

**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/81916406205>

**August 15, 2024
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 June 20, 2024, 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. |
| 1:30 – 1:50 | 7. Action Item: 2023-2024 Annual Report to the County Board of Supervisors, All San Diego Military and Veterans Advisory Council Members. |
| 1:50 – 2:20 | 8. Presentation Item: Current Initiatives and Interest in Veterans/Services in District 3, Christina Selder, Senior Policy Advisor, Office of Supervisor Terra Lawson-Remer, County of San Diego Board of Supervisors. |
| 2:20 – 2:50 | 9. Presentation Item: Team Red, White and Blue, Jaime Yslas, Chapter Captain, Team RWB – San Diego Chapter; Commander, USN Veteran. |

- 2:50 – 3:00 10. **Discussion Item:** Suggested topic for future meetings: All San Diego Military and Veterans Advisory Council.

ADJOURNMENT/ NEXT MEETING

The next regular meeting will be held on October 17, 2024, 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://zoom.us/j/96093862047>**

**SDMVAC Meeting Minutes
June 20, 2024**

Members Present

Jude Litzenberger
Danny Jackson
Tony Teravainen
Mia Roseberry
Jaime Yslas
Mark Gracyk

Members Absent

Philip Kendro
Paula Jansen

Staff Present

Rick Wanne, Director, Self-Sufficiency Services
Amy Klock, OMVA
Ray Flores, OMVA

Guests

Christina Sedler – Sup. Lawson Remer
Judy Leonarde – American Legion (California)
Robin Felix

1. Meeting called to order at 1:07pm by Jude Litzenberger, Chair
2. Pledge of Allegiance
3. Roll Call
 - SDMVAC present members noted above.
4. The April 18, 2024, meeting minutes were approved with the all Council Members present voting yes.
5. Public Comments:
 - No public comment.

6. **Discussion Item:** New Community Connections: SDMVAC Council members share community events they had recently attended. The members provided the Council with an update on the recent service event they attended which was organized for the veterans.
7. **Discussion Item:** OMVA Department Updates; Rick Wanne, Director, Self-Sufficiency Services, Health & Human Services Agency (HHS). Mr. Wanne welcomed the new member Mr. Mark Gracyk from District Four, and also informed the Council about an open vacancy for a Member-at-Large position for SDMVAC. Additionally, he introduced the new OMVA Officer Mr. Ray Flores and informed the Council about the new County of San Diego Chief Administrative Officer, Ebony Shelton. He also announced the retirement of the Health and Human Services Agency's Interim Agency Director, Dr. Eric McDonald, and introduced Caroline Smith as the new Interim Health and Human Services Agency's Director. Furthermore, he provided the updated organizational chart of OMVA and discussed the additional positions for the department.
8. **Presentation Item:** Interfaith Community Services: Greg Anglea, Chief Executive Officer, Interfaith Community Services. Mr. Anglea provided the Council with an overview of the Interfaith Community Services organization, detailing the extensive range of services they offer to Veterans, including transitional housing and employment services.
9. **Presentation Item:** 24/25 Proposed Operational Plan Budget Presentation: Rissa Japlit, Assistant Chief Financial Officer, Financial & Support Services Division, Health and Human Services Agency (HHS). Ms. Japlit presented the 2024-2025 Recommended Operational Plan. She addressed economic updates, state budgets and upcoming budget dates.
10. **Discussion Item:** Suggested topic for future meetings: All San Diego Military and Veterans Advisory Council. Chair Litzenberger proposed inviting the Triple B Adventures and Team Red, White and Blue (Team RWB) to a future SDMVAC meetings. She advocated for the member to put forward suggestions for any organization that would be beneficial for the Veteran's cause.

