



Postpartum Support International  
Michigan Chapter

## November 2024 Newsletter



### September/October Happenings

#### **The Jewish Fertility Foundation of Metro Detroit, September 5**

The Jewish Fertility Foundation of Metro Detroit had its kickoff event on September 5<sup>th</sup>. The event was held at a private residence in Franklin with almost 100 people in attendance! \*JFF-Detroit provides financial, emotional, and educational support to families and providers.





## Perinatal Loss: Comprehensive Training for Doulas, October 12

The Fourth Sanctuary offered a Perinatal Loss training for Doulas facilitated by Ashley Inclima owner of Tides of Life.



## Wave of Light, October 13

Remembering Cherubs hosted a candle lighting in honor of Pregnancy and Infant Loss Remembrance Day in Detroit



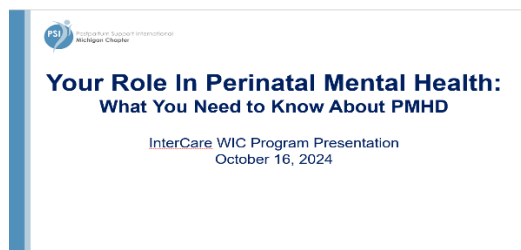
## Wave of Light, October 15

MoxieMoms held an event in Marquette on the shores of Lake Superior for the [Global Wave of Light](#) to recognize and support pregnancy loss and awareness month. This non-profit organization was joined by community members to light 42 candles at 7pm. Each candle honored a precious baby who left this world far too soon. Their names were spoken aloud and poems and readings were shared to remember the lives that will forever occupy a cherished space in the hearts of everyone in attendance.



## WIC InterCare PSI Michigan Perinatal Mental Health Training, October 16

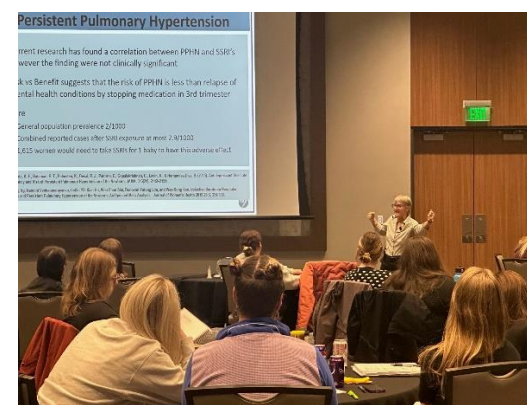
The InterCare WIC Program that spans Allegan, Berrien, Ottawa, and Van Buren counties had PSI Michigan come present to their amazing group of healthcare professionals about Perinatal Mental Health. It was a wonderful training with a wonderful group of committed and passionate people!





# PSI 2 Day Perinatal Mood Disorders: Components of Care Training and Advanced Perinatal Mental Health Psychotherapy Training, October 22-24.

Marquette held their first 2- day Components of Care and Advanced Psychotherapy Training and it was INCREDIBLE!





## Happenings Around the State

Cradle Kalamazoo is hosting, “Comprehensive Sex Education for Providers” virtually on November 6. They are also asking interested doulas in the area to join their Doula Network. For more information, you can email: [cradlekalamazoo@ywcakalamazoo.org](mailto:cradlekalamazoo@ywcakalamazoo.org)

**Planned Parenthood of Michigan**

**cradle KALAMAZOO**

### COMPREHENSIVE SEX EDUCATION FOR PROVIDERS

Join us virtually to learn about Michigan's sex education laws and their impact on young people. We'll define comprehensive sex education, and explore reproductive health in Kalamazoo County.

**Facilitator:**  
**Ellie Grossman**  
Community Outreach Educator for PPMI

Virtual Meeting  
Wednesday, November 6th  
5:30 - 7:30pm

[cradlekalamazoo@ywcakalamazoo.org](mailto:cradlekalamazoo@ywcakalamazoo.org)

**REGISTER HERE**

**cradle KALAMAZOO**

LAUNCHING IN 2025!

## CONNECTED CARE

### A GROWING DOULA NETWORK

Cradle Kalamazoo is seeking certified doulas and those interested in certification to join the Cradle Doula Network, a new registry dedicated to supporting Kalamazoo County doulas who serve individuals with Medicaid and private insurance. Our aim is to enhance community care through collaborative partnerships.

Joining our network will not require you to leave any current affiliations or agencies you are part of. Cradle Connected Care is here to empower and elevate your work in the community.

**Key Benefits to Joining Cradle's Doula Network**

- Certification at No Cost:** Cradle will fully cover your certification expenses.
- Medicaid Billing Training:** Receive comprehensive, no-cost training on Medicaid billing procedures.
- Ongoing Support:** Gain access to continued education and valuable resources to help you thrive.
- Referral Opportunities:** Doulas registered with Cradle will be prioritized for client referrals.

