fiscal Year 2025-2026 was to advise the Board of Supervisors on goals and objectives relevant to the County of San Diego Office of Military and Veterans Affairs (OMVA) Department.

Membership and Organization:

The SDMVAC consists of nine volunteer citizens who are appointed by the Board of Supervisors. Five members are appointed by the Board of Supervisors, with each Supervisor nominating one Council Member from their respective District. Four members are appointed by the Board of Supervisors, as Members-at-Large. A Chair and a Vice-Chair are elected on odd-numbered years and serve a two-year term.

Jude Litzenberger (Member-at-Large) was elected as the new Chair and David McCulloh (D5) was elected as the new Vice-Chair, in August 2025.

The SDMVAC began the fiscal year with one membership vacancy in District 3, Seat 3. In December 2025, Mark Gracyk, who held the District 3, Seat 3 position, resigned from the Council. Following his departure, three new members were appointed: Robyn Nolin to Seat 8 as a Member-at-Large on September 30, 2025; Teague Mangiaracina to Seat 4 representing District 4 on January 4, 2026; and Michael Kerr to Seat 1 representing District 1 on March 24, 2026. SDMVAC meetings were regularly announced to the public through the Clerk of the Board and SDMVAC websites and were also broadcast via Zoom to allow for virtual public participation.

Focus and Oversight:

This year, budget constraints made clear the importance of healthy nonprofits in meeting more needs of the military/ Veteran community in the future. The Council continued to look at the health of the County's military Veterans, including the nonprofit organizations who play an important role in caring for them. The Council invited presentations from a few key nonprofits asking questions that provided a good sense of what was working and what needed attention. The primary focus areas of the SDMVAC in Fiscal Year 2024-2025 were

- Service Delivery to Veterans
- Local Military and Veterans Events
- Community Outreach to Veterans and their Family Members
- Collaboration with different Veteran services organizations.

The Council identified the need to have workgroups/ad hoc committees to look deeper into activities that affect the health and full participation of the military/veteran population. After a short delay while vacancies on the council were filled, the Council established working groups that address Education, Employment, Food Security, Housing, Healthcare, and Legislation. Each working group will identify data that needs to be collected and reviewed in order to monitor progress and anticipate challenges in these areas. The Council anticipates this approach will provide more accurate information regarding the health of San Diego County active-duty military, veterans and their families to support the Board of Supervisors.

Additionally, the issue of viable boards of directors to serve local nonprofit organizations revealed that many key organizations were having difficulty identifying, recruiting and retaining qualified board members. Last year, Council identified a solution that would provide training for these important organizational leaders and help them create strong boards to serve in the future. The SDMVAC Chair invited Good for Others (a San Diego based impact focused nonprofit) and The Nonprofit Institute at University of San Diego to assist with expertise in identifying training options. Good for Others initially agreed to fund work by the USD Nonprofit Institute in conducting training for the boards of nonprofits serving military/veterans. Hope was also to build up a pool of military veterans to serve as qualified nonprofit board members in the future. The Council believed this training would strengthen both military/veteran-serving nonprofits and qualify a pool of military veterans willing to serve on other nonprofits where veterans voices will be helpful throughout the County. Unfortunately, as budgets were impacted by the economy, this generosity by Good for Others had to be withdrawn before the project got underway. At this time the Council continues to seek a sponsor for \$2500 funding needed for this project

During 2025-2026, the SDMVAC discussed numerous topics in the following categories:

- Nomination and Election of the 2025 SDMVAC Chair and Vice Chair
- Administrative Code Update
- Nonprofit Board Training
- Veterans Day/Week Events
- San Diego Non-Profit Collaboration During Government Shutdown
- Proposal to Create a San Diego County MILVET Community Calendar
- Motion to Adopt Proposed Ad Hoc Workgroup Guidelines
- Report from Ad Hoc working groups regarding edits for working group charter and their meeting schedule
- Veterans serving nonprofits which could be strengthened by Board training beyond those who have presented to SDMVAC in the past three years.
- Brown Act Update (SB 707)
- Budget Update
- Impact of Housing and Urban Development (HUD) Service Animal Policy Changes on Veterans Receiving HUD-VASH (HUD-Veterans Affairs Supportive Housing) Assistance