ADJOURNMENT/SET NEXT MEETING:

The meeting was adjourned at 2:41 p.m. The next regular meeting will be held on August 15, 2024

ITEM #6 New Community Connections: SDMVAC Council members share community events they had recently attended

All San Diego Military and Veterans Advisory Council Members



ITEM #7 2023-2024 Annual Report to the County Board of Supervisors

All San Diego Military and Veterans Advisory Council Members





County of San Diego

SAN DIEGO MILITARY AND VETERANS ADVISORY COUNCIL

5055 RUFFIN RD. SAN DIEGO, CALIFORNIA 92123
TELEPHONE (858) 694-3222 FAX (858) 573-7381

August , 2024

Supervisor Nora Vargas, Chairwoman
San Diego County Board of Supervisors
1600 Pacific Highway
San Diego, CA 92101

SAN DIEGO MILITARY AND VETERANS ADVISORY COUNCIL (SDMVAC) ANNUAL REPORT FOR 2023/2024

Dear Chairwoman Vargas,

Attached is the San Diego Military and Veterans Advisory Council (SDMVAC) annual report of activities and accomplishments for Fiscal Year 2023/2024.

The SDMVAC would like to thank the Board of Supervisors and the staff of the Health and Human Services Agency for their support and cooperation during the past year. We advised your Board and the Health and Human Services Agency in identifying and addressing the needs of Veterans in San Diego County. We believe that our input made a positive contribution to the policy decision process in each instance.

The SDMVAC looks forward to another productive year of service for the Board of Supervisors and the Veterans of San Diego County in the coming year.

Respectfully,

Jude Litzenberger, 2023/2024 Chair
San Diego Military and Veterans Advisory Council

cc: Supervisor Terra Lawson-Remer, Vice-Chair
Supervisor Monica Montgomery Steppe
Supervisor Joel Anderson
Supervisor Jim Desmond
Caroline Smith, Interim Deputy Chief Administrative Officer, HHSA
Rick Wanne, Director, Self-Sufficiency Services
Alberto Banuelos, Assistant Director, Self-Sufficiency Services
Ray Flores, Military and Veterans Affairs Officer, OMVA

San Diego Military and Veterans Advisory Council (SDMVAC) 2023-2024 Annual Report to the County Board of Supervisors

August 2024

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 2023-2024.

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 2023-2024 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 Danny Jackson (D3) was elected as the new Vice-Chair, in August 2023.

The SDMVAC started the Fiscal Year with two membership vacancies: District 1, Seat 1 and District 4, Seat 4. In April 2024, Mark Balmert, who held the position of member at large, Seat 6, resigned from the Council. Following his departure, two new members were appointed: Jaime Yslas filling Seat 1 for District 1 on April 9, 2024, and Mark Gracyk filling Seat 4 for District 4 on April 30, 2024. In June 2023, the meeting was not convened, due to the lack of a quorum. SDMVAC meetings were regularly announced to the public via the Clerk of the Board and SDMVAC websites. Meetings were also broadcast via Zoom for virtual public participation.

Focus and Oversight:

The primary focus areas of the SDMVAC in Fiscal Year 2023-2024 were:

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

During 2023-2024, the SDMVAC discussed numerous topics in the following categories:

- Live Well on Wheels (LWOW) Mobile Office at Community Veteran Events with Self-Sufficiency Services
- Veteran Services Rep (VSR) Outreach Program
- Guide Dogs of America
- County Code of Conduct for Boards, Commissions, and Committees
- Community-Based Drug and Alcohol Programs
- Increasing Access to VA Services
- Imperial County Veterans Advisory Board Collaboration
- NAVWAR Revitalization EIS Status
- The Establishment of Ad Hoc Committees
- Ending Veteran Homelessness Initiative
- Establishing a Veteran Center in East County
- VA PTSD Awareness/Veterans Suicide Prevention
- Election of new Chairperson for SDMVAC
- Leave no Veterans Homeless Initiative
- Review guidelines for hybrid meetings (CA Govt Code section 549539(f))
- OMVA's Detailed Budget
- Veteran's Events
- 2-1-1 and Courage to Call
- Establishing a Center for Military and Veterans Reintegration in East County
- 24/25 Proposed Operational Plan Budget

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. These organization includes:

