

Education & Social Support Resources: The Michigan Plan for Appropriate and Tailored Healthcare in Pregnancy (MiPATH)

We offer a variety of options for prenatal education and support. These options are meant to support your Plan for Appropriate and Tailored Healthcare in Pregnancy (PATH). You can choose as many options as you would like to help you meet all of your needs in pregnancy. You can review this list, and talk to your doctor or midwife about what options might be best for you.

What resources can provide both information and support during my pregnancy?

- Stay Home Stay Connected: This free online support program includes:
 - Small groups (8-10 people) with similar due dates who meet virtually the first week of each month to discuss pregnancy topics. This is led by a pregnancy doctor or midwife.

What resources can provide information about pregnancy?

- Prenatal book: All patients at Michigan Medicine receive “Your Childbirth Experience”, a book that reviews what to expect at every stage of your pregnancy. You will receive this book at your first prenatal visit.
- Prenatal classes: There are a variety of online classes offered through Michigan Medicine, covering topics from preparing for birth to newborn care. You can find links to these classes on our website:
<https://www.umwomenshealth.org/resources/classes-support>.
- Education from your doctor or midwife: After each visit, relevant education materials will be attached to your after visit summary.
- Women’s Health Resources website: Information about upcoming events, classes and support, and a library of health education resources
<https://www.umwomenshealth.org/womens-health-resources>

What resources can provide support during my pregnancy?

- **Social Work:** Social workers provide both care management and mental health counseling for OBGYN/Family Medicine patients. Social workers are part of your multidisciplinary pregnancy team and are able to quickly connect you to community resources for assistance during pregnancy and postpartum. If you would like to talk to a social worker, you can let your doctor or midwife know.
- **Psychiatry:** The Women and Infants Mental Health Program focuses on mental health and well-being. Services include medication evaluations and management, some supportive therapy or referrals to the community, and groups for anxiety and depression. If you would like a referral to the clinic, please let your doctor or midwife know.
- **Support Groups:** There are a variety of support groups and programs offered through Michigan Medicine and the community.
 - Visit the website below to learn more:
<https://www.umwomenshealth.org/resources/classes-support>
- **Community Resources:** There are many community resources for pregnant and postpartum women and their families to help with:
 - Getting baby items
 - Stable housing
 - Food insecurity
 - Additional social supportAsk your clinic social worker how to access these resources.
- **Maternal Infant Health Program (Medicaid only):** A free home visiting program provided to pregnant recipients and their babies. This home visiting program provides additional resources, education and support throughout your pregnancy and baby's first year of life. Participants gain access to a dedicated health care team that values your health and success in parenting.

- Visit the website below to learn more:

<https://homecare.med.umich.edu/Maternal-Infant-Health-Program>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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