



- ◆ The month of March is finally over! We would like to thank you all for sticking by us here at Veterans One Stop. Recently, Freddy's, a local family, and Lowe's have contributed generous donations that have helped community veterans and their families during these uncertain times. Thank you!
- ◆ With the recent COVID-19 outbreak, we are unfortunately postponing all groups, meals, and events until further notice. This includes our monthly MVPN Volunteer Meeting. Our calendar of events will be sparse this month, but we can all continue to pursue the MVPN Mission Statement of Trust, Camaraderie, and Hope.
- ◆ Our office will be closed for Good Friday on April 10th. We will resume normal working hours on Monday April 13th at 8am.
- ◆ Baylor Law Veteran Clinic are scheduling legal advice appointments to be held telephonically on the afternoons of April 3rd and 17th. Please contact them at (254) 710-4244 or LegalClinics@baylor.edu to make an appointment.
- ◆ As of now, our counselors and McLennan County Veteran Service Officers (VSOs) are available via telephone. Please call our main office number listed below and you will be transferred to the appropriate staff members who are working remotely.
- ◆ For updates about Veterans One Stop and our services, please "like" us on Facebook! We can be found by searching "**Heart of Texas Veterans One Stop**"



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254-297-7171 – www.veteransonestop.org

Staff Spotlight



Rick Allen has been a Case Manager with MHMR at the Veterans One Stop since in December of 2016, and been working as the only CM at the One Stop since August 2019. He describes his position as providing supportive and integrative therapy. He gives his clients the push they need to get into professional psychological and disability counseling. He also provides referrals for Baylor Law services, homeless programs, and affiliations with our support partners like Endeavors, Caritas, EAOC, the Salvation Army, and some churches.

He provides in-house emergency assistance such as obtaining clothing, food, and transportation assistance. He teaches people how to use the bus system and how to read a map. He encourages those that want to give back by getting involved with the Military Veteran Peer Network (MVPN). He also teaches the justice involved veterans how to network within their capabilities through organizations like Habitat for Humanity, Restore, and the City.

Rick sees an average of 8 clients per day, not including his regular phone check-ins or house calls. On Wednesdays, when the One Stop has over 200 people coming in and out, he will average 14 face-to-face sessions. As a former city councilman, he knows a ton of people and has done a ton of things and know it's time for him to pass that along to people who need to know what is available to them. He added that 99% of his initial clientele are walk-ins, but then they make appointments as often as weekly to continue receiving services.

Rick and his wife have owned and operated a bed and breakfast for 27 years. He is educated with majors in history, English, and education; and minors in sociology and religion. He is certified to teach education and special education. He has an associates in social work and 120 graduate hours in counselling, family studies, and psychology. Rick is a great listener and can always be depended on for sound advice. He never misses an opportunity to give a warm hug or sincerely tell his co-workers what a great job they are doing. Rick is great asset to the Veterans One Stop and we welcome our community veterans to come by and get to know him too.

-Bobbi Stewart

