

Weekly Update

Maternal Infant Health Program



Please share this information with all MIHP team members.

Monday, October 18, 2021

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Reminder: November COP Webinar

The November Community of Practice webinar will feature Maria Muzik, M.D, M.S, Associate Professor, University of Michigan Department of Psychiatry and Department of Obstetrics and Gynecology, who will present on Trauma Informed Care on Wednesday, November 17th from 1:00 PM - 2:30 PM.

To register, please click the following [Eventbrite link](#).

Social Media's Impact on Mental Health



In response to recent concerns related to social media and mental health, Oakland Community Health Network (OCHN), Oakland County Health Division (OCHD), and the Alliance of Coalitions for Healthy Communities collaborated to develop some important resources for the community.

The information includes evidence-based articles, studies, and materials to assist individuals in making healthy choices regarding social media interaction. Below are some findings noted in the resources, visit the link below for more comprehensive information.

- If the majority of your interactions with others are coming through a screen or in written messages, especially when you are young and your brain is still developing, you may be missing out on opportunities to improve your people skills through face-to-face communication.
- Social media may trigger feelings of inadequacy. People may feel as though their life or appearance does not compare favorably with that of others on social media, leading to feelings of envy and dissatisfaction.
- Using less social media than you normally would leads to significant decreases in both depression and loneliness.

An extensive list of resources and information to aid adults, families, and teens in determining responsible use of social media and understand the affects overuse can have on our everyday lives, can be found on the OCHN website at oaklandchn.org, select the NEWS/EVENTS tab, Impacts of Social Media link.

For additional information, contact Suzanne Weinert, 248-759-1991 or via email at weinerts@oaklandchn.org.

[Impact of social media on mental health.pdf](#)

Celebrate Babies Week

Governor Gretchen Whitmer has proclaimed October 19th – 23rd as “Celebrate Babies Week,” a week dedicated by the Michigan Association for Infant Mental Health (MI-AIMH) to celebrate infants, toddlers, young children, their families and early childhood professionals in Michigan and across the globe!

Check out the links below for more information and resources to share with you families and networks, and check out this video of [Governor Whitmer's message](#) on Celebrating Babies:

<https://www.celebratebabiesweek.org/>

<https://mi-aimh.org/about/celebrate-babies-week/>

[The governor's proclamation can be found here.](#)

ASQ Online System Demonstration

Local MIHP agencies have inquired about the ASQ-3 and ASQ:SE-2 online system. A [demonstration is available](#) here. Click here for [slide handouts and other resources](#) shared during the demo.

The online system has reports available to a purchasing agency, including individual results (scoresheets and full tools per child), suggested learning activities and composite results for a specific agency or community. There are embedded ticklers for follow-up screens and the software auto adjusts for prematurity and chooses the best tool based on the infant's situation.

Families can access their child's results and the recommended learning activities through the family access page. Agencies can custom create the family access page (Thank you page) and can even text the family the current screen to complete and send back.

ASQ online training is available for free to local agencies once the module is paid for. Free phone consultation from the Brookes Publishing team is available for three months after purchase.

To request a price quote for ASQ Online, visit <https://agesandstages.com/asq-online/get-a-quote/> or contact a sales representative at <https://agesandstages.com/contact-us/>.





MIHEIP - Year Two Highlights

MOTHER INFANT HEALTH & EQUITY IMPROVEMENT PLAN Year Two Highlights – 2021



Michigan's maternal infant health stakeholders have been tirelessly working to improve the health of mothers, infants, and families. In 2019, Michigan released the [Mother Infant Health & Equity Improvement Plan](#) with the vision of zero preventable deaths and zero health disparities, because even one preventable death is one too many.

The strategies and partnerships that have been put into action over the past few years have helped Michigan achieve a significant milestone in the state's efforts to keep mothers and babies safe. In 2019, data shows that Michigan had both the lowest Infant Mortality Rate in recorded history and a measurable decrease in the Black/White disparity ratio.

Recent data released by the [Maternal and Child Health \(MCH\) Epidemiology Section](#) shows an Infant Mortality Rate for 2019 of 6.4 per 1,000 live births and that the Black/White disparity ratio decreased from 3.2 in 2018 to 2.6 in 2019.

The expansive and diverse efforts statewide are now available in the [Mother Infant Health & Equity Improvement Plan: Two Year Highlights - 2021](#), giving a brief overview of the successes in maternal infant health statewide, and acknowledging the invaluable commitment of stakeholders.

Please visit Michigan.gov/MIHEIP to learn more about Michigan's commitment to maternal and infant health.

[!! Sign Up for Maternal Infant Health Updates and Emails !!](#)

New Feature: Link to MDHHS Publications

We will have a link to the MDHHS Communications subscription web page on every MIHP Weekly Update issue for your convenience. You and your staff can sign up for any or all of the publications and program updates, including the Weekly Update and other maternal and infant health publications. Be sure to use the link if you have email changes or add agency staff.

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

Coordinator Directory

[Click here to access the Coordinator Directory](#)

Topic Submission

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

Previously Released MIHP Weekly Updates

To review any previously released MIHP Weekly Updates, they can be found by visiting the MIHP webpage Michigan.gov/MIHP or [by clicking here](#).

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