- San Diego Military Family Collaborative (SDMFC)
- San Diego Veterans Coalition (SDVC)
- California Council of Chapters of Military Officers Associations of America (CALMOAA)
- San Diego Military Advisory Council (SDMAC)
- Foundation of Woman Warriors
- Interfaith Community Services

2023-2024 Board of Supervisors Letters Discussed by SDMVAC:

- | | <u>Date</u> |
|---|--------------------|
| <ul style="list-style-type: none">• Receive Update on Prioritizing Our Veterans: Establishing A Center for Military and Veteran Reintegration in East County (Districts: All) | 10/24/2024 |

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

DRAFT

ITEM #8 Current Initiatives and Interest in Veterans/Services in District 3

Christina Selder, Senior Policy Advisor, Office of Supervisor Terra Lawson-Remer, County of San Diego Board of Supervisors



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LIVE WELL
SAN DIEGO



District 3 Updates

Christina Selder, *Senior Policy Advisor*

About District 3



33,510 Military & Veterans



~11% Women



Key Policy Priorities



Environment

Stormwater
Infrastructure & Tijuana
River Sewage Crisis

Homelessness

Diversion services,
Performance oversight
and review, Innovation,
Urgency

Affordable Housing

Rising rents and
maximum investments

Mental Health

Opioid crisis, SB 43 &
Capacity-building, Child
& Youth Behavioral
Health Crisis.

Healthcare

Increasing access and
affordability

Other value-based leadership

Inclusivity, Equity, Safety

Supporting Veterans

\$123,000 in grant support FY 23-24

- [USS Midway](#)
- [AMVETS](#)
- [Rotary Club of Carlsbad](#)
- [Street Stewards](#)
- [VETART](#)
- [Veterans Navigation Center](#)
- [VETS Beyond the Uniform](#)
- [San Diego Fleet Week Foundation](#)

Know of a group the Supervisor could support?

Pressing Issues for Military & Veteran Community

- Veteran Homelessness & Housing
- Fraud/Scams
- Transition to Civilian Life
- Training/Education
- Supporting Military Families & Spouses

**Others issues the Supervisor should know about?
Policies ideas to address?**

Q & A

Ways to stay connected -

Christina Selder, *Senior Policy Advisor*

Christinaselder@sdcounty.ca.gov

(858) 289-9196

Sign up for D3 newsletter at

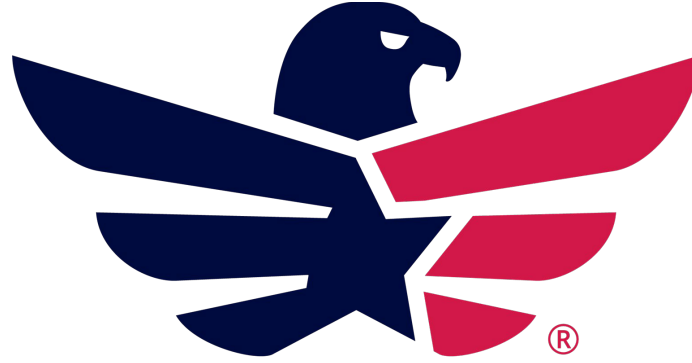
www.supervisorterralawsonremer.com



ITEM #9 Team Red, White and Blue

Jaime Yslas; Chapter Captain, Team RWB – San Diego Chapter; Commander, USN Veteran





