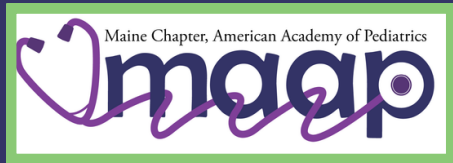


2023

**YEAR-END
SUMMARY**



2023 Chapter Year-End Summary Dashboard



District I Small Chapter

Chapter Key Contacts:

Laura Blaisdell, MD, MPH, FAAP
President

Brian Youth, MD, FAAP
Vice President

Genevieve Whiting, MD, FAAP
Secretary

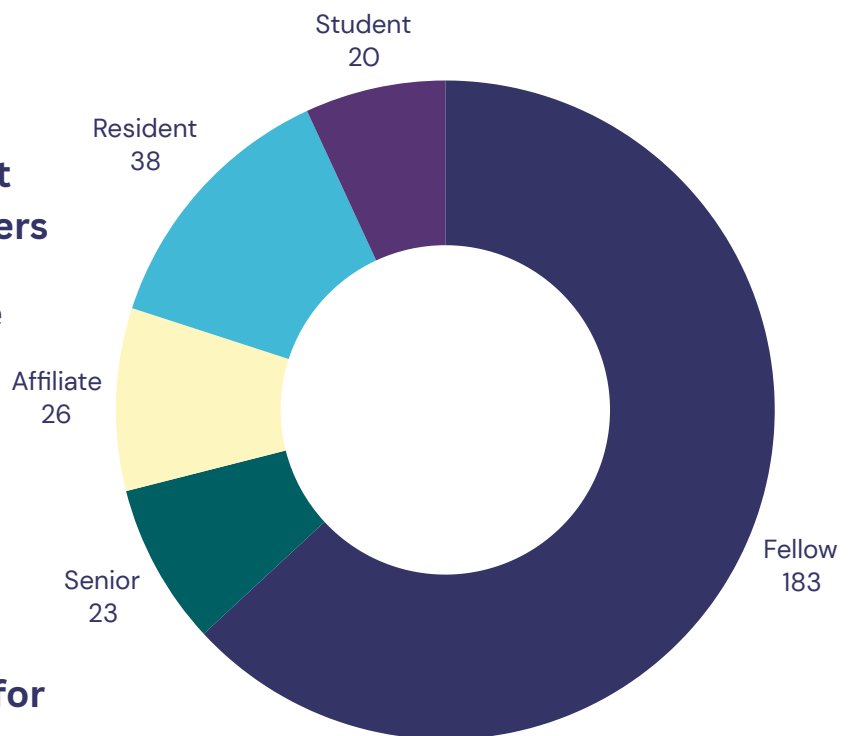
Chris Motyl, DO, FAAP
Treasurer

Dee Kerry, BS, Executive Director

Maine AAP 2023 At A Glance

- 1,445 Elementary school children educated on hand hygiene
- 1,279 Continuing education credit hours awarded to 161 learners
- 200+ Healthcare providers spoke out for systematic changes
- 100+ Physicians rallied for common sense gun laws
- 74 Healthcare professionals TREAT ME trained
- 52 Legislative bills advocated for to improve children's health
- 43 % Increase in hospital Pediatric Emergency Care readiness engagement

Chapter Membership Profile



26 Members matched with a mentor to build relationships

Maine AAP's mission is to improve the lives of children and adolescents in Maine.

- We believe all children and adolescents deserve access to quality mental and physical health care.
- We believe that pediatricians must provide leadership in promoting excellence in health care for children and adolescents.
- We believe in advocacy for the well-being of children and adolescents, their caregivers, and other adults important in their lives.
- We believe that maximizing the health and wellness of children and adolescents is a sound investment in the future of families and communities.

KEY PROJECTS AND ACCOMPLISHMENTS

TEEN SUBSTANCE USE TREATMENT EDUCATION

Responding to increasing rates of adolescent mental illness and overdose deaths related to substance use, the Maine AAP Chapter has been systematically working to address mental health and substance use challenges for several years. In partnership with the Maine Medical Association's Center for Quality Improvement, we created educational programming to increase the use of Screening, Brief Intervention, and Referral to Treatment (SBIRT) and prioritized educating primary care providers, not only on referral to treatment, but on initiating treatment due to scarce resources in our rural state.



We partnered with Maine's sole provider of adolescent residential care for substance use disorders, Day One, the Office of Child and Family Services, Maine DHHS, Governor Mill's Office of Opioid Response, and the Opioid Response Network (ORN) to create a statewide learning collaborative for the management of adolescent substance use disorders in the primary care setting, which we called TREAT ME.

Our aims were to provide primary care clinicians with education in the management of substance use disorder (SUD) by coordinating care and increasing access to treatment. Maine AAP trained medical providers on the identification and treatment of youth with SUD, including opioid use, cannabis, nicotine, and alcohol use. We utilized experts from around the country to educate healthcare providers around the state. We hosted 10 monthly, live webinars, made 16 asynchronous webinars available to healthcare professionals, and convened 2 live in-person conferences. Materials are currently being archived for future use in collaboration with the Maine Medical Association's Center for Quality Improvement.

In 2023, 83 Maine providers participated in the program and 10 became TREAT ME certified. Maine AAP will continue to build on this success to reach more youth with SUD prevention, treatment, and care.

