



MICHIGAN MATERNAL, PREGNANCY and INFANT LOSS SUPPORT RESOURCES

Every year in Michigan, families experience maternal, pregnancy and/or infant loss.

Together, we can connect families to bereavement support networks and resources.

What types of resources should you consider when helping bereaved families?

Grief can be complicated. Often, grieving families need professional mental health services. You can help your client navigate the healthcare system and connect them to important therapeutic services.

If your client has an existing medical home, this is a wonderful place to start for an initial evaluation and subsequent referral.

Healthcare and Mental Health Providers

If a grieving family member exhibits difficulty after a loss, the best grief support option is often provided through professional medical and mental health services. *Consider supporting a bereaved family member by referring to a primary care or mental health professional.* Sometimes, this may require helping a family navigate their private or public insurance policy and locating an appropriate provider. The benefits of direct professional services are worth the extra time. Additionally, many hospitals provide grief and bereavement support services including meetings, resources, etc.

- **Primary Care Providers** are equipped to provide a variety of evaluations and services. They are often the first to know if a patient is struggling with increased stress or depression. If your client does not yet have a primary care provider, this is an important first step in supporting their long-term wellbeing
- **Health Plans** are important partners in providing grief support to your clients. Ask your client if he or she has a private or public health insurance plan and encourage him/her to reach out to locate an in-network provider.
- **Licensed Professional Counselors** provide mental health services across Michigan. The **Michigan Mental Health Counselors Association (MMHCA)** maintains a list of these counselors. You can find providers by county at: [Counselors by County](http://mmhca.org/find-a-counselor/) (url: <http://mmhca.org/find-a-counselor/>)

Hospice-Affiliated Grief Support

Local hospice organizations often integrate grief support into their care model or collaborate with local grief support groups. *Contacting local hospice agencies is an easy way to find out what types of grief support services may already exist within a community.* They may also have resources for both providers and clients to equip them to navigate maternal and perinatal loss more successfully.

Statewide Serving Agencies

- The **State of Michigan** developed a list of hospice and grief support partners grouped alphabetically by county at: [Michigan Resources for Grieving Families](https://bit.ly/2SdRVwv) (url: <https://bit.ly/2SdRVwv>)
- The **Michigan HomeCare & Hospice Association** maintains a database of hospice providers grouped by county, ZIP code and category to help you connect with local providers at: [Provider-Member Directory](http://www.mhha.org/home/member-directory-search-page/) (url: www.mhha.org/home/member-directory-search-page/)
- **Arbor Hospice's Anchors Perinatal Program** provides perinatal and pediatric hospice programs. They offer a pediatric support line, covering most of the state of Michigan at: 888-247-5704. For more information: [The Anchors Perinatal Program](https://anchors4children.org/perinatal-program/) (url: <https://anchors4children.org/perinatal-program/>)

Nonprofit Organizations

Excellent nonprofit supports are available through both national and local organizations. *Their service ranges from resources and materials that discuss what families can expect during the grieving process, to real-time support groups—both in person and online.* Some of these organizations focus on certain bereaved family members—such as parents or siblings—and even certain causes of perinatal death. *Consider calling United Way’s 2-1-1 hotline to identify local agencies that may provide targeted grief services.*

- **The TEARS Foundation Michigan Chapter** provides diverse grief support for families and trainings for professionals. Financial assistance of up to \$500 for funerals is available to any Michigan family losing an infant older than 20 weeks gestation and younger than one year old.
- **TEARS** also offers multi-session grief workshops in the Livonia area, as well as remembrance events for bereaved parents. For more information: [The TEARS Foundation](http://thetearsfoundation.org) (url: <http://thetearsfoundation.org>)
- **First Candle** serves families directly impacted by stillbirth, miscarriage and sudden infant death with diverse resources and fact sheets and provides grief counseling contact: 203-966-1300. For more information: [First Candle](https://firstcandle.org) (url: <https://firstcandle.org>)
- **The Compassionate Friends** assists families in their grief following the death of a child. They offer private Facebook groups, online communities, conferences and local chapters to assist families as they grieve. Contact: 1-877-969-0010. For more information: [The Compassionate Friends](https://bit.ly/2QDyi0o) (url: <https://bit.ly/2QDyi0o>)
- **March of Dimes: Pregnancy and Newborn Loss** will send resources to families directly impacted by perinatal losses due to miscarriage, ectopic pregnancy, stillbirth or neonatal death. They also provide bereavement resource packets at: [Dealing with Grief After the Death of Your Baby](https://bit.ly/2PwE2bP) (url: <https://bit.ly/2PwE2bP>)