TEAM
RWB

198 14TH STREET NW | ATLANTA, GA 30318
TEAMRWB.ORG @TEAMRWB



TEAM
RWB

MISSION

To enrich the lives of
veterans

VISION

To forge America's
leading health and
wellness community
for veterans



Brand Training

Mission

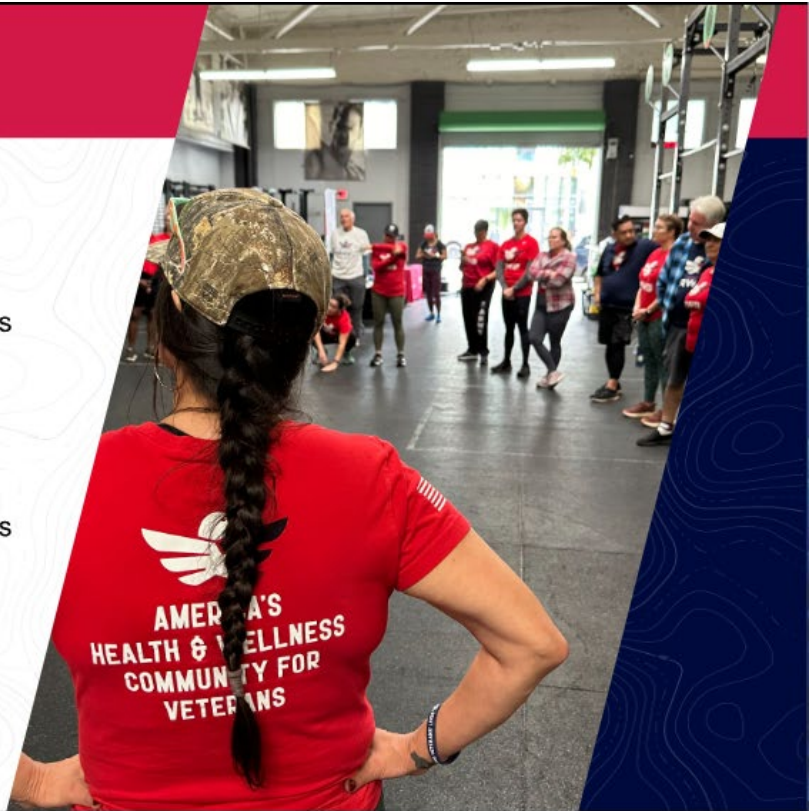
Enriching veterans' lives

Vision

forging America's leading health and wellness community for veterans.

✓ Team RWB is a nonprofit organization forging America's leading health and wellness community for veterans.

✗ Team RWB enriches the lives of veterans through physical and social activity



“The What”

What is Team RWB?

Team RWB is a nonprofit organization on a mission to enrich veterans' lives. We do that by forging America's leading health and wellness community for veterans.

What Does Team RWB Do?

Team RWB is here to help veterans prioritize their health and wellness, leading healthier lives through events, training, and programs.



“The How”

How does Team RWB do that?

Team RWB's approach is a hybrid one delivered through the Team RWB Member App. The app is where we keep our community connected and supported, which works alongside our face-to-face events hosted by our chapters.

This approach keeps members both connected and active, in between coming together in person to work out.

How can [civilians/families] play a role?

Our community includes veterans, service members, military families, and supporters! They are a critical part of our organization and help our community stay united by teamwork, shared values, and a common goal.



Audiences - Core

Veterans age 35-54 who lack time and ability to prioritize physical activity

Challenges:

- Lack time & ability to prioritize physical activity
- 65% overweight or obese (BMI)
- May have injury from military service
- Decreased time, often due to family/work responsibilities

Behaviors & Drivers:

- Top communication: Email, Text
- Member referrals for organizations
- 60% track health w/ wearables
- 83% of core not aware of Team RWB
- Top Interests: home ownership, shooting/hunting

Top Needs

- Maintain a regular exercise routine
- Physical health support



Audiences - Close Core

Veterans age 25-34 who feel disconnected after leaving the military

Challenges:

- Feel disconnected since leaving military
- Find it difficult to maintain a regular exercise routine
- Faces anxiety from transition (career, family, etc)
- 65% overweight or obese (BMI)

Behaviors & Drivers:

- Top communication: Email, Instagram, Text Messaging, App Messaging
- Learn about organizations through social media
- 80% track health w/ wearables
- 85% not aware of Team RWB

Top Needs

- Establish a support network
- Maintain an exercise routine
- Mental Health Support





ANSWER THE CALL

This is more than a movement — it's a mission. Whether you're front and center at events, rallying your network, or inspiring others — your efforts forge the future of Team RWB. How will you answer the call?