GUN SAFETY AND VIOLENCE PREVENTION

The tragic mass shooting in Lewiston brought the issue of gun safety and violence prevention to the forefront of public health dialogue in Maine. Since the Lewiston mass shooting, Maine AAP aligned with like-minded organizations to prevent gun violence and promote safety to ensure children are not the victims of gun violence or accidents. We hosted support programs for our members and the community after the shooting. We founded Maine Providers for Gun Safety (MPGS). MPGS had an inaugural rally that gathered more than 100 pediatricians and other providers to share our common grief and mobilize to advocate for common sense gun safety. Maine AAP used its history as a trusted organization to be a catalyst for conversation and convene others to advocate for changes on this critical and timely issue.



MPGS is a formal Maine AAP entity with the goal of supporting change in gun safety laws, knowledge, and resources. We convened a multi-disciplinary workgroup with the goal of creating meaningful and lasting impact. The workgroup supports research, advocacy, and educational opportunities and responds to gun violence within and outside pediatricians' exam rooms. Maine AAP is poised to incorporate this work into our strategic mission and planning, and to assist providers when speaking out against gun violence and engaging in legislative processes to encourage meaningful policy that will protect children.

Maine AAP is dedicated to working toward short- and long-term gun safety efforts. Past progress has been slow for myriad reasons, strongest perhaps being the lack of personal impact of a mass shooting event. This all changed after the tragic deaths on October 25. Maine AAP was honored to receive funding from the AAP Friends of Children Fund to support MPGS efforts to mobilize providers and advocate for change. Common sense gun safety to protect children from injury and death from firearms is a priority of the Maine AAP and pediatricians around the state.

INFECTIOUS DISEASE MANAGEMENT IN SCHOOLS

In collaboration with the Maine Association of School Nurses, Maine AAP educated 1,445 fourth grade students in 30 schools about infectious disease prevention with a focus on proper handwashing. Pediatric infectious disease specialist, Jennifer Jubulis, MD, created an educational video about preventing infectious disease in schools, which was shared with school nurses and used to educate participating students.



We distributed hand washing posters showing proper handwashing technique to display in the schools. Each student received a handout to take home, a bookmark, and a water bottle, all containing the message of proper hand hygiene. The Maine AAP is dedicated to improving the lives of children in Maine and with the engagement of many rural communities in this project, we had the opportunity to meet basic educational needs for those that have trouble accessing healthcare services and means of education.

DISASTER PREPAREDNESS IN EMERGENCY DEPARTMENTS

The goal of our disaster preparedness work in Maine is to prepare all 36 Emergency Departments (EDs) in the state to be ready for surges in patients in the event of a disaster. As a predominantly rural and economically disadvantaged state, there are vast disparities in the availability and quality of care available to children in EDs. Our project seeks to increase access to consistent, evidence-based emergency care in all EDs in Maine.

We collaborated with Emergency Medical Services for Children's *Always Ready for Children* (ARC) program, which uses the evidence-based framework of the National Pediatric Readiness program to improve ED preparedness to treat children. We successfully increased hospital engagement with the program from approximately 42% to 85%. Each engaged hospital named a Pediatric Emergency Preparedness Care Coordinator (PECC) and committed to improving care for children in their ED.

Maine AAP provides educational materials, facilitates networking between hospitals, and provides feedback opportunities. We began collaborating with MaineHealth, the largest health system in Maine that also has the highest ARC readiness score. They are committed to supporting hospitals statewide by providing sample policies, giving extensive support to programs piloting ARC, and creating a PECC position at each hospital. We hope the work at MaineHealth will drive change at other hospitals state and nationwide to encourage them to create sustainably supported PECC positions.

SCHOOL-BASED MENTAL HEALTH TRAINING

Over a dozen providers were trained in Creating Opportunities for Personal Empowerment (COPE), a 7-week manual base CBT program. The project, Providing Access to CBT and Resilience Building for Children and Adolescents in the School Based Health Center (SBHC) Settings, had two goals:

1. To provide access to Cognitive Behavioral Therapy (CBT) for children and adolescents in an SBHC setting who have mild to moderate anxiety and depression by using the COPE® program.
2. To build resilience in those children and adolescents.

The project addressed the following objectives:

- Increase the proportion of children and adolescents who get preventative mental health care in school.
- Increase the availability of treatment for those with anxiety, depression, and mental health problems.



We partnered with the Maine Medical Association's Center for Quality Improvement to execute a learning collaborative and worked with child psychiatry partners, local public health partners, and the Maine Department of Education to tap into expertise on youth substance use treatment and to address the needs of youth having co-occurring mental health conditions. We addressed mental health by focusing on family relationships, improving school environments, and increasing youth's feelings of mattering and belonging.

The data on the numbers of children and adolescents served thus far reflects the increased proportion of children and adolescents who get preventive mental health care in school. The program trained providers in the execution of COPE and followed the implementation of this program in primary care settings. The providers reported seeing benefits to the children and adolescents. A challenge to the sustainability of the program is that health insurance will not cover the \$20 cost of the COPE manuals needed for every patient as part of program implementation. Maine AAP works to ensure kids receive equitable access to healthcare.



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and generous donors to support
the amazing work done on behalf
of Maine children and families!**

Would you like to learn more about our advocacy priorities? You can find our Advocacy Blueprint at www.maineaap.org/advocacy/advocacy-blueprint

To renew or become a member of the Maine AAP, please visit www.maineaap.org/membership

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Your membership and support is critical to all we do!

**THANK
YOU!**

**TO OUR
MEMBERS AND
SUPPORTERS**

