



Maine Pediatrics

April 2025 | Newsletter Highlights

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

We just wrapped up a fantastic weekend at our Annual Spring Conference at the Samoset! We had 170 attendees representing providers who care for kids in a variety of settings statewide. The conference started with a fun welcome dinner, including an amazing kids' play space that was thoroughly enjoyed by so many of our members' kids, and for the adults - competitive ping-pong! Talk topics included understanding the brain-gut connection, new screening opportunities for pre-clinical type 1 diabetes, an update from Maine EMS for Children to help us understand what happens AFTER you call the ambulance, how the new complex care clinic can provide shared opportunities to manage our most medically complicated patients, care for survivors of childhood cancer, and a panel sharing success using SDF in the primary care setting including how to bill and manage workflows. We finished the weekend by hearing a concert from Cumberland Maine rising star Julia Gagnon (with her musical partner Nate Havens) which was outstanding! Thank you to all who gave up part of their weekend to provide education to the Chapter, to exhibit and sponsor and to be part of our community!

We also had the opportunity to honor Representative Annie Graham with the Legislator of the Year award, Marc Minkler with the Child Health Advocate of the Year award, and Calvin Schaffer with the Jan Pelletier Resident of the Year Award. Mark your calendars for March 27- 29, 2026 for the next Spring Conference! Talks/slides and lots of photos will be posted on our website in a week or two – we'll be sure to let you know when that is done!

Kudos to our residents, students, and others who presented their academic posters Saturday night, and to those who completed the final pre-conference Operation Access- Diagnosing Autism in the Medical Home session! The weekend was packed with education, fun, networking and chances to make new connections and support one another.

The Annual Members Meeting on Sunday morning highlighted accomplishments over the last year and gave us a chance to recognize our outgoing Treasurer, Chris Motyl, DO, who served as Treasurer for the Chapter for the last 8 years. Chris helped guide our investments and worked with Dee to manage our budget. The role of treasurer is now transitioning to board member, Dr. Jeff Stone.

Last but certainly not least, a huge shout out to the Education Committee of the AAP, our Board and Committee Chairs, and our administrative wonders Emily Belanger, Madeleine DesFosses, and Executive Director, Dee Kerry for orchestrating a wonderful weekend.



Medicaid cuts would be devastating to care of Maine children

The effects on our communities would be felt immediately and well into the future.

House and Senate Republicans are attempting to pass tax cuts and other priorities outlined by President Trump, and in so doing, Congress is considering significant cuts to Medicaid. As a general rule, Medicaid is the primary source of funding for children in Maine. I have seen thousands of patients who rely on Medicaid (known as MaineCare in our state) as their primary health insurance, and I fear to be very clear: Federal cuts to Medicaid would be devastating to the care that Maine children need and deserve.

The Medicaid program was designed to meet children's unique developmental needs and in the

backbone of health care coverage for 53% of Maine children (close to 180,000 kids). Nationally, Medicaid provides health coverage to 44% of children and youth with special health care needs, and 70% of children in the foster care system. But make no mistake in understanding that cuts to Medicaid will affect ALL children, regardless of whether they are covered by Medicaid, because our child health system depends on Medicaid to keep pediatric practices and children's hospitals open.

Since 2014, nearly one-third of Maine's labor and delivery units (9 of 29) have closed or announced plans to close, and in 2018, Northern Maine Medical Center in Fort Kent closed its child and adolescent psychiatric unit, leaving only three facilities in the state to care for youth needing inpatient psychiatric care.

ABOUT THE AUTHOR
Brian Youth, MD, of Scarborough is a pediatrician and president of the Maine Chapter of the American Academy of Pediatrics.

While we know the decisions for these closures are multifactorial, underinvestment in Medicaid is likely a significant reason why these hospitals have had to not their services. With over half of all births in many of Maine's rural counties covered by MaineCare, the loss of care to the program will affect all patients, and just those on MaineCare who can no longer seek care at these rural hospitals.

I recently had the opportunity to meet directly with Sen. Collins, as well as with one of Sen. King's policy advisors, as part of a group of six pediatricians who gathered in Washington to meet with

children with Medicaid are more likely to be healthier than their uninsured peers; more likely to graduate high school and college; and more likely to be employed, earn higher wages and pay more in taxes.

lawmakers to discuss the importance of preserving Medicaid. I appreciate Sen. Collins' bipartisan approach and for putting influence as chair of the United States House Committee on Appropriations. I am able to share that Medicaid promotes children's health and well-being in many ways, including access to dental, vision and hearing services, and access to comprehensive wrap-around care for children and youth with special health care needs that private insurance often does not cover. We reviewed how Medicaid provides coverage for essential mental and behavioral health services

for our children, including those for conditions like ADHD, autism spectrum disorders and substance use disorder services. Medicaid helps to ensure that Maine children grow to become healthy and productive adults. Children with Medicaid are more likely to be healthier than their uninsured peers; more likely to graduate high school and college; and more likely to be employed, earn higher wages and pay more in taxes.

