



Postpartum Support International
Michigan Chapter

December 2024 Newsletter



Happy December Everyone! As the year draws to a close, hopefully you are able to relax and enjoy some downtime with your favorite people, books, or activities.

We are so thankful for all of your amazing contributions to Perinatal Mental Health this year and for allowing us the opportunity to join you, collaborate with you, or showcase your hard and meaningful work through this newsletter or social media.

Here's to an exciting month ahead!

It's that time!

Please Save the Date and Join us for our next PSI Michigan **All State Meeting**.

***Wednesday, January 8**

Make sure to register in advance for this meeting and please pass this information along to those you know that are interested.

You can register here:

<https://us02web.zoom.us/meeting/register/tZApdOCrqTwjEtYzIbS5IbPCLsg5FoSxCPhr>

SAVE
the
DATE



Postpartum Support International
Michigan Chapter

Meeting

Wednesday, January 8, 2025
12 -1 PM over Zoom
*Registration is required

Happenings Around the State and Upcoming Events

Bronson SHARE Holiday Memorial Program, December 6

On Friday, December 6 from 7-9 PM, Bronson Hospital in Kalamazoo will be hosting a SHARE Holiday Memorial Program. This is a special time set aside to remember the babies lost. SHARE group members participate and lead this memorial service. This special event is open to extended families, children, and those who have supported participants through their grief journey.

*Participants are welcome to bring an ornament in memory of their baby to place on the Christmas tree.

*Please contact Deb Koning with any questions: (269) 341-6639 or koninde@bronsonhg.org



Bronson SHARE Holiday Memorial Program

Friday December 6, 7-9 pm

Bronson Gilmore Center Auditorium
7 Healthcare Plaza, Kalamazoo, MI 49007

Cradle Kalamazoo Baby Shower, December 14

cradle
KALAMAZOO

COMMUNITY BABY SHOWER

For all Kalamazoo County residents who are pregnant OR a parent, foster parent, or caregiver of an infant under 1yr old.

When: Saturday, December 14
Noon - 2pm

Where: The Douglass Community Association
1000 W Paterson St

Register Here!
<https://tinyurl.com/Syn6dt7y>
For questions contact us at cradlekalamazoo@ywcakalamazoo.org

Join us for a chance to win big-ticket prizes like:

- Pack N' Play • High Chair
- Travel System • and More!

eliminating racism
empowering women
ywca
Kalamazoo

All participants will receive a FREE newly-designed gift bag filled with baby supplies and a birth support kit!

This exciting event will be held at the Douglass Community Association (**1000 W Paterson Street, Kalamazoo, MI 49007**) on **Saturday, December 14th from 12PM-2PM.**

As always, our pregnant and parenting participants will rotate through educational stations; breastfeeding, reproductive health, Health Equity, Doula Education and safe sleep. Each participant will receive a gift bag full of baby supplies, enter a drawing for big ticket baby items such as highchairs and pack n plays, and the opportunity to connect with fellow parents in their community.

Those who would like to attend can register by following the QR code on the invitation, or by visiting

<https://tinyurl.com/DecBabyShower>

The Jewish Fertility Foundation Support Group, December 18

Join the Jewish Fertility Foundation Detroit for a virtual support group on December 18.

*Free and Open to ALL women in Metro Detroit experiencing Fertility Challenges

*Registration required

Virtual SUPPORT GROUP

WEDNESDAY,
DECEMBER 18

7:15 - 8:30 PM

**FREE & OPEN TO ALL WOMEN
IN METRO DETROIT
EXPERIENCING INFERTILITY**

JEWISH FERTILITY FOUNDATION®
Detroit

JOIN US →

*REGISTRATION REQUIRED
12 HOURS IN ADVANCE OF MEETING
jewishfertilityfoundation.org/detsupport

Schug Counseling

Schug Counseling in Wayland just got their first delivery of Brice's Light boxes to give to any clients after experiencing a pregnancy loss. Brice's Light is a Grand Rapids area non-profit started by a mom/nurse who experienced a loss herself. After learning of the support other families had received in other areas, she wanted to do the same in her area. Brice's Light Boxes will also be available at other local hospitals and organizations.



ROSES Program

The ROSES-II study on the ROSE program for preventing postpartum depression. They are recruiting pregnant people in any US state

MICHIGAN STATE UNIVERSITY
Charles Stewart Mott
Department of Public Health

HENRY FORD HEALTH

You may be eligible if you...

