



Maine Pediatrics

July 2024 | Newsletter Highlights

- **President's Message** "Let's all work together on behalf of Maine children."
- **Member Spotlight:** Maine AAP Selects Two New Board Members!
- **Feature:** Interested in climate change and/or youth mental health?
- **Perinatal Opioid Project:** Resource Bags Created for Moms with SUD & Their Infants
- **'Did you Know?':** Maine AAP released first ever 'Year End Summary'
- **Upcoming Maine AAP Programs:** Save the Date! '24 Fall Education Series
- **Upcoming Partner Programs**
- **'In The News':** 4th of July Safety Tips; Impact of Gun Violence on Children & the Surgeon General Declares Firearm Violence a Public Health Crisis



A Message from Maine AAP's New President

Summer. Warmer weather, longer days, preschool to kindergarten, middle to high school, graduations-transitions abound. As I transition into the role of President of our Maine Chapter, I am so excited to have the opportunity to work with our amazing team in the Maine AAP, including Dr. Annie Coates who joins the leadership team as Vice President. At the same time, I feel deep gratitude and respect for our past leaders from whom I've learned so much over the years. **Thank you to our most recent leads including Laura Blaisdell and Deb Hagler, as well as countless other pediatricians who've given their time to lead our Chapter** and have inspired me over my 28 years as a pediatrician in Maine.

The Maine AAP is about community. As pediatricians serving the children of our State, while we have different interests and passions that lead us into the work we do, we all share a common goal: to help every child reach their highest potential, through our work in clinical care, advocacy, education, and guidance of our patients, families, and learners.

One of my goals as your President is to strengthen, even further, that sense of community in the Maine AAP. **I want every pediatric provider in the State to see the Maine AAP as THEIR community** - a place where they can come for education, advocacy opportunities, support, and most of all, camaraderie, regardless of what organization they work for, or where they practice. I speak for our entire leadership team when I say that whether you are a specialist, generalist,

resident, early career, mid-career, or retired provider- we welcome you and value your relationship with the Maine AAP. Our goal is to help support you in finding a strong sense of community with us.

Pediatrics is a team sport, and the Maine AAP could not function without the engagement and passion of all of our Board members and pediatric providers in our state. It's been wonderful talking to many of you over the last year at the various regional mixers and smaller focus groups to learn more about your thoughts and challenges, and we are so excited to continue this collaboration. I encourage you to communicate with us at any time regarding your work, and let us know how we can best support you as we all work to move the needle forward in the care of the children in Maine.

As Harry Truman once stated, "it is amazing what you can accomplish if you do not care who gets the credit."

Let's all work together on behalf of Maine children. - Brian Youth, MD, FAAP

Maine AAP Selects Two New Board Members! Welcome Dr. Walsh & Dr. Zamboni



Lara Walsh, MD is currently the Director of the Pediatric Service Line at MaineGeneral Medical Center and the Medical Director at Kennebec Pediatrics. She is a practicing pediatrician at Kennebec Pediatrics and Winthrop Pediatric & Adolescent Medicine where she has been since 2005. She is on the teaching faculty at Tufts and really enjoys working with medical students. She received a McAfee Fellowship to attend the Physician and Provider Executive Leadership Institute Handley Center for Health Leadership and graduated in June 2024. She lives in Hallowell with her husband and two teenage

boys.

Margaret (Maggie) Zamboni, MD has been a primary care pediatrician at the University Health Care for Kids Practice from 2008-2012, and then at Intermed in South Portland from 2012 to present. Maggie has served on the Intermed Board of Directors for 2 years. She is on the clinical faculty at UNECOM, precepting students in her office, and has been a member of the Committee on Admissions for over 10 years. Maggie lives in Portland with her husband and 2 kids, ages 11 and 12.



THREE New Maine AAP Committees You Can Be Part Of

It is with great excitement that we announce the following three new committees.
We hope you will join us!

Gun Safety Committee

Chaired by Chris Turner, MD &
Laura Blaisdell, MD, MPH

In collaboration with the Maine Gun Safety Coalition and other groups, this committee supports legislation and policy to increase firearm safety and works with medical providers and organizations to promote gun safety education.

Mental & Behavioral Health

Chaired by Deb Hagler, MD, MPH &
Amy Mayhew MD

This committee works on projects related to improving the mental health of Maine youth. They advise and help structure programs and initiatives to provide SUD treatment for Maine adolescents.

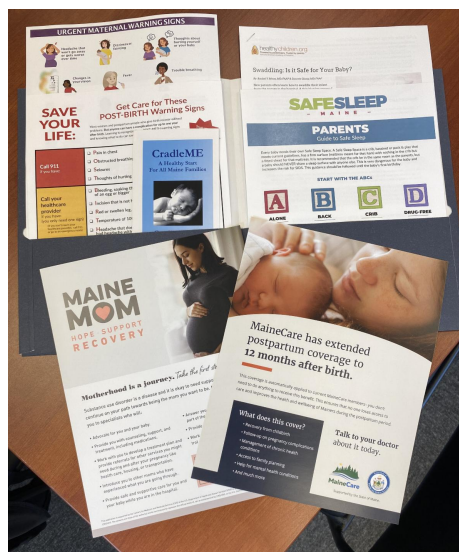
Public Health & Environment

Chaired by Abby Fleisch, MD, Erin Flynn, MD, & Brian Youth, MD

This committee advises our public health related projects and aligns with the National AAP's efforts on environment and climate change, and works to provide education to Maine pediatricians and other child health providers.

