Weekly Update Summary

- [Zerotothrive.org](https://zerotothrive.org/) has added a searchable COVID-19 resources database
- [Thrive with Your Family](https://zerotothrive.org/), a weekly webcast featuring Z2T experts having a conversation with parents about how to cope and find resilience during the pandemic. Launches Tuesday at noon on the [Michigan Medicine YouTube Channel](https://youtube.com/MichiganMedicine)
- [Psychological First Aid for Clinicians](https://zerotothrive.org/) has deployed volunteers to provide support to the front line faculty, staff, and families
- [Z2T Translational Network](https://zerotothrive.org/) Members are in the press
- [MC3 and MC3 for Moms](https://zerotothrive.org/) are piloting evening hours and providing COVID relevant educational events for clinicians
- [Perinatal and Infant and Early Childhood Clinical Services](https://zerotothrive.org/) being provided to individuals and groups virtually

**WHAT’S HAPPENING**

Zero To Thrive Website: Please note that over 180 COVID-19 resources are now searchable at [https://zerotothrive.org/](https://zerotothrive.org/). Our infographics that have been translated into Spanish and Arabic are being used widely. Continue to visit our website to access the new materials and resources that added daily.

Thrive With Your Family: Z2T Co-Director, [Dr. Kate Rosenblum](https://zerotothrive.org/), Z2T Translational Network Members [Dr. Sheila Marcus](https://zerotothrive.org/) and [Dr. Jenny Radesky](https://zerotothrive.org/), and [Dr. Melissa Cousino](https://zerotothrive.org/) with Mott Children’s Hospital are launching a webcast series of candid conversations about parenting, child behavior, mental health and relationships during the ever-changing environment of our current global pandemic. The Dr. Radesky will moderate the panel and will tackle the stressors, concerns and difficulties families are facing. Most importantly, we’ll talk about how to maintain a sense of hope and understanding, and tips for maintaining a problem-solving mindset even amidst circumstances that can feel out of our control. The first webcast will air on Tuesday April 14 at noon on [Michigan Medicine YouTube Channel](https://youtube.com/MichiganMedicine).
Psychological First Aid of Clinicians: The Department of Psychiatry, led by Z2T Co-Director, Dr. Kate Rosenblum, is working with the Office of Counseling and Workplace Resilience (OCWR) and The Wellness Office to provide brief, flexible, compassionate, coordinated, and simple-to-access information, support, and consultation to frontline staff and faculty. Volunteers are being trained to provide in-person and virtual support to front line faculty, staff, and families; and resources are being coordinated and collated.

Z2T TRANSLATIONAL NETWORK RESPONSE

Stateside Conversation with Dr. Alison Miller: Stateside segment aired on 4/6/20 and can be found at https://twitter.com/umichsph/status/1247632585150390273?s=21

US News & World Report Article, Dr. Shawna Lee: “Everybody is going to struggle in different ways, but kids are vulnerable and voiceless. Kids are going to suffer from this, too,” said Shawna Lee, associate professor of social work, whose research shows that the stress and uncertainty caused by the coronavirus is taking its toll on parents — and children are feeling the psychological and physical brunt of it.” US News & World Report article available at https://www.usnews.com/news/health-news/articles/2020-04-02/stay-at-home-orders-are-stressing-us-families-survey-shows

MC3 & MC3 FOR MOMS

COVID-19 Educational Events: Dr. Maria Muzik is offering an educational event on April 13 for MC3 for Moms clinical providers, Strategies for Perinatal Providers during the COVID-19 Pandemic. Participants will be updated on the virus in the perinatal period, strategies for dealing with increased distress during the pandemic, and self-care. Dr. Kate Rosenblum and Dr. Sheila Marcus are offering a companion educational event on April 27 for MC3 primary care providers servicing children.

TRAININGS & CLINICAL SERVICES

Clinical Services & COVID-19: Z2T Perinatal and Infant and Early Childhood Clinics have been converted to tele-visits. Group therapy/support sessions are now virtually and all report going quite well. Shout out to Kate Bullard (Perinatal Clinic Manager) and Karen Smith (Infant and Early Childhood Manager) for amazing work in these difficult times.

Contact Z2T: Please reach out with ideas for how Z2T could support the community or your organization during the coronavirus. Email Lynette Biery, Strategic Director, bieryh@med.umich.edu with suggestions or questions.