



# Maine Pediatrics

## February 2025 | Newsletter Highlights

- **President's Message**
- **Maine AAP Annual Conference:** Registration closing March 14th! 8.25 CME Credits Available
- **Member Spotlight:** Dr. Gretchen Pianka - Trauma Informed Care Champion
- **Maine AAP School Health Series:** Next Session is March 4th
- **Connect With Us On Social Media**
- **'Did you Know?'** FASD is Often Misdiagnosed or Underdiagnosed
- **Upcoming Maine AAP Programs**
- **'In the News'**
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### A Message from Maine AAP's President, Brian Youth, MD, FAAP

Happy early March! This month, I'd like to highlight a few of the important advocacy efforts taking place across the state.

Just yesterday, AAP President, Dr. Susan Kressly, wrote a letter sharing the Academy's advocacy efforts around Measles and Medicaid - [read it here](#). We will work closely with the AAP to collaborate on opportunities to use our voices, along with evidence based science, to guide our practice. A child dying of a vaccine-preventable disease is unconscionable.

Over the last month, we've written a [letter on behalf of our organization to Governor Mills](#) urging her to support Medicaid by opposing federal cuts; we've joined other organizations in condemning elected officials for harassing and sharing information about minors on social media; and many of our members have provided testimony in person, via zoom, or in writing on a variety of proposed bills including LDs 396, 537, 46, 480, and 582. Please [visit our website](#) to view the bills we have prioritized and to learn ways you can engage with lawmakers. Thank you to all who get involved in advocating for Maine children, families, and the health of our communities.

The [spring meeting agenda](#) is set and registration is open until March 14th. Each year, we look forward to this opportunity to learn together, celebrate our residents through the annual poster session, and have an opportunity to network with colleagues across Maine!

We will be joined by Maine CDC Director Puthiery Va, DO, who will share her vision for Maine CDC, public health priorities, and how the public health community can work together to solve complex challenges. Dr. Va shares, "Pediatricians significantly contribute

to public health by actively promoting preventative care, healthy lifestyles, and disease prevention in children, essentially acting as a key component of public health efforts focused on the pediatric population.”

Plan to join us Friday afternoon for the Autism Collaborative and stay until noon on Sunday so you don't miss Maine's amazing American Idol Finalist Julia Gagnon, who will share her story and voice with us. More information and a registration link for March 28-30 is below.

Don't forget to set your clocks AHEAD on March 8/9-spring and warmer temps are coming soon! Once again, thank you all for being part of our AAP community in the great state of Maine.

## It's Annual Conference Time! Registration Closes 3/14

**SAMOSET RESORT**  **MARCH 28TH-30TH**

**2025 MAINE AAP SPRING CONFERENCE**  
**PUTTING KIDS FIRST: CONNECTING & COLLABORATING FOR A HEALTHY MAINE**



**PJ ZIMAKAS, MD**  
PEDIATRIC ENDOCRINE  
DIVISION DIRECTOR,  
UVM CHILDREN'S HOSPITAL  
Screening for Pre-clinical type 1  
diabetes mellitus

**KEYNOTE  
SPEAKERS:**



**PUTHIERY VA, DO**  
DIRECTOR  
MAINE CENTER FOR DISEASE  
CONTROL  
Public Health Updates,  
Priorities & Challenges Ahead

