

Resources for Students with Families

Updated 8/7/2018



Michigan State University College of Osteopathic Medicine
Academic and Career Guidance

Contents

Introduction

- Resource Guide

- MSU Family Resource Center

The National Center for Student Parent Programs

Title IX

Childcare

- MSU Childcare Scholarships

- Finding Childcare

Health Services

- Mental Health and Wellness

- Physical Health Services

Public Assistance

- Department of Human Services

- Cash Assistance

- Childcare Assistance

- Food Assistance

- Health Care Coverage

- Emergency Relief

Community Assistance

- East Lansing

- Southeast Michigan

Breastfeeding

- Breastfeeding Spaces

- Breastfeeding Links

Introduction

The purpose of this resource guide is to provide support to those who persist through the College of Osteopathic Medicine while also balancing the responsibilities of caring for family and/or dependents. The MSUCOM Office of Academic Success and Career Planning is here to support you through your academic journey and to help connect you with any resources that may make that journey smoother. We strive to create an inclusive environment where all students are welcomed and supported.

Spartan Parent Resource Center (SPRC)

The MSU Student Parent Resource Center offers a supportive environment to obtain information and resources for ALL student parents and their families on and off campus. Our staff combines expertise and experience in college course instruction, academic advising, and referrals to community resources for a variety of services. Please be aware that some of the resources offered are limited to a 25 mile radius of East Lansing.

SPRC provides a variety of services and support for student families:

- Advocacy for student families
- Academic and family support
- Guidance for communicating with faculty and advisors
- Financial Assistance for child care, infant to age 12
- Support in researching quality child care
- Student Parents on a Mission (SPOM) peer organization
- Pre-finals child care
- Community Resource Guide
- Student list serve with up-to-date information about community resources and opportunities for families
- Other services as needed and requested by student parents

The National Center for Student Parent Programs

[The National Center for Student Parent Programs](#) works to promote the development, expansion and improvement of program offerings in service of students with children, particularly single and/or low-income parents. Check out their website for helpful information on Title IX, additional scholarships, and much more.

Title IX

There are some key facts on Title IX that you should know! Title IX also applies to pregnant and parenting university students. To learn more, visit:

- [Title IX at Michigan State University](#)
- [The Pregnant Scholar](#)

Childcare

MSU Childcare Scholarships

[MSU Childcare Grant](#)

The MSU Child Care Grant program provides funds to students with children to assist in meeting the cost of licensed child care during the school year. The maximum award for the MSU Child Care Grant is \$1,000 per semester per child.

[Christine S. Carter Fund](#)

Christine S. Carter fund for Student Parents was established to support MSU Student Parents. Preference is given to support single parents and those that demonstrate financial need.

[Council of Graduate Students Childcare Support Award](#) (up to \$1000.00 per semester)

This endowment was established by the Council of Graduate Students Graduate students to provide graduate students with support for costs associated with childcare at Michigan State University. This endowment supports all income eligible graduate students at MSU, domestic and international. Low income undergraduate student parents may also be eligible for the MSU Child Care Grant funding.

Finding Childcare

Choosing childcare can be a difficult and stressful decision and there is no one way that works best for everyone. As you begin your search, take time to consider which environment works best for your family. Would a one-on-one babysitter be ideal? If so, head over to Angie's List or Care.com to see reviews of potential care givers. If you prefer a home day-care center or a nonresidential daycare facility, start your search with Great Start to Quality, a website that allows you to search all licensed and registered providers in Michigan. The options made available will include Child care and preschool centers and registered home-based care for up to 6 or 12 children. Great Start to Quality provides a rating system that takes into consideration:

1. Staff Qualifications & Professional Development
2. Family & Community Partnerships
3. Administration & Management
4. Environment
5. Curriculum & Instruction

Learn more at:

Great Start to Quality: www.greatstarttoquality.org/

Angie's List: www.angieslist.com

Find caregivers at www.care.com

Health Services

Mental Health and Wellness Services

[The Office of Personal Counseling and Health Promotion](#) is committed to helping students develop into well-rounded, compassionate, and mindful osteopathic practitioners. Directed by Dr. John Taylor, clinical psychologist and adjunct faculty, this office uses a team-oriented, interdisciplinary approach made up of qualified clinical health professionals. Dr. Taylor and his team provide both individual and group counseling, mental health presentations, and student-led initiatives to enhance students' mental health and well-being during the rigors of medical school. Confidentiality is paramount, and building student trust is of the utmost importance.

