

# June 2021 Promoting Positive Parenting

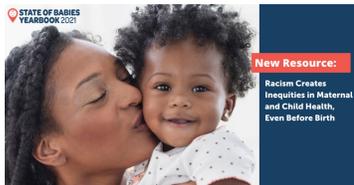
## **M** *Parenting Awareness* **MICHIGAN**

PAM hopes to provide you education and resource materials for those doing important work with parents and families in your community on various topics to raise awareness around parenting issues.

## Mark Your Calendar

### 2021 Upcoming Events

- [Ingham Substance Awareness and Prevention Coalition: Empowerment Series](#). This is a free weekly training opportunity for individuals and agencies in June.
- [Electronic Cigarettes: What Are They? Health Effects, Marketing, How to Prevent Use and Help Young People to Stop](#). June 11 from 12:00pm to 1:00pm. Cost is FREE
- [2021 MI ACE Initiative Virtual Series: Community Conversations](#). Register for June 16, 2021 (2:00-4:00 pm): Creating a Trauma-Informed Approach in Physical and Behavioral Health Settings, Fall 2021 (Date and time TBA.):
- [Maternal Infant Health Summit](#), June 28-29, 2021, Online
- [Virtual 22nd National Conference on Child Abuse and Neglect](#) on July 27-29, 2021



### New Resource: Racism Creates Inequities in Maternal and Child Health

Whether infants and toddlers are born healthy and with the potential to thrive as they grow greatly depends on their mother's well-being – not just before birth, but even prior to conception. We are pleased to share a new

policy brief, developed in partnership with Child Trends: Racism Creates Inequities in Maternal and Child Health, Even Before Birth.

To inform maternal and child health policy and practice, this brief applies an even more targeted racial and ethnic equity lens to the review of the data from the State of Babies Yearbook: 2021, and lays out recommendations for policymakers and practitioners to promote equity and improve maternal and child health.

The State of Babies Yearbook: 2021 shows that, even before the pandemic, our country wasn't doing enough for our babies to thrive. In every state, significant

disparities are hurting the ability for babies and families of color to thrive, often driven by historical and structural inequities. This supplemental report reinforces this understanding, exploring these disparities to better identify areas that warrant further examination and action.

Download the  
Brief



## [The Science of Motherhood](#)

We want to take a minute to acknowledge how extraordinary mothers are - and how important they are to their child's development. Beyond general praise, here are a few fun facts you can share with the "newest" mothers in your practice!

1. Oxytocin surges in a mother's brain after childbirth and makes her brain more sensitive to the sound of her baby's cries. [1]
2. Babies recognize and prefer the sound of their mother's voice at birth. [2]
3. Skin-to-skin cuddling helps mothers feel connected to their babies and can control blood pressure, heart rate, and breathing. It also helps mothers lower their own stress and may help them feel connected to their baby. [3]
4. A mother's brain may contain cells from her children, as they migrate through the placenta. An estimated 50% of mothers have their children's cells inside of them. [4]
5. Research indicates that a mother's heartbeat and the sound of her voice can help the baby's brain grow in utero. [5]

[Click here for more tips like these](#)

Check out our website at [mountsinaiparenting.org](https://mountsinaiparenting.org)



## **Keeping Your Family Safe - Why is the misuse of opioids so dangerous?**

### **HEROIN, FENTANYL & OTHER OPIOIDS**

A Comprehensive Resource for  
Families with a Teen or Young Adult  
Struggling with Opioid Use



### [When Opioid Pain Relievers Are Prescribed For Your Child: What You Should Know](#)

Opioid pain relievers are most often prescribed following surgery or to treat cancer pain — situations less common to young people.

However, there are situations or ailments for which opioids may be recommended for your child. These include accidental injury, after oral surgery to remove wisdom teeth, sickle cell disease and other pediatric chronic pain conditions.

Should a health care provider recommend or prescribe an opioid for your child, there are important questions to ask, risks to be aware of and safety precautions to take.

