

# MSHN

Mid-State Health Network

## REGION 5

|          |            |          |
|----------|------------|----------|
| Arenac   | Bay        | Clare    |
| Clinton  | Eaton      | Gladwin  |
| Gratiot  | Hillsdale  | Huron    |
| Ingham   | Ionia      | Isabella |
| Jackson  | Mecosta    | Midland  |
| Montcalm | Newaygo    | Osceola  |
| Saginaw  | Shiawassee | Tuscola  |



# MSHN

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Mid-State Health Network (MSHN) is committed to ensuring that Veterans, active-duty service members, and military families across MSHN's 21 county region have access to quality behavioral health care and substance use disorder (SUD) services

Contact Tammy at  
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## Mid-State Health Network

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[www.midstatehealthnetwork.org](http://www.midstatehealthnetwork.org)

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## VETERAN NAVIGATOR

**Tammy Foster**  
**Michigan Army National Guard**  
**(517) 483-2742**

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The role of the Veteran Navigator is to listen, support, offer guidance, and help connect Veterans to services they need.



We recognize that often Veterans feel that a fellow Veteran will best understand what they are going through. To offer that support, MSHN has a Veteran Navigator (VN) who will join alongside a Veteran to offer support, guidance, and referrals for services. The VN will provide a confidential pathway for Veterans and military families to communicate their concerns and answer questions in a non-judgmental conversation with the goal of identifying what the Veteran needs and accessing quality behavioral health and substance use disorder treatment services.

Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to 838255

**Support Matters.**



Confidential help for  
Veterans and their families

**MSHN**  
Mid-State Health Netwo

*“Sometimes you just feel like the only one you can trust is someone who’s been there. Someone like a fellow veteran”*

*“I am thankful for being able to connect with such a caring person and find there is help and resources available to my family”*

*“I feel like I have a guardian angel looking out for me”*

*“I really appreciate your caring and listening, I have been stressed and just talking with you I feel a huge weight has been lifted.”*

### About me...

I am Tammy Foster, a 10-year Veteran of the Michigan Army National Guard. I performed a variety of functions during my years in the Guard including two missions to support the Gulf War and service in Europe where I taught English to NATO troops in Lithuania.

The military was part of my life long before I enlisted, however. When I was eight, my father—a Vietnam Veteran—died in an alcohol-related car accident. My grandma described my father as a kind, happy person, but said the war had changed him. My maternal uncle was a Vietnam Vet as well and after my father died, he became a big part of my life. When I grew into an adult, he shared his feelings about being drafted, his time in the Marine Corps and how Vietnam affected him. Like my father, he struggled with PTSD and chronic pain. Sadly, my uncle took his life at age 72. Military culture had touched my life growing up and I enlisted at the age of 18 and served for 10 years.

Upon completion of my service in the National Guard, my heart remained connected to the military so for the next 20 years, I worked with Veterans and their families. I was a case manager for Vets who were transitioning from military to civilian life, those who needed emotional supports and needed help accessing benefits.

My early life experiences, my decade spent in the military and two decades working with Veterans and their families have given me an appreciation for Veterans’ needs and for how military service affects individuals and families. My goal is partnering with Veterans so they feel safe in asking for and accepting help and getting them the resources they need to get on a path to recovery and wellness.

