

Perinatal Support Services

Michigan Clinical Nursing Conference for HIV & STI

August 2025



Recipe for Isolation

- Location.
- Weather.
- Family and support networks.
- Role norms of new family members.
- Stigma and judgement.
- Increased convenience.

- “Social health refers to the quality of our relationships and how often we interact with others.”
- Loneliness and social isolation impact our health and longevity.
- Loneliness is linked to greater risks of cardiovascular disease, dementia, stroke, depression, anxiety and even premature death.
- “The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity.”
- Social connection is necessary for survival.

[What is Social Health and How Does it Impact Longevity? | Social Engagement](#)
[Our Epidemic of Loneliness and Isolation](#)

Aja



<https://youtu.be/ycbGQODQc04>

Advancing Healthy Births



2024-2028

ADVANCING HEALTHY BIRTHS

AN EQUITY PLAN FOR MICHIGAN FAMILIES & COMMUNITIES

STRATEGIC VISION → **ZERO PREVENTABLE DEATHS**
ZERO HEALTH DISPARITIES

PRIORITY AREAS
ROOTED IN EQUITY



Health Across The Reproductive Span



Full-Term, Healthy Weight Babies



Infants Safely Sleeping



Mental, Behavioral Health, & Well-being

[Advancing Healthy Births](#)

Fostering Support & Connection

- Home Visiting Programs.
- Doula Initiative.
- 24/7 support/access.
 - 2-1-1.
 - Web-based information and linkages.
 - Pregnancy+.
- MI Perinatal Quality Collaborative.
- Centering Pregnancy.
- Additional support mechanisms.

Home Visiting

Home Visiting Programs

- Play & Learn Strategies (PALS).
- Maternal Infant Health Program (MIHP).
- Nurse-Family Partnership (NFP).
- Infant Mental Health (IMH).
- Family Spirit.
- Healthy Families America (HFA).
- Parents as Teachers (PAT).
- Healthy Start.



Doula Initiative



Medicaid Doula Policy

Medicaid Coverage of Doula Services ([MMP 22-47](#)).

- Effective January 1, 2023.

Update to Coverage of Medicaid Doula Services ([MMP 24-40](#)).

- Effective October 1, 2024, reimbursement rates increased:
 - Up to 12 visits - \$100 per visit.
 - Labor and delivery support: \$1500.
 - Total complement of doula services: \$2700.

Doula Initiative Core Activities

Doula Advisory Council

- Doula Advisory Council works to inform the advancement of doula services in Michigan because of the Medicaid doula reimbursement policy.
- Membership includes 25 doulas with equitable representation from each of Michigan's 10 prosperity regions.

Sponsored Doula Trainings

- Approximately 400 doulas have completed MDHHS-sponsored trainings.
- FY 25 – anticipate 425 new doulas.
 - 19 trainings from nine different organizations.
 - Two Spanish language doula trainings.
 - Two Indigenous doula trainings.

