



## MOTHER INFANT HEALTH & EQUITY IMPROVEMENT PLAN



Please visit our website at [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus) for up to date information. We will continue to share information and frequent communications to our maternal infant health network.

UPDATE: The [Mother Infant Health Action Committee](#) launch is delayed due to the Pandemic. The expected launch for these committees will be in late summer 2020. The Action Committees are an important step in achieving the Mother Infant Health and Equity Improvement Plan (MIHEIP) strategic vision, for more information visit [Michigan.gov/MIHEIP](https://Michigan.gov/MIHEIP).

### The Disproportionate Effect of Coronavirus: Racial Disparities

[Office of Equity and Minority Health \(OEMH\) is providing information on the COVID-19](#) and its disproportionate burden of illness and death among racial and ethnic minority groups.

[COVID-19 Response & Mitigation: Racial & Ethnic Populations & Marginalized Communities](#) recently released by the OEMH, this document offers background information on health disparities, discussed COVID-19 disproportionately affecting communities of color, offers resources for further review, and strategies & advocacy recommendations.

**RECORDED WEBINAR: An Equity Lens: COVID-19**

**RECORDED WEBINAR: Black Maternal Health and the U.S. COVID-19**

**Response:** Topics include Black breastfeeding; Navigating Doula services; Access to abortion care; and Hospital protocols – all from a health equity lens to highlight & address racial injustices and human rights violations of birthing persons and care providers within the U.S. COVID-19 context. More information is available at [BlackMamasMatter.org](https://BlackMamasMatter.org)



**[Southeast Michigan IBCLC's of Color Free Online Breastfeeding](#)**

**Support Group:** This group of International Board Certified Lactation Consultants is joined by peer counselors and a mental health professional, every Saturday from 3:00 PM-4:00 PM EST.

### The Disproportionate Effect of Coronavirus: Emotional & Mental Health

**The Certified Peer Support Specialist Warmline** is providing support, resources & shared experience of recovery and hope. Call 888-PEER-753 (888-733-7753), 10 a.m.- 2 a.m., 7 days a week

**[Substance Abuse and Mental Health Disaster Distress Help Line](#)**, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis.

**Additional resources for mental health and emotional needs:**

- [Headspace 'Stay Home, Stay Mindful' website offers Free Mental Health Resources](#)
- [Addressing Emotional Needs While You're Sick: Guidance for Individuals](#)

- [Addressing patients emotional needs COVID-19 workup & diagnosis: Guidance for Clinicians](#)
- [Support for Emotional Health of the Health Care Workforce](#)
- [Support for Emotional Health of the Behavioral Health Workforce](#)
- [Support for First Responders](#)
- [Center for the Study of Traumatic Stress & Coronavirus](#)

**Emotional support available through United Healthcare & Sanvello.** For anyone experiencing anxiety or stress related to COVID-19, download the mobile app [Sanvello](#), or call the free Emotional Support Help Line at 1-866-342-6892 . Free premium access including coping tools and peer support.

---

## Parents, Families and Caregivers

**March of Dimes: NICU Family Online Education Series** for all NICU families during COVID-19.

**Make Your Date - COVID-19 Response Team** is offering free online support to pregnant women: help with food, transportation, housing, baby items, mental health, or if you just need someone to talk to.

**Preeclampsia Foundation provides latest updates on COVID-19.** Preeclampsia is diagnosed by persistent high blood pressure that develops during pregnancy or the postpartum period. Important symptoms that may suggest preeclampsia are headaches, abdominal pain, shortness of breath, nausea or vomiting, and/or sensitivity to light, blurred vision, or seeing flashing spots or auras. More Preeclampsia FAQs are available at [the Preeclampsia Foundation](#).

**1000 Days & Maven Clinic's Two Free Telemedicine Visits.** Video appointments are offered with OB-GYNs, pediatricians, lactation consultants, & mental health providers, at no cost to the public.

To access: **1.** Visit [www.mavenclinic.com/register](http://www.mavenclinic.com/register). **2.** Complete a profile. **3.** Schedule an appointment. **4.** When checking out, enter code 1000Days. *No payment or insurance is required.*

---

## Information for Providers

**Weekly COVID-19 Obstetrics Team Call:** MI AIM & the MHA Keystone Center will be hosting calls for Michigan birthing hospitals to discuss questions and to share updates on COVID-19 obstetric guidelines. [The GoToMeeting call is held every Tuesday from 12:30 - 1 P.M. EST.](#) US Call (Toll Free): 1 866 899 4679 or +1 (312) 757-3117. Access Code: 808-214-749



**The Obstetric Initiative (OBI) COVID-19 Resources:** Including April 2020 Quicktips: COVID-19 and It's Impact on Timing of Admission and Supporting Spontaneous Labor Progress

**RECORDED WEBINAR: Providing the Best Possible Solutions in Less Than Ideal Circumstances.** California Breastfeeding Coalition presents: integrating practices for COVID-19 positive and PUI birthing parents with consideration of infection control and Baby-Friendly practices. [Link to Slides.](#) The webinar discusses issues related to:

- Breastfeeding, donor milk, formula, cleansing the breast, what if mom is too sick to breastfeed
- Rooming-in, mother-infant separation, skin-to-skin care following birth, bathing the baby
- Support persons and What to do when baby is in the NICU



**Thank you for the work that you do each and every day to protect and promote the health of our Michigan moms, babies and families.**