**FEATURED PRESENTATION TOPICS & SPEAKERS:**

- NAVIGATING THE BRAIN-GUT AXIS**  
NOAH HOFFMAN, MD - PEDIATRIC GASTROENTEROLOGY, MAINEHEALTH
- PRACTICE BASED EMERGENCY PREPAREDNESS**  
MARC MINKLER - EMS FOR CHILDREN, MAINE
- SUICIDE PREVENTION**  
ALYSSA GOODWIN, MD - STELLAR PEDIATRICS  
STACEY JENKINS, LCPC - FULL BLOOM THERAPY & COUNSELING
- SILVER DIAMINE FLUORIDE USE IN PRIMARY CARE**  
LYVIA GAWSKY, MPH, BRIAN YOUTH, MD,  
LAURA BLAISDELL, MD, MPH & MELISSA KEEPORT, MD
- FOOD ALLERGY AND IMMUNOTHERAPY**  
RUNG-CHI LI, DO - NORTHERN LIGHT HEALTH
- PEDIATRIC UROLOGY: WHEN TO REFER:** LILY C. WANG, MD, PHD - MAINEHEALTH
- COMPLEX CARE:** LOGAN MURRAY, MD - BARBARA BUSH CHILDREN'S HOSPITAL
- PEDIATRIC CANCER TREATMENT:** ASHLEY JEAN, MD - MAINEHEALTH PEDIATRIC HEM/ONC

**8.25 CME  
Credits  
Available**

*Register at  
[MaineAAP.org](http://MaineAAP.org)*

**Sunday Spotlight: Julia Gagnon**

**A Voice for Maine's Future: Journey from Maine Kid to American Idol Star (interview and performance)**



The Hanley Center for Health Leadership and Education designates this Live In-Person Activity for a maximum of 8.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Hanley Center for Health Leadership and Education and the Maine Chapter American Academy of Pediatrics. The Hanley Center for Health Leadership and Education is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.

**View the Agenda & Register Here**



## Member Spotlight - Gretchen Pianka, MD

Gretchen Pianka was one of twelve pediatricians accepted from a national applicant pool to the 2024-25 AAP TIC Champion Program, a 10-month, bi-directional learning opportunity in implementing trauma-informed care. The program is a partnership with the CDC, the Univ of California, LA, and UMass Chan Medical School to increase the capacity and competency of pediatric clinicians to provide TIC to children and families as part of the soon-to-be launched National Center for Relational Health and Trauma-Informed Care. Champions met at AAP headquarters in Itasca (photo below) for an in-person training with the previous cohort. Dr. Pianka will lecture in their upcoming AAP Trauma and Resilience ECHO series.

We are excited to announce an upcoming Summit: **Trauma Informed Care: A Call for Interdisciplinary Collaboration**, scheduled for June 7th in collaboration with the Maternal and Child Health division of the Maine CDC. Details coming soon!

Congratulations to Dr. Pianka on the release of her new book, available March 2nd! You can preorder *Coaching Families for Resilience* today at this [link](#).



**TRAUMA-INFORMED CARE:  
A CALL FOR INTERDISCIPLINARY  
COLLABORATION**

**SAVE THE DATE**

SATURDAY, JUNE 7, 2025  
8:30AM - 4:00PM  
AUGUSTA CIVIC CENTER

Primary Funding Provided through HRSA  
Early Childhood Comprehensive  
Systems Grant at Maine CDC




**Pediatricians, School Health Advisors, School Nurses, Social Workers,  
Guidance Counselors: Please join us on Tuesday, March 4th**

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



Jonathan Fanburg,  
MD, MPH, FAAP

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

## CONFIDENTIALITY FOR MINORS

Tuesday,  
March 4th,  
3:30-4:30PM



View the Full Series Flyer and Register  
Here



### Congratulations!

Kudos to Maine AAP Past President, Laura Blaisdell, MD, who was recently awarded an American Camp Association **National Service Award** for her work as Chief Medical Officer of SeriousFun Children's Network, New England.



### FASD (Fetal Alcohol Spectrum Disorder) is Often Misdiagnosed or Underdiagnosed

Watch this excellent talk by Andrea Tracy, MD, Chair of the MAAP Foster Care Committee to learn more about FASD diagnosis and treatment options and get tips on how to differentiate this from conditions with similar manifestations. [Watch the webinar here.](#)

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](#)



### Connect with Maine AAP on Social Media!

Join us on social media to share good messages, new



clinical info or pertinent articles, X, Facebook, LinkedIn, and Instagram. <https://linktr.ee/maineaap>

## Upcoming Maine AAP Programs

**March 4th, 2025 | 3:30-4:30PM:** Maine AAP School Health Series in Partnership with the Maine Department of Education. The next session is *Confidentiality for Minors* by Dr. Jonathan Fanburg. Be sure to [register](#). Download the flyer [here](#).