- Are age 18 or older
- Are between 12 to 32 weeks pregnant
- Can understand and speak English
- Have access to a telephone
- Have the ability to make video calls and access to stable internet
- Currently live in Michigan or Massachusetts

Contact us to see if the project might be a good match for you!

Call or text: **(517) 643-1562**
Email: **ROSEScaleUp@msu.edu**



Are You Pregnant?


- Michigan State University has partnered with Henry Ford Health to offer no cost virtual support groups to pregnant people
- The groups bring together pregnant people to learn ways to best prepare for being a parent of a newborn
- Group topics include self-care, managing mood and stress, relationships and communication, and planning for the future
- Eligible participants will receive \$60 offered through this study

Scan the QR code and fill out the short form if you would like MSU research staff to contact you regarding your participation in this study.




The HeAL Study

The HeAL study on a group intervention to address major depression following perinatal loss—They are recruiting in Michigan. For more information you can call or email at: (810) 516-0319/ heal@msu.edu



Have you recently experienced a miscarriage, stillbirth, or loss of a newborn?

You are not alone.



Call or text
— (810) 516-0319 —

The Project

We are offering no cost counseling through our research study for women who are feeling down after a loss of a pregnancy or newborn.


Participants will be assigned to one of two different treatments. One of the treatments works by talking about the loss. The other treatment works by focusing on ways to cope with feeling down, rather than on the loss itself. Both treatments are effective.


Eligibility

- Woman between the ages of 18-50 years old
- Have experienced a miscarriage, stillbirth, death of a newborn, or medically necessary termination (e.g. ectopic pregnancy) within the past 18 months

Please call or text us at **(810) 516-0319** or email us at HeAL@msu.edu, to find out if we can help.

Please note: If you are eligible, you will receive counseling at no cost and may be compensated up to \$180.00. Online counseling options available.





Project Partners

- Funded by the National Institute of Child Health & Human Development
- Led by Dr. Jennifer Johnson from Michigan State University
- Collaborators include Dr. Kent Key, Ann Back Price, MSN and Dr. Caron Zlotnick
- This project is endorsed by the Community Based Organization Partners Community Ethics Review Board

You are not alone.

Miracle Center Project

MIRACLE CENTER

The Multilevel Interventions to Advance Maternal Health Equity (MIRACLE) Center
Scaling up Community Care Bundles for Maternal Health Equity

The MIRACLE Center's goal is to reduce maternal morbidity and mortality disparities in African American, Hispanic, and rural populations in Michigan. One of our aims is to scale up best practices in maternal health equity through an implementation trial of community-based maternal safety bundles. To learn what it takes to scale up health equity best practices, we will evaluate provider experiences, implementation and cost-effectiveness of adopting the community care bundles.





Wayne Calhoun
 Oakland Jackson
 Ingham Saginaw
 Isabella Kalamazoo
 Macomb Berrien
 Muskegon Washtenaw

Community care bundles are groups of best practices that may be used in **outpatient** and **community-based settings** and other supportive services that serve pregnant and postpartum people.

BE A PART OF THE MIRACLE

Please complete our [survey](#) about the services your organization offers!


If interested, you will have the opportunity to:



Help innovate and shape safety bundle implementation in your community



Provide feedback on your organization's experience in implementing community care bundles



Collaborate with other community learners on scaling maternal health equity strategies



Benefit from technical assistance, training, and materials from experienced researchers and early adopters

CONTACT US

- To complete our survey, please use this [link](#) or scan the QR code.
- Please complete this [form](#) to provide a point of contact who will complete the survey on behalf of your organization.
- For questions or more information, contact us at miracle.qi@msu.edu



HENRY FORD HEALTH

Multilevel Interventions to Advance Maternal Health Equity (MIRACLE) Center Project 3: Scaling up maternal health equity best practices (U54 HD113291). PIs: Jennifer Johnson, Jaye Clement & Amy Loree

MICHIGAN STATE UNIVERSITY

*The MIRACLE center project is trying to reach providers serving pregnant and/or postpartum people in the following counties (Wayne, Oakland, Ingham, Isabella, Macomb, Muskegon, Calhoun, Jackson, Saginaw, Kalamazoo, Berrien, and Washtenaw) to complete their survey about the services they offer, and also to see if they're interested in implementing any of the maternal safety bundles in community and outpatient settings.

