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## MIHP Biweekly Update

October 21, 2024



### Maternal Infant Health Program

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#### **Reminder: October COP Webinar**

The October Community of Practice webinar will be on Wednesday, October 23rd from 1:00PM - 2:30PM. The topic is "Housing Resources in Michigan," presented by Lisa Kemmis from the Michigan State Housing Development Authority (MSDHA).

[REGISTER HERE](#) for the [Housing Resources in Michigan webinar](#).

### **Inclusive Insight – October**

This Inclusive Insight will explore the alarming rise in firearm-related injuries and deaths among children and adolescents in the U.S., particularly in low-income areas, with Black youth disproportionately affected. It will also highlight prevention efforts, including Governor Whitmer’s Gun Violence Prevention Bill, community education initiatives, and trauma-informed approaches to addressing the public health crisis of firearm injuries.

Read this month’s edition here: [October Inclusive Insight](#)



### **Infant Safe Sleep Month 5K**

October is Infant Safe Sleep Month in Michigan and **there is still time to participate in the Infant Safe Sleep Month Virtual 5K Your Way**. To participate, complete a 5K run/walk or any other activity for at least 30 minutes (bike, swim, dance, chair aerobics—just move) during the month of October 2024. Participate your way, at your pace, in a way that’s fun and comfortable for you. You can participate as an individual, part of a team, or with your immediate family. Help color the map with at least one registered participant from every county in the state. [Learn more about the Virtual 5K Your Way and sign up today!](#)

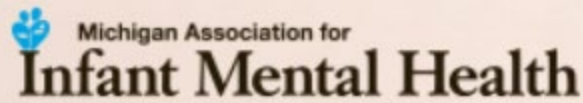
Have you already participated? Help raise awareness by sharing your activity on social media using the hashtag #MIMoves4safesleep or sending pictures to [MDHHS-InfantSafeSleep@michigan.gov](mailto:MDHHS-InfantSafeSleep@michigan.gov).

[Click here to view the registration map.](#)

Good night. Sleep tight. Sleep safe.

Learn more about the safest way for babies to sleep at [michigan.gov/safesleep](http://michigan.gov/safesleep)





## Join Us for Big Steps for Little Feet - Celebrate Babies Week Fundraiser!



Dear Infant and Early Childhood Community,

We are thrilled to announce the launch of our inaugural Annual Virtual Move-a-thon fundraiser, Big Steps for Little Feet, happening in conjunction with MI-AIMH's Annual Celebrate Babies Week! Over the last two years, we have hosted several impactful professional development events, including the 2024 MI-AIMH Conference, the First Annual Infant Mental Health Capital Day, and the 2023 Reflective Supervision Symposium. We are committed to keeping our fees affordable and accessible while continuously expanding our offerings. This includes the launch of new online courses in [MI-AIMH R.E.L.A.T.E](#) and strengthening the supports available to all professionals working with infants and young children (See new evaluation data [here](#)). Many of you have shared how blown away you are by the work of MI-AIMH. Now, we invite you to support us in continuing our efforts to support the infant and early childhood community. We are striving to expand our reach, strengthen advocacy efforts, and enhance the support available to families with infants and young children across Michigan. This Move-a-thon is a powerful way to get involved and ensure our critical efforts continue. This exciting event is a chance for all of us to come together and support Michigan's families with infants, toddlers, and preschoolers, as well as the dedicated professionals who care for them.

The funds raised will directly contribute to MI-AIMH's advocacy efforts, helping us champion the well-being of children and the workforce that supports them.

### **How Can You Participate?**

We are encouraging each MI-AIMH chapter to form a team, but there are several ways for everyone to get involved:

- 1. Register as an Individual Participant** You can sign up as a participant for your chapter or the MI-AIMH Board and begin collecting pledges from your network. The goal is to complete 150 minutes of moderately strenuous exercise between **October 14th and November 7th**. Your sponsors can either pledge a specific amount for every 150 minutes of activity you complete or offer a flat donation.
- 2. Form or Join a Chapter Team** Chapters and their members are encouraged to form teams. The money raised will be split 50/50 between MI-AIMH and the chapter, allowing your chapter to support its local work.
- 3. Send a Donation** If participating in the Move-a-thon isn't for you, you can still support the cause by sending a donation directly.

### **How to Register:**

1. Visit the link: [MI-AIMH DoJiggy Registration](#)
2. Follow the instructions and prompts to join an existing team or register as an individual. You can take a look at these [helpful instructions](#).
3. If your chapter is participating, make sure to join your chapter's team! Check-in with Chapter Leadership to see if they created a team beforehand. You will be able to select a team to join on the last step of registration.

For more details, please see the [FAQs](#), which will walk you through the process of registering on DoJiggy and answer any other questions you might have.

We are excited to take Big Steps for Little Feet together, and we can't wait to see the impact our community will make for Michigan's babies, families, and professionals!

Thank you for your ongoing support.

Warmly,

Michigan Association for Infant Mental Health Board of Directors **For questions, reach out to:** Fran Jozefowicz at [franjozefowicz@gmail.com](mailto:franjozefowicz@gmail.com) or Tasha Oliver at [Tasha.oliver@mclaren.org](mailto:Tasha.oliver@mclaren.org)

### **Upcoming State of Michigan (SOM) Holidays**

November 5

November 11

November 28 and 29

December 24 and 25

December 31

### **Previously Released MIHP Updates**

To review any previously released MIHP Biweekly Updates, they can be found by [visiting the MIHP webpage Michigan.gov/MIHP](http://Michigan.gov/MIHP).

### **Biweekly Update Topic Submission**

If you have suggestions for topics to be addressed in future additions of the MIHP Biweekly Update, [please submit your ideas here](#).

### **MDHHS Publications**

[Sign up here to receive program updates and communications.](#)

### **Coordinator Directory**

Please click here to access the most recent Coordinator Directory. [MIHP Coordinator Directory](#)

Our communication for the Maternal Infant Health Program has been streamlined to a single email address and phone number. Please forward all emails to [MIHP@michigan.gov](mailto:MIHP@michigan.gov). For further assistance, contact the state office @ **1-833-MI4-MIHP (1-833-644-6447)**. Thank you.