Medicaid supports the entire child health system. It is integral to the viability of pediatric practices across the state, from

primary and subspecialty care practices to inpatient hospitals. In fact, Medicaid coverage has been critical in driving down the rate of uninsured children in Maine, which stands at 5.2% as of 2021.

As a pediatrician, it is clear to me that Medicaid supports the whole family. I understand the connection between the health and well-being of parents and caregivers and that of children. Medicaid (MaineCare) has supported generations of families in Maine. Any cuts to this program will have longstanding effects on our communities not only today but well into the future.

I urge you to please contact our U.S. senators and strongly encourage them to oppose any federal proposal that cuts Medicaid funding to our state, or limits access to benefits or services for Maine children and families.

Maine AAP's President, Dr. Brian Youth Speaks Out Again Medicaid Cuts

[Read the article here](#)



Infant Safe Sleep in Maine Webinar

April 9, 2025 | 12:00-1:00PM via Zoom

CME Credit Available



Presented by Meredith Jackson, MD

Pediatric and Newborn Hospitalist at
the Barbara Bush Children's Hospital



Register
Here



Presentation Objectives:

- ✓ REVIEW LOCAL AND NATIONAL DATA SURROUNDING SUDDEN UNEXPECTED INFANT DEATH (SUID).
- ✓ DISCUSS INFANT SAFE SLEEP, CURRENT PRACTICES, BARRIERS, AND EXAMPLES OF QUALITY IMPROVEMENT EFFORTS.
- ✓ EMPHASIZE LOCAL RESOURCES FOR PRACTITIONERS AND FAMILIES.

The American Academy of Pediatrics is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
AAP designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Register Here



Advocating for Maine in DC

In early March, Maine AAP President, Dr. Brian Youth, and Board Member, Dr. Adrienne Carmack attended the 2025 AAP Legislative Conference in DC learning how to be strong advocates for children's health. The conference included an opportunity to visit the capitol, where Drs. Youth and Carmack met Senator Susan Collins. Thank you, Drs. Youth and Carmack for representing the Maine

AAP in DC, and for being a strong voice for Maine kids!

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

SAVE THE DATE

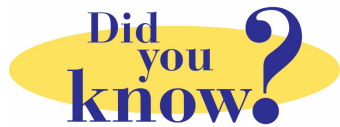
SATURDAY, JUNE 7, 2025

8:30AM – 4:00PM

AUGUSTA CIVIC CENTER



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



**The Maine AAP School Health Series in
Partnership with the Maine DOE offers all
presentation recording on our website!**

You can find all recordings of the School Health Series at the Maine AAP [Website](#) (along with those from past conferences and series). Presentations include education from experts on Maine schools and vaccines, school absences as a risk factor, school nursing in the provision of services to students with disabilities, trauma-informed responses to behaviors, emotional dysregulation in the school setting, confidentiality for minors, and suicide prevention. We hope you enjoy!

**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!**

We recently joined BlueSky! Follow us there at [@maineaap.bsky.social](#), in addition to on X, Facebook, LinkedIn, and Instagram where we continue to share pro-pediatric health messages, new clinical info and pertinent articles. <https://linktr.ee/maineaap>

You're invited

to an upcoming Alexion-sponsored educational program.

Treating NF1 Plexiform Neurofibromas: Case studies

Presented by:

Breanne Roche, DNP, APRN, CPNP-PC, CPHON

Pediatric Neuro-Oncology Nurse Practitioner
Rainbow Babies & Children's Hospital

Ms. Roche is a Pediatric Hematology and Oncology Nurse Practitioner in the Neurofibromatosis Clinic at Rainbow Babies and Children's Hospital in Cleveland, Ohio. She completed her Masters and Doctorate of Nurse Practitioner studies at Case Western Reserve University.

When?

Monday, April 28, 2025
12:00PM EST

Where?

This will be a virtual event.
Please RSVP to receive an invitation.

How do I register?

RSVP by 4/23/2025
Registrations may still be accepted after this date, pending availability.