Doula Advisory Council Members – Doula After Glow

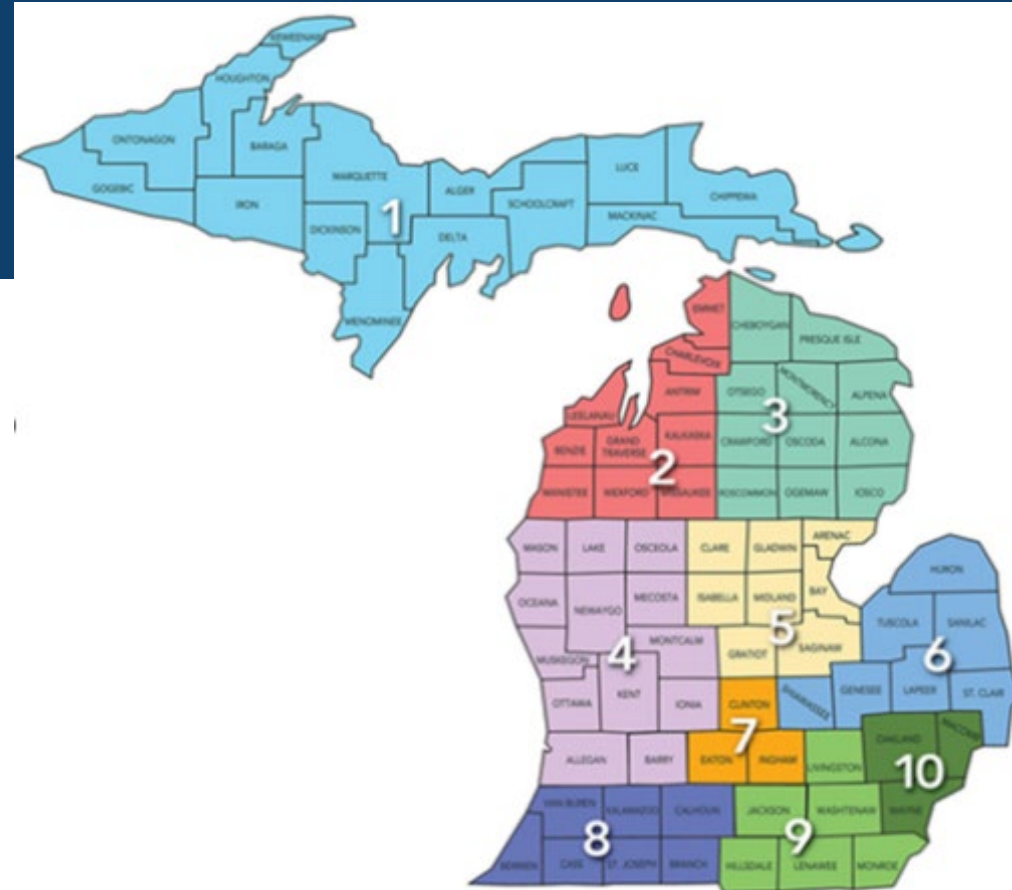


Sponsored Training – Detroit, Michigan



Doula Registry

- Statewide:
 - 837 doulas.
 - 558 Medicaid-enrolled doulas.
- By Prosperity Region:



Region	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10
Doulas	38	41	29	188	80	111	77	104	201	395
Medicaid	23	32	21	129	59	83	54	75	138	260

Doula Initiative Core Activities

Doulas at the Maternal Infant Health Summit 2024



Sponsored Training – Detroit, Michigan



Maternal Infant Health Summit

- Support doula content and gatherings – Doula After Glow (2024) and Michigan Doulas Do! pre-conference (2025).

Engagement and Technical Assistance

- Maintain Doula Initiative website resources for Medicaid-enrolled doulas and public inbox for all doula related inquiries.

Continuing Education

- Monthly live webinars with content requested by doulas.
- Developed in FY 25:
 - Practical Training for New Doulas (recorded webinars).
 - Business practices, Medicaid enrollment and sustaining a doula practice.
 - Deep Dive Training Series:
 - Business of Being a Doula.
 - Supporting High Risk Pregnancy Clients.
 - Nurturing the Nurturers – Sustainability and Support for Doulas.

24/7 Support & Access

Michigan 2-1-1

Providers: The new Organization Portal is live! [Learn more](#)

2-1-1
Michigan

CALL 2-1-1 TEXT & CHAT LANGUAGE M

[Home](#) > Find Help – Results

I am looking for:

I live in zip code:

FIND HELP

Formula/Baby Food

Showing 4 locations serving people living in 48817

FIRST BAPTIST CHURCH OF OWOSSO 6.8 miles

FIRST BAPTIST CHURCH OF OWOSSO
MATERIAL GOODS FOR CHILDREN

📍 114 West Mason Street | Owosso, MI, 48867

Provides a baby pantry for infants, babies, and children. Diapers, wipes, and clothing is available.

Serves: Shiawassee County

[DETAILS](#)

BEACON OF HOPE FAMILY CARE CENTER 26.0 miles

BEACON OF HOPE FAMILY CARE CENTER
BASIC NEEDS AND MATERIAL GOODS FOR FAMILIES WITH INFANTS

📍 401 South Swegles Street | Saint Johns, MI, 48879

Image of 2-1-1 website search option.

2-1-1 Organization Portal

Providers: The new Organization Portal is live! [Learn more](#)

We Have a New Organization Portal

At 2-1-1, we believe access to information and social services are the cornerstone of thriving communities. We are committed to providing a service in which every person in need finds that access in one place. The backbone of 2-1-1 is the resource directory of programs and services available to Michigan residents. To ensure this service continues to support our Michigan residents, we need your help to ensure our directory is relevant, accurate, and up to date.