To learn more you can contact them at miracle.qi@msu.edu

MC3 Parent Toolkit


Developed in partnership with colleagues at Zero to Thrive, MC3's Parent toolkit offers practical, evidence-based tools to help parents managing stress and strengthen families. <https://mc3michigan.org/parent-toolkit/>

Toolkit includes:


- **7 easy-to-follow sections** geared toward the most pertinent needs of parents, including Mindfulness, Managing Stress, Promoting Emotional Stability, and more
- **Actionable strategies** that parents can start using right away to help with stress
- **Instructional Videos** to guide and practice key skills

PARENT TOOLKIT

Resources to Help Strengthen Families



THIS TOOLKIT WAS CREATED IN PARTNERSHIP WITH
MC3 AND ZERO TO THRIVE



Other PSI News

PSI Blog



BLOG

Did you know that PSI has a blog? Multiple entries are posted throughout the month. Check it out at: <https://www.postpartum.net/news/blog/>

PSI 2025 Conference- Call for Proposals

You are invited to submit a proposal for the 38th Annual Postpartum Support International Conference in New Orleans, LA from July 7-11, 2025.


DEADLINE TO SUBMIT: Wednesday, January 8, 2025

2025 PSI Call for Annual Meeting Submissions: <https://loom.ly/hzeLSdk>

PSI Submitters Guide: <https://loom.ly/zJOKjFo>

Due to the professional diversity of PSI membership and conference attendees, we welcome presentations with scientific data as well as those addressing clinical expertise or community projects. Both didactic and experiential proposals for breakouts will be accepted, in addition to the poster submissions.

The Program Committee is especially interested in proposals on the topics of: Families & Parenting Partners, Perinatal Psychiatry, Peer Support & Advocacy, Integrated Care and Systems, and Psychotherapy



2025 POSTPARTUM SUPPORT INTERNATIONAL CONFERENCE

Call for Proposals

CALL FOR ANNUAL MEETING SUBMISSIONS

DEADLINE TO SUBMIT:
WEDNESDAY, JANUARY 8, 2025 AT 11:59 PM EST

PSI SUBMITTERS GUIDE

LINKS IN CAPTION OR SCAN QR CODES TO ACCESS

POSTPARTUM SUPPORT INTERNATIONAL | 800-944-4773 | POSTPARTUM.NET

Giving Tuesday



PSI Support Parents in Crisis
Postpartum Support International
800-944-4773 | Postpartum.net

SAVE THE DATE

Giving Tuesday
DECEMBER 3, 2024

This Giving Tuesday Support Parents in Crisis with a donation to ensure PSI can continue to provide FREE support and resources to parents in crisis — especially when they need it the most.

Whether \$1 or \$10,000, every donation contributes to helping us reach, support, and save the lives of parents affected by perinatal mental health disorders.

Help us help pregnant, postpartum, and post-loss individuals in need of support by making a donation that will fund PSI resources at <https://go.postpartum.net/Give24>.

*If you are interested in donating to PSI Michigan so we can continue to grow, offer education, fund individuals to receive education, and continue to support the initiatives around the state that contribute to the mental health of our Michigan Perinatal Population, you can do that here:

<https://psichapters.com/mi/#give>

National Events of Interest

10th Anniversary Jewish Fertility Foundation, January 14 (Atlanta, GA)



10TH Anniversary JEWISH FERTILITY FOUNDATION
A DECADE OF HOPE

Save The Date!

A DECADE OF HOPE Celebration

TUESDAY, JANUARY 14, 2025
THE STAVE ROOM | ATLANTA, GA

Sponsorship Opportunities Available Now!



10TH Anniversary JEWISH FERTILITY FOUNDATION
A DECADE OF HOPE

Save The Date!

HAPPY TO ANNOUNCE OUR Emcee!

ELIZABETH CARR
FIRST IVF BABY BORN IN THE U.S.!