To register for this program, please contact Michael Cassineri at michael.cassineri@alexion.com or (860) 593-0610

Alexion is committed to complying with applicable laws and regulations and adhering to the highest standards in its interactions with healthcare professionals, including those that govern the provision of modest meals to attendees at company-sponsored events. Per industry guidelines, we are unable to accommodate spouses or guests at this event. The invitation is nontransferable and is only for individuals who have a professional interest in the educational information that will be shared at the event. In order to ensure accurate transparency reporting of meals, Alexion requires program attendees to sign in upon arrival. Subject to federal and state regulations, Alexion will disclose information related to meals provided to attendees, as applicable. In most cases, this information will be made public. Attendees may opt out of the meal by indicating so on their RSVP. Certain states and federal agencies have defined the maximum fair market value allowable for modest meals given to healthcare professionals or prohibited the receipt of meals at company-sponsored events. You are accountable for understanding such restrictions and complying with them. If you are impacted by those restrictions, we respectfully request that you not partake in the meal offered by Alexion at the event. Please ask the Alexion representative at the event for information about purchasing food at the event.
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Upcoming Maine AAP Programs

April 9, 2025 | 12:00-1:00PM: Infant Safe Sleep in Maine Webinar by Dr. Meredith Jackson. View the flyer above for more information.

April 28, 2025 | 12:00-1:00PM: Treating NF1 Plexiform Neurofibromas: Case studies by Breanne Roche, DNP, APRN, CPNP-PC - An Alexion-sponsored educational program. See the flyer above.

June 7, 2025 | 8:30AM-4:00PM: Save the Date! Trauma-Informed Care: A Call for Interdisciplinary Collaboration.

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

April is Child Abuse Prevention Month! Friday, April 4th is Wear Blue Day! Join the [Trust's Facebook event](#) and tag photos of yourself, staff, and coworkers wearing blue with others across the state.

Help Shape the Future of Breastfeeding Support in Maine! Do you support breastfeeding and chestfeeding families in Maine? The Maine State Breastfeeding Coalition is looking for professionals who work with new and expectant families to join a focus group to help guide the coalition's strategic planning efforts. [Read more.](#)

Influenza Vaccine Composition for the 2025-2026 U.S. Influenza Season. The FDA has made recommendations to vaccine manufacturers for the virus strains to be used in influenza vaccines for the 2025-2026 U.S. flu season following a thorough and comprehensive review of U.S. and global surveillance data. [Read more.](#)

Maine AAP's Infectious Disease and Infection Prevention Champion, Dr. Amanda Goddard has a new [presentation on the Avian Flu](#). Be sure to check it out!

New Guide for Chapters: Food Security Chapter Framework. Drawing from the successes and lessons learned from the "Building Pediatrician Capacity to Address Food Insecurity Chapter Grants" initiative, AAP and [Share Our Strength – No Kid Hungry](#) developed a guide for chapters, "[Partnerships to Support Pediatricians in Addressing Food Insecurity: A Framework for AAP Chapters](#)," as a supplement to "[Screen and Intervene: A Toolkit for Pediatricians to Address Food Insecurity](#)."

Pediatric Psychiatry in the Primary Care Setting ECHO. The Maine Pediatric & Behavioral Health Partnership established ECHO Learning Collaborative is offering ECHO sessions on the 1st Wednesday of the month from 12-1PM. [Learn more and register here](#).

Primary Care Providers: Exciting Opportunity Coming to Your Practice! Be part of an innovative clinical trial to help youth struggling with anxiety, fear, and worry. [Learn more](#).

Ronald McDonald House Charities of Maine offers programs in Bangor and Portland to serve families of patients 21 years of age or younger. [Read more](#).

WIC food packages are changing for the first time since 2009 to promote nutrition security and equity, provide more choices to access essential nutrients, provide more balance, accommodate cultural and personal preferences, and better support lactation goals. [Learn more](#).

Upcoming Partner Programs

April 3rd | 1:30-2:30PM: Developing an Emergency Preparedness Plan for Health Centers: Planning, Risk Assessment, and Response. [Learn more](#).

April 3rd | 5:30-9:00PM: Teens to Trails at the Courtyard at L.L. Bean HQ, Freeport, Maine. [Learn more](#).

April 4th | 11:30AM-12:30PM: Governor Mills Monthly Opioid Response Seminar Series: Maine DOE will present updates on DOE Rules Chapters 40 and 41 regarding naloxone training. [Learn more and register](#).

April 11th & 12th: Adoptive & Foster Families of Maine, Inc. & Kinship Program's 28th Annual Spring Conference. [Learn more](#).

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

April 17th | 12:00-1:00PM: The RMOMS Maternal Mental Health ECHO Series for 2024-2025. [Echo Series Registration](#).

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](#).

May 13th | 1:30-2:00PM: Identifying Infants with Biliary Atresia by 2-4 Weeks of Life: Guidance for the Primary Care Practitioner. [Learn more](#).

June 23rd: Save the Date! Maine Children's Alliance First Annual Golf Tournament at the Augusta Country Club in Manchester, Maine.



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