



3/31/2020

WHAT'S HAPPENING



Zero To Thrive Website: We continue to add materials and resources at zerotothrive.org that are focused on coping skills for children, parents, perinatal women. We have developed infographic materials that are succinct and accessible and have translated one of the children and the perinatal infographic into Spanish and Arabic. We are sharing links to resources that address both mental health and basic needs of families.

Call for Information and Sharing: Please share any work that you are involved in that relates to the coronavirus pandemic that you would like us to consider adding to the Z2T website. We are requesting that you share this update and zerotothrive.org widely with your stakeholder/partner community. Please send information to Lynette Biery at bieryh@med.umich.edu.

Z2T TRANSLATIONAL NETWORK RESPONSE



Dr. Alison Miller & President Schlissel and School Public Health's Outreach:

Dr. Miller was part of a group of faculty from the SPH who had a conversation with President Schlissel regarding the impact of coronavirus response efforts. Please review the video of that conversation at <https://youtu.be/gJMpgishlYs> . The SPH posted a Q & A with Dr. Miller on social distancing and mental health during the pandemic and it is available at <https://sph.umich.edu/news/2020posts/social-distancing-and-coronavirus-mental-health-implications.html> .

Parenting Research Brief: Dr. Shawna J. Lee from the School of Social Work has created a research brief, *Stress and Parenting During the Coronavirus Pandemic*. The introduction states, “Parenting is hard, even in good times. In the midst of the Coronavirus pandemic, American parents are being presented with new challenges on how best to meet their child’s needs. With schools and child care centers closed, parents are providing more direct care for their children, with little respite from teachers and other caregivers. Furthermore, many are parenting their children under stressful conditions with a high degree of economic uncertainty. This research brief examines how parents are responding to their children during the Coronavirus pandemic.” The full brief can be found at <https://www.parentingincontext.org/stress-and-parenting-during-a-pandemic.html>

MC3 & MC3 FOR MOMS



MC3 (lead by Dr. Sheila Marcus) and MC3 for Moms (lead by Dr. Maria Muzik) provides guidance on diagnoses, medications, and psychotherapy interventions to primary care and obstetric providers throughout Michigan who are managing perinatal women and/or kids, and young adults (to age 26). MC3 and MC3 for Moms is responding to the pandemic in the following ways:

1. MC3 remains open for phone based consultation, scheduled consultation and launching pilot of evening hours Mondays April 6th.
2. Behavioral Health Consultants are surveying enrolled practices to determine needs for guidance and support.
3. Behavioral Health Consultants are confirming virtual access to local resources.
4. Updated website with specific COVID-19 resources.
5. Planning live sessions that addresses the needs of clinicians.

TRAININGS & CLINICAL SERVICES



Z2T Perinatal and Infant and Early Childhood Clinics have been converted to tele-visits. Staff are working on collating and sharing on-line resources with families and patients and are moving group offerings to virtual events. Dr. Maria Muzik ended her sabbatical early to return to her clinic duties as the Director of the Perinatal Psychiatry Clinic. These are unprecedented times with all staff working tirelessly to meet patient’s needs with grace and creativity.