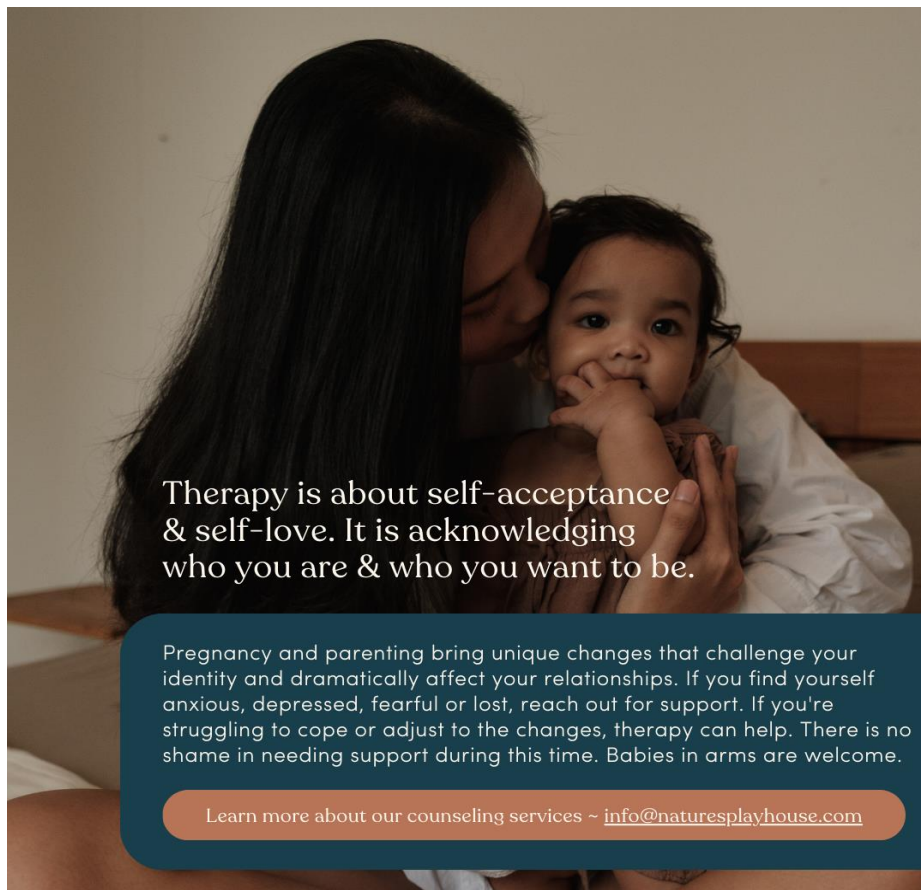
Spotlight on -

Natures Playhouse Perinatal Therapy and Counseling Support

Therapy is about self-acceptance and self-love. It is acknowledging who you are and who you want to be. Pregnancy and parenting bring unique changes that challenge your identity and dramatically affect your relationships. If you find yourself anxious, depressed, fearful, or lost, reach out for support. If you're struggling to cope or adjust to the changes, therapy can help. There is no shame in needing support during this time. Babies in arms are welcome.

Insurance Accepted: Aetna, BC Complete, BCBS of MI, BCN of MI, Beacon Health, Cigna Behavioral, HAP/Healthplus, McLaren Commercial, McLaren Medicaid, Medicaid of MI, Meridian Medicaid, Molina, Optum/UBH/UHC, Priority Health, Private and Sliding Scale Available.

Nature's Playhouse - All natural playspace and wellness center supporting all members of a family and caregiving community. (777 Livernois Street, Ferndale, MI 48220, info@naturesplayhouse.com, 248.955.3219)



Therapy is about self-acceptance & self-love. It is acknowledging who you are & who you want to be.

Pregnancy and parenting bring unique changes that challenge your identity and dramatically affect your relationships. If you find yourself anxious, depressed, fearful or lost, reach out for support. If you're struggling to cope or adjust to the changes, therapy can help. There is no shame in needing support during this time. Babies in arms are welcome.

Learn more about our counseling services ~ info@naturesplayhouse.com

****We have amazing PMH professionals across the state. Let's learn about each other. Please tell us about yourself and send us a picture to spotlight you in our newsletter and on social media.***



- PSI Michigan does Education. PSI Michigan has experience educating and has presented to all types of different healthcare professionals and organizations that work with the Perinatal and infant populations. Providers, residents, therapists, social workers, nurses, lactation consultants, doulas, county health departments, WIC, home visiting programs, early on and head start programs, perinatal quality improvement collaboratives, etc... *If you are interested in bringing a training or a lunch-and-learn to your organization, please reach out to Kristina at ledlokr@bronsonhg.org to set something up.
- If there is a community baby shower or event in your local area that you are interested in bringing PSI MI representation to, let us know. We will do our best to try to be there, or make sure you are set up with materials to distribute.

THANK YOU all for everything you do! Have a FANTASTIC month!

