

Monthly PERINATAL NEWSLETTER



July 2024

Welcome to the Perinatal Monthly Newsletter! We hope you enjoy the shared information. If you have any information you would like to share or questions about this month's content, please contact [Katrina Keough](#).

The UP Perinatal Quality Collaborative meets virtually for bimonthly meetings. Meetings occur the third Tuesday of every other month from 9:00AM to 11:00 AM EST. Meetings will be offered virtually and are subject to change. You must register for each of the bimonthly meetings.

[Register for a Virtual Meeting](#)

After registering, you will receive a confirmation email containing your unique information about joining the meeting virtually.

The next UP Perinatal Quality Collaborative Meeting Region 1 will be: **Tuesday, August 20th, 9:00 AM to 11:00 AM EST. You must register for each of the bimonthly meetings.**

The Zoom meeting link and agenda are sent after registering. To view last month's meeting minutes, [Click Here](#).

To regularly receive meeting registration links, agendas, and minutes, please email cbalmat@uphcs.org.

Please also watch for event registration links in your monthly announcements or visit UPHCS.org. For questions, or to add meeting suggestions or requests, please email [Katrina Keough](#).

Announcements



Congratulations to Region 1 Birthing Hospitals on Their Michigan Alliance for Innovation in Maternal Health Designations!

Platinum

Marshfield Medical Center - Dickinson

Gold

MyMichigan Medical Center - Sault Ste. Marie

UP Health System - Bell

UP Health System - Portage

Michigan Alliance for Innovation on Maternal Health (MI AIM), a national maternal safety and quality improvement initiative, with the goal of eliminating preventable maternal mortality and severe morbidity. The MI AIM Patient Safety Bundles are a structured way of improving care processes and patient outcomes. The safety bundles help fully equip hospitals with actionable protocols, necessary equipment, staff education, and staff drills to prevent and adequately treat these severe maternal events. More information can be found [here](#) or at [About Us](#).



UP Health Care Solutions and the Region 1 Perinatal Quality Collaborative Support Maternal and Infant Health

To facilitate alignment with the MDHHS strategic plan, *Advancing Healthy Births: An Equity Plan for Michigan Families and Communities*, funding was awarded to community-based organizations and local programs, whose efforts are focused on improving birth outcomes, reducing health disparities, and addressing root causes of these disparities. Funded organizations and projects are listed below:

- Doulas of Marquette – Advancing UP Birth Outcomes: Centering Families Through Doula Equitability & Expanding Access to Childbirth Education
- Gogebic-Ontonagon Great Start Collaborative – Education for Healthy Birth Outcomes
- Menominee County Intermediate School District – Safe Sleep Project
- Michigan Breastfeeding Network – Superior Lactation Support
- Community Foundation for Delta County – Protecting Infants
- UP Family Doula Care – Birth Ball Basics

- LMAS District Health Department – Luce County Birthing Resource Closet
- 10 Individual Breastfeeding Support Training and Continuing Education Scholarships

“Thanks to substantial funding, UP birth workers have the opportunity to provide essential services and support to birthing individuals and their families, fostering a community-centered approach that honors each birth with care and skill.” says UPHCS Assistant Director and Region 1 Perinatal Quality Collaborative Lead, Katrina Keough.

[Click here to read the full press release](#)

Michigan Breastfeeding Supporter Meetings

MIBFN and Local Breastfeeding Supporter Meetings are intended as a space for MIBFN, local breastfeeding supporters, and statewide partners to share, listen, and learn alongside each other as a way of informing each of our statewide and local breastfeeding support strategies. We hold one another accountable for ensuring that this, and all breastfeeding spaces, are safe for the families and breastfeeding supporters who are most marginalized by our current systems.

Reserve A Spot

FREE Class: Prep4Birth with Doula Lacy

This 4th Trimester Fitness® Prep4Birth course is a complete prenatal birth ball & labor prep class. You will learn exercises to strengthen your body during pregnancy, tools for optimal positioning and comfort during pregnancy and childbirth, and even a few postpartum tips for baby soothing techniques.