Contact Cradle Kalamazoo for any questions or concerns  
[cradlekalamazoo@ywcakalamazoo.org](mailto:cradlekalamazoo@ywcakalamazoo.org)

**meridian**

## As of October 1, The Michigan Department of Health and Human Services (MDHHS) Updated the Michigan Medicaid Doula Initiative.




Medicaid now covers up to a total of 12 visits with a doula during pregnancy and up to 12 months postpartum, which is double what it was when the initiative began in 2023, along with raising the reimbursement rate for the doula's attendance at the birth in a hospital setting from \$700 to \$1500. For

more information, check out their bulletin:

[https://content.govdelivery.com/attachments/MIDHHS/2024/09/26/file\\_attachments/3011696/Final%20Bulletin%20MP%2024-40-Doula.pdf?fbclid=IwY2xjawF\\_PLXleHRuA2FibQIxMAABHfiEBVdvZaT1ypWDRIWexzV6eZYY5a2fVmAloBoFozj59Tzu9o8l4m2p-w\\_aem\\_kYSm9xChcmIRs1Mj0JgjXg](https://content.govdelivery.com/attachments/MIDHHS/2024/09/26/file_attachments/3011696/Final%20Bulletin%20MP%2024-40-Doula.pdf?fbclid=IwY2xjawF_PLXleHRuA2FibQIxMAABHfiEBVdvZaT1ypWDRIWexzV6eZYY5a2fVmAloBoFozj59Tzu9o8l4m2p-w_aem_kYSm9xChcmIRs1Mj0JgjXg)

## MC3 Monthly Webinar Series- Perinatal Psychopharmacology 102: A Deeper Dive into Prescribing During the Perinatal Period, Wednesday, Nov 20 (12-1 PM)

Register Here: [https://umich.qualtrics.com/jfe/form/SV\\_a4sofOpQfkmVWHY](https://umich.qualtrics.com/jfe/form/SV_a4sofOpQfkmVWHY) and check out the website for more past informative webinars: <https://mc3michigan.org/pcp/resource/presentations/>. They have an amazing library.



### Monthly Webinar Series


## Perinatal Psychopharmacology 102: A Deeper Dive into Prescribing During the Perinatal Period

**Wednesday, November 20 | 12-1 p.m. ET**

CMEs & CEUs available | There is no fee to attend this activity

Click below to register:

[Register](#)



### Presenter

**Alyssa Stevenson, M.D.**  
Clinical Instructor  
Department of Psychiatry,  
Michigan Medicine

### Learning Objectives:

- Examine approaches to decision-making regarding choice of medication and medication dose during pregnancy and lactation.
- Discuss options for non-optimal responses to treatment, including medication adjustments and polypharmacy.

[MC3Michigan.org](https://mc3michigan.org)    [mc3-admin@med.umich.edu](mailto:mc3-admin@med.umich.edu)



### Monthly Webinar Series

**Accreditation and Designation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Minnesota Medical Association and Michigan Public Health Institute. The Minnesota Medical Association (MMA) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Minnesota Medical Association designates this internet live activity for a maximum of **9 AMA PRA Category 1 Credit(s)**™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Social Work CEUs:** Social workers can receive CEU credits for attending this training. Details about claiming CEU credits can be found here: [MC3 Monthly Webinar Series CEU Credit Information](#).

### 2024 Monthly Webinars

**Jan. 17:** Trauma Versus Teratogen: From Suffering to Buffering... *And Primary Care Supports to Help Children Thrive*  
**Feb. 21:** Social Media and Child/Adolescent Wellbeing  
**March 20:** Diagnosis and Management of Attention Deficit Hyperactivity Disorder in Children and Adolescents  
**April 17:** Postpartum Depression in the Pediatric Setting  
**May 15:** An Overview of Michigan Child Protection Law and Practice  
**June 19:** Risk vs. Risk: Discussing Perinatal Medication Use With Your Patients  
**Sept. 18:** The Menstrual Cycle and Mood Disorders  
**Oct. 16:** The Parent Toolkit: What Providers Should Know  
**Nov. 20:** Perinatal Psychopharmacology 102: A Deeper Dive into Prescribing During the Perinatal Period



MC3 is part of the Michigan Medicine Department of Psychiatry. It is funded by the Michigan Department of Health and Human Services (MDHHS) via general funds, Medicaid Administration funds, and Health Resources and Services Administration (HRSA) funds.

[MC3Michigan.org](https://mc3michigan.org)    [mc3-admin@med.umich.edu](mailto:mc3-admin@med.umich.edu)

## Other PSI News



**Deaf Perinatal Parents Support Group**



Please join us for a peer-led support group in American Sign Language for Deaf parents who are pregnant and up to two years postpartum. This support group is free and virtual and for all Deaf parents: birthing parents, partners, gestational, and non-gestational. This group is led by PSI-trained support group leaders who are also Deaf parents and fluent in ASL, and will be conducted entirely in ASL. This group is offered in partnership with Hand Waves Birth Services.



