



# Maine Pediatrics

## February 2026 | Newsletter Highlights

- President's Message
- Engagement Opportunities
- In the News
- Did you Know?
- Upcoming Maine AAP Programs
- Upcoming Partner Programs
- Social Media



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

Hello Everyone- Hope you've found time to enjoy some of Maine's cold, snowy winter so far, and with the arrival of February, that means we are only 6 weeks away from the end of winter and have our annual conference to look forward to the weekend of March 27-29!

Maine AAP has been busy supporting our community with resources, education, and advocacy on behalf of ALL members, patients and families. I want to share a few highlights from National AAP that are worthy of your attention:

#### **AAP Issues Recommended Childhood and Adolescent Immunization**

**Schedule for 2026** - this trusted schedule, published on January 26<sup>th</sup>, continues to recommend routine immunization for protection against 18 diseases including RSV, hepatitis A, hepatitis B, rotavirus, influenza and meningococcal disease. A printable, shareable PDF of the schedule is [available here](#).

Additional resources you may find helpful to review/share:

- **Policy Statement: Recommended Childhood and Adult Adolescent Immunization Schedule: United States, 2026**
- **FAQ: Clinician-Family Immunization Communications**
- ***AAP News: AAP's 2026 immunization schedule keeps routine recommendations intact after overhaul of federal schedule***
- **News release: AAP Issues Recommended Childhood and Adolescent Immunization Schedule for 2026**
- **HealthyChildren.org:**
  - All About the AAP Recommended Immunization Schedule, in **English** and **Spanish**
  - Vaccines Your Child Needs By Age 6, in **English** and **Spanish**

- Vaccines for 'Tweens, Teens & Young Adults,  
in **English** and **Spanish**
- [Shared Clinical Decision Making Guide](#) from the Common Health Coalition

It was heartening to see that the [AAP Immunization Schedule was endorsed by 12 medical groups](#) representing over 1 million physicians! Be sure your patients and families are aware of this.

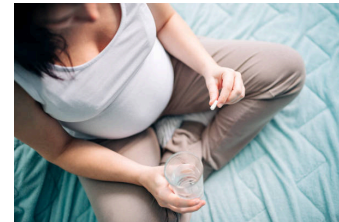
[Our website](#) continues to be a source of valuable information for providers and families. Navigate here to find information on the latest advocacy efforts of the Chapter, and resources supporting families in our state affected by the recent increase in immigration enforcement, as well as resources on conversations around immunizations. **Check out the [NEWS](#) section on the home page.**

**The spring conference** is right around the corner, and we look forward to seeing many of you at the Samoset. [Check out the agenda, hotel booking info and find a link to register here!](#)

In closing, I wanted to share a quote from the American author, consultant and speaker Meg Wheatley who states, ***“there is no power for change greater than a community discovering what it cares about.”*** Let's continue to support, and lean on one another, both locally and nationally, and continue to bring out the best in each of us to advocate support for our communities. I can't think of a more important time than now to keep our mission to support and improve the physical, mental, and emotional health of the children in Maine as our North star.

### In the News...

**Study Finds No Link Between Acetaminophen in Pregnancy and Autism.** The New York Times reported that "scientific review of 43 studies on acetaminophen use during pregnancy concluded that there was no evidence that the painkiller increased the risk of autism or other neurodevelopmental disorders." [Read Article](#)



**Survey: 3 out of 4 teens worry about school gun violence.** Researchers sought to gauge worry beyond that for mass shootings and defined SGV as any brandishing or discharge of a firearm at school, on the way to and from school, or on the way to and from school-sponsored events. [Read More](#)

**AAP leaders visit immigration facilities housing children, call for safe release to families and caregivers.** AAP experts express concern for the health and wellbeing of children in immigration facilities. [Read More](#)

**Pediatricians Largely Ignore Federal Changes to Childhood Vaccine Recommendations.** Navigating added confusion and anxiety from families, pediatricians are continuing to prioritize science-backed vaccine recommendations from the AAP, although vaccine conversations are consuming more time during visits. [Read More](#)

### Psychotropic Med Prescription Policy for Youth in Foster Care



The Office of Child and Family Services (OCFS) has a new process for medical providers regarding prescriptions for psychotropic medications for children in foster care. They have created [guidelines](#) for providers to follow, and for more information, you can visit [their website](#).

