

VHWC DISPATCH

February 2026

FOUNDATION

The VHWC brings together parties to build or expand pathways through which Veterans of the U.S. Armed Forces and their care partners optimize health and wellness outcomes.

CONTACT US

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CORE TEAM UPDATE

We remain committed to elevating existing resources, building strong cross-sector collaborations, and advancing initiatives that support VHWC's 2026 priority areas: Housing Insecurity, Oral Health, Suicide Prevention, and Transition. We encourage you to share VHWC updates within your networks and connect colleagues to our resources, events, and information opportunities. To stay informed, consider joining our [listserv](#) or contacting us directly at ihp.vhwc@msu.edu.

SPOTLIGHT:

Veterans Adventure League:



The Veterans Adventure League (VAL) is a growing community initiative that brings veterans together through tabletop role-playing games like Dungeons & Dragons. More than just a game night, VAL creates a space where veterans can build camaraderie, find a sense of belonging, and reconnect with the teamwork many miss after leaving the military.

Research continues to show that social connectedness and meaningful group engagement are protective factors against depression, anxiety, and suicidal ideation. VAL leverages these protective factors by fostering teamwork, shared narratives, and positive interpersonal interaction in a low-pressure setting.

There are currently five chapters in Michigan: The Alpha Chapter and Washtenaw Community College Chapter in Ann Arbor, Michigan State University Chapter in East Lansing, Schoolcraft Chapter in Livonia, and the Eastern Michigan Chapter in Ypsilanti.

The Veterans Adventure League is always looking to reach more veterans across Michigan. If you are interested in contacting a



chapter, starting your own local chapter, or learning more about VAL, you can find their website [here](#).

MVAA Impact Awards Nominations:

The Michigan Veterans Affairs Agency (MVAA) is accepting award submissions for its 2026 [Employment Impact](#) and [Education Impact](#) Awards through Friday, Apr. 17, 2026. The Impact Awards, previously known as the Innovator Awards, recognize academic institutions and employers enrolled in MVAA's [Veteran-Friendly Employer \(VFE\)](#) and [Veteran-Friendly School \(VFS\)](#) programs for displaying excellence in their mission to serve veterans.

VA Whole Health: Relationships

This month, the VA's Whole Health initiative highlights the vital role relationships play in veterans' overall well-being. The quality of our relationships can significantly influence emotional, mental, and physical health. Interactions with others often shape how we feel and even how our bodies respond to stress.

Positive, supportive relationships can increase happiness and promote better health. Spending meaningful time with loved ones, including pets, has been shown to reduce stress and may even help strengthen the immune system.

At the same time, some relationships can be challenging. Conflict and hurtful interactions can contribute to feelings of anxiety, depression, and physical strain. Many individuals benefit from support in navigating difficult relationship dynamics. The VA offers resources such as Whole Health Coaching, Chaplain Services, and Mental Health support to help veterans build and maintain healthier connections.

If you or someone you know would like to learn more about the benefits of healthy relationships, check out this [link](#) to the VA's Whole Health website.

UPDATES: 2025 PRIORITY AREAS

Be sure to let our team know when events are scheduled and we will disseminate that information through our network. We can also share requests for assistance in hosting events to allow partners to help each other directly.

Housing Insecurity: We would like to offer a webinar encouraging landlords to rent to veterans and are seeking recommendations for individuals having this subject matter expertise. Please forward names and email addresses to ihp.vhwc@msu.edu.

Oral Health: We welcome ideas for partnering with current dental and hygiene training programs to help expand access to oral health services for veterans. If you have any contacts or suggestions, please send them our way.

Suicide Prevention: We are looking for opportunities to support suicide prevention trainings and educational offerings across Michigan. Let us know of programs, trainings, or webinars you come across.

Transition: We are seeking input on financial literacy offerings that strengthen housing stability, as well as screeners or tools that can better connect transitioning service members and veterans to resources. Please share programs, contacts, or tools that we should explore.

ANNOUNCEMENTS AND EVENTS

Webinars:

Webinars can be hosted by VHWC for statewide viewing. Email ihp.vhwc@msu.edu to introduce yourself, your idea(s), or make referrals to subject matter experts. Our staff is available to arrange for technical support(s).

Events/Programs:

Don't hesitate to inform us about your upcoming events for veterans! These are also listed on the [Resources and Events](#) tab of our website to help boost engagement.

- USAFA Blue Delta Concert- 3/14/26 from 6:00pm-7:00pm @ The War Memorial, 32 Lake Shore Road, Grosse Pointe Farms, MI, 48236. Welcome back the United States Air Force Academy Ensemble Blue Delta for a free performance. Seats are limited. [Register here!](#)

HOW TO GET INVOLVED

- Subscribe at our website and share with your networks.
- Participate with Advisory Council or subcommittee activities.
- Volunteer your expertise: Whether you have ever served in the military, are a health care professional, community leader, or advocate, your input can make a difference.

“True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.”

Arthur Ashe