Resource Bags for Mothers with SUD and Their Infants

The collaboration of several Maine organizations was critical in the creation and distribution of "resource bags" for mothers with substance use disorder and their infants. With the help of the AAP, MMA's Center for Quality Improvement, MaineMOM, and PQC4ME, expectant or new mothers will receive a plethora of resources around SUD, Maternal Post-Birth Warning Signs, Safe Sleep, Safe Swaddling, MaineCare Services, and more. Within the bag, they also received a newborn swaddle, pacifiers, a bulb syringe, a safe sleep baby book, and Deterra Deactivation Pouches. Thank you to all involved that made this project possible.



Gifts to Maine AAP directly impact the health and well-being of children in Maine.

Please consider making a gift today -[click here](#).

Did you know?

Maine AAP Offers New Committees

Join the **Maine AAP** and have the opportunity to be involved in one or more of the many committees that we offer, including our new committees on Gun Safety, Mental & Behavioral Health, & Public Health and the Environment. There is a place for everyone! View the [downloadable committee chart](#) to learn more or [let us know](#) if you'd like to join one of the committees.

Maine AAP Released First Year End Summary

If you missed Maine AAP's *Year End Summary* displaying the

chapter's Key Projects and Accomplishments on Teen Substance Use Treatment Education, Gun Safety and Violence Prevention, Infectious Disease Management in Schools, and so much more, find it [here!](#)



Upcoming Maine AAP Program - Save the Date!!

The **2024 Fall Education Series** will take place on concurrent Wednesdays in September, October, and part of November starting on September 18th. Keep an eye out for more information. Registration information will be coming out soon!

Upcoming Partner Programs

July 11, 2024 - 12:00PM - 1:00PM: Understanding the Impact of Extreme Weather and Climate Variations on Health. [Learn more & register.](#)

July 24, 2024 - 8:00AM - 5:00PM: OPHE's Second Annual Health Equity Conference. [Learn more.](#)

July 25, 2024 - 8:00AM - 4:00PM: Save the date - Governor Mills 6th Annual Opioid Response Summit. [Register here.](#)

July 30-31, 2024: School Nurse Summer Institute at Thomas College in Waterville. [Register here.](#)

August 6, 2024 - 10:00AM - 11:00AM: OCFS & the Maine Children's Trust webinar on Preventing Child Abuse and Neglect. Registration coming soon.

September 18, 2024 - 12:00PM - 5:00PM: Partnerships in Pediatrics Conference at Pen Bay Medical Center. [Learn more.](#)

September 30, 2024: Defining Moments in Brain Injury Conference, Portland, Maine. [Learn more.](#)



In the News

4th of July Fireworks Safety: Tips for Families: Learn why it's smart to leave firework displays to trained professionals from [HealthyChildren.org](https://www.healthychildren.org).

AAP News: Gun Violence Kills Equivalent of Bus Full of Children Each Week. AAP Read AAP President Benjamin Hoffman, MD, FAAP's [news article](#) about gun violence and its impact on children.

AAP Updates Resources on Emerging Health Threats to Infants and Children. Approximately 1 out of 200 babies is [born with congenital CMV](#); it is the most common infectious cause of birth defects in the U.S. Find a variety of [CMV resources here](#). You can also check out [Maine's CMV Toolkit here](#).

CDC Recommends Updated COVID-19 Vaccines for Children & Adults. According to AAP News, "Health officials are recommending everyone 6 months and older get an updated COVID-19 vaccine this fall for protection during the upcoming respiratory virus season." [Read the full article.](#)

EYES OPEN offers resources and services to help individuals and families impacted by substance use. Visit their [website](#) to learn more.

Good to Know Maine offers readers resources and information to ensure informed decisions regarding cannabis. [Learn more.](#)

New AAP Pediatrics on Call Podcast Available: "Preventing Gun Violence, Supporting Adolescent Health Discussion." Emily Lieberman, MD, FAAP, shares her story of surviving a mass shooting with her family and how that led to her advocacy for gun violence prevention. [Learn more.](#)

The U.S. Surgeon General is Declaring Firearm Violence a Public Health Crisis. In a [new advisory](#), U.S. Surgeon General Vivek H. Murthy, MD, MBA, called for tougher laws, more research and increased access to mental health support. Read the full [article here](#).

What is MaineMOM? An organization that improves care for pregnant and postpartum people with opioid use disorder and their infants by integrating maternal and substance use treatment services. Watch their new video [here](#) and visit their [website](#) for more information.

Connect with us on Social Media!

The power to spread good messages, share new clinical info or pertinent articles is exponential when using social media platforms such as Twitter, Facebook, LinkedIn, and Instagram. <https://linktr.ee/maineaap>

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