Nonprofit Organizations Continued

- **A Heartbreaking Choice** offers support to parents who have chosen to terminate a pregnancy because of a serious or fatal prenatal diagnosis. In addition to providing online discussion forums and places to share artistic expressions of grief, the site also provides education about certain congenital conditions. For more information: [A Heartbreaking Choice](http://www.aheartbreakingchoice.com) (url: www.aheartbreakingchoice.com)
- **Center for Loss in Multiple Birth, Inc. (CLIMB)** supports families through the loss of a twin or twins, or loss of higher order multiples. Their content can be translated into Spanish, French, Chinese, and Russian. For more information: [CLIMB](http://climb-support.org) (url: <http://climb-support.org>)

Faith-Based Organizations

Many bereaved families find great comfort through their faith communities. Churches, synagogues, mosques and other houses of worship are familiar with providing culturally-responsive funeral services, as well as supporting families as they navigate profound loss. *While not appropriate in every instance, faith-based organizations are a rich, and often underutilized, community resource.* Ask bereaved family members if they are a part of a faith community that may offer bereavement support services.

- **Local Faith Communities** often offer pastoral, rabbinical, lay counseling or grief support groups. They also provide a network of supportive community members who can support grieving families in tangible ways. Many religions have a theology of loss and pain that provides great comfort and hope to grieving families. If your client references their faith tradition, they may be a perfect candidate for this type of support.

Financial Assistance for Funeral Expenses

Need-based financial assistance is available from the State of Michigan, as well as through other agencies. Some funeral homes are willing to provide services at a discounted rate in cases of perinatal loss.

- **The State of Michigan** provides burial support based on eligibility to Michigan residents facing funeral, burial, or cremation costs they cannot afford. The body of the deceased must be physically in Michigan and an application for these funds must be made no later than 10 business days after a burial, cremation, or tissue donation takes place. More details on this program and the needed applications are available online. While this may not cover all the expenses, it can ease the financial pressure many families encounter. For more information: [Burial Services](https://bit.ly/3nugwbM) (url: <https://bit.ly/3nugwbM>)
- **The TEARS Foundation**, Michigan chapter, also offers financial assistance in cases of perinatal loss, in addition to a host of perinatal grief support services and memorial opportunities. For more information: [The TEARS Foundation](http://thetearsfoundation.org) (url: <http://thetearsfoundation.org>)

Additional Resources

- **Michigan Crime Victim's Compensation** may help crime victims, who sustained a personal physical injury, and their immediate families with the financial costs of crime. For more information: [Crime Victim Compensation](https://bit.ly/3e25kA0) (url: https://bit.ly/3e25kA0)
- **Michigan Medicine Grief and Support** provides information and resources after the loss of an adult, child, or pregnancy. For more information: [Adult Loss Grief Resources](https://bit.ly/3nG8InL) (url: https://bit.ly/3nG8InL) [Child Loss Grief Resources](https://bit.ly/2R5hhw7) (url: https://bit.ly/2R5hhw7) [Pregnancy Loss Grief Resources](https://bit.ly/3eAYHnG) (url: https://bit.ly/3eAYHnG)
- **Prosecuting Attorneys Association of Michigan** includes national and local resources to assist victims of crime along with victim advocates: For more information: [Victim Resource Contacts and Links](https://bit.ly/3glEz5C) (url: https://bit.ly/3glEz5C)

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