We understand that information in our industry rapidly changes and to help keep up with all these changes, we've created a self-service portal for organizations to access on demand.

By simplifying and streamlining the process of updating your organization's information in the 2-1-1 directory, we hope that you will feel more equipped to update more frequently in between your annual review.

ORGANIZATION PORTAL LOGIN

Image of 2-1-1 website portal for organizations to be added to 2-1-1.


Grief & Bereavement

Agencies & Service Providers:
Search and Update Resources by Agency

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or visit the [Lifeline Chat](#) to connect with a trained crisis counselor.

2-1-1
Michigan

CALL 2-1-1 TEXT & CHAT LANGUAGE MENU



Protected: Grief and Bereavement Resources and Services

Home > Grief and Bereavement Resources and Services

Grief is universal, individual, natural, and lifelong. There is no right or wrong way to grieve. Each person's experience is affected by their relationship to the deceased, the circumstances surrounding the loss, and other factors. Gaining understanding and support is key to helping ourselves and others navigate this journey. You are not alone.

Locate resources serving your area that may help you before, during, and after a loss. Topics include:

Resources Before & Immediately After a Loss
Financial Assistance

[Grief and Bereavement Resources and Services - Michigan 2-1-1 \(mi211.org\)](https://mi211.org)



Mental Health Support for Grief and Bereavement

If you need mental or emotional support, search here.

Select a category...

- Bereaved Child Support Groups
- Bereaved Parent Support Groups
- General Bereavement and Grief Support Groups
- Widow/Widower Support Groups
- Crime Victim Support Groups
- Bereavement and Grief Counseling
- General Counseling Services



Maternal and Infant Loss

If your family has experienced a miscarriage, still birth, parent or infant loss, search here.

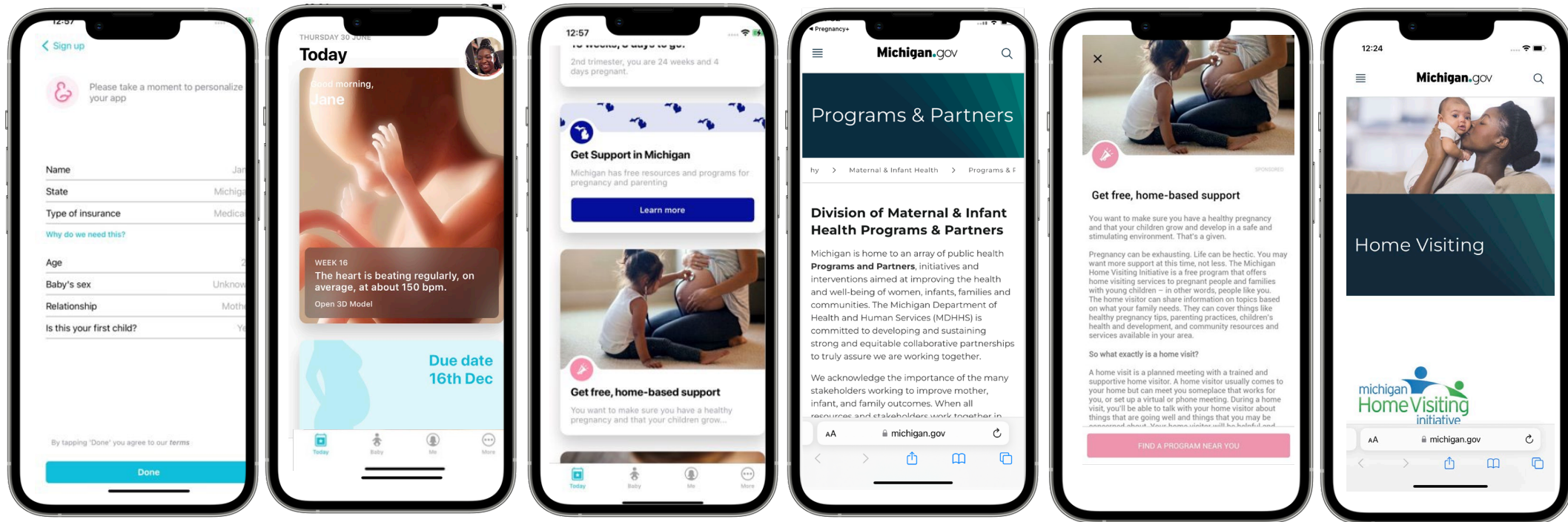
Select a category...

