



# Maine Pediatrics

## July 2026 | Newsletter Highlights

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

Greetings! The arrival of summer in Maine always feels like a gift. New fun adventures! New carefree memories! New residents and academic year for housestaff! For our chapter, it means a new president and vice president. Dr. Brian Youth's steadfast and dedicated leadership has been invaluable and cannot be praised highly enough. I'm grateful for all that he has done and will continue to do to improve the lives and well being of Maine children and the medical clinicians who care for them. Recognizing that he has set the bar high, as past presidents before him, I am thrilled and honored to be stepping into the presidency role. Many of you heard me share my vision and goals for the next two years at our Annual Meeting in March. Building upon the strong foundation and enduring mission of our chapter, I look forward to focusing on the following priorities:

1) Engagement and Membership (especially amongst our pediatric subspecialty colleagues across the state, a goal which aligns with the National AAP): Will you accept the challenge I raised at our annual meeting for each of us to encourage a colleague to join the Maine AAP Chapter?! We are stronger together with our collective expertise and ability to move our chapter's mission forward.

2) Mentorship: Whether you are a student considering a career in pediatrics, pediatric subspecialist or a retiring general pediatrician, mentorship is a critical component of all of our journeys and I'm excited to continue to expand our "360 degree" mentorship program with the help and collaboration of several of our committees including but not limited to Career/Leadership/Engagement and Professional Sustainability.

3) Advocacy: Advocacy is central to what we all do whether that is in our exam rooms, hospital floors, ERs and legislative priorities. Leveraging our expertise and voices is essential to protecting the health of all children and our field's sustainability through issues such as pay parity.

Teaming up with our rising vice president, Dr. Joe Anderson, who has chaired the Advocacy Committee with poise, measure and calm resolve, will be invigorating! I

promise that we will listen and act upon the incredible leadership and guidance of our executive director Dee Kerry, and her amazing staff - Emily Belanger, Madeleine DesFosses, Lizzy Garnatz and Tiffany Harrington - and all of YOU!

As we plan for future mixers, march closer to the momentous elections in November and hone our legislative goals for the next session, I hope you all may take time for yourselves, with family and friends, to soak in the glory of Maine's summer.

Humbly yours,  
Annie Coates, MD FAAP, FCCP, ATSF

**Member Spotlight:  
Maine AAP Board Member and Suicide Prevention Ambassador  
Alyssa Goodwin, MD**

The American Psychological Association (APA) has created a new expert panel to develop a *Clinical Evidence Brief* on the treatment and management of suicidal thoughts and behaviors in children, adolescents, and young adults. These types of briefs are concise documents that synthesize key findings from existing literature to provide consensus-based practice implications and research recommendations, developed on a shorter timeframe than APA's full Clinical Practice Guidelines. A recently completed systematic review will inform the evidence brief, which is intended for a clinical audience with implications for clinical practice, research, and policy.



We congratulate Dr. Alyssa Goodwin, the Maine AAP Suicide Prevention Ambassador, as she has been selected to serve on the multidisciplinary panel comprised of researchers and practitioners across disciplines to lead this initiative.

Thank you for your continued effort in this important work, Dr. Goodwin!



**Did you Know?**

In Central Maine, the **Threshold program** through Maine Academy of Natural Science (MeAN) provides individualized instruction for up to 70 students. The program is designed to support high school-aged youth who are experiencing school avoidance or whose attendance has been impacted by circumstances such as health concerns, family crises, or other significant life challenges.

Families can express interest by going to [maineacademy.org](http://maineacademy.org) and filling out the interest form.



## **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)

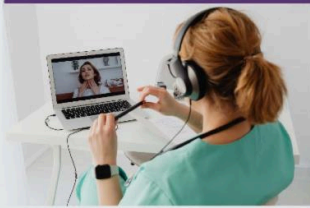
**Augusta Civic Center**



**Maine Council of Child and  
Adolescent Psychiatry**

**Register/learn more about the November 7th Conference  
[CLICK HERE!](#)**

**Mental Health & Substance Use Office Hours**



CHILD, ADOLESCENT & YOUNG ADULT  
MENTAL HEALTH & SUBSTANCE USE

## OFFICE HOURS

2<sup>ND</sup> AND 4<sup>TH</sup> 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 2<sup>nd</sup> or 4<sup>th</sup> 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

**4th of July Fireworks Safety Tips for Kids & Families from HealthyChildren.org.** [Read](#) why the American Academy of Pediatrics recommends leaving any fireworks to trained professionals, plus ideas for safer festivities.

**ACOG Releases Vaccine Recommendations for Pregnant, Postpartum, and Breastfeeding People** - The American College of Obstetrics and Gynecology recently announced the release of their vaccine recommendations, which differ from what the federal government recommends. [Read more.](#)

**Ask a Pediatrician - Tanning and Tanning Salon Safety Tips for Young People.** Many young people are interested in tanning to achieve a certain appearance or to fit beauty trends promoted on social media. Recently, online movements such as "looksmaxxing" and "tanmaxxing" have encouraged teens to pursue darker skin tones through a variety of methods, some of which may be unsafe. While a tan is often perceived as healthy or attractive, it is actually a sign of skin damage caused by ultraviolet (UV) radiation. [Read more.](#)

**Blood Lead Levels Decreased in U.S. Children, Disparities Remain:** Research based on 2011 to 2023 National Health and Nutrition Examination Survey data found that Blood Lead Levels (BLL) among U.S. children aged 5 years or younger have declined. However, disparities based on geography, race, and ethnicity persist. [Read more.](#)

**FDA Investigation of Infant Botulism from Nara Organics Infant Formula -** The FDA is currently investigating an outbreak of infant botulism. Nara Organics Whole Milk Organic Powdered Infant Formula has been recalled, and the FDA urges against the use of this product. [Learn more.](#)

**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

**July 9th | 12:00 - 1:00PM: Mobile Health for Rural Communities.** Learn how communities across Maine are leveraging mobile medical units to expand access, improve outcomes, and meet people where they are. [Register Here.](#)

**July 10th | 12:00-1:00PM:** The ME SUD Learning Community Young Adult ECHO: Supporting Affected Others - Supporting Grandparents Raising Grandchildren due to SUD. [Learn more and register.](#)

**July 15th | 6:00 - 7:30PM:** Bangor Public Health & Community Services Presents the 2026 Pre Summit Event in Bangor - No One Heals Alone: A Panel Discussion Featuring Dr. Jeremy Nobel, MD, MPH and a panel of local experts and people with lived experience. [Register.](#)

**July 16th | 8:00 - 5:00PM:** Governor Mills' 8th Annual Opioid Response Summit in Bangor. [Register Here.](#)

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

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

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

**October 1st:** Save the Date for the MPHA Annual Conference - *Nourish to Flourish: Cultivating Healthy Communities for Today and the Future!* at the Augusta Civic Center.

**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>

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