

Maternal Infant Health Program Weekly Update



Please share this information with all
MIHP team members.

Monday, January 4, 2021

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Mark Your Calendar: 2021 MIHP Agency Coordinator Meeting

The 2021 MIHP Agency Coordinator meeting will be held—once again virtually—on May 6th, from 8:30 am – 3:30 pm. This year, at the request of many agencies, we will have several networking “breakout rooms” where smaller groups of agencies can discuss specific topics with colleagues, share best practices, and brainstorm innovative ways to best serve families. We will also have the standard MIHP and Medicaid updates, along with presentations on interesting, timely topics.

We need your suggestions for presentation topics and MIHP operations items to highlight! We will have room on the agenda for up to four different presentation topics. Please email topic suggestions to mihp@michigan.gov, putting "Coordinator Meeting Topics" in the subject line. The sooner we identify topics, the sooner we will be able to secure presenters. We will also send out a survey in the next few weeks to capture additional ideas and suggestions. Thanks as always for your candid thoughts.

Essentials of Home Visiting Webinars

START EARLY™ introduces “Essentials of Home Visiting,” resources that can be helpful as you continue to do your vital work from the safety of your home. Learning experiences include self-paced courses, webinars, and peer learning opportunities. Take a look at **upcoming webinars in January** and click “register” below to sign up today.

Webinar Tip! Join the live webinar sessions as a virtual group with your fellow colleagues. Following the webinar, discuss what you learned as a group, and engage your colleagues in a conversation about how those learnings will impact your daily work of helping families and children.

Click [here](#) to register.

Domestic Violence: Safety Planning - 1/12/2021 at 1:00pm – 2:00pm As a home visitor, how can you support families impacted by domestic violence to develop a safety plan? This webinar discussed developing a working knowledge of community resources and collaborating with formal and informal institutions to support families using a strength-based, family-centered approach. This webinar complements the **Domestic Violence in Home Visiting** self-paced course.

Trauma in Families and Communities - 1/13/2021 at 11:00am – noon As a home visitor, how can you support yourself and the families you work with in an intentional and trauma-informed manner? This webinar identifies common missteps in working with families impacted by trauma. We will examine different strategies you can employ to support your families who are experiencing trauma. This webinar complements the **Impact of Trauma in Home Visiting** self-paced course.

Being Present with Families - 1/21/2020 at 1:00pm – 2:00pm How do your personal values and experiences impact the work we do? The qualities of being nonjudgmental, present and an active listener will be covered as well as some potential barriers to active listening. This webinar complements the **Basics of Home Visiting** self-paced course.

Reflective Supervision - 1/27/2020 at 1:00pm – 2:00pm The reflective supervision model offers supervisors and staff an opportunity to engage in a collaborative process that involves shared power, clear mutual expectations, and free-flowing communication. This webinar examines the reflective supervision model as a process between the supervisor and staff member that differs from administrative supervision. Administrative supervision is about "the work you do," and reflective supervision is about "what the work is doing to you." As a result of this webinar, you will be more prepared and confident when participating in reflective supervision with your staff. This webinar complements the **Supervising Home Visitors** and **Impact of Trauma in Supervising Home Visitors** self-paced courses.

Interested in exploring more of our innovative learning experiences? You can view the schedule for all upcoming webinars [HERE](#).

Check out all available training opportunities [HERE](#). **Questions?** Please email essentialsofhw@startearly.org or call 312.481.8859.

MI Bridges Referral Partner Reminder

There are still several MIHP agencies that have not yet registered as a referral partner in the MI Bridges system. We encourage you to take advantage of this opportunity to increase referrals to your program.

You also must be listed as a *Referral* (not just Access or Navigation) partner within the MI Bridges system. You will also need to have your current agency information entered into the 2-1-1 system. Remember that all MI Bridges Referral Partners are required to take MI Bridges Referral Training as outlined during the registration process. The training will cover the referral functionality, including how to locate referrals, assign to staff, close referrals, and suggest other referrals.

The attached flyer has simple instructions for registering. For additional assistance contact the MI Bridges Help Desk at 844-799-9876, from Monday – Friday, 8:00 a.m. – 5:00 p.m.

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[Process to Becoming a MI Bridges Referral Partner Flyer](#)

USDA Dietary Guidelines

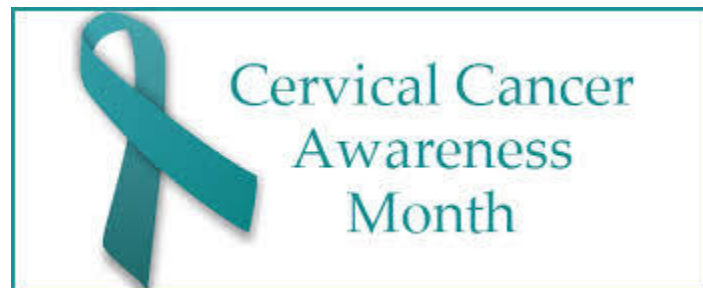
The U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) released the Dietary Guidelines for Americans, 2020-2025. The guidelines provide science-based recommendations designed to foster healthy dietary patterns for Americans of all ages – from birth through older adults. Importantly, this edition expands the guidance, for the first time including recommended healthy dietary patterns for infants and toddlers.

[Dietary Guidelines for Americans](#) is the nation's trusted resource for evidence-based nutrition guidance. The guidelines are designed for use by healthcare professionals and policy makers for outreach to the general public and provide the nutritional foundation for federal nutrition programs. The dietary guidelines should not be considered clinical guidelines for the treatment of disease.

The four overarching guidelines, encourage Americans to “Make Every Bite Count” by:

- Following a healthy dietary pattern at every life stage.
- Customizing and enjoying nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- Focusing on meeting food group needs with nutrient-dense foods and beverages from five food groups – vegetables, fruits, grains, dairy and fortified soy alternatives, and proteins – and staying within calorie limits.
- Limiting foods and beverages higher in added sugars, saturated fat, and sodium, and limiting alcoholic beverages.

For consumers, USDA's MyPlate translates and packages these principles of dietary guidance for Americans in a way that is handy and accessible. USDA offers the [Start Simple with MyPlate campaign](#) and a new MyPlate website to help individuals, families, and communities make healthy food choices that are easy, accessible, and affordable, in addition to helping prevent chronic disease. For more information, visit www.myplate.gov.



Coordinator Directory

To view the most recent Coordinator Directory, please click [here](#).

Topic Submission

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