The San Diego Military and Veterans Advisory Council (SDMVAC) is committed to facilitating knowledge exchange and promoting collaboration effort amongst the organizations that are

invited to present to the Council. The purpose is to raise visibility and awareness of their work in the community and help the SDMVAC plan for the next 20 years that best supports the Military and Veterans in San Diego. The organizations presenting to SDMVAC this year included:

- Steven A. Cohen Military Family Clinic at VVSD
- Camp Pendelton 2025 Veteran and Retiree Expo
- Feeding San Diego
- Courage to Call
- San Marcos Vet Center
- Navy Ten-Miller

2025-2026 Board of Supervisors Letters Discussed by SDMVAC:

Date

- No Board of Supervisor Letters were Discussed

Staff support was provided by the Health & Human Services Agency throughout the year.

ITEM #8 Working Group Reports and Updates

Food Security – Robyn Nolin and Teague Mangiaracina

Housing – Paula Jansen and Michael Kerr

Education – Philip Kendro and John Paul Sullivan

Employment - Philip Kendro, David McCulloh and Teague Mangiaracina

Healthcare – Robyn Nolin and Michael Kerr

Legislation – John Paul Sullivan and Paula Jansen

All San Diego Military and Veterans Advisory Council Members



**LIVE WELL
SAN DIEGO**

ITEM #9 USD's Veterans Initiative-Telemental Health Training Clinic at University of San Diego

Elizabeth Hooper , Outreach Coordinator, Department of Counseling and Marriage and Family Therapy



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SAN DIEGO

University of San Diego's

Tele-Mental Health Training Clinic:

Veterans Initiative

Dr. Lauren V. Bruaski PSYD/LMFT (she/her)
Executive Director, USD Telemental Health Training Clinic

Dr. Lauren V. Bruaski, PsyD/LMFT (she/her)

*Executive Director,
USD Telemental Health Training Clinic*

Counseling and MFT Department,
School of Leadership and Education Sciences

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Liz Hooper

Outreach Coordinator

School of Leadership and
Education Sciences



Dr. Nicholas Boyd, PhD, LPCC, NCC

Assistant Professor

School of Leadership and
Education Sciences

About Us

- The Tele-mental Health Training Clinic is a community clinic operated within the School of Leadership and Education Sciences at the University of San Diego.
- Provide high quality and affordable counseling services for school-age children and adolescents, their parents, and college age adults.
 - Telemental Health is a face-to-face video therapy that allows clients to have appointments in real time through confidential, secure online video conferencing.
- Counseling services are provided by graduate-level counseling trainees under the supervision of our clinic director, who holds a PsyD in Applied Clinical Psychology and is a California Licensed Marriage and Family Therapist (LMFT) and AAMFT Approved Supervisor Candidate.

USD's Tele-Mental Health Training Clinic Receives \$2.5 Million Grant

Through support from the California Veterans Health Initiative (CVHI) Mental Health Support Grant, the USD Tele-Mental Health Training Clinic is able to offer scholarships to cover the cost of treatment for veterans and their families and supports.





What does all this mean?

Through the support of the grant, we are able to offer Veterans and their families services at no-cost to the veteran or their family members.

Services are fully remote, utilizing tele-health.

What is Tele-mental health?

Face-to-face Video Conferencing

- Appointments in real time
- Confidential
- HIPAA compliant platform
- (Simple Practice)

Easy access to care

- Tele-mental health is convenient
- Phone, tablet or laptop & internet connection
- No travel time for appointments
- Choose comfortable surroundings



Who is eligible for services?

Veterans

Veterans from any branch of the military, who are no longer enlisted members of the military, are eligible.

Individuals who are active duty but have begun the process of separation from the military are eligible.