To register fill out this form! The cost of the course is covered by the generosity of The Region 1 Perinatal Collaborative and UPHCS. **Follow UP Family Doula Care on Facebook!**



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UP Doula Support Network is Open!

UP Doula Support Network (UPDSN) is open to current, new, and aspiring doulas throughout the Upper Peninsula of Michigan. We will meet virtually on a bi-monthly basis and share continuing education opportunities, best practices, state, regional, and health system policy updates, resources, and support. The UPDSN is facilitated by Melinda Britton, Owner of Doulas of Marquette in partnership with Upper Peninsula Health Care Solutions and the Region 1 Perinatal Quality Collaborative. For additional information please contact Melinda at:

doulasofmarquette@gmail.com

Resources



The Consumer Product Safety Commission (CPSC) is warning consumers to **immediately stop using certain Hush Hutting Crib Mattresses and play yard mattresses** due to flammability and suffocation risks.

CPSC is aware of an infant death in 2020, which authorities reported as occurring in a DHZJM branded baby lounger.



MDHHS Hosting Two, Free Virtual Baby Fairs in July For New or Expecting Families

LANSING, Mich. – The Michigan Department of Health and Human Services (MDHHS) is hosting [two virtual baby fairs for new or expecting parents in July](#). At the events, families will have opportunities to learn about available resources, important health and safety information and ask questions directly to program experts.

The event is free of charge and occurring on the following dates and times:

- Tuesday, July 23, from 6 to 8 p.m.

[Participants can register for one of these sessions online](#). For questions related to this event or to request baby fair resource materials as a printed document, please email MDHHS-VirtualBabyFair@michigan.gov or visit Michigan.gov/VirtualBabyFair.

Upcoming Mother Infant Health & Equity Collaborative (MIHEC) Meetings

Register for a MIHEC Meeting - 2024

Time: 1:00 PM - 3:00 PM ET

Location: Virtual (Zoom)

[August 15, 2024](#)

[November 14, 2024](#)

Help Prevent Hot Car Deaths

Over the past 25 years, more than 970 children have died of heatstroke when they were left or became trapped in a hot car. These tragedies can happen to anyone – but they are always preventable. Watch and share the video [Never Happens](#) from the National Highway Traffic Safety Administration (NHTSA) and follow these tips:

1. Never leave a child in a vehicle unattended for any length of time. Rolling windows down or parking in the shade does little to change the temperature inside the vehicle.
2. Make it a habit to check your entire vehicle – especially the back seat – before locking the doors and walking away.
3. Ask your childcare provider to call if your child doesn't show up for care as expected.
4. Place a personal item like a purse or briefcase in the back seat, as another reminder to look before you lock. Write a note or place a stuffed animal in the passenger's seat to remind you that a child is in the back seat.
5. Store car keys out of a child's reach and teach children that a vehicle is not a play area.

If you see a child alone in a locked car, act immediately and call 911. Minutes matter!

Learn more at the [NHTSHA website](#) and at [NoHeatStroke.org](#).

On Demand Webinars & Training

UP Perinatal Quality Collaborative Scholarships Available for Perinatal Mental Health!

UP Health Care Solutions and its Region 1 Perinatal Quality Collaborative are partnering with Post Partum Support International to bring the first ever 3 day training to the Upper Peninsula. “It is important to make training for birthing professionals easily accessible, affordable, and sustainable. UPHCS and its Region 1 PQC aim to continue to support local trainings to support clinical and non clinical professionals to provide quality care for all birthing persons and their infants.” Katrina Keough, Assistant Director, UPHCS and Region1 PQC.

The option of a 2 or 3-Day training will be held at the Northern Center in Marquette, MI October 22nd - October 24th, 8:00 AM - 5:00 PM EST.

Scholarship Request Deadline is September 1, 2024. Scholarship awardees will be notified the week of September 2nd. A waiting list will be offered.

[Sign Up Here](#)



MICHIGAN CENTER for RURAL HEALTH

NORTHERN MICHIGAN NMORC OPIOID RESPONSE CONSORTIUM

The Ripple Effect: Creating Positive Change

**2024 Rural Michigan Opioid & Substance Use Summit
July 25, 2024 • Treetops Resort • Gaylord, Michigan**

Region 1 Funding Available for Michigan Opioid & Substance Use Summit July 25th

To inquire if you are eligible for a stipend to attend, please email cbalmat@uphcs.org.

