



Maine Pediatrics

April 2026 | Newsletter Highlights

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

It was so inspiring getting together with so many Maine AAP members this past weekend at our **Annual Spring Conference at the Samoset!** What a great array of speakers ranging from increased awareness and education on prescribing PrEP for our patients, to recognizing and managing Food Allergy, to shining a lens on health equity and how we can and have risen to the challenge of meeting our patients needs even in extremely challenging circumstances. And the resident and student poster session -hands down- amazing work by our trainees who showcased their scholarship!

We honored Senator Anne Carney with the Legislator of the Year award, Lindsey Tweed with the Advocate of the Year Award, and Alison Grover with the Jan Pelletier Resident of the Year Award. Finally, Dr. Mary Ottolini, Chair of Pediatrics and Chief of the MaineHealth Barbara Bush Children's Service Line was awarded the Robert Holmberg Lifetime Achievement and Dedication to the Maine AAP Award for her years of service and leadership nationally as well as here in Maine for our community.

The Members meeting Sunday morning highlighted initiatives and accomplishments over the past year ([view the 2025 Year End Report](#)) and shared goals for 2026. A huge shout out to the Education Committee of the AAP supported by Emily Belanger, Education and Membership Manager, our Board and Committee Chairs, our Executive Director, Dee Kerry, and other administrative wonders Madeleine DesFosses, Lizzy Garnatz and Tiffany Harrington for their work in making this conference a success and the organization thrive!

Check out the [Maine AAP Website](#) to view slides from the talks presented. **Mark your calendars for April 2-4, 2027 for the next Spring Conference** - and check out the sneak preview of conference photos below!

Pictured below are honorees Dr. Allison Grover with Drs. Coates and Amar-Dolan and Dr. Mary Ottolini with her spouse and Drs. Youth and Carmack; and a photo

from the poster session and one with awardees Owen Doane, Sophie Martens, Alex Rubenstein and Dr. Sean Patterson! More to come in early April!



Maine AAP & EMS for Children offer NRP Training!

The first of ten statewide training sessions for pediatricians, child health providers and EMS professionals was held Friday, March 27th at the conference. Participants received a hard copy of the *Textbook of Neonatal Resuscitation, 9th Edition* and other resources, including certification through AAP. Classes run 3.5 hours. This session had three amazing instructors: Rosie Davis, MD (Maine AAP lead) and Dawn Tassi, RN and Cecily Havener, RN from PenBay. Be on the lookout for additional sessions across Maine starting this fall.

Did you Know?

April is Child Abuse Prevention Month!

Child abuse prevention is often used in technical terms, but prevention is actually a promise. It is a promise that we won't wait for a crisis to occur before we step in to help.



Maine AAP is proud to join [Maine Children's Trust](#) in sharing our 2026 theme: **By Supporting Maine Families, We Keep Children Safe.**

We are emphasizing that child safety is a collective responsibility. Our focus is on proactive prevention—ensuring every parent and caregiver has a solid foundation of support long before a crisis occurs. When we build strong local networks, we create an environment where children can thrive.

Prevention isn't just an April event; it's a year-round commitment to:

- **Building Connections:** Reducing isolation by linking families to local, supportive resources and providing vital social connections.
- **Providing Tools:** Ensuring caregivers have access to the knowledge and concrete supports they need to navigate the joys and challenges of parenthood.
- **Nurturing Resilience:** Creating a community culture that provides coordinated, compassionate support.

We invite you to be part of the solution. Get involved, attend an event, and help us keep this promise to Maine's children.

Vaccine Recommendations and Uptake Survey (take by 4/3/26)

In order to better understand what pediatricians are actually experiencing in their practices, the Academy is circulating a short survey to capture pediatrician experiences to share with federal and state policymakers.

Thank you in advance for completing this survey so the AAP can get a better understanding of the impact of the CDC recommendation changes on conversations with families about vaccines, and how it has affected vaccine uptake or refusal. Providing personal data is optional.