Veterans need to submit proof of their veteran status for services.

There are no stipulations concerning combat, era of service, or discharge status. Any individual who has served is eligible for services.

Who is eligible for services?

Family Members (Spouse, Partner, Child) of Veterans

*Family members of veterans from any branch of the military, who are no longer enlisted members of the military, are **eligible**.*

*Family members of Individuals who are active duty but have begun the process of separation from the military are **eligible**.*

Family members need to submit proof of the veteran status for services.

*The veteran does not need to be involved in services for the family member to qualify for services.
A child of a veteran can be an adult child (no age maximum).*

Who is eligible for services?

For individuals who are not eligible for services under the grant, we do offer sliding scale services through our Community Clinic.

What services do we offer?

Weekly Individual, Couples or Family Therapy

All treatment modalities are Evidenced Based Practices, such as Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), Dialectical Behavior Therapy (DBT).

Monthly Case Management (As Needed)

Includes assistance with securing benefits (including VA and non-VA benefits) such as housing assistance, employment, education, legal aid, and other services as needed.

Medication Management (Monthly)

Veterans can meet with a licensed nurse practitioner for medication management.

Our Clinicians

All clinicians are trained in Evidence Based Practices, and supervised by a clinical psychologist, Dr. Carie Rodgers, PhD.

¡Hablamos español!



Tele-Mental Health Training Clinic

Veterans Initiative

**NO-COST TELEHEALTH
SERVICES FOR NATIONAL
GUARD SERVICE MEMBERS
AND THEIR FAMILIES**

SERVING ALL OF CALIFORNIA

Sessions offered via tele-health
or in-person in Los Alamitos and
Sacramento

**Make an
Appointment:**
(619) 260-7670
telehealthclinic@
sandiego.edu

**Hours of
Operation:**
Monday – Friday
9 a.m. to 9 p.m.

LEARN MORE



Tele-Mental Health Training Clinic

Veterans Initiative

**NO-COST TELEHEALTH
SERVICES FOR VETERANS
AND THEIR FAMILIES**

Make an Appointment:
(619) 260-7670
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LEARN MORE



Tele-Mental Health Training Clinic

Veterans Initiative

**NO-COST TELEHEALTH
SERVICES FOR VETERANS,
NATIONAL GUARD
SERVICE MEMBERS AND
THEIR FAMILIES**

Make an Appointment:
(619) 260-7670
telehealthclinic@sandiego.edu

Hours of Operation:
Monday – Friday
9 a.m. to 9 p.m.

LEARN MORE



USD Tele-Mental Health Training Clinic

California Veterans Health Initiative's (CVHI) **Mental Health Support Grant** offers scholarships to cover the cost of treatment for veterans and their families and supports.

- Video therapy sessions
- Military-connected and culturally informed care
- Spanish-speaking clinicians available
- Individual, couples, and family counseling

Schedule an Appointment

(619) 260-7670

telehealthclinic@sandiego.edu

Hours

Monday – Friday

9 a.m. to 9 p.m.

Learn More



Contact us!

(619) 260-7670

telehealthclinic@san Diego.edu

We will respond within 48 business hours.