View the schedule and register: [bit.ly/FindSupportGroup](https://bit.ly/FindSupportGroup)

**New Support Group being offered in American Sign Language.** Starting **November 5**, PSI will be starting a peer-led Deaf Perinatal Parents Support Group in American Sign Language for Deaf parents who are pregnant and up to two years postpartum. This support group is free and virtual and for all Deaf parents: birthing parents, partners, gestational, and non-gestational. Everyone is welcome. The 90-minute group will be entirely in ASL. Pregnancy and postpartum can bring up unique challenges for Deaf parents, and this is a safe and brave space to share those experiences. This group is led by Postpartum Support International (PSI)-trained support group leaders who are also Deaf parents and fluent in ASL.

View the schedule and register at [bit.ly/FindSupportGroup](https://bit.ly/FindSupportGroup)! 🙌

## 2024 Conference Recordings are available from now until January 3, 2025

If you unable to attend the 2024 PSI Conference? Recordings are available for purchase by visiting the conference website: [psi.societyconference.com/v2](https://psi.societyconference.com/v2). CE credits will be available for conference recordings for a \$50 application fee.

Once on the website, log in. (If you log in and are routed away from the main conference site page, return to the Home Screen using the home button in the upper corner.) Select the Recording card. Click the session title to begin viewing.



37TH ANNUAL PSI CONFERENCE  
*Recordings Now Available!*

AVAILABLE UNTIL JANUARY 3, 2025  
[go.postpartum.net/Conference](https://go.postpartum.net/Conference)



## Don't Forget about the I Am One Podcast

What is the I AM ONE Podcast?

Postpartum Support International (PSI) staff and volunteers reflect on their own lived experience during the perinatal period (pregnancy + postpartum).

Guests will explain how they sought & received help, and how they're supporting the mental health of new families now. We'll illustrate PSI's core belief, that "You are not alone; You are not to blame; With help you will be well," through storytelling.

Each episode will demonstrate that none of us are alone, and that no matter our story, we can all say, "I AM ONE," of many who are touched by Perinatal Mood & Anxiety Disorders. Whether you're seeking stories from someone who's been there, or looking for a way to channel your passion for perinatal mental health advocacy, we hope to offer encouragement while making room for the serious and the silly. There is strength in processing trauma and empowerment in sharing stories – so that's what we're here to do!

Find "I Am One" on your favorite podcast platform and on YouTube! [postpartum.net/news/i-am-one-podcast](https://postpartum.net/news/i-am-one-podcast)

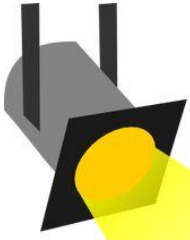
<https://www.youtube.com/@IAMONEPodcast>



TOP 5 REASONS YOU SHOULD LISTEN!

*-Dani and Emily are super entertaining!*  
*-You'll feel less alone.*  
*-You'll be more sensitive to new parents in your life.*  
*-You'll learn something new.*  
*-Our guests are inspiring!*





## Spotlight on -

### Shai Doula Services

Shai Doula Services (pronounced “shay”) is a Black women-led service-based organization that provides affordable and inclusive reproductive care to birthing people in Detroit, Michigan and its surrounding communities. Services include fertility workshops, prenatal advice, birth/labor support, postpartum care, Abortion, loss and grief support, community mediation and conflict resolution, and other community requests that facilitate a safe environment to develop knowledge of bodily autonomy. Learn more about the wonderful work that Camaria Wafer, founder of SDS, is doing and more about what SDS offers by visiting their website at: <https://shaidoulaservices.org/>.

**Full Spectrum Doula Support**

**Shai Doula Services**

- Fertility Support
- Prenatal/Postpartum Support
- Birthing Support
- Birth Planning
- Childbirth Education
- Placenta Encapsulation
- Abortion, Loss and Grief Support
- Photography & Videography

**NOW ACCEPTING MEDICAID!**

**(734)307-9691**

*\*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.*



# Shout out-



*"I wanted to shine a personal spotlight on the Pine Rest Mom and Baby mental health program they have going there. My family member had a baby about 8 weeks ago, and was REALLY struggling, so they admitted her (with her baby!) which was so amazing. She was able to receive medication support, emotional support, and get set up with a really good plan for follow up care all without leaving her newborn (and she continued breastfeeding through it all). She was recently discharged and said that that program really changed her life from heading into a very bad place. So I just wanted to lift that up! They really are making a difference there! Cheers to Pine Rest!"*

*-Family Member of a Pine Rest Mother/Baby Participant*



We are SO lucky to have this program in our state. If you want to learn more about Pine Rest and their Mother/Baby Partial Program, check out their website at:

<https://www.pinerest.org/day-programs/mother-baby-program/>



- 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](mailto: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!***

**And Don't Forget to Vote! 😊**