[Provider Experiences with Vaccine Refusals and CDC Recommendations](#)



FREE Lockboxes, Education & Resources

We have firearm lockboxes, cable locks, resources, and education for practices through our collaboration with the Maine Gun Safety Coalition and support from Project Safe Neighborhood, and the Bingham and Klingenstein Foundations!


Supplies include firearm education materials and safe storage resources. Training, virtual and/or in person, can be scheduled at a time that works best for your team. We'll even deliver lockboxes and cable locks directly to your location. To learn more, please email lizzy.garnatz@maineap.org.

Upcoming Maine AAP Programs

Through April 2026: School Health Webinar Series

We are excited to offer this monthly series in partnership with the Maine Department of Education. This webinar series is offered asynchronously at no-cost, and CME credit is available. [More info and registration details are available here.](#)

Final session - April: School Vaccine Requirements



School Health Series

A free monthly asynchronous webinar series running from December 2025 - April 2026!

5 CME Credits available!

- December: The Digital Dilemma, Supporting Mental Health in an AI-Driven World
- January: Tuberculosis 101
- February: Supporting Self-Management of Diabetes
- March: Autism Spectrum Disorders: Challenges, Strengths, & Strategies in the Educational Setting
- April: School Vaccine Requirements: What they Are, Why they Matter, and How to Implement Them in Challenging Times

Scan QR code to register via ENGINE

You must have an ENGINE account, or create one, in order to register for this series.

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 Hawley Center for Health Leadership and Education and Maine Chapter American Academy of Pediatrics. The Hawley 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.

The Hawley Center for Health Leadership and Education designates this enduring material for a maximum of 5 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

May 1st |12:00-1:00PM: Neurelis Webinar on VALTOCO Diazepam Nasal Spray

You are invited to attend a presentation on VALTOCO - Rapid, Reliable, and Ready Seizure Rescue for Episodes of Frequent Seizures

Indication: VALTOTO (Diazepam nasal spray) is indicated for the acute treatment of intermittent, stereotypic episodes of frequent seizure activity (ie, seizure clusters, acute repetitive seizures) that are distinct from a patient's usual seizure pattern in patients with epilepsy 2 years of age and older.

Presented by: Jennifer Williams McVige, MD, MA, FASN **Hosted by:** Hannah Scott of Neurelis

[Register Here](#)

CHILD, ADOLESCENT & YOUNG ADULT
MENTAL HEALTH & SUBSTANCE USE

'OFFICE HOURS'

FOR CLINICAL PROVIDERS

Maine AAP, in partnership with the Maine Pediatric and Behavioral Health Partnership, is offering twice a month virtual Office Hours for pediatricians, family medicine physicians, and other child health providers.

These sessions provide guidance and resources on managing pediatric mental and behavioral health concerns—such as anxiety, depression, eating disorders, and developmental disabilities—in the primary care setting. Non-patient-specific questions are welcome, and client-specific consultations can be arranged as needed.

**WHEN: MONTHLY ON THE 2ND AND 4TH
WEDNESDAY FROM 12N - 1PM**

(A child and adolescent psychiatrist will be available on every call, and pediatric specialists will be available on the 4th Friday of each month).

SIGN UP:

[CLICK TO RECEIVE THE LINK TO JOIN ANY OF THE MONTHLY OFFICE HOURS.](#)
SIGN UP FOR INDIVIDUAL SESSIONS IS NOT REQUIRED!



Mental Health & Substance Use Office Hours

Drop-In Office Hours are held on the second and fourth Wednesday of each month at noon, in coordination with the MPBHP/Maine DHHS's Office of Behavioral Health. Pediatricians, family medicine physicians, and other youth-treating medical professionals may join to ask non-patient-specific questions about mental and behavioral health conditions, challenges, and medication management.

Register here to receive a link to join one or more of the drop-in Office Hours sessions!

Research Project

PFAS and Medical Guidance

Learn about a harmful class of contaminants and help strengthen medical education. Complete a FREE Continuing Medical Education (CME) course online anytime for 1 APA or AOA credit.