USD Tele-Mental Health Training Clinic



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Learn More

Schedule an Appointment

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Monday - Friday

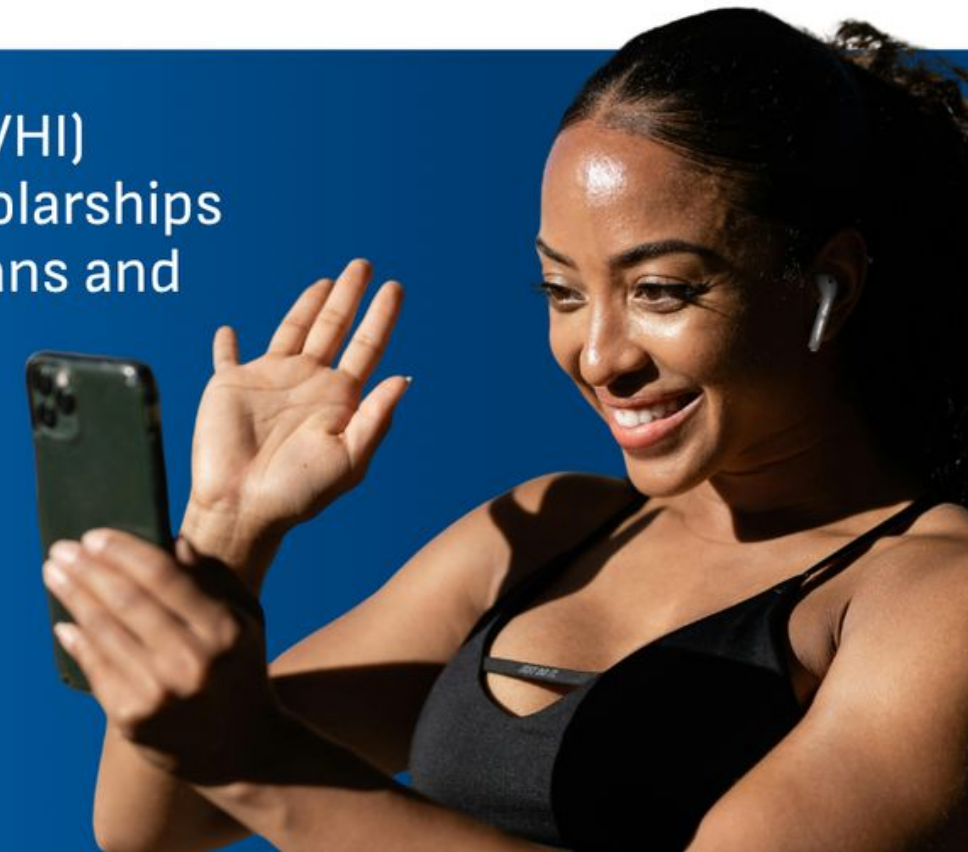
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[Learn More](#)

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USD Tele-Mental Health Training Clinic



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[Learn More](#)

Schedule an Appointment

(619) 260-7670

telehealthclinic@sandiego.edu

Hours

Monday – Friday

9 a.m. to 9 p.m.

Thank you!



University of San Diego®
**SCHOOL OF LEADERSHIP
AND EDUCATION SCIENCES**

ITEM #10 Mt. Carmel High School Project

Reese Mitzner, Mt. Carmel High School Senior ,Lead on Student Civic Engagement Project for Veteran Mental Health and Government Resources



Veteran Health & Government Services

Reese Mitzner, Kayla McNamara, Phoebe Perry-Pelletier, Amayah Velasquez

We are high school seniors completing a civic engagement project focused on veteran health, with an emphasis on mental health. Our goal is to hear directly from veterans and service members, identify potential barriers to care, and better understand how government and community organizations can support veteran well-being.

WHO WE HEARD FROM

23 military respondents
16 veterans **7** active duty

69.6% have used government supported health services

KEY FINDINGS

91.3% somewhat/very familiar with government veteran health programs; **81.3%** of service users reported a positive experience; **39.1%** said mental-health resource information was easy to find, while **26.1%** said it was difficult.

TOP POTENTIAL BARRIERS

82.6%: comfort seeking mental health support
73.9%: appointment availability
69.6%: awareness of services
43.5%: cost/eligibility
39.1%: privacy concerns

WHAT RESPONDENTS TOLD US

In the written responses, respondents emphasized the need for accessible, easy-to-navigate services and stronger outreach to ensure veterans know where and how to get support.

Preliminary findings from an anonymous survey of 23 veterans and active duty service members. Results reflect this limited sample and are not intended to represent all veterans or service members.



Scan this QR code to view a complete spreadsheet of our data with responses from non-military participants.

ITEM #10 Suggested topic for future meetings

All San Diego Military and Veterans Advisory Council Members



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