#### **What are some common opioid pain relievers?**

- Hydrocodone (Zohydro)
- Hydrocodone + Acetaminophen (Vicodin)
- Oxycodone (Oxycontin, Roxicodone)
- Oxycodone + Acetaminophen (Percocet)
- Codeine, Morphine, Fentanyl
- Tylenol with codeine

There are also non-opioid pain relievers (gabapentin, for example) with potential for misuse and abuse, but much lower than that of opioids.

[Download the Opioids eBook](#): Get a comprehensive overview of the opioid epidemic — how opioids affect the body, the risks involved and how you can help your family stay safe.



**Macomb Partnership**  
For Overdose Prevention

**The Macomb Partnership for Overdose**

## Prevention

Macomb has a county-wide collaborative response to the opioid epidemic. This collaborative supports ongoing community initiatives aimed at preventing opioid and substance misuse. Feel free to check out the new resources. <https://www.macombodprev.com/resources/media-and-resources>

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### Michigan Opioid Misuse Prevention

The Michigan Opioid Misuse Prevention Team is interested in collecting data on how organizations in Michigan are addressing substance misuse and the opioid epidemic. **We need to hear from you!** We are requesting that you complete a short 10-question survey to help us learn types of, sources of funding, and groups targeted for activities, programs, services, or initiatives related to substance misuse and/or the opioid epidemic (including prevention efforts). The survey information will be useful for our team to determine areas of collaboration that will help us coordinate an efficient, comprehensive system of care for substance-impacted children and families. Please share this survey with your networks so that we can reach more community organizations across the state.

**We are asking that you share this with partner agencies providing services AND complete the survey in the link below by July 2, 2021.** The survey will be open June 7, 2021 through July 2, 2021.

SURVEY LINK: <https://www.surveymonkey.com/r/S3XBJ6M>

If you have any questions, please contact Cynthia Derby at [derbyc@michigan.gov](mailto:derbyc@michigan.gov). Thank you in advance for helping us with this endeavor!

Sincerely,  
The Michigan Opioid Misuse Prevention Team

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### [Family and Community Engagement -Engaged Families Build Community](#)

#### Family Engagement Team

The Family Engagement Team is an interoffice group dedicated to strengthening the voice of families, by bringing focus to the needs of students so as to allow every student to reach full potential. Learn more about the Team, its inception, and role and activities at the

Department.

#### Partners in Education

Check out the resources on this webpage supporting the framework for building greater support and capacity in schools, homes and communities, so ALL students have the chance to succeed. Get ideas for how to bring your passion, talents, and energy to help students and to make your neighborhood schools stronger. YOU can make a difference. You can help young people in your neighborhood have a strong start and prepare for college and for their careers.

[U.S. Department of Education](#)

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### “Focus on the Facts: Ending Menthol Saves Black Lives”

The Food and Drug Administration on April 29, 2021, announced they will issue a proposed rule in the next year banning the sale of menthol cigarettes and all flavored cigars. This proposed rule has the ability to save many lives, especially those of African Americans, as they use menthol tobacco at very high rates. (The proposed rule will also will have a positive impact on youth who often initiate tobacco use with menthol and other flavors, the LGBTQ+ and Hispanic communities.)

To illustrate the menthol problem in the African American community, a recent OpEd was

written by Natasa Phelps, staff attorney for the Public Health Law Center and Board member at the Center for Black Health and Equity (see attached [OpEd](#) and [bio](#).) Please share the OpEd and bio to your local media contacts and ask them to publish this as well as forward it to your partners.

Elaine C. Lyon, MA, Public Health Consultant, Tobacco Control Program, MI Department of Health and Human Services, [lyone@michigan.gov](mailto:lyone@michigan.gov)

## Foster Care Navigator



NEW! The Michigan Resource Guide now has a searchable map for families to find information about helpful Michigan resources.