- Bereaved Parent Support Groups
- Bereaved Child Support Groups
- Widow/Widower Support Groups
- Specialized Information and Referral for Bereaved Parents

Online Bereavement & Safe Sleep Trainings

- The ***Bereavement Training for Maternal and Child Health Professionals*** is now available on-demand through mihealth.org.
- Training is free and designed to support health care professionals and support workers who have experienced patient death.
 - Course covers different types of grief, factors affecting grief response, self-care strategies, and where to find additional support.

Pregnancy+ Application



[Pregnancy+ \(EN\) - Philips](#)

What Benefits are Available to You?

You can apply for more than one program at a time.



Healthcare Coverage

Helps with healthcare costs.



Food Assistance Program (FAP)

Helps you buy or grow food.



Cash Assistance

Provides cash to parents with children, people with disabilities, refugees, and people over 65.



Women, Infants, and Children (WIC)

Provides food, referrals, and education to mothers, infants, and young children.



Child Development & Care (CDC)

Help covering child care costs for working families.



State Emergency Relief (SER)

Help covering the cost of emergency situations.



Danielle



https://youtu.be/7ApeA_X_Cd8

Perinatal Quality Collaborative

MI Perinatal Quality Collaborative (PQC)

- Launched in 2015.
- Recognized by the Centers for Disease Control & Prevention (CDC).
- Comprised of nine Regional Perinatal Quality Collaboratives (RPQCs).
- Community and clinically-focused.
- \$5M in funds issued by the RPQCs as mini-grants last year and again this year.
- Family and community advised support for families.

Classes:
family
sig

Infant Feeding Class

Free & Virtual INFANT FEEDING CLASS

March 18th, 6pm-8pm

There are many ways to feed your baby. Come learn and find the right method that fits your family, your lifestyle, and your goals. Taught by Certified Childbirth Educators and an IBCLC. All birthing and lactating people and their partners are welcome to attend.



Breast/chest feeding



Bottle feeding and pumping



Formula feeding

Register Today!



SUIMPOIC



at Storytelling Join Past Meetings Blog Resources FAQ Contact

[County Resource Guide](#)

[County Behavioral Health Systems Guide to Services](#)

[County Great Start Collaborative Resource Guide](#)

[County Mental Health Resource Brochure](#)

al Health Help Near You

[an Department of Health and Human Services Community Mental Health Services Programs](#)

[Therapist at Psychology Today](#)

[reatment at SAMHSA \(Substance Abuse and Mental Health Services Administration\)](#)

[Professional with a Certificate in Perinatal Mental Health through PSI](#)

[d Perinatal Mental Health Professionals](#)

al Health Hotlines

pLine Call 1-800-944-4773 #1 Espanol or #2 English

elp" to 800-944-4773 (English) or 971-203-7773 (Espanol)

al Maternal Mental Health Hotline 833-852-6262

al Crisis Text Line "Home" to 741741

al Suicide Prevention Hotline dial 988 or chat at 988lifeline.org

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Class In

- Mentorship i
- Instructor
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- Weekly vide
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- Digital and/
- Breastfeedi
- care videos
- **Bonus:** Body
- with Chloe fi

GENEROUSLY C

UPH

UPPER PENINSULA HEALTH

Centering Pregnancy

Centering Pregnancy

- Evidence-based group prenatal care.
- Decreases rates of preterm and low birth weight babies.
- Increased breastfeeding rates.
- Increased pregnancy spacing.
- Shown to nearly eliminate racial disparities in preterm birth rate.

Centering Pregnancy

- Improve patient education.
- Increased social support.
- Increased patient satisfaction.
- More time with provider.
- Better management of pregnancy-related conditions.

Centering Pregnancy Locations

- Jackson.
- Kalamazoo.
- Saginaw.
- Detroit.
- Utica.
- Greenville.
- Grand Rapids.
- Ada.
- Muskegon.
- Hastings.
- Zeeland.
- Commerce Township.
- Hillsdale.
- Battle Creek.
- Pontiac.
- Alpena.
- Midland.
- Livonia and more.

