



Maine Pediatrics

August 2024 | Newsletter Highlights

- **President's Message**
- **Introducing our New Staff Member!**
- **Maine Chapter Wins the 2023 Outstanding Chapter Award!**
- **2024 Fall Education Series:** Registration is Open
- **New School Health Advisor Role Template:** For the Beginning of the School Year
- **'Did you Know?'** SAMHSA Offers Free Resources for Practitioners
- **Upcoming Partner Programs**
- **'In The News'** AAP Offers Free Tool to Practice Immunization Conversations



A Message from Maine AAP's President Brian Youth, MD, FAAP

The Japanese expression “shinrin-yoku” literally translates to ‘forest bathing.’ It invites us to take a break from our busy lives and connect with nature. I had the chance to disconnect a few weeks ago and do just that, hiking the AT and other peaks around Rangeley, kayaking in the lakes, and spending quality time with extended family. I hope you’ve had a chance to do something similar during this beautiful Maine summer, and if you haven’t yet, please take some time to rejuvenate your mind and spirit and give yourself the gift of nature (or whatever it may be that recharges you).

Did you know that we have **10 active committees** in the Maine AAP?

In addition, our Executive Committee and administrative leadership team support the work being done in these groups with the goal of **advocating and improving care for children in Maine.**

We plan on highlighting one committee in each Maine Pediatrics newsletter over the coming year - see below to read about the work being done in the **School Health Committee**, Chaired by Alyssa Goodwin, MD. While committees are chaired by at least one Board Member, please note that ANYONE within the Maine AAP can join a committee of their interest so ***please reach out if you want to become a member of one of our standing committees and get involved with YOUR Maine AAP!***

Here's to at least another few months of warm, sunny days as we enter late summer in Maine!

New Maine AAP Team Member: Madeleine DesFosses



Madeleine is excited to join the Maine AAP as the new Public Health and Advocacy Manager. After graduating from Mount Holyoke College in 2021, Madeleine began working on several public health efforts across Maine, including COVID-19 vaccine education and legislation to end the sale of flavored tobacco products at the local and state levels. She previously served as the Field Organizing Director for the Flavors Hook Kids Maine coalition, where she had the pleasure of working with Maine AAP staff and members on advocacy opportunities. Madeleine looks forward to continuing to work with MAAP members to advocate for policies and legislation that protect and advance the health and wellbeing of Maine's pediatric population. In her free time, she enjoys camping and hiking in the Maine wilderness, practicing and instructing pilates, and cross country skiing in the colder months.

2023 Outstanding Chapter Award



Once every three years, each AAP chapter is eligible to submit a comprehensive application on their work for the previous year. Out of all applicants, three or four in each size category (small, medium, large or extra-large) are selected to move to the next level. The President of each chapter that is a semi-finalist must present on chapter successes and answer questions from the ten member Deputy District Directors. Maine was the winner for small chapter, Hawaii for medium sized chapter, Minnesota won for large chapter and Ohio for the extra-large.

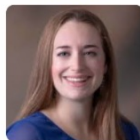
Thanks to all of our board members, committee chairs and members, and staff for your dedication and hard work on behalf of Maine children and families!

Join Us for the Maine AAP Fall Education Series

**Maine AAP
Fall Webinar
Series
Wednesdays -
7pm**

REGISTER AT:
<https://ti.to/maap/2024-fall-webinar-series>

September 18
**Tough Talks with
Teens: Decreasing
Risk & Motivating
Change**



**ANNA
MAYO, PSYD**

October 16
**Bumps to the Brain:
2024 Updates on
Concussion
Management**



**MICHELE
LABOTZ, MD**

September 25
**Increasing Rates of
Invasive Group A
Strep Infections**



**YORGO
ZAHLANIE, MD**

October 23
**Telehealth: What
Clinicians Need
to Know**



**DANIELLE LOUDER
& VALERIE
O'HARA, DO**

October 2
**Asthma
Action Plans &
SMART**



**ANNE
COATES, MD**

November 6
**Adolescent
Obesity
Treatment**



**CARRIE
GORDON, MD**

October 9
**Perinatal Hepatitis
C, HIV, and
Congenital Syphilis
in Maine**



**HELEN
PRICE-WHARFF, MPH,
FNP**

November 13
**Climate Change &
Kids: Health Effects
& Communication
Strategies for
Pediatricians**



**ERIN
FLYNN, MD**

The **2024 Fall Education Series** will take place on concurrent Wednesdays in September, October, and part of November starting on September 18th. Topics include tough talks with teens, the increasing rates of Invasive Group A Strep infections, Asthma Action Plan & SMART Therapy, concussion management, telehealth, adolescent obesity & medical treatment, and climate change. Register to attend live for credit or have the link to watch at your convenience. You can register [here!](#)



Maine School Health Advisor Role Template

*Guidelines for the Roles and Responsibilities of the
Maine School Health Advisor*



Spotlight: Maine AAP School Health Committee

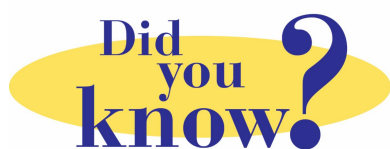
The Maine AAP School Health Committee, Maine Association of School Nurses (MASN), and the Maine DOE Coordinated School Health team have collaborated to create a new resource, **Maine School Health Advisor Role Template**, which provides a framework and recommendations around Maine school health advisor roles and responsibilities.

