

VHWC DISPATCH

January 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

As we enter 2026, we extend our appreciation to everyone across the statewide network contributing to a healthier future for Michigan's veterans and their families. Our focus remains on amplifying existing resources, strengthening cross-sector partnerships, and advancing initiatives that align with the VHWC's 2026 priority areas: Housing Insecurity, Oral Health, Suicide Prevention, and Transition. Please continue sharing VHWC information across your networks and invite colleagues who may benefit from resources, events, and information sharing. For ongoing updates, join our [list-serve](#), or reach us directly at ihp.vhwc@msu.edu.

SPOTLIGHT:

Whole Health for Transitioning Service Members (Courtesy of VA's Whole Health Office)

Every veteran enters the new year from a different place. Some are newly separating while others have years elapsed since their military service. Transition is not a single moment but reflects the circumstances and priorities of the time.

The [VA's Whole Health model](#) offers practical ways to navigate these transitions by aligning care with each veteran's priorities. Whole Health supports individual emphasis by reframing the traditional medical experience. Veterans and their care partners identify personal goals and priorities followed by identifying steps to achieve these. The VA care team assists the individual in achieving goals through collaboration involving conventional medical and complementary health services. This contrasts with the traditional medical experience where the health care provider focuses on clinical diagnoses and directs all care. Through this collaborative process, veterans receive support to translate their priorities into [SMART goals](#) (goals that are Specific, Measurable, Action-Oriented, Realistic, and Time-bound) and embed them within a [Personal Health Plan](#).

Whether a veteran is preparing for separation, managing a new phase of civilian life, or reevaluating personal priorities in the year ahead, Whole Health provides flexible, veteran-driven [strategies](#) to support well-being throughout 2026 and beyond.

VA Safety Plan App

We are grateful to members of our network for sharing resources that support one of the VHWC's priority areas, Suicide Prevention. The VA Safety Plan app is a free, confidential mobile tool that helps individuals prepare for difficult moments by creating a personalized crisis plan. Users can identify warning signs, list coping strategies, store key phone numbers, and connect directly to supportive contacts or emergency services when help is needed. The app was developed by the VA and is available to everyone. The Safety Plan app keeps critical information stored securely in one place and ready to access in real time unlike a paper plan. It can be shared with a care provider or trusted contact to strengthen ongoing support. Download or learn more [here](#).

Enterprise: New Grant Opportunity Supporting Older Adults in Michigan

[Enterprise](#), a national leader in expanding housing access, has announced a new [Thome Aging Well grant opportunity](#) supporting older adults with lower incomes. The initiative reflects the growing challenges older adults face in maintaining stability as safety-net programs and resources shift, housing and living costs rise, and other challenges emerge.

The 2026 Request for Proposals is open to organizations serving adults age 55 and older with household incomes below 80% AMI in Michigan or Maryland. Flexible grants of up to \$200,000 are available to support to affordable housing organizations responding to the urgent and emerging needs of older adults through housing-based programs, services, and supports. Applications opened on January 7th, 2026, and close February 18, 2026. Learn more and apply [here](#).

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. We will renew our focus on the priority areas in the upcoming year.

Housing Insecurity: We are seeking recommendations for individuals who have subject matter expertise related to landlord benefits or renting to veterans. 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 bring 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. See the upcoming event below:

- [VetConnect Seminar Series: Support for Those Who Served](#)- Thursday, January 22, 2026, from 6:00pm- 7:30pm at The War Memorial (32 Lake Shore Road, Grosse Pointe Farms, MI, 48236. Hear from representatives with Michigan Veterans Trust Fund and Great Lakes National Cemetery and learn more about emergency services, and burial and cemetery benefits offered in Michigan. See the full list of upcoming events sponsored by The War Memorial [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