**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

**New Clinical Conversations Podcast Episode** - In this [episode](#) Dr. Suzanne Cuda, Executive Editor of Obesity Pillars, sits down with experts Dr. Roohi Kharofa and **Dr. Valerie O'Hara (Maine AAP Board Member)** to explore 2025 updates to the Pediatric Obesity Algorithm®. Join us as they break down the latest advancements, key clinical updates, and what these changes mean for pediatric obesity care.

**The Maine State Breastfeeding Coalition** is conducting a [Strategic Planning Survey](#) to better understand the needs of breastfeeding, chestfeeding, and pumping families across Maine. Your feedback will help shape future resources, policies, and support systems to ensure all parents have the tools to meet feeding goals. [Please share your thoughts by March 7th](#) to help us strengthen breast/chestfeeding support in Maine.

**A new technical report from the AAP** provides a comprehensive literature review in support of evidence-based medical evaluations to diagnose abusive head trauma in children. Abusive head trauma is the third-leading cause of death in children younger than 5. The diagnosis is complex and carries clinical, social, and legal implications that add to a family's emotional distress.

- **Technical Report: Abusive Head Trauma in Infants and Children**
- AAP News: [New AAP technical report can help counter misinformation about abusive head trauma](#)
- HealthyChildren.org: [Shaken Baby Syndrome — Protect Your Infant from Abusive Head Trauma](#)
- News release: [AAP Publishes Review of Evidence Used to Diagnose Abusive Head Trauma](#)

## Upcoming Partner Programs

**March 4th | 3:30-4:30PM:** The MCDC's Children and Youth with Special Health Care Needs Monthly Webinar Series - Resources and Strategies to Support Children & Youth with Brain Injury in Maine. [Register here](#).

**March 5th | 12:00-1:00PM:** Maine Pediatric Behavioral Health Partnership ECHO session on Crisis and Counseling Services. [Register here](#).

**March 6th | 8:45AM-4:30PM:** Northern New England Perinatal Quality Improvement Network (NNEPQIN) Winter Meeting. [Learn more](#).

**March 7th | 11:30AM-12:30PM:** The Governor's monthly opioid response webinar - Update on the 1000 Lives Campaign by representatives of the Maine Medical Association

Center for Quality Improvement. [Register here.](#)

**March 10th | 12:00-1:00PM:** Maine Primary Care Association Webinar Series: Obesity Stigma. [Learn more.](#)

**March 12th | 12:00-1:00PM:** ME SUD Learning Community Adolescent & Young Adult ECHO: Adolescent Specific Care & Addressing SUD Prevention and Treatment. [Register here.](#)

**March 13th | 9:30AM-1:30PM:** Maine 2025 Cancer Action Day at the Maine State House. [Register here.](#)

**March 20th | 8:00AM-4:00PM:** The Maine CDC Suicide Prevention team in partnership with NAMI Maine is hosting their annual conference - Beyond the Basics in Suicide Prevention. [Learn more and register here.](#)

**March 26th | 9:00AM-2:30PM:** Highlighting the Value of Partnering with Families to Positively Impact Systems Change - at the Augusta Civic Center. [Learn more.](#)

**March 27th | 7:30-8:30AM:** Integrating Behavioral Health Services into Pediatric Primary Care with Kellie Pelletier. [Learn more.](#)

**March 31st | 10:00-11:00AM:** Save the date! OCFS 2025 Prevention Webinar Series Coming Soon.

**April 15th | 12:00-5:00PM:** Partnerships in Pediatrics 2025 Conferences. [Register here.](#)

**May 1st | 5:00-8:30PM:** 2025 Maine Association of Psychiatric Physicians Spring Conference: Yellow Flag, Red Flag, What's It All About? [Learn more.](#)

Maine AAP | 30 Association Drive Box 190 | Manchester, ME 04351 US

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