

MIHP Biweekly Update

December 18, 2023



Maternal Infant Health Program

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2024 COP Schedule through March

Below are the monthly Community of Practice topics and registration links for the first three months of 2024. Detailed information will be provided for each webinar as they approach. Please mark your calendars!

Wednesday, January 17th, 2024 1:00 PM-2:30 PM

Human Trafficking [REGISTER HERE](#)

Wednesday, February 14th, 2024 1:00 PM-2:30 PM

Immunization Update [REGISTER HERE](#)

Wednesday, March 13th, 2024 1:00 PM-2:30 PM

Community Health Workers in Michigan [REGISTER HERE](#)

Hold the Date Reminder: PACES Plan of Care 2 Statewide Rollout

The statewide rollout of the preventing ACES Plan of Care 2 is scheduled. Please try to attend. The session will also be taped and posted on the MIHP website.

MIHP Preventing ACEs Plan of Care Training: Wednesday, January 10th 9AM – 10AM
Zoom link: <https://us06web.zoom.us/j/85622820199>

Meeting ID: 856 2282 0199

General MIHP Communication Reminder

When sending communication to mihp@michigan.gov mailbox, please include your agency name in the subject line along with a brief description of your inquiry or request. This will ensure that your communication is sent to the appropriate team member for assistance.

IT Reminder: Checking for Prior Enrollment

The MIHP application in the MILogin system is designed to provide an electronic error message if a new infant's parent is currently enrolled in a local MIHP for pregnancy. The message alerts the entering agency that a pregnant person is receiving MIHP care and

identifies which local agency is engaged. This is done to encourage continuity of care for the family. Please contact the agency serving the pregnant person prior to enrolling a new infant.

Agencies are required to complete a search for an existing screen in the MIHP database using two separate criteria prior to administering a Maternal or an Infant Risk Identifier:

- ***Medicaid number***
- ***First and last name with date of birth***

If you find that a beneficiary is enrolled in another MIHP, encourage the family to stay with their current MIHP provider, if possible. If the family chooses to transfer to your program, ask the beneficiary/parent/guardian to sign a *Consent to Transfer MIHP Record to a Different Provider* and obtain her information from the other provider. Do not administer another Risk Identifier and never enter a beneficiary's name into the database as a placeholder; **you are NOT allowed to claim that you are serving a potential beneficiary before you obtain consents and administer the Risk Identifier.**

Thank you in advance for following these guidelines. They are intended to reduce duplication of services to eligible MIHP families and to assure continuity of care.



Spanish Home Visiting Modules Now Available

The Institute for the Advancement of Family Support Professionals announces that their popular *Virtual Home Visiting module series* is now available in Spanish! Like the English versions, these modules will assist home visitors in learning aspects of virtual home visiting, now in their native language. Please utilize these important resources to benefit your Spanish-speaking professionals and families.

Originally developed to address social distancing measures and the increased isolation of families during the pandemic, these modules have evolved to provide innovative and timely response to immediate and emerging needs of home visiting professionals while continuing to offer new resources to support effective virtual practice strategies.

Check out Virtual Home Visiting 101-106, in both English and Spanish, on their website by visiting [HERE](#).

I VACCINATE Partner Newsletter

December 11, 2023

Thanks to Amber Battishill, of Mommy Gone Healthy, for partnering with us to share her winter checklist:

The holiday season is upon us—a time filled with laughter, joy, and quality time with loved ones. Amidst the festive cheer, it's crucial to prioritize our health, especially in the midst of various gatherings, events and celebrations. As we gear up for this merry season, let's ensure our wellness checklist is not only checked once, but twice. Let's enjoy this holiday season happy & healthy with this guide to a healthy and safe holiday season.

Healthy Holiday Checklist:

Hand Hygiene Magic

Emphasize the importance of handwashing to the entire family. Make it a habit to wash hands frequently with soap and water for at least 20 seconds, especially before meals and after being in public spaces. Ingrain those habits of washing your hands before every meal and when you walk in the door after errands or school. When on the go, keep hand sanitizer available to use frequently (we use it immediately once we get back into the car).

Vaccine Check-Up

Schedule an appointment with your healthcare provider or local clinic to ensure everyone is up to date on their vaccinations. This includes routine vaccines and booster shots as recommended by health authorities. Don't forget [flu shots](#)—especially important during the colder months! **December 4th through 8th is National Influenza Vaccination Week, a reminder for everyone 6 months and older that there's still time to get a flu vaccine this season!**

Keeping vaccinations up to date is one of the most important and [easiest way to protect against illness](#). The most recent data from MDHHS shows that only 66.1% of children aged 19 to 36 months have completed their recommended doses in the primary childhood vaccine series – the lowest rate Michigan has seen since 2020. This is leaving many children vulnerable to serious disease or illness as well as putting community immunity at risk (public health experts generally agree that a 70% vaccination rate is the minimum protection level desired).

Protecting my children and loved ones is my top priority. Staying up to date on routine vaccinations is one of the best ways to protect your family and community. Our family follows the [CDC-recommended immunization schedule](#) which protects teens and children from 16 vaccine-preventable diseases. This schedule has been carefully tested, studied and reviewed by medical experts and it's been shown that vaccines are safe and effective at preventing disease and protecting communities from outbreaks. For more information about the safety, importance and efficacy of vaccines, check out [iVaccinate.org](#).

