
Veteran Resources

Tammy Foster
Veteran Navigator

1



About me Tammy Foster

- 10 years in Michigan Army National Guard
- I am the daughter & niece of Vietnam veterans
- 20+ years experience working with veterans as a Case Manager
- In my free time, I enjoy spending time outside with our horses and dogs

Veteran Navigator

- ▶ Offer veterans & military families (VMF) supports from a person with lived military experience
- ▶ Help connect VMF to SUD, behavioral health and other health services
- ▶ Provide VMFs support with navigating benefits & other social services, links to basic needs like housing & food
- ▶ Provide military cultural competency trainings
- ▶ Expand strategies for reducing stigma & suicide
- ▶ Follow up with SUD & CMH providers

VETERAN CRISIS HOTLINE

VETERANS WHO ARE IN CRISIS OR HAVE HAD THOUGHTS OF SUICIDE CAN CALL THE VETERANS CRISIS LINE

24/7/365

(800) 273-8255, AND PRESS 1

CHAT ONLINE AT WWW.VETERANSCRISISLINE.NET/CHAT

OR TEXT TO 838255.

IF YOU KNOW SOMEONE AT RISK, HELP THEM GET HELP.



 **Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

STAND BY THEM

Confidential help for
Veterans and their families

• • • • Confidential chat at VeteransCrisisLine.net or text to 838255 • • • •

Housing Resources

▶ VA home loan program:

<https://www.va.gov/housing-assistance/home-loans/loan-types/>

VA loan and eligibility information, website below walks the veteran through the steps and checklist to learn more about the VA home loan

▶ Modification grants:

www.va.gov/housing-assistance/disability-housing-grants/

This is for veterans with a service-connected disability to get information on how to apply for grant assistance to do modifications to their home such as adding a ramp

▶ Homeless programs:

www.va.gov/homeless/nationalcallcenter.asp

This connects veterans to VA programs for homeless veterans



Housing Resources... (Continued)

▶ VFW National Home for Children

<https://vfwnationalhome.org>

Non-profit agency with a goal-oriented program located in Eaton Rapids, Michigan

▶ Michigan Veteran Homes:

www.michigan.gov/mvh/

3 veteran homes in Michigan for long and short-term nursing care, Rehabilitation, therapy, dementia & memory care, and palliative care

Financial Resources

▶ Benefits counselors/Veteran Service Officers

<https://www.michigan.gov/mvaa/county-filter-search-locations#g=45.1996966|-85.2228083&o=Distance%2CAscending>

A VSO can process applications for disability claims

▶ Emergency financial assistance:

<https://www.michigan.gov/mvaa/other-benefits-and-resources/panel-state/emergency-assistance/panel-content>

A variety of financial assistance available to veterans and families

▶ MDHHS Bridges website

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

Apply for medical, food, daycare, emergency assistance, cash assistance

Employment Services

▶ MIWorks

https://www.michigan.gov/leo/0,5863,7-336-94422_95539_98962---,00.html

Veteran's career advisors work directly with veterans and spouses. Help with job search, career goals, employer outreach, interview skills, and resume building.

▶ MVAA

<https://www.michigan.gov/mvaa/employment-new/panel-veterans/find-a-job-a>

Michigan Veterans Affairs Agency has a veteran friendly employer program and assists matching veterans with private, state and federal jobs

Education Assistance



▶ Michigan Veterans Affairs Agency

<https://www.michigan.gov/mvaa/education>

Several links to a variety of education assistance, programs, grants and scholarships available to veterans and dependents

▶ Tuition Incentive Program/TIP

[TIP website](#) or call 888-447-2687

Eligibility: Medicaid coverage for 24 months in a 36-month period between ages 9-18

▶ FAFSA

<https://studentaid.gov/h/apply-for-aid/fafsa>

Free application for student aid

Mental Health

- ▶ CMHSP in Region 5 listed by county

<https://cmham.org/membership/cmhsp-directory/>

- ▶ Vet Centers ~ 8 located in Michigan

<https://www.michigan.gov/mvaa/health-and-welfare/mental-health-resources>

Vet centers are community-based counseling and outreach centers for veterans and their families, all services are free of charge.

- ▶ Psychology Today website

<https://www.psychologytoday.com/us/therapists/michigan>

Find a therapist in your area and that accepts the insurance you have



VA Health

▶ VA Health region map

▶ Community Care program

https://www.va.gov/COMMUNITYCARE/programs/veterans/General_Care.asp

For VA approval to receive care from a community provider

Notification number for an ER visit 844-724-7842

▶ Women veterans health care services

<https://www.womenshealth.va.gov/>

Information and services specific to women's health

Call (or text) 855-829-6636

