



MOTHER INFANT HEALTH & EQUITY IMPROVEMENT PLAN



Please visit our website at Michigan.gov/Coronavirus for up to date information. We will continue to share information and frequent communications to our maternal infant health network. For more information on Maternal & Infant Health visit Michigan.gov/MIHEIP.

Update: Mother Infant Health & Equity Collaborative (MIHEC) Meeting (VIRTUAL)

Quarterly MIHEC meetings are held as part of the [Maternal Infant Health and Equity Improvement Plan](#). Anyone with an interest in maternal & infant health and equity is welcome to attend.

[Please REGISTER for the virtual meeting](#). If you are already registered, please re-register.

Date: Thu, May 21, 2020 **Time:** 1:00 PM – 3:00 PM EDT

May is Mental Health Awareness Month

For over 65 years, May has been observed as National Mental Health Awareness Month. Mental health is always important but prioritizing mental and emotional health has never been more imperative than it is today.

[NAMI, the National Alliance on Mental Illness, Information on COVID-19](#)

To provide help for those impacted by COVID-19, NAMI has compiled a helpful COVID-19 Resource And Information Guide as well as several webinars on a variety of topics.

[Michiganders can text "RESTORE" to Crisis Text Line to get mental health support; MDHHS wants residents to Stay Home, Stay Well.](#) By texting the keyword **RESTORE to 741741**, Michigan residents can have a confidential text conversation with a crisis counselor. Additional information can be found on the [Stay Home, Stay Well webpage michigan.gov/StayWell](#).



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.

[Family Well-Being Guide: Supporting Child and Family Well-Being During COVID-19](#)

We all have a collective responsibility to make sure kids are healthy, safe, and thriving – especially during challenging times. Parents and other caregivers are their children's most important protectors and may need extra support during the COVID-19 pandemic. We encourage you to check in with caregivers and children you interact with to ask how they're doing and what they need.



[Family Resources: Help Children Understand COVID-19](#)

With disruptions of the family routines children may feel overwhelmed, upset, and stressed during this challenging time. Check out a curated set of resources, to help families with young children with and without disabilities talk about the pandemic and navigate changes to their everyday routines and activities.

Maternal Mental Health: Depression and Anxiety Patient Safety Bundle

Perinatal mood and anxiety disorders are among the most common mental health conditions encountered by women of reproductive age. Perinatal mood and anxiety disorders are associated with increased risks of maternal and infant mortality and morbidity and are recognized as a significant patient safety issue. [The Alliance for Innovation on Maternal Health \(AIM\)](#) Patient Safety Bundle provides direction for incorporating screening, intervention, referral, and follow-up into maternity care.

WEBINAR: A Physician's Role in Addressing ACEs: Building Trust and Patient Resiliency

May 22, 2020 from 1:00 - 2:00pm EST

In this session, participants will learn the implications of Adverse Childhood Experiences (ACEs) for adult health. Through presentation, discussion, and a scenario, presenters will discuss how physicians can build trust with their patients and support them in understanding how their life experiences shape their habits and opportunities for behavior change.

WEBINAR: How to lead through crisis in a Resilience-Oriented Trauma-Informed way

May 18, 2020 from 2:00 - 3:30 PM EST

This workshop will provide an overview on how anxiety can impact our general functioning, our functioning in crisis, and different strategies to adapt your leadership style to minimize the impact of anxiety on your staff during this unprecedented time in our country and lives.

- Recognize the impact anxiety has on general functioning
- Establish a safe, calm, and secure environment with supportive care for staff and clients
- Develop healing, hopeful, honest, and trusting relationships within the public health system

Intimate Partner Violence During the Pandemic



[myPlan](#) is an app to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship.

The Centers for Disease Control and Prevention: Prevent Domestic Violence in Your Community. Nearly 1 in 5 women and 1 in 7 men have experienced intimate partner violence during their lifetime (CDC).

Need help? Know Someone Who Does?

National Domestic Violence Hotline: Call 1-800-799-7233 and TTY 1-800-787-3224

Love is Respect National Teen Dating Abuse Helpline: Call 1-866-331-9474 or TTY 1-866-331-8453

Rape, Abuse & Incest National Network's (RAINN) National Sexual Assault Hotline

Call 800-656-HOPE (4673) to connect with a sexual assault service provider in your area.

Visit rainn.org to chat one-on-one with a trained support specialist, any time 24/7.

National Resource Center on Domestic Violence (NRCDV) is a comprehensive source of information for on domestic violence.

The National Sexual Violence Resource Center (NSVRC) provides information, resources, and research on all aspects of sexual violence prevention and intervention.

Prevent Connect a national project of the California Coalition Against Sexual Assault, their goal is to prevent sexual assault and relationship violence by building a community of practice to develop, implement, and evaluate prevention initiatives.