Healthy Eating Habits

Amidst the decadent holiday feasts, maintain a balanced diet. While you can certainly indulge and enjoy seasonal treats, try to also incorporate nutritious meals filled with fruits, veggies, lean proteins, and whole grains. Keep lots of nutritious snacks on hand (like cut fruit, veggies & dip, nuts, jerky) so you can fill up on nutrient-dense foods alongside holiday treats.

Stay Active, Stay Merry

Keep the family moving! Plan active outings or incorporate physical activities into holiday traditions. Whether it's a post-dinner stroll, a friendly game of charades, sledding, hiking, or a dance-off to holiday tunes, staying active helps maintain both physical and mental wellness. Fresh air can be such a mood and energy booster too!

Mindful Moderation

Enjoy the holiday treats mindfully. Encourage portion control and savor each bite. Remember, it's not about deprivation but about moderation and appreciating the flavors of the season.

Adequate Rest and Relaxation

Amidst the festivities, prioritize adequate sleep and relaxation. Establish a bedtime routine for the family to ensure everyone gets the rest they need for optimal health. Creating and sticking to a bedtime routine can be beneficial for a more restful and deep sleep which provides your body and mind time to heal, rest and feel it's best.

Holiday Stress-Busters

Manage stress through relaxation techniques, such as deep breathing exercises, meditation, or engaging in activities that bring joy and relaxation. Encourage open conversations within the family to address any concerns or stressors. Amidst the chaos, make sure to take time to decompress and unwind. Simplify and delegate when you can.

Prioritize Mental Health

Take care of mental health by fostering open communication and supporting each other. If needed, seek professional help or counseling services to navigate any holiday-related stress or emotional challenges.

Spread Cheer, Not Germs

Encourage the practice of good respiratory etiquette, such as covering coughs and sneezes with a tissue or elbow, to prevent the spread of germs. If you're sick, stay home please! Everyone loves gifts, but no one wants the gift of germs this holiday season.

Remember, the holiday season is a time for celebration, gratitude, and above all, taking care of ourselves and those we cherish. By prioritizing your health and wellness, it allows everyone to embrace the holiday spirit while safeguarding our health and well-being. Wishing you a safe, healthy, and joy-filled holiday season!

The [I Vaccinate Toolkit](#) contains resources for keeping kids up to date on vaccinations during COVID, resources for flu and flu vaccination, and materials from the launch of the campaign in 2017. We appreciate your support!

Safe Use of Nursing Pillows



A nursing pillow can be a great product to lift baby into position for comfortable feedings and to support developmental milestones, such as sitting as baby grows. [Research has found](#) that the use of nursing pillows can be effective in reducing maternal discomfort during breastfeeding/chestfeeding. However, **babies should be supervised by an awake adult anytime a nursing pillow is being used** and should **not** be used as a sleep environment for baby. The American Academy of Pediatrics recommends that babies sleep in a **safe sleep**

environment: in a crib, portable crib, bassinet, or play yard (pack and play) with no other objects, pillows or blankets.

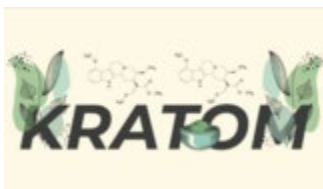
The [Consumer Product Safety Commission \(CPSC\)](#) has recently identified concerns that, when not used for feeding baby, caregivers may use nursing pillows as a sleep environment or to prop up a sleeping baby. As a result, the CPSC is considering developing a safety standard for nursing pillows. New safety standards for nursing pillows would align with other safety standards set by the CPSC for infant products such as cribs, bassinets, play yards, and bedside sleepers. The process of implementing new safety standards may take several years.

Caregiver tips for the safe use of nursing pillows:

- Use nursing pillows only when baby is awake and is supervised by an awake adult.
- Make sure baby's breathing is never restricted. For example, when using a nursing pillow, baby should not be positioned in a way that forces their chin on their chest or that causes the padded material to cover their mouth or nose.
- Do not use nursing pillows or any other infant feeding support products as a sleep environment or in baby's sleep space.
- Do not use any pillows, including nursing pillows, to prevent baby from rolling off a bed or couch. If you need to put baby down, use the same safe environment where baby sleeps.

Please share this information with families and caregivers. To learn more about safe sleep, go to www.michigan.gov/safesleep. If a family has had an incident with an infant and a pillow-like product, the incident should be reported to the Consumer Product Safety Commission at their website www.saferproducts.gov. The information provided could save lives.

Kratom 101 Training Opportunity



Kratom use in the United States has increased in recent years. Even though it is legal, using Kratom can produce both stimulant effects (in low doses) and sedative effects (in high doses), and can lead to psychological and physiological dependence. As more patients present with Kratom use, providers should be able to recognize the signs and symptoms of Kratom use and how to respond. This **free** webinar is offered by the University of Michigan's Opioid Prescribing Engagement Network (OPEN). Q&A and discussion will follow the presentation.

Kratom 101

January 26, 2024, 12:00PM - 1:00PM

1 Training Credit:

- CME credit approved
- MCBAP credit pending
- Social Work CEU credit pending

Presenters: Sheba Sethi, MD, Rob McMorrow, MD

[REGISTER HERE](#)

Meets DEA SUD Training Requirements.

Upcoming State of Michigan (SOM) Holidays

December 22 and 25
December 29
January 1

Look for the next edition of the MIHP Biweekly Update on Tuesday, January 2!



Previously Released MIHP Updates

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

Bi-Weekly Update Topic Submission

If you have suggestions for topics to be addressed in future additions of the MIHP Weekly 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. For further assistance, contact the state office @ **1-833-MI4-MIHP (1-833-644-6447)**. Thank you.