



Maine Pediatrics

August 2026 | Newsletter Highlights

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Maine AAP President's Message Anne Coates, MD, FAAP, FCCP, ATSF

Greetings!

I hope each of you have been able to enjoy the beauty and sweetness of our Maine summer.

Upon recently returning from my first AAP Leadership Conference in Itasca, IL, I wanted to share **5** key takeaways from the incredible experience.

1) Leadership can look very different, especially depending on your style, where you are in your career and practice, and who you've been mentored by. Whether it is developing a social media platform to share education on the importance of Vitamin K administration in neonates and vaccinations or building a coalition of colleagues passionate about pay parity, each issue is valued by the AAP in a positive, egalitarian way, and the organization looks to their leaders (which includes many of you) to champion them.

2) Dr. Andrew Racine, the president of the AAP, has a quiet, understated demeanor, yet his words and actions reflect the fire and dedication he has to the health and well-being of children and the pediatric clinicians who care for them. The clarity and resolve with which he spoke about the legal endeavors the AAP has pursued in the last 15 months (ex. Suing the HHS over the dismantling of the ACIP and vaccination schedule) was electrifying! Furthermore, the two President Elect candidates, Drs. Wanda Barfield and Lois Lee are exceptional candidates with a great deal of experience. Voting will start in early September, so be on the lookout!

3) Apple and the American Academy of Pediatrics (AAP) are partnering to adapt the **AAP's Family Media Plan** into Apple's device setup and parental control tools. Announced on June 8, 2026, this collaboration integrates science-based digital habit guidance directly into upcoming child safety and screen time features. As one of the largest companies in the world seeking collaboration at this time, this partnership is a direct reflection of the positive impact the AAP has across many domains.

4) As was shared at our annual meeting in March, national and statewide AAP membership is stagnant at this time. This is surprising to me considering the phenomenal work the national AAP and our chapter are doing across many pressing issues impacting infant/child/adolescent health and our profession at large. Please, please, please set a goal to encourage at least one colleague to join the AAP in the next year. We are stronger together!

5) Our chapter is small yet mighty! Thanks to the amazing leadership of Dee and her team and all of you, we continue to show up each and every day to prioritize the health and well-being of children across Maine. The conference inspired new projects and ideas to continue this mission.

Stay tuned!

Humbly yours,

Annie Coates, MD FAAP, FCCP, ATSF



ADVANCING YOUTH WELL-BEING THROUGH PARTNERSHIP: A COLLABORATIVE APPROACH TO MENTAL HEALTH

WHO SHOULD ATTEND:

- Pediatricians and family physicians
- Child and adolescent psychiatrists
- Community and school based behavioral health clinicians and therapists
- Nurses, nurse practitioners, and physician assistants
- Residents and fellows in pediatrics, family medicine, and psychiatry

**LEARN MORE
AND
REGISTER BY
SCANNING
HERE:**



Today's children and adolescents are growing up in an era of unprecedented pressure - navigating social media, climate anxiety, identity-based violence, substance use, and mental health crises, often without the support systems they need. Meanwhile, pediatricians, family physicians, and child and adolescent psychiatrists are being asked to recognize and respond to increasingly complex presentations across both physical and mental health.

This conference brings together leading national experts and Maine clinicians for a full day of education, dialogue, and practical tools - designed specifically for the collaboration between primary care and psychiatric providers that today's youth urgently need.

Saturday, November 7, 2026

8:30AM - 4:00PM
(7:30AM registration & breakfast)

Augusta Civic Center



**Maine Council of Child and
Adolescent Psychiatry**

Register/learn more about the November 7th Conference

and register: [CLICK HERE!](#)

Did you Know?



SUN Bucks provides families with \$120 grocery benefit for each eligible school-aged child to buy groceries when school is out. You can learn more about the program [here!](#)

During the summer, the SUN Bucks grocery benefit program reaches around 90,000 kids in Maine!

The program would love to hear more about the outreach you did this year and whether you gathered any feedback from the families and caregivers you work with! The survey should only take 5 minutes to complete and will help provide an understanding of how this benefit program has helped families and how it could be improved.

[Complete the survey here](#)



AAP's Redbook is available online and has extensive search features! Check it out at <https://publications.aap.org/redbook>

Mental Health & Substance Use Office Hours



CHILD, ADOLESCENT & YOUNG ADULT
MENTAL HEALTH & SUBSTANCE USE

OFFICE HOURS

2ND AND 4TH WEDNESDAY OF THE MONTH - 12 - 1PM

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.