Webinar: Grief & Bereavement - Supporting Bereaved Families - Recording Now Available

Did you miss "Grief & Bereavement - Supporting Bereaved Families" in our Infant Safe Sleep Webinar Series? No problem! The **recording** is now available on our website.

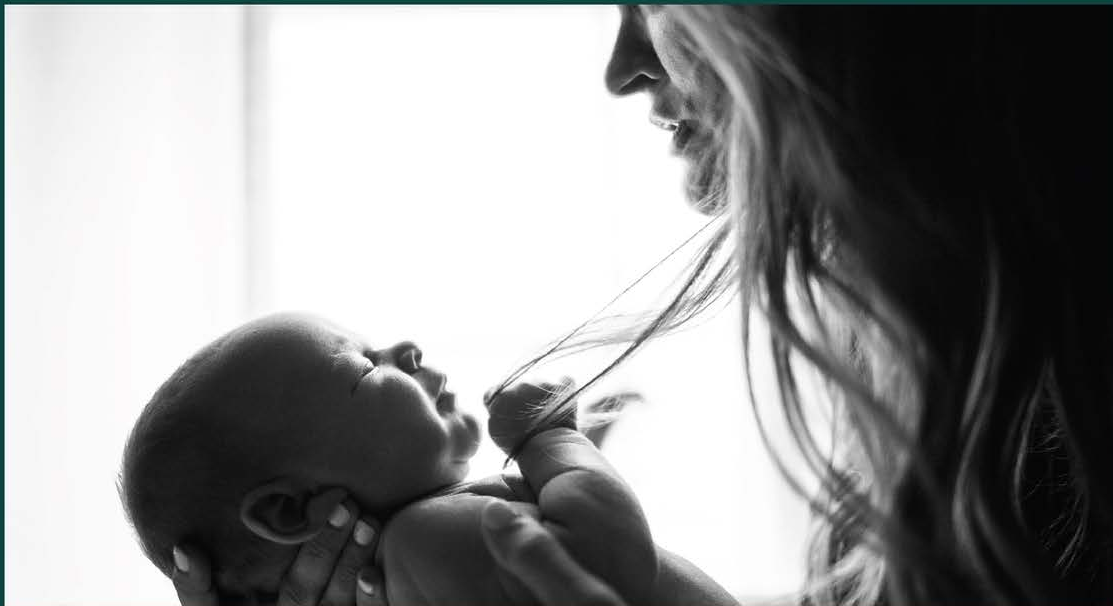
Presenter: Audra Brummel, MPH, CHES, Infant Health Consultant, Michigan Fetal Infant Mortality Review (FIMR) Coordinator, Michigan Department of Health and Human Services.

If you have any questions, please email the Infant Safe Sleep Program at **MDHHS-InfantSafeSleep@michigan.gov**.

Interested in participating in Quality Initiatives or Community Programming? Various Workgroups are available including:

- Family Planning
- Smoking Cessation
- Child Passenger Safety
- Care Coordination
- Perinatal Substance Use Disorder
- Home Visiting
- Maternal and Family Wellness
- Others

For more information or to join a workgroup, email **[Katrina Keough](#)**.



EVIDENCE BASED BIRTH® CHILDBIRTH EDUCATION GRANT FUNDED – NO COST TO PARTICIPANTS

Class Includes:

- Mentorship from Evidence Based Birth® Instructors
- Six Weekly Virtual Meetings with your EBB Instructors and classmates (1-2 hours weekly)
- Five weeks of online videos (closed captions in English and Spanish!)
- In-depth workbook in digital or spiral-bound physical format
- Breastfeeding/chestfeeding and newborn care videos

When:

Classes will be held on Sunday evenings at 6:30 with the following three cohorts:

- April 14th-May 19th
- June 2nd-July 7th
- August 4th-September 8th

Register Here:



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FACILITATED AND INSTRUCTED BY:

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[Click here to register](#)

Sign Up for MIH Updates and Emails

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