



Maine Pediatrics

January 2025 | Newsletter Highlights

- **President's Message**
- **Maine AAP Annual Conference - Save the Date - March 28-30!**
- **Member Spotlight:** Dr. Deb Hagler Receives Lifetime Achievement Award
- **Maine AAP School Health Series:** Next Session is January 7th - *Keep Calm and Co-Regulate* by Dr. Gretchen Pianka
- **Connect With Us On Social Media**
- **'Did you Know?'** Dr. Abraham Jacobi is known as the Father of American Pediatrics
- **Upcoming Maine AAP Programs**
- **'In the News'**
- **Upcoming Partner Programs**



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

Happy New Year! As we begin 2025 and reflect on the past year, I have so much gratitude for the passion and dedication to the work being accomplished by the Maine AAP. I am thankful for our Committee Chairs, Board Members, administrative staff and our members throughout Maine who show up every day to advocate for their patients and communities.

We have a lot of work to do in 2025 and I encourage us to celebrate even the small wins that will come and let them energize us to reach our larger goals.

What am I looking forward to this year?

- Seeing many of you in person at upcoming mixers!
- Hearing from those of you in the Operation Access Autism Collaborative about your experiences diagnosing autism in your medical home setting.
- Supporting our Committees in their work to move the needle forward on issues such as advocating for pay parity, increasing education on the impacts of climate change, helping support efforts to address the mental health crisis in our teens, and networking more closely with our school health personnel. ***Please take some time to review our soon to be released year-end report to learn more about these and other amazing projects your AAP is working on.***
- Using our collective voice to promote ***following the science*** as we advocate strongly for the importance of vaccinations and other preventative health measures.
- Seeing **Julia Gagnon** (yes- the American Idol finalist) talk and perform at the Annual Conference!

Albert Einstein said, ***“Learn from yesterday, live for today, and hope for tomorrow.”*** On behalf of children and families in Maine, thank you for all you do, and

A banner for the 2025 Maine AAP Spring Conference. The text is overlaid on a dark blue circular shape on the left and a photograph of a lighthouse on the right. The lighthouse is situated on a rocky island in the middle of a blue body of water under a cloudy sky.

**2025
MAINE AAP
SPRING
CONFERENCE**

March 28-30 | Samoset Resort

General Registration Opens January 20th!

Member Spotlight Deb Hagler, MD, MPH, FAAP Receives Maine Children's Alliance's Lifetime Achievement Award



Deborah Hagler, MD, MPH, FAAP has practiced pediatrics in Brunswick for the past 27 years. She attended Cornell Medical College and did her training at the Children's Hospital of Philadelphia. In 2021 she was awarded the degree of Master of Public Health from Bloomberg School of Public Health at Johns Hopkins where she focused her studies on child and adolescent mental health and substance use. Dr. Hagler has been an active member of her community, a past president and current Board member of Maine AAP and a board member of the Midcoast Youth Center (MYC). She has been assisting a dedicated team at MYC to implement *Strengthening Families Ages 10-14*, an evidence-based program that decreases family conflict and adolescent substance misuse.

The incredible contributions that Dr. Hagler has made to Maine children, families, and the field of pediatrics are immeasurable. Congratulations and thank you, Dr. Hagler!!

Pediatricians, School Health Advisors, School Nurses, Social Workers, Guidance Counselors: please join us the first Tuesday of each month!

MAINE AAP SCHOOL HEALTH SERIES
IN PARTNERSHIP WITH THE MAINE DEPARTMENT OF EDUCATION



**Gretchen Pianka,
MD, MPH, FAAP**

REGISTER AT:
[HTTPS://WWW.SURVEYMONKEY.COM/R/SCHOOLHEALTHSERIES](https://www.surveymonkey.com/r/schoolhealthseries)



**KEEP CALM AND
CO-REGULATE: A
TRAUMA INFORMED
RESPONSE TO
BEHAVIORS**

**Tuesday,
January 7th,
3:30-4:30PM**



View the Full Series Flyer and Register
Here



**Connect with the Maine AAP on
Social Media!**

Join us in using the power of social media to spread good messages and share new clinical info or pertinent articles on platforms such as Twitter/X, Facebook, LinkedIn, and Instagram. <https://linktr.ee/maineaap>

Gifts to Maine AAP directly benefit members and trainees by helping to support attendance at educational and legislative conferences!



