



Maine Pediatrics

August 2025 | Newsletter Highlights

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- School Health Summit - Time to Register!
- Trauma-Informed Care Series - Only 200 Seats!
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**THANK YOU
TO NEW AND
RENEWING
HEALTH
ALLIES**

 **Martin's Point**

 **NEURELIS**



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

I was in my clinical office the other day talking with a family about what plans they had for the rest of the summer. My 8-year-old patient proudly described a soccer camp she had just finished, a baking camp she was starting, and a planned overnight tent camping trip with a friend, and then said very excitedly, "and I start school again in a month!"

Two things about that conversation made me smile- one was baking camp. I told her (and I meant it) that I would LOVE to go to a baking camp (she invited me to join her on her first day, but I respectfully declined). The second thing that made me smile was her true excitement about starting school again- I found myself reminiscing about how cool it was to be at that age where starting a new school year was so exciting, a chance to meet up with friends, find my new desk in a shiny new classroom, and maybe get a new backpack. That moment took me out of my mindset of what sometimes feels like constant worry and reminded me of the simple joy of living in the moment, like an 8-year-old might. I left that visit and felt so thankful to be a pediatrician and have moments like that to sustain me when I'm seeing the cup half empty instead of full.

Yes, the end of summer isn't too far off, so please take some time to get outside, jump in the ocean, hike a trail, or do whatever it is that brings you joy. Cooler days will be here before we know it. Thank you for being the child advocates you are as pediatricians, and don't forget to live in the moment like an 8-year-old, at least once in a while!



SCHOOL HEALTH SUMMIT

Augusta Civic Center

Saturday, Oct. 25, 2025 | 8:00am - 4:00pm

Early Bird Rate of \$135 until September 31st!



Keynote by Dr. Nirav Shah,

Epidemiologist, Former Maine CDC Director, and Current Visiting Professor at Colby College.

Other presentation topics include:

- HIPAA/FERPA updates
- The dangers of appearance and performance enhancing substances
- Emergency action plans
- Climate change, youth mental health, and outdoor education
- Concussion management

Welcome reception at Calumet Club in Augusta on Friday evening, October 24th.



Be sure to register soon because seats are filling fast!

REGISTER
HERE

TRAUMA-INFORMED CARE: A CALL FOR INTERDISCIPLINARY COLLABORATION

A SIX UNIT LEARNING COLLABORATIVE



Focused on collaboration and practical solutions, this six unit learning collaborative will provide actionable insights for strengthening family systems, improving care outcomes, and promoting long-term healing.

Open to mental health professionals, educators, healthcare providers, legal professionals and community leaders.

Each unit has a live webinar and an asynchronous webinar. Upon registering, each participant will receive two books:

- Coaching Families for Resilience - How Pediatricians Can Support Caregivers and Prevent Burnout (Pianka)
- The Trauma Informed Pediatric Practice - A Resilience-Based Roadmap To Foster Early Relational Health (Gillespie)

and additional TIC/relational health resources.

Live Webinars are held on the following Tuesdays from 4 – 5PM:

September 16, 2025

October 21, 2025

November 18, 2025

December 16, 2025

January 20, 2026

February 10, 2026

FOR ADDITIONAL INFORMATION AND PROGRAM DETAILS, VISIT WWW.MAINEAAP.ORG



There are only 200 seats available for this VIRTUAL Trauma-Informed Care Series!

You **MUST** be registered for the series to receive the links to the asynchronous and live webinars. Only the first 200 people to register will have access to the series with the opportunity for credit. All sessions will be recorded and later uploaded to the website for viewing (without the option for credit).

[LEARN MORE AND REGISTER HERE](#)

Member Spotlights

Maine AAP Member and the Medical Director of the MaineHealth Maine Medical Center's Outpatient Clinics, Dr. Stephen DiGiovanni is the Co-Lead author on a new resource! This new resource on Behavioral-Development Health Screening and Response for Adolescents (Ages 12-17) in Pediatric Primary Care from the AHRQ Integration Academy is designed to help pediatric and family medicine teams better support adolescents and their families.

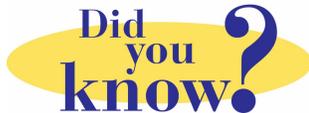


[VIEW THE BRIEF](#)



Maine AAP Board Member, Dr. Dan Hale, gave a presentation for the Boston Children's Hospital community educational summit in April. Many pediatricians from New England attended including several from Maine. Dan's presentation was titled "**Childhood safety: what's new in 2025!**" and reviewed updated technology and research safety advances for some of the most common causes of pediatric fatalities: firearms, drownings, and house fires. It is important to weave prevention efforts into health care points of contact including well child visits, acute care contacts, and hospitalizations.