[Read the Maine Department of Education Newsroom](#)



Gifts to Maine AAP directly impact the health and well-being of children in Maine.

Please consider making a gift today -[click here](#)



Substance Abuse and Mental Health Services Administration (SAMHSA) Offers Free Resources

SAMHSA offers resources and answers regarding pediatric, adolescent, and caregiver mental health and substance use disorders for free! SAMHSA offers practitioner training through Technical Training

Assistance Centers, Centers of Excellence, and so much more. Review a few of their [resources](#) to learn more.

Upcoming Partner Programs

August 1, 2024 | 12:00PM - 1:00PM: MPCA Climate Resiliency Webinar Series: Addressing Disparities in Climate Health Impacts. [Learn more](#)

August 6, 2024 | 10:00AM - 11:00AM: OCFS & the Maine Children's Trust webinar on Preventing Child Abuse and Neglect. Registration coming soon.

August 14, 2024 | 1:00PM - 2:00PM: Preventing Adverse Childhood Experiences and Promoting Positive Childhood Experiences: Evidence-Based Strategies and Insights from the Field. [Learn more and register here](#)

September 4, 2024 | 12:00PM - 1:00PM: The MPBHP is launching Pediatric Psychiatry in the Primary Care Setting ECHO! The webinars will be held on the 1st Wednesday of the month at 12N and run September 4 through June 4 and are for all Pediatric primary care providers and their clinical teams. [Register here](#)

September 5, 2024 | 1:00PM - 2:15PM: Maine AAP Board Member & Suicide Prevention Ambassador Alyssa Goodwin, MD is on the faculty for the AAP & AFSP Suicide Prevention Clinical ECHO. Held the 1st Thursday of each month through April 2025 [Learn more and register here](#)

September 11, 2024 | 12:00PM - 1:00PM: ME SUD Learning Community Adolescent and Young Adult ECHO : Adolescent Specific Care and Addressing SUD Prevention and Treatment, held the second Wednesday of the month thru May 2025. Free CME available. [Register here](#)

September 18, 2024 | 12:00PM - 5:00PM: Partnerships in Pediatrics Conference at Pen Bay Medical Center. [Learn more](#)

September 26, 2024 | 7:30AM - 8:30AM: MPBHP presents Addressing Anxiety in Pediatric Populations with speaker Dr. Matthew Brown. [Register here](#)

September 30, 2024: Defining Moments in Brain Injury Conference, Portland, Maine. [Learn more](#)

October 23-24, 2024: Save the date for the Maine Primary Care Association 2024 Annual Conference "Maine's FQHCs: Employers, Providers, and Partners of Choice" at the Samoset Resort in Rockport, Maine. Registration coming soon.

In the News

Be There for ME is a new campaign for parents and caregivers in Maine and the people who support them. Parenting can be a joy, and it can also be hard. Everyone needs help sometimes and support is out there. Learn more and start to find support at: <https://BeThereforME.org>.

FREE Online Course: Infection Prevention Quick Fixes for Your Practice! The AAP has created an online course to support busy pediatric team members by providing quick IPC fixes to maintain a safe environment. These activities identify simple and immediate actions to take when using contact precautions, cleaning/sanitizing/disinfecting, wearing personal protective equipment (PPE), administering immunizations, and performing day-to-day responsibilities. Register for the *Infection Prevention Quick Fixes for Your Practice!* course [here](#). CME and MOC Part 2 credit is offered.



FREE Suicide Prevention Training for Clinicians

NAMI Maine is pleased to offer free access to two CAMS-care online, self-paced training modules with registration available through September 30th, 2024. [Learn more](#).

Practice Immunization Conversations in Free Virtual Simulation

The American Academy of Pediatrics has launched a FREE, 30-minute virtual reality training course, in partnership with *Bodyswaps*, to help pediatricians and their team members have more effective immunization conversations. [Learn more](#).

Connect with us on Social Media!

The power to spread good messages, share new clinical info or pertinent articles is exponential when using social media platforms such as Twitter, Facebook, LinkedIn, and Instagram. <https://linktr.ee/maineaap>

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