There is a child and adolescent psychiatrist on each call. Please join us for this informal drop-in session to ask non patient specific questions about treating youth with behavioral or mental health challenges, substance misuse, and those with developmental needs. We hope to see you soon. Register once and get the link to join any 2nd or 4th Wednesday at noon.

Provider Attendee Testimonials

"I find the office hours sessions a great opportunity for small and big questions. It has been a great way to learn about resources for myself and for patients. It's helpful hearing discussion from questions posed by other primary care providers as well."

-Dr. Katherine O'Keefe, Central Maine Medical Center

The office hours are a great way to connect with colleagues, get real time advice on complicated patients and learn from each other. The way medicine should be! Sometimes I just pop in even when I don't have a specific question, and I always learn from the discussion.

-Dr. Lara Walsh, MaineGeneral

MPBHP office hours have been a helpful opportunity to ask questions and hear what other providers are asking about. This dedicated time for group discussion has been beneficial as we share so many challenges supporting our complex patients. I really value the opportunity to connect with so many amazing Child and Adolescent Psychiatrists, and Developmental Pediatricians across the state.

Dr. Alyssa Goodwin, Stellar Pediatrics



Maine Pediatric
& Behavioral Health
Partnership



MAINE ACADEMY OF
FAMILY PHYSICIANS

REGISTER HERE

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!

In The News

As cellphone ban deadline approaches, many Maine schools grateful for mandate. A statewide requirement that all districts adopt bell-to-bell cellphone bans by August 1st has been a boon to some school leaders already interested in reducing distractions, although some board members have been reluctant. [Read more.](#)

What parents need to know about e-bike safety. As electric bikes (e-bikes) have become more popular, more kids are riding them on streets, bike paths and sidewalks. Unfortunately, we are also seeing a rise in e-bike-related injuries among children and teens. [Read more.](#)

AAP, public health organizations sue FDA over policy allowing tobacco vaping products. The plaintiffs allege the FDA's new enforcement policy would allow e-cigarette and nicotine pouch products to be marketed and sold without the scientific review and marketing authorization required by law. [Read more.](#)

Kratom and Teens: Risks, Side Effects and Warning Signs for Parents. Marketed as "natural" and often sold in forms such as powders, capsules and

gummies, Kratom is gaining popularity in the U.S. among teens. Here's what you need to know to keep your family safe. [Read more.](#)

New Policy for Sickle Cell Trait Testing for College Athletes. As of July 13, 2026, the Maine Department of Health and Human Services will no longer provide Maine-born student athletes with newborn screening sickle cell reports for the purpose of meeting NCAA testing requirements. [Read more.](#)

[Read the latest AAP Voices Blog](#), featuring our very own Dr. Alyssa Goodwin, and discover how she and her colleagues are advancing care coordination to improve outcomes for their patients.

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

August 3rd | 12:00 - 1:00PM: *Confidential Health Care for Adolescents and Young Adults: Navigating Electronic Health Records and Insurance Coverage.* [Learn more and register.](#)

August 4th | 10:00-11:00AM: Child & Family Well-Being Webinar Series - *The Basics Maine.* [Learn more and register.](#)

August 12th | 1:00 - 2:30PM: *Child Protective Services 101: For Providers, By Parents.* This session provides an overview of the CPS process while offering practical insights and strategies to help providers better support families navigating the system. [Register Here.](#)

September 2nd | 12:00 - 1:00PM: MPBHP's Pediatric Psychiatry ECHO - *Understanding and Supporting Childhood Grief.* [Register here.](#)

September 8th | 12:30 - 1:30PM: *Innovating to Provide Rural Perinatal Care in Challenging Times ECHO.* [Learn more and register here.](#)

September 15th: Save the date for the Maine Families' Annual Conference.

September 23rd: Maine State Breastfeeding Conference in Augusta. [Register Here.](#)

September 24 | 7:30 - 8:30AM: MPBHP's *Digital Safety for Youth.* [Register here.](#)

September 24th: Save the date for the Maine AWHONN Conference in Augusta.

October 1st: MPHA Annual Conference - *Nourish to Flourish: Cultivating Healthy Communities for Today and the Future* at the Augusta Civic Center. [Register Here.](#)

October 2nd-4th: Maine Medicine Educational Summit, MMA's 173rd Annual Session at the Harborside Hotel in Bar Harbor. [Register Here.](#)

October 27th | 9:00AM - 3:00PM: MaineCare Provider Conference - [Save the Date!](#)



**Connect with Maine
AAP on Social Media!**

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

<https://linktr.ee/maineaap>

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

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