CONNECT

- **Download the Team RWB Member App:**
We like to call it our "digital garrison." Resources, virtual events, and an unbreakable community bond are just a tap away.
- **Inspire Others:**
Engage with our community in the Team RWB App and inspire the military and veteran community to prioritize their health by sharing your journey. Every comment makes a difference!
- **Post on Social:**
In a world of influencers and doom scrolling, there's a real opportunity to light up social media with something more impactful by tagging @TeamRWB and #TeamRWB. Your voice, your story inspires others to prioritize their health.

CONTRIBUTE

- **Make a Donation:**
Your financial support is fuel for our events, training, and experiences. Not sure where to start? Our Monthly Giving Program - the Sentinel - is just \$10/mo.
- **Become a Sponsor:**
Your corporate, foundation, or small business sponsorship can help broaden our reach and impact.
- **Purchase Gear:**
Wear your colors. Team RWB gear isn't just swag; it's support. Every purchase directly supports veterans' physical and mental health.

COMMIT



Attend/Host Events:

Step up and dive in — attend our health and wellness events or spearhead your own. Whether it's in-person or in-app, your leadership lights the path. Monthly Missions are a great place to start.



Volunteer:

Got time and talent? Team RWB needs you to lead from the front, organizing events, lending a hand locally, or even offering admin support. Click here to let us know you're ready to step up.



Wear the Eagle:

It's more than a t-shirt. It's a whole vibe. Spark conversations, spread the word our cause, and fly the eagle high.



BFG:

Declare your BFG (big fitness goal) in the Team RWB Member App. After all, you're 65% more likely to meet a goal after committing to another person.



Connect

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Team RWB App - Top 4 Actions to Build Community

01 **Post in your groups rather than events:**

When new Eagles join the team, the last 100 group posts of their assigned chapter are the first thing they see in their feed. Posts in events have a short lifespan and small audience. Group posts are 100% where it's at to spark the Eagle fire!

02 **Find & Follow:**

Use the new member list search and filters to follow members of your group, the activity groups you're interested in, and the challenges/missions you're participating in. Every place you see a member list is an opportunity to click and exponentially increase the connections in our community, stoking the collective Eagle Fire in our community.

03 **Comment to connect:**

Not every Eagle has a chapter home. 1 out of 4 Eagles lives outside chapter boundaries. Activity groups and virtual challenges are their initial and ever-present connection to our community. You can easily boost their sense of camaraderie by dropping a comment and a like. Follow it up with a "follow"! No Eagle flies alone. No Eagle left behind.

04 **Reach Out Directly:**

You now have access to contact information for the members in your chapter. Navigate to their profile then click Member Info. Haven't seen someone in a while? Met someone for the first time and want to follow-up? Noticed an Eagle lives near a weekly event but hasn't come out yet? Nothing beats a buddy check or personal invite.

Help us fortify Team RWB's Digital Garrison



New Member Welcome

New Welcome graphics on the Intranet!

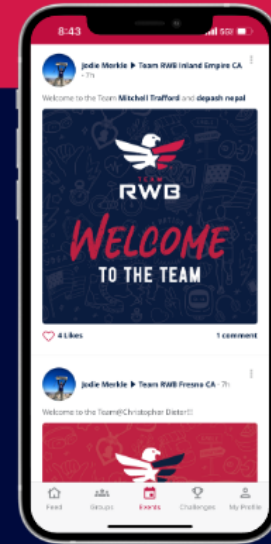
- Use them to welcome your new members!
- Look for posts from new members to like/comment on!

Autofollow staff/admin/mods coming soon

- As a leader, that's you!
- Follow your members back

Last 100 posts to feed - fill it up!

Change in the red shirt process coming in June



TEAM RWB 2024 MONTHLY MISSIONS

Monthly Missions are back for 2024! Let's rally and do hard things together.