For questions regarding the Maine OCFS Psychotropic medication prescription policy and process for youth in foster care, send an email to: [PsychotropicMedications.OCFS@Maine.Gov](mailto:PsychotropicMedications.OCFS@Maine.Gov)

A group of providers are currently working on a general Psychotropic Medication Prescribing Guide for all providers to use which will be available this spring.

## Did you Know?

Did you know the Maine AAP partners with DayOne to manage **TREAT ME Now**, a low barrier rapid assessment system and aligns with primary care practices to coordinate care for youth needing substance use treatment. In addition to primary care or hospital based services, this model could include counseling, case management or residential placement and additional services as needed.

### The 'HUB' - A Team Approach to Care

The rapid evaluation team operates as the 'HUB' to provide a rapid intake, expert assessment, and recommend/offer patient-centered low barrier care.

- Rapid response: connection **within 24 hours** via phone or virtual platform.
- Plan initiated **within 72 hours** or sooner.
- Primary care office is alerted, if not the referral source, and offered support.
- Guidance to appropriate ED, if needed.
- Treatment protocols that include wrap around care will be provided.



Check out this [Teen Substance Use Resources for Families one-pager](#) for families (printable PDF).

More information on the TREAT ME Now program is [available here](#).

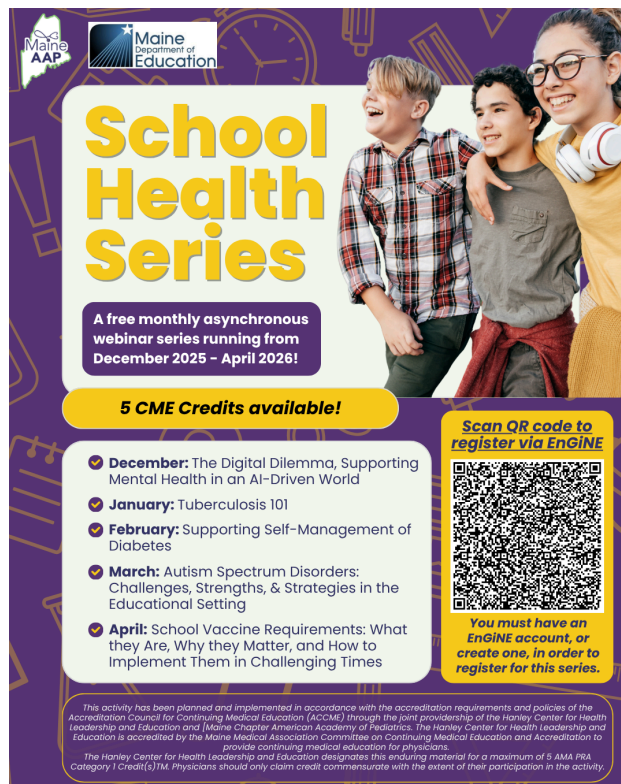
## Upcoming Maine AAP Programs

## 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 asynchronous at no-cost, and CME credit is available. [More info and registration details are available here.](#)

### Series lineup:

- **February:** Supporting Self-Management of Diabetes
- **March:** Autism Spectrum Disorders: Challenges, Strengths, & Strategies in the Educational Setting
- **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 Hanley Center for Health Leadership and Education and [Maine Chapter American Academy of Pediatrics]. The Hanley 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 Hanley 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.

### 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 2<sup>ND</sup> AND 4<sup>TH</sup> WEDNESDAY FROM 12N - 1PM  
(A child and adolescent psychiatrist will be available on every call, and pediatric specialists will be available on the 4<sup>th</sup> 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

Office hours will be held twice monthly on Wednesdays at noon, in coordination with the MPBHP program run by 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 Office Hours sessions!](#)

## March 27-28th | Maine AAP 2026 Spring Conference

Join us for our annual Spring Conference at the Samoset Resort in Rockport, Maine.