[MSUCOM CARE Team](#)

The MSUCOM CARE Team is committed to improving the wellbeing of students and promoting student success at all three sites of the Michigan State University College of Osteopathic Medicine by proactively and collaboratively identifying and assisting students in distress. The team coordinates with students, faculty, and staff using thoughtful approaches to identifying, assessing and intervening with individuals of concern.

The MSUCOM CARE Team strives to identify distressed students; provide resources, referrals, and other forms of support to individuals in distress; prevent escalation of concerning situations; enhance the wellbeing and safety of the MSUCOM community; collaborate with faculty, staff, administration, and concerned others; educate the MSUCOM community about identifying concerning behaviors; and foster a culture in which concerns for others can be respectfully shared.

Physical Health and Wellness Services

It is the policy of MSUCOM that students may seek diagnostic, preventive and therapeutic health services at the provider of their choice. The following information is provided as a resource to assist students in seeking health care services that are available as students enrolled at Michigan State University and in locations throughout the Statewide Campus System network. Please visit the [MSUCOM Medical Care for Students](#) webpage for additional information.

Olin Health Center

All MSUCOM students may seek health care services at Olin Health Center, MSU's student health center. The main clinic is located on North Campus in East Lansing. The health center also offers "neighborhood" locations across the main MSU campus; the location closest to Fee Hall is located in room 127 South Hubbard Hall.

Available on-site services offered at Olin Health Center include:

- Primary and specialty care
- Laboratory and radiology services
- Immunizations
- Nutrition and wellness counseling
- Women's health
- Work-related injuries include blood-borne pathogen care
- Patient portal

Additional services offered 24-7 include:

- 24-hour PIN (Phone Information Nurse) – call 517-353-5557. Health-related questions are answered by registered nurses who have been specifically trained for phone triage.
- 24-hour ULifeline (suicide hotline and mental health support) Students can access mental health resources and perform a self-assessment. For immediate help, students can go to www.ulifeline.org/msu/ or text "START" to 741-741 or call 1-800-273-TALK (8255).

Emergency Care

In case of an emergency, students should call “911” for local emergency services. The nearest emergency room locations by preclerkship site are as follows:

East Lansing:

Sparrow Hospital Emergency Department
1215 E Michigan Ave, Lansing, MI 48912
517-364-1000
<http://www.sparrow.org/emergencyservices>

McLaren Greater Lansing
401 West Greenlawn
Lansing, MI 48910
517-975-6000
<http://www.mclaren.org/lansing/emergency-services.aspx>

Macomb:

Henry Ford Macomb Emergency Department
15855 19 Mile Road, Clinton Township, MI 48038
586-263-2300
<https://www.henryford.com/locations/macomb>

Detroit:

DMC Harper University Hospital Emergency Department
3990 John R Street, Detroit, MI 48201
313-745-8040
<https://www.dmc.org/our-locations/our-locations-detail/dmc-harperuniversity-hospital-emergency>

Additional Resources in Southeast Michigan State University

MSUCOM students may access physicians, laboratory and diagnostic imaging, and other services at the following local affiliated sites, or at the location of their choosing.

Detroit:

Detroit Medical Center (DMC)
Multiple locations in Detroit, Michigan.
[Provider Directory](#)

Macomb:

Henry Ford Macomb Hospital
15855 19 Mile Road, Clinton, MI 48038
[Provider Directory](#)

McLaren Macomb Hospital

1000 Harrington Street, Mt. Clemens, MI 48043
[Provider Directory](#)

Public Assistance

Department of Human Services

Visit www.michigan.gov/mdhhs to determine your local contacts. Students may be eligible to receive cash assistance, food assistance, Medicaid, and/or payment assistance for child care.

Cash Assistance

MDHHS offers temporary [cash assistance](#) to eligible pregnant women and families with minor children. Assistance received is determined by reviewing assets, countable income and residency— this includes scholarships and grants that exceeds the cost of tuition, fees and books.

Child Care Assistance

[Child Development and Care \(CDC\) Program](#)

The CDC subsidy program provides eligible parents assistance with the costs of child care. More information and an application can be found at www.michigan.gov.

Food Assistance

[Food Assistance Program \(FAP\)](#)

Students may be eligible to receive food assistance through MDHHS. Eligibility is determined using all members in a household and the overall financial situation. Expenses, assets and income are used to determine eligibility and benefits. More information and an application can be found at www.michigan.gov.

[Women, Infants, and Children \(WIC\)](#)

WIC is a federally-funded health and nutrition program that provides foods for Infants, children (under 5 years of age) and pregnant/postpartum women. Additionally, this program provides nutrition education, nutrition counseling, breastfeeding support and health care referrals. To apply, contact your nearest WIC agency or call 1-800-26-BIRTH.