[READ MORE](#)



August is National Immunization Awareness Month!

During a time when measles outbreaks are spreading across the country and harmful misinformation is being amplified, it's crucial that healthcare professionals continue to promote accurate, evidence-based information about how vaccines protect children, adolescents, and communities.

If we can be of assistance in anyway, please reach out! In addition, you can check our social media platforms throughout the month for informative posts and check out our [Immunization resource page for providers](#) to learn more about how you can promote immunizations in your practices and schools.

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>

In the News

Listen to the new Pediatrics on Call Podcast episode [What the ACIP Upeaval Means for Pediatricians, Adolescents'](#)



Use of Nicotine Analogues. In this episode, pediatricians discuss what the changes mean for the vaccine delivery system and how adolescents are using nicotine analogues.

The Maine Pediatric and Behavioral Health Partnership announced their FREE Educational Opportunities for Pediatric Behavioral Health Providers. You can join their monthly ECHO sessions, held on the first Wednesday of the month from 12:00-1:00PM. [Register here.](#)

MaineHealth Pediatric Specialty Care (PSC) in Portland offers Pediatric Referral Guidelines and educational resources for providers and the families of patients that you care for. The MH Website includes guidelines, videos, and PowerPoint presentations for your review. The guidelines can also be found by a quick internet search of "BBCH guidelines."

You can now listen to the new Healthy Children Podcast *Vaccine Facts, Recommendations & Schedules: Everything Parents Need to Know.*

News Release from the AAP

New Resource: Tools to Support School Health Information Sharing

"School nurses and pediatricians play integral roles in keeping children safe and healthy while furthering their education. That's why the AAP and National Association of School Nurses created a consent form template and implementation toolkit to provide the best practices for communication between schools, local health care providers, and families. The tools facilitate information sharing to support care coordination for chronic condition management. [Click here](#) to learn more."

Maine AAP School Health Committee Chair, Dr. Alyssa Goodwin, is one of the experts who collaborated to develop a "FERPA-and HIPAA-compliant information sharing agreement template consent form to facilitate cross-sector communication between schools and the primary medical home."

Dr. Goodwin will be presenting on this work at the 2025 School Health Summit at the Augusta Civic Center on October 25th! Find the registration details above!

Upcoming Partner Programs

August 4th | 10:00-11:00AM: The Office of Child and Family Services and the Maine Children's Trust announce the next webinar in the 2025 Prevention Webinar Series: The Fundamentals of Collective Impact. [Register here.](#)

August 7th | 12:00-1:00PM: Maine State Breastfeeding Coalition is offering a free webinar on Navigating the Social Determinants of Health and How They Affect Breastfeeding in recognition of World Breastfeeding Week. [Learn more and register here.](#)

August 14th | 3:00-4:00PM: MCD Global Health ECHO Series - From Risk to Resilience: *Youth Who Used Substances.* [Learn more.](#)

August 20th: Help Me Grow Free Car Seat Check Event. Drop in anytime between 8:30-10:30AM at 113 Church Street in Farmington, Maine. Contact helpmegrow@maine.gov with any questions.

August 27th | 12:00-1:00PM: MPBHP Free Webinar Series for Pediatric Primary Care Providers Kick off Conversation. [Learn more.](#)

August 28th | 3:00-4:00PM: MCD Global Health ECHO Series - From Risk to

Resilience. *From Risk to Resilience*. [Learn more.](#)

September 3rd | 12:00-1:00PM: MPBHP Free Webinar Series - *Strengthening School-Primary Care Partnerships* with Dr. Alyssa Goodwin. [Learn more.](#)

September 8-10th: Northern New England Advocacy Collaborative Summit. [Learn more.](#)

September 11th | 3:00-4:00PM: MCD Global Health ECHO Series - From Risk to Resilience: *From Punishment to Positive Reinforcement*. [Learn more.](#)

September 17th: Maine State Breastfeeding Annual Conference: "Empowering Infant Feeding: Early Support, Informed Care, and Collaborative Solutions" at the Augusta Civic Center. [Learn more and register here.](#)

September 25th | 3:00-4:00PM: MCD Global Health ECHO Series - From Risk to Resilience: *From Talking to Listening*. [Learn more.](#)

October 1st | 12:00-1:00PM: MPBHP Free Webinar Series - *Maine's Model for Adolescent Substance Use* with Dr. Deborah Hagler. [Learn more.](#)

October 10th: Save the date for REVIVE - The Maine Youth Thriving Summit at Wolfe's Neck Center in Freeport, Maine. Registration details coming this summer.

October 30th: Save the date for the 2025 CDC Nurture ME Conference at the Augusta Civic Center.

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