You can read about sessions and speakers, and find conference registration information and room block information [here](#).



# 2026 Maine AAP Spring Conference

**Putting Kids First:**  
Managing Increasingly  
Common Pediatric  
Conditions

**March 27-29, 2026**  
**Samoset Resort,**  
**Rockport, Maine**



## INFANT SAFE SLEEP WEBINAR

Join us for the Infant Safe Sleep in Maine Webinar on March 6th presented by Dr. Meredith Jackson, a pediatric hospitalist. During this webinar, the multi-disciplinary attendees can expect to learn more about local and national data surrounding sudden unexpected infant death (SUID), current safe sleep practices, and existing programs and resources for providers and patient families to use to help combat the growing rate of SUID in Maine.



**MEREDITH JACKSON, MD**  
Pediatric Hospitalist

 **Friday, March 6, 2026**  
**12:00PM - 1:00PM**

**REGISTER  
HERE**



### March 6th | 12-1pm: Safe Sleep Webinar with Dr. Meredith Jackson

During this webinar, the multi-disciplinary attendees can expect to learn more about local and national data surrounding sudden unexpected infant death (SUID), current safe sleep practices, and existing programs and resources for providers and patient families to use to help combat rates of SUID in Maine. **This program is available for 1 CME credit. [Register Here](#)**

**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**



**Feb 3rd | 3:30-4:30PM: Maine's Children and Youth with Special Health Care Needs Monthly Learning Series in February is on Transition Planning** presented by Allison Wiest and Dylan Campbell of Maine Parent Federation. [Register Here](#)

**Feb 6th | 3:30-4:30PM: Governor Mills Monthly Opioid Response Seminar Series will be on Primary Prevention with Planet Youth discussing the work in Iceland on the landmark Icelandic Prevention Model.** The Icelandic Model has been widely replicated across the globe and currently the model is being implemented in 19 countries (including 11 active projects in the U.S.) across all five continents. [Register Here](#)

**Feb 10th | 12-1PM: PEH Grand Rounds - Prenatal Diet and Health: A Research Journey. In this Grand Rounds,** Dr. Emily Oken will review the evolution of public health guidelines regarding fish consumption for pregnant women and children. It will include a discussion of the potentially beneficial nutrients and harmful toxicants commonly found in fish, as well as how efforts to communicate this nuanced message have influenced health behaviors. [Register Here](#)

**Feb 18th | 7-8PM: AAP Webinar - Navigating Moral Harms in Immigrant Health.** This webinar will bring together multidisciplinary clinicians and advocates to discuss the moral distress and burnout felt by pediatric professionals caring for immigrant children and families. Speakers will highlight practical strategies, organizational resources, and collective advocacy efforts to support clinician resiliency and advance equity in immigrant health. [Register Here](#)

**Feb 26th | 2:30-4:00PM: Feb 6th | 3:30-4:30PM: The Neurobiology of Attachment in Pregnancies Affected by Substance Use.** This training session will explore the biological and psychosocial factors that impact fetal and early childhood development with a particular focus on implications for the development of a nurturing relationship between the mother and her child and will provide an overview of intervention strategies that can promote positive attachment. [Register Here](#)

**Mar 3rd and 5th | 8-9am or 12-1pm: From the First Tooth Quarterly Training.** From the First Tooth is now offering quarterly virtual training sessions for Maine-based health care practices and Memorial Hospital in 2026. This is a one-hour training available for 1 CME/CNE credit.

- **3/3, 8-9am:** [Register Here](#)
- **3/3, 12-1pm:** [Register Here](#)
- **3/5, 8-9am:** [Register Here](#)
- **3/5, 12-1pm:** [Register Here](#)

**Mar 26th | 7:30-8:30PM: Maine Pediatric and Behavioral Health Partnership Thursday Morning Webinar Series: Burnout and Secondary Trauma.** [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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BlueSky where we continue to  
share pro-pediatric health  
messages, new clinical info and  
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