

Weekly Update

Maternal Infant Health Program



**Please share this information with all
MIHP team members.**

Monday, December 6, 2021

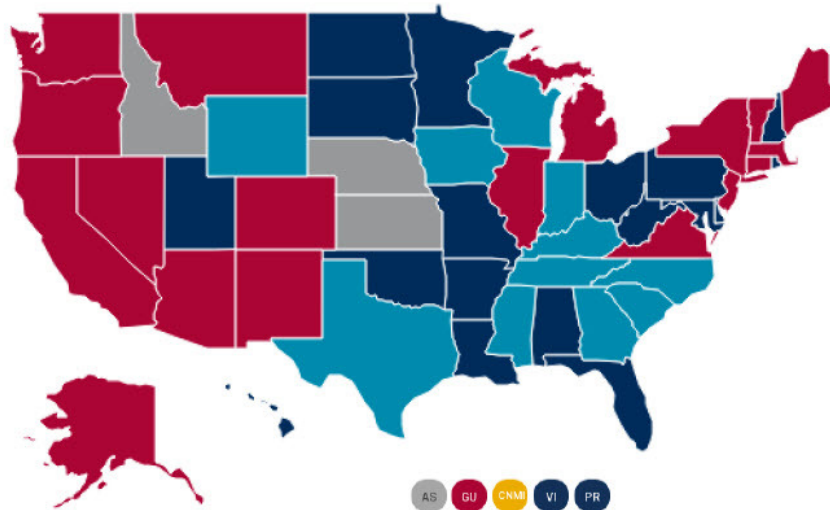
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AMCHP Perinatal Cannabis Report

The Association of Maternal & Child Health Programs (AMCHP) has issued a policy brief, "Perinatal Cannabis Use in the Era of Increasing Legalization: Considerations for State MCH Programs." The brief covers the following topics:

- An overview of the cannabis policy landscape, usage trends, and the potential health impacts of perinatal cannabis use
- The challenges public health leaders face in countering cannabis industry messaging
- The racial equity and legal implications for pregnant people who use cannabis
- State approaches to prevent and reduce perinatal cannabis use
- Recommendations for state MCH programs.

[To access the full "Perinatal Cannabis Use in the Era of Increasing Legalization: Considerations for State MCH Programs" report please click here.](#)



● Recreational & medical use regulated program

● CBD/Low THC program

● No public cannabis access program

● Comprehensive medical cannabis program

● Recreational use only: no medical regulated program

Nine Ways to Add Self-Care into Your Holiday Season



For all the fabulous parts of the holidays—seeing friends and family, opening presents, eating delicious food—there’s also a lot of stress involved—a jam-packed schedule, awkward dinner party conversations, wondering if you bought everyone the perfect gift. And what do we do when we’re stressed? We lean into tried-and-true self-care methods that calm us down and ensure that we’re primed and ready for our next engagement. From meditating and putting

our phone on "Do Not Disturb" to taking time for our beauty routine, here are nine easy ways to add a little self-care into your life this holiday season.

1. Create (And Stick To) A Calming Morning and Nighttime Routine
2. Practice Gratitude
3. Make Time for Beauty Rituals
4. Try Meditating
5. Use the Three-Day Rule with Guests
6. Exercise—Even Just For 5 Minutes
7. Put Your Phone On "Do Not Disturb"
8. Watch Your Caffeine Intake
9. Do Something Nice for Someone Else Every Day

[To read the full article “9 Easy Ways to Add a Little \(Much-Needed\) Self-Care into Your Busy Holiday Season” please click here.](#)

HRSA "We Can Do This" Campaign

The Health Resources & Services Administration (HRSA) shares the expanded HHS COVID-19 public education campaign, [We Can Do This](#), which aims to increase public confidence in and uptake of COVID-19 vaccines while reinforcing basic prevention measures such as mask wearing and social distancing. These [new materials](#) can be used to educate your families about who is eligible for a booster (all adults!) and when they are eligible. HHS expects to make these materials available in Spanish soon and we encourage you to utilize these resources when holding events or calls with your networks about the importance of getting boosted.

Together, we can do this!

'Tis the Season To Be Surveyed

Thank you to all of the agencies that completed the brief survey on various topics that was due by December 3rd. Watch your email for another important survey, which will be sent out mid-week. We are doing a comprehensive review of our agency master directory to ensure accuracy and make any needed corrections or additions. It will be important for each agency to thoroughly review its entry and return the survey by **December 15th**. We appreciate your support!

Note that this survey will only be sent to MIHP agencies via an Email Alert.

Upcoming State of Michigan Holidays

State of Michigan offices will be closed for the holidays on December 23rd & December 24th, and on December 30th & 31st.

MIH Summit Call for Presentations



You are invited to submit presentations for Michigan's 5th Annual 2022 Maternal Infant Health Summit.

We will be highlighting the collaborative relationships needed to improve maternal and infant health outcomes. This event brings together local, regional, and national experts in Maternal Infant Health. The goal is to maximize participant knowledge and skills, share best practices, and promote collaborative opportunities. This conference will present innovative ways to enhance quality of care and inspire innovation to build a solid infrastructure in the areas of Maternal Infant Health.

The theme of the 2022 Maternal Infant Health Summit is *Community Stories and Solutions: Stronger Together.*

[Access the Online Submission Form: Submit a Presentation](#)

Submission deadline: December 17, 2021 [Call for Presentations \(PDF version\)](#) for your convenience, please view prior to submitting your online response. Only online submissions will be accepted. Please do not submit the PDF version to event planners. Due to the popularity of this event, proposals submitted after the due date may not be considered for the 2022 Maternal Infant Health Summit but may be kept on file for consideration next year. Thank you for your interest. Please share this opportunity widely. Please contact [Heather M. Boyd](#) if you have any questions or need clarification.

Link to MDHHS Publications

[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.](#)

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.