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



**Dr. Abraham Jacobi is known as the "Father of
American Pediatrics"**

According to author Chris Myers Asch, Dr. Jacobi "helped revolutionize child medicine in America - he

even coined the English term 'pediatrics' by combining the Greek *pais* (child) with *iatros* (doctor). He believed deeply in the power of scientific observation to improve children's health, so he set up clinics where students could learn from treating actual patients rather than just from lectures..... His approach to treating children as children, so revolutionary in its time, has long since become standard practice." Read Chris Myer Asch's **Pediatric Pioneer** to learn more about Dr. Jacobi.



Upcoming Maine AAP Programs

January 7, 2025 | 3:30-4:30PM: Maine AAP School Health Series in Partnership with the Maine Department of Education. The next session is *Keep Calm and Coregulate: A Trauma-Informed Response to Behaviors* by Dr. Gretchen Pianka. Be sure to [register](#). Download the flyer [here](#).

March 28-30, 2025 | Maine AAP Annual Spring Conference. Save the date! General registration opens January 20th!

The Maine AAP & MMA Center for Quality Improvement Offer Ongoing Substance Use Treatment Education. View our [TREAT ME Learning Series](#), broken down into 12 Units, now available on the Maine Medical Association's [website](#).



In the News

The AAP is excited to introduce [Guidance on the Application of Silver Diamine Fluoride \(SDF\) in the Pediatric Medical Setting](#), an effective tool now available to stop the progression of untreated tooth decay in patients through age 5.

Cannabis products sold today are 5x stronger than the cannabis of the 1970's. Youth cannabis use can alter brain development and increase the risk of anxiety and severe mental illness. You can watch the recording of [Cannabis Use in Adolescents What Parents Need to Know](#) and learn how cannabis use is impacting Maine Youth. This presentation was co-sponsored by Maine Public Health Association, Maine Chapter-American Academy of Pediatrics, Maine Medical Association, Maine Osteopathic Association, and New England Public Health Training Center.

Healthychildren.org releases a new Ask the Pediatrician Podcast episode, RSV, Infant Travel, Crawling, Hitting & More. They answer questions submitted by listeners. Tune in to learn useful tips for families with children.

MaineCare Issues an Update: Will Continue to Cover Children's Flu and COVID-19 Vaccines. [Read more](#).

The Smiles for Life curriculum consists of eight 60-minute modules covering core areas of oral health relevant to health professionals. You can view many helpful videos including one on Silver Diamine Fluoride (SDF) [here!](#)

The Substance Use and Mental Health Services Administration released a new Evidenced-Based Resource Guide, [Suicide Prevention Strategies for Underserved Youth](#).

Upcoming Partner Programs

January 7, 2025 | 3:30-4:30PM: Maine's Children and Youth with Special Health Care Needs Monthly Learning Series: Oral Health. [Learn more and register.](#)

January 8, 2025 | 12:00-1:00PM: Maine Pediatric Behavioral Health Partnership will offer an ECHO Session webinar on *Gender and Sexuality* with Dr. Brandy Brown. [Register here.](#)

January 8, 2025 | 12:00-1:00PM: ME SUD Learning Community Adolescent and Young Adult ECHO: *Adolescent Specific Care and Addressing SUD Prevention and Treatment*. [Learn more.](#)

January 15, 2025 | 1:00-2:00PM: Eating Disorders in Transgender, Gender Diverse & Intersex Populations. [Learn more and register.](#)

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