Health Care Coverage

[Medicaid](#)

A student and/or their family members may be eligible to receive Medicaid health benefits. Income and assets are taken into consideration to determine eligibility and potential deductible. Beneficiaries receive a comprehensive package of health care benefits (including dental, vision and mental health services). Application can be found at www.michigan.gov/mibridges.

[Healthy Michigan Plan](#)

The Healthy Michigan Plan provides health care coverage for those who are 19-64 years of age, meets income requirements, do not qualify for and are not enrolled in Medicare or other Medicaid programs and are resident of Michigan. For additional information, visit www.healthymichiganplan.org.

Emergency Relief

[Home, Utilities & Burial](#)

Immediate help may be available if you are facing conditions of extreme hardship or emergencies threatening your health and safety. State Emergency Relief and the Weatherization Assistance Program combine financial assistance and contracts with a network of nonprofit organizations to help low-income households. Emergency support is designed to maintain low-income households that are normally able to make ends meet but occasionally need help when unexpected emergency situations arise. Emergency support is not an appropriate solution to ongoing or chronic financial difficulties. For ongoing reductions to your energy expenses, be sure to check out the Weatherization Assistance Program.

Community Assistance

East Lansing

[Capital Area Community Services](#) (CACS)

Michigan State University main campus has some assistance programs, such as food pantries. Outside of main campus, you can get assistance with basic needs from CACS.

Southeast Michigan

[Commonwealth](#)

Commonwealth is a public service provided by Macomb County Community Mental Health, Oakland Community Health Network, and Detroit Wayne Mental Health Authority and serves to consolidate public information. Through this website, you can search upcoming events which include: parenting classes, family fun events, wellness events and so much more. This website also lists [several resource databases](#) to assist with transit, economic hardship and family support.

Breastfeeding

Michigan State University supports breastfeeding mothers. The MSU administration understands the benefits of breastfeeding and strives to provide a supportive environment and an appropriate private space and time for mothers who choose to nurse their babies or express/pump their breast milk as needed. [Click here](#) to download a printable (PDF) sign to use on the door when breastfeeding is in session.

Breastfeeding Spaces

East Lansing: Room E8B Fee Hall Basement
DMC: Room CG 62
MUC: Erik R Williams Conference room

Breastfeeding Links

[Breastfeeding Resources](#): Hale Publishing provides several resources about breastfeeding. One of the most popular publications is "Medications & Mothers' Milk."

[Capital Area Breastfeeding Coalition](#): The Capital Area Breastfeeding Coalition helps foster breastfeeding in and around Lansing, Michigan. The coalition is one of a number of organizations under the statewide Michigan Breastfeeding Network.

[Department of Labor Fact Sheet #73 - Break Time for Nursing Mothers under the FLSA](#): This fact sheet provides general information on the break time requirement for nursing mothers in the Patient Protection and Affordable Care Act ("PPACA"), which took effect when the PPACA was signed into law on March 23, 2010 (P.L. 111-148). This law amended Section 7 of the Fair Labor Standards Act (FLSA).

[General Breastfeeding Information \(The Bump\)](#): The information you need to know now, when it comes to breastfeeding your baby. Get tips on prepping, pumping, managing feedings while traveling with your little one, and much more.

[Henry & Co. Motherhood Simplified](#): This vendor offers high quality nursing apparel and baby accessories to make "Motherhood Simplified." Nursing camisoles and nursing scarves offer full coverage and convenience for breastfeeding mothers.

[International Lactation Consultant Association](#): The International Lactation Consultant Association® (ILCA®) is the member association for International Board Certified Lactation Consultants® (IBCLC®) and other healthcare professionals who care for breastfeeding families. ILCA membership is open to all who support and promote breastfeeding. Members may join at any time and do not need to be an IBCLC in order to be a member.

[La Leche League](#): The mission of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

[Michigan Breastfeeding Network](#): The mission of MIBFN is to optimize state and community support of breastfeeding by leading collaborative actions for advocacy, education, and coalition building. The organization offers several resources and an "[Anytime, Anywhere Project](#)" to support breastfeeding. They also publish a handout called "[How Lactation Support Benefits Employers](#)."

[The Business Case for Breastfeeding](#): A comprehensive program that is designed to educate employers about the value of supporting [breastfeeding](#) employees in the workplace. They also offer [The Business Case for Breastfeeding: Employees' Guide to Breastfeeding and Working](#), a downloadable toolkit for nursing mothers going back to work after maternity leave.