Centering Pregnancy

- 35 Centering pregnancy sites in Michigan.
- Three Centering parenting sites in our state.

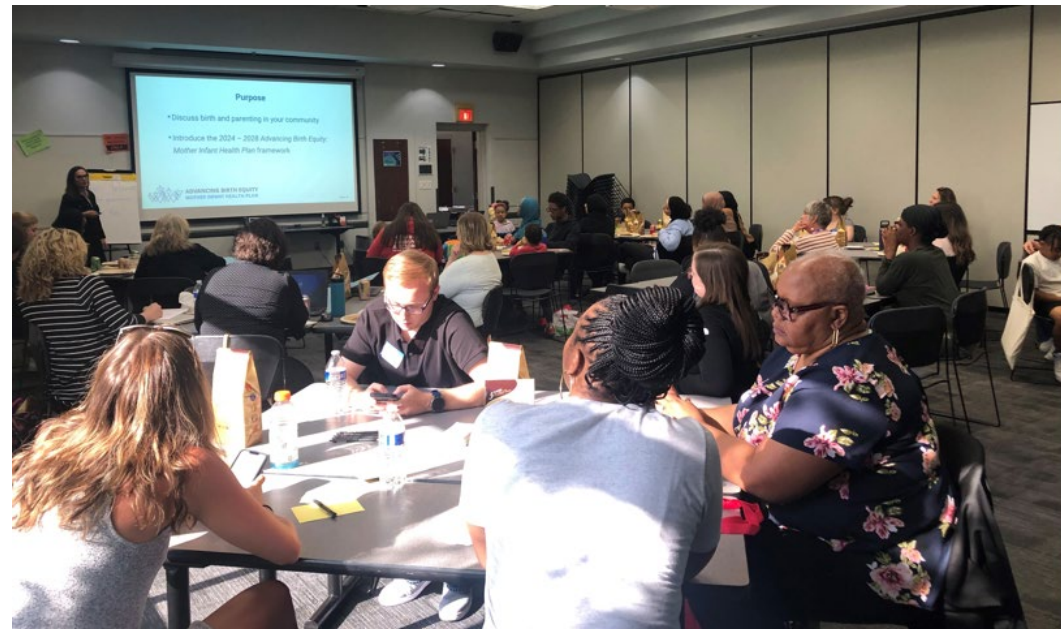
[Centering Healthcare Institute | Why Centering?](#)



Additional Support Efforts

Other Support Mechanisms

- Rooming In.
- Childbirth and Parenting Education (virtual and in person).
- Play groups and other parent support settings.
- Community and Family Town Halls (formerly Maternal and Infant Health Town Halls).



Vitality Project

*“Yeah, the stigma of needing that help financially. You don’t want to feel like you are a beggar or a burden on someone else. You don’t want to feel like you’re not enough. You can do it on your own and you’re trying to balance everything else on top of that. **So, it would be nice to have resources on hand to know that, ‘Hey, there are other moms in that same boat’ because it does get lonely, it does feel like you might be the only one until you get into a group of people that you’re like, ‘Oh, you know what? I’m OK asking for help. Everyone else is also asking for help.’”***

*“... I didn't know what to do. I've never really been around babies...But with [my home visitor] being in my circle and helping me ... **They got me prepared to have my bag ready, what I need to do ... like I was prepared to the T ... it gave me like a stress relief and they were very helpful. They gave gifts and they're still in my baby's life. So, to this day, I wish I could keep them for forever but that really helped me a lot.**”*

Vitality Project

“And I got whatever help I can get through joining like Facebook groups. I became very vulnerable, like I reached out to people I didn't know say, ‘Hey, I'm a single mom. I don't know anybody. Can anybody help me?’ I got two babies. So, some people would do like a meal train. Somebody would make food and drop it off to you. So, you don't have to worry about food. And I had someone come over and watch my babies while I caught up with other things at home, like little things like that.”

“My home visitor ... was my lifeline because she helped me so much ... she taught me how to do it to where I felt like I was stronger because of her, because of the knowledge that she gave me to help my baby. Because baby don't come with instructions.”

Thank you!



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Director, Title V Maternal Child Health Program

[Maternal & Infant Health \(michigan.gov\)](http://michigan.gov/maternal-infant-health)