<https://www.michiganresourceguide.org/michigan-resource-map>

1-855-MICHKIDS (642-4543) Visit: [Foster Care Navigators](#)

# Parenting Awareness Michigan

## Save the Dates

### 29TH ANNUAL PARENTING AWARENESS MICHIGAN (PAM) VIRTUAL CONFERENCE TWO HALF DAYS OF LEARNING



The PAM conference provides attendees with learning opportunities about relevant issues, programs, and resources related to parents and families. This includes two keynote presentations, workshops, exhibits showcasing parenting programs and resources, and opportunities to network and earn continuing education credits.

Who should attend? Individuals who work with parents and families, educators, services providers, school personnel, parent networks, coalition members, parent leaders, volunteers and anyone interested in parenting.

**Monday, November 8, 2021**  
9:00am - 2:00pm

**Tuesday, November 9, 2021**  
11:30am - 4:30pm



**The Resilience Cascade:  
Supporting Children,  
Families, Organizations  
and Communities**

Nefertiti B. Poyner, Ed.D., Early  
Childhood Specialist &  
National Trainer, Devereux  
Center for Resilient Children



**Raising Drug Free Kids  
in a Drug Using World**

Mark Sanders, LCSW, CADC,  
International Speaker,  
Trainer, and Consultant in  
Behavioral Health, On The  
Mark Consulting

ATTEND MONDAY **AND/OR** TUESDAY

**\$40/day or \$75 for both days!**

Increase to \$45/day or \$80 for both days after 10/25/21

#### CONFERENCE HIGHLIGHTS:

- Relevant strengths-based and evidence-based information given facing today's parents and families.
- Virtual exhibitor space with practical parenting resources you can use in your community.
- Up to 6.5 hours of continuing education credits offered (MCBAP, MICEC-SW, CFLE), pending approval.
- Networking with a chance to win a digital gift card (value up to \$50)

CHOOSE FROM WORKSHOP SESSIONS THAT FOCUS ON:

PARENTING ISSUES FOR ANY AGE: EARLY CHILDHOOD, MIDDLE CHILDHOOD, ADOLESCENT  
CATEGORY: ISSUE-BASED, SKILL-BUILDING, PROGRAM FOCUSED



Registration available in August/September 2021

For regular updates, and more  
information go to  
[www.preventionnetwork.org/pam](http://www.preventionnetwork.org/pam)

THANK YOU TO OUR GENEROUS SPONSORS



Registration Opens August/September  
2021

## YOUTH FRIENDLY SUBSTANCE USE ONLINE RESOURCES

[HealthyChildren.Org](#): Sponsored by the American Academy of Pediatrics, this website provides resources for parents of adolescents on substance abuse and



## Other News

1. [Protecting Young People in the Age of Marijuana Legalization](#). As more states legalize marijuana, how can parents and policymakers protect young people from the risks marijuana can cause? Partnership to End Addiction CEO Creighton Drury spoke with Kevin Sabet, Ph.D., CEO of Smart Approaches to Marijuana and author of *Smoke Screen: What the Marijuana Industry Doesn't Want You to Know*, and Linda Richter, Ph.D., Vice President, Prevention Research and Analysis at Partnership to End Addiction, about the issue and possible solutions. [Partnership to End Addiction](#)
2. [Using the American Rescue Plan's State and Local Fiscal Recovery Funds A Better Balance](#) released a [fact sheet](#) that details how American Rescue Plan Act funding for state and local governments can be used to address the care crisis exacerbated by the pandemic through advancing paid sick leave, paid family and medical leave, and enforcement of labor standards.
3. [1st Annual Child, Adolescent, and School Health \(CASH\) Conference](#) on **October 18-20, 2021**. They are currently planning for a hybrid conference, which includes an in-person event held at the Park Place Hotel in Traverse City, Michigan, and a simultaneous virtual event for those who cannot attend in person.



Submit an idea to [Kristine Norton](#), PAM [Program](#) Coordinator

Prevention Network/Parenting Awareness Michigan (PAM)  
[preventionnetwork.org/pam](http://preventionnetwork.org/pam) | 517-393-6890

And feel free to make a donation to help continue providing free resources [click here](#)