How to participate

- 1** Complete the PFAS CME and our questions
 - Follow the link to create a free account and complete the CME anytime.
- 2** Join the discussion on PFAS medical monitoring
 - Be interviewed by the research team (\$100 gift card)
 - Join a focus group with clinicians and healthcare professionals (\$100 gift card)
 - Connect with a national network of clinicians and professionals

Get started!

tinyurl.com/nwjfepfas-cme



Practitioners and students in medicine, nursing, and public health are welcome

Our research team provides evidence-based resources about PFAS blood tests, medical monitoring, and clinical care. Help our research team better understand how these resources support clinical practice and how they can be improved.

Supported by the Robert Wood Johnson Foundation

Any questions? Contact Aaron Maruzzo, maruzzo@silentspring.org



Northeastern University
Social Science Environmental
Health Research Institute



SILENT SPRING INSTITUTE
Researching the Environment and Women's Health



MICHIGAN STATE
UNIVERSITY

The [Maine Telehealth and Telemonitoring Advisory Group](#), a statewide body established by state statute within Maine DHHS, is seeking input from healthcare professionals and organizations across Maine. As part of an AI Workgroup, the Advisory Group has launched a brief survey to capture how augmented intelligence (AI) is currently being used in healthcare settings — and what opportunities, challenges, and resource needs organizations are experiencing.

Your responses will directly inform the Workgroup's priorities and the development of practical tools and guidance for responsible AI adoption in Maine. Please [take the survey](#) by April 30, 2026. It takes about 5–7 minutes to complete.

Maine AAP relies on donations from members and friends to enable us to continue growing and providing advocacy, education and child health project collaboration throughout Maine! Please consider making a donation today!

[Donate Here](#)

Upcoming Partner Programs

April 2nd | 12:00-1:00PM: Maine State Breastfeeding Coalition Webinar: Neurodivergence in Breastfeeding and Parenting with Dr. Rachel Freud. [Register Here.](#)

April 7th | 10:00-11:00AM: OCFS and the Maine's Children Trust is kicking off April has National Child Abuse Prevention Month with a webinar series. [Learn more.](#)

April 7th | 12:00-1:00PM: PEH Grand Rounds "Spina Bifida Risk and Prevention: Arsenic Contaminated Drinking Water, Folate, and Neurodevelopment in Bangladesh. [Register Here.](#)

April 10th & 11th: Adoptive & Foster Families of Maine 29th Annual Conference - Foundations of Belonging. [Register Here.](#)

April 13th | 8:00AM-4:00PM: Beyond the Basics Suicide Prevention Conference: Compassionate Communities: Promoting Action for Suicide Prevention. [Register Here.](#)

April 14th | 12:00-5:00PM: Partnerships in Pediatrics at MaineGeneral Medical Center, Augusta. [Learn more.](#)

April 14th | 12:00-1:00PM: Youth Tobacco & Nicotine Use in Maine: Insights from the 2025 Maine Integrated Youth Health Survey Webinar. [Register Here.](#)

April 16th | 12:00-1:00PM: RMOMS Network Maternal Mental Health Webinar Series. Working with OCFS: A Discussion about Family Safety Issues and Mandated Reporting with Omm Stillwell, LCSW. [Register Here](#)

Apr 23rd | 7:30-8:30PM: Maine Pediatric and Behavioral Health Partnership Thursday Morning Webinar Series: Supporting Early Childhood Mental Health. [Register Here](#)

May 6th | 8:30-4:30PM: Save the Date - Maine Patient Safety Academy. The Maine Patient Safety Academy grew out of an initiative by Maine's critical access hospitals to build an infrastructure that supports patient safety and quality improvement activities. This event will be held at the Wells Conference Center in Orono, Maine. [Details Here](#)



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AAP on Social Media!**

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LinkedIn, and Instagram, and
BlueSky where we continue to
share pro-pediatric health
messages, new clinical info and
pertinent articles.**

<https://linktr.ee/maineaap>

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