

It takes **COURAGE** to answer the nation's call!



As Veterans, we are taught to be resilient, self-sacrificing, and to put the needs of others before our own. Many grateful people often thank us for our service, but fellow Veterans understand how difficult the transition from military to civilian life can be.

The stress of my first deployment left me feeling very isolated. I was struggling to find meaningful employment, and I was having a difficult time readjusting to civilian life. I felt like I did not fit in, I was angry, I was not living the life that I had envisioned for myself, and I certainly did not feel like a hero.

It was a fellow veteran that took an interest in me and helped me to change the path I was on, to become the husband and the father that I wanted to be, and to live my personal values so that I could feel the pride that I once felt when I was in uniform.

COURAGE is "the ability to do something that frightens you". I personally understand how difficult it is to admit that you are struggling and to ask for help. I made a pledge a long time ago to never leave anyone behind; please call me if you need to talk to someone who understands what you are going through.



*530 West Ionia Street
Lansing, MI 48933*

Contact us at
517-483-2742

www.midstatehealthnetwork.org

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

Support Matters.



**Confidential help for
Veterans and their families**



REGION 5



VETERAN NAVIGATOR

**Michael J. Scott, MHRLR
U.S. Army (9 years)
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Michael Scott joined the U.S. Army after graduating high school. After completing Airborne school, he was stationed in Aschaffenburg, Germany.

Michael was later deployed to the Middle East where he and his unit led the northern-most charge into Iraq during Operation Desert Storm. His unit led the assault on several enemy infantry positions and was awarded the Presidential Unit Citation and the Valorous Unit Award. Michael ran over a land mine while engaging the enemy, and he was directly involved in taking dozens of enemy prisoners. He was awarded the Bronze Star Medal for selfless service during combat operations.

Michael had been out of the Army for over two decades when he found himself talking to some Iraq Veterans who were experiencing many of the same things he went through after the war. This prompted him to reinlist in the U.S. Army Reserve and to pursue his education at Michigan State University so that he could help his fellow veterans. Michael was deployed to the Horn of Africa in 2015 where he served as the program manager for Psychological Operations. After receiving his second Honorable Discharge in 2016, Michael resumed his studies at MSU in pursuit of a Masters Degree, and continued to volunteer at Ingham County Veterans Treatment Court where he has been involved for over eight years.



MSHN

Mid-State Health Network

The Veteran Navigator at Mid-State Health Network is available to help Veterans, Service Members, and Military Families seek access to behavioral health and substance abuse treatment across the 21 counties in our region.

The mission of Mid-State Health Network is to ensure access to high-quality, locally-delivered, effective and accountable public behavioral health and substance use disorder services provided by its participating members.

MSHN

Mid-State Health Network

REGION 5

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



