

VHWC DISPATCH

June 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

VHWC
c/o 965 Wilson Road
A522 East Fee Hall
E. Lansing, MI 48824
517-432-4325
ihp.vhwc@msu.edu
<https://vhwc.msu.edu>

CORE TEAM UPDATE

June is a month deeply connected to the history and sacrifice of the US Armed Forces. We commemorate the start of Operation Overlord, the Battle of Bunker Hill, the Battle of Midway, and the beginning of the Korean War. These historic events continue to reflect the courage, sacrifice, strength, resilience, and unity demonstrated by generations of service members throughout our nation's history.

June is also recognized as PTSD Awareness Month. This is an important reminder that not all wounds of military service are visible. Just as soldiers, sailors, airmen, and marines have long relied on the strength and support of those around them, connection remains essential today. Whether facing visible or invisible challenges, individuals are strongest when supported by caring communities.

As always, we invite you to share updates, events, and opportunities with our network. Your engagement continues to strengthen support systems for veterans and their families across the state. To stay informed, join our [listserv](#). Contact us at ihp.vhwc@msu.edu if you have questions or suggestions for activities.

SPOTLIGHT:

Michigan Department of Military and Veterans Affairs' safeTALK workshop

The Michigan Department of Military and Veterans Affairs is hosting free suicide prevention training opportunities over the coming months. All training sessions will be held at 3423 N. Martin Luther King Jr. Boulevard, Lansing, MI 48906. All training costs are being covered by the MVAA's Link2Life Program using the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program.

- Livingworks ASIST (Applied Suicide Intervention Skills Training) is a two-day, in-person workshop that equips participants with practical, life-saving skills to provide support when someone is thinking about suicide. Participants will learn how to recognize invitations for help, respond with confidence, and work

collaboratively to create a plan that helps keep someone safe-for-now. Upon completion, participants will become Suicide First-Aid Helpers. The in-person workshop will be held on July 20th and July 21st. Learn more and register [here](#).

- Livingworks safeTALK: is a half-day, in-person workshop that helps participants recognize signs of suicide risk, engage in supportive conversations, and connect individuals to appropriate resources. Upon completion, participants will become Suicide Safety Connectors. Upcoming sessions will be held on June 30th, July 7th, and August 12th. Learn more and Register here [here](#).

VA Whole Health Spotlight: Digital Reset; Making mindful choices about technology

June's VA [Whole Health](#) Spotlight focuses on taking a digital [reset](#) and making mindful choices about technology use. While technology provides many benefits, excessive screen time can negatively affect both mental and physical well-being. Intentionally stepping away from digital devices creates opportunities to reconnect with the people, activities, and experiences that matter most.

The message of "[Less scroll, more soul](#)" encourages all of us to approach technology with greater awareness and to support the overall well-being through healthier digital habits.

UPDATES: 2026 PRIORITY AREAS

Let our team know about upcoming events and we will share that information with our network. Organizations needing help for their event should also reach out so we can put those requests in front of others who may be in a position to help.

Housing Insecurity: We are working on a webinar encouraging landlords to rent to veterans. If you have content or speaker recommendations, 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:

We are looking for those interested in helping create podcasts for more informal, targeted discussions. We would record these for later listening. If you are interested in hosting or participating in this, reach out to us. Also, let us know about your upcoming events for veterans! These are also listed on the [Resources and Events](#) tab of our website to boost engagement.

- The 45th National Veterans Wheelchair Games are coming up on July 9th-14th. They will host a competition for veterans with physical disabilities, featuring events such as air guns, cornhole, disc golf, pickleball, powerlifting, wheelchair rugby, and more. The events will be held throughout Detroit. If you are interested in volunteering or attending this event and would like more information, click [here](#).
- The War Memorial will be hosting a free lunch and guided tour of the Selfridge Military Air Museum on July 14th from 11:30 am to 4:00 pm. Reservations must be completed and turned in by the June 30th to ensure access onto base. Learn more and 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.

“Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them”

Franklin D. Roosevelt