UPCOMING MISSIONS:

JAN 13 - 21 **GULF WAR CHOCOLATE CHIPPER**

Tackle a 1KM run, 100 push-ups, 100 air squats, and 1KM run to honor the service members who defeated the Iraqi Army in just 100 hours in 1991 as part of Operation Desert Shield/Storm.

Flagship: San Diego, CA

FEB 01 - 29 **TAJI 100**

Run, walk, hike, row, or cycle the equivalent of 100 miles during the month of February as part of the Taji 100 fundraiser.

Flagship: Atlanta, GA

MAR 23 - 31 **VIETNAM BATTLE DRILL**

Break a sweat to show our Vietnam Veterans they're honored and remembered with a functional fitness workout.

Flagship: San Antonio, TX

APR 06 - 14 **MARCH TO BAGHDAD**

Carry a 35 lbs rucksack for 10K in honor of the 1st Marine Division and 3rd Infantry Division's ultimate seizure and "March to Baghdad."

Flagship: Colorado Springs, CO

MAY 24 - 31 **MEMORIAL MILES**

Run or walk for 40+ consecutive minutes, 1 second for every service member killed in Operation Enduring Freedom and Freedom's Sentinel

Flagship: Fredericksburg, VA

JUN 22 - 30 **RED WINGS AMRAP**

Complete an AMRAP (as many reps as possible) workout in 19 minutes as a tribute to the Navy SEALs who were lost during Operation Red Wings in Afghanistan.

Flagship: Lansing, MI



TEAM RWB 2024 MONTHLY MISSIONS

UPCOMING MISSIONS:

JUL 04 - 14 **FIRECRACKER RUN**

Run or walk 7.4 miles to celebrate freedom and our nation's birthday.

Flagship: Chicago, IL

AUG 03 - 11 **PURPLE HEART WORKOUT**

Complete a 5-round workout with push-ups, air squats, sit-ups, and burpees to recognize our nation's 1.8 million Purple Heart recipients.

Flagship: Minneapolis, MN

SEP 07 - 15 **9/11 STAIR CLIMB**

Climb 2,200 steps (110 stories) as a tribute to the firefighters who fearlessly entered the World Trade Center to save as many lives as possible on 9/11.

Flagship: Fayetteville, NC

OCT 04 - 14 **MOGADISHU MILE**

Run your fastest mile, ever, to honor the Rangers and Delta Force Soldiers who ran a treacherous 1-mile route during the Battle of Mogadishu.

Flagship: Tacoma, WA

NOV 09 - 17 **WOD FOR WARRIORS**

Complete a challenging Veterans Day WOD for Warriors (workout of the day) fundraiser to celebrate the strength and grit of America's veterans.

Flagship: Cleveland, OH

DEC 07 - 15 **BATTLE OF THE BULGE 5-MILER**

Run or walk 5 miles in recognition of the brave service members who helped bring an end to Germany's final 5-week push on the Western Front during World War II.

Flagship: Tampa, FL



OUR IMPACT



250,000+

Members/Supporters



19,500+

Annual Events



100%

Eagle Fire

Team RWB defines an “enriched life” as having **physical, mental, and emotional health; supportive relationships; and a sense of purpose**. Until now, no corresponding measure of an “enriched life” existed for the purposes of clinical assessment and research. The ELS can be used to measure overall engagement and health in both veteran and civilian samples, informing clinical research and treatment and enabling a new level of accountability for programs serving military veterans. Copyright and citation information available within document. Published: <https://doi.org/10.1093/tbm/iby109>

<https://teamrwb.org/annual-reports>

<https://teamrwb.org/financials>



TEAM
RWB

MISSION

To enrich the lives of
veterans

VISION

To forge America's
leading health and
wellness community
for veterans





TEAM
RWB

THANK YOU!



Jaime Yslas
jaime.yslas@teamrwb.org
360-348-1684 (text)
July 2024

ITEM #10 Suggested topic for future meetings

All San Diego Military and Veterans Advisory Council Members



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LIVE WELL
SAN DIEGO