



Maine Pediatrics

June 2025 | Newsletter Highlights

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

Summer is coming! No, really!! I can't believe half the year has gone by and summer is just about upon us. I hope you all have some upcoming time to relax, reflect, and rejuvenate with the important people in your lives sometime during this season.

We had a wonderful turnout at the Maine AAP Engagement mixer this past month in Bangor - it was great to see many familiar faces and meet some new folks! We truly appreciate you being part of our Maine AAP community! Check out the photos below! We are hoping to have another mixer sometime this fall in the Portland area so keep your eyes out for an invite!



I know we are all bombarded with news and alerts from many different sources, but I wanted to highlight the AAP as a trusted source to review when those emails come out. In the last 2 weeks alone, the AAP has spoken out about so many key issues that have potential impact to our patients and families. Please see these highlights if you have not already:

[AAP News on COVID 19 Vaccine](#)

AAP Board discussion on discrimination and well-being

Along those lines, **Fact-Checked** is an AAP website I would save to your favorites- here is where the AAP notes “the claim in context” followed by “key facts”. It’s worth visiting this site regularly so you can keep up on what patients may ask you in confusion over messaging in the news/social media that is often not accurate.

Finally, I was talking with some members of our Healthy Mental Development committee recently and about the TREAT ME Now Collaborative and came across the article *Substance Use Screening- JAMA Network* that shows that more than ½ of pediatricians nationally reported screening for SUD at every well child visit. That’s decent data, and I suspect the rates are even higher here in Maine! Kudos to the TREAT ME team, as well as state partners, for the education you’ve provided to our pediatric community over the last few years! If you aren’t aware of TREAT ME Now, a rapid referral and treatment process, [read more here](#) so you can tap into this great resource for struggling youth.

Thanks for all you do every day, and also for the extra work many of you are doing to advocate for Maine children at the State House. Be sure to keep up with our advocacy work through our [TAKE ACTION website platform](#)! Happy June!

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



Register for the Trauma Informed Care Series





SCHOOL HEALTH SUMMIT

Open to school health advisors, athletic trainers, pediatricians, social workers, mental health clinicians, school nurses, school based health clinic staff, and others involved in school health!

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

Augusta Civic Center

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

For additional details & registration info, visit www.maineaap.org



School Health Summit Registration Link Coming Soon!



Infection Prevention with Project Firstline and the American Medical Association

View the latest measles webinar with CDC's **Project Firstline** and the **American Medical Association**. You can view the [webinar here](#) which includes updates, including:

- Trends in measles epidemiology
- How vaccination can protect against measles and prevents transmission
- How to recognize and appropriately test for measles in patients presenting with measles signs and symptoms
- How to prepare your clinic for a case of measles
- Infection prevention strategies for measles in healthcare settings

Project Firstline's New Measles Micro-Learn: This resource can be used to lead a quick, on-the-job training about recognizing measles and prevention spread.

You can also view the AAP Red Book Webinar, **Infection Prevention & Control for Measles**, where Dr. Kristina Bryant explains the role of infection prevention & control measures for measles, describes the use of standard and airborne isolation precautions, and explains how to manage measles exposure in healthcare settings.

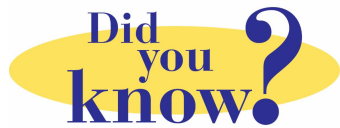
Share with Your Patients

The Office of Behavioral Health (OBH) has launched

a new website [988 Maine.com](https://988maine.com). The Maine Crisis Line has linked Mainers with suicide prevention and crisis services since 2018. Only 18% of adults have heard a lot or some about 988, meaning that 8 out of 10 people don't know where to turn in a crisis and are not aware of this easy-to-remember dialing code serving as the front door of Maine's behavioral crisis system.



As partners and mental health providers, you are an invaluable resource in sharing information about 988 with Mainers before, during and after a crisis. Please help spread the word! The [988 website](https://988maine.com) provides resources, answers common questions and links directly to call, text and chat features for 988. You can also use the [resource page](#) with materials for you to download or print to help get the word out.



How Vaccines Are Developed, Safely Tested & Approved - Learn How it Happens Step by Step

Are you curious how vaccines are made and tested before they become available in the United States? According to [Healthychildren.org](https://www.healthychildren.org), by the time a vaccine reaches your child, it has gone through years of scientific testing and regulatory review. You can read the many steps involved to ensure vaccines can safely equip your child to resist dangerous infections at this [Healthychildren.org](https://www.healthychildren.org) article.

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](https://bsky.app/profile/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>

Upcoming Maine AAP Programs

June 16th | 12:00-1:00PM: Maine AAP Member Lunch & Learn via Zoom. Join the Environment Health and Climate Change committee for a Member Lunch & Learn with Michael Arsnow, Sustainability Manager at MaineHealth. Michael will discuss how we can build a more environmentally sustainable healthcare system in Maine, and how pediatricians can

MEMBER LUNCH & LEARN

Building a more environmentally sustainable healthcare system for Maine

Monday, June 16th
12pm-1pm (Zoom)

with **Michael Arsnow**,
Sustainability Manager, MaineHealth

Hosted by the Maine AAP Environmental Health and Climate Change Committee





get involved. Open to all Maine AAP members. [Register here.](#)

October 25th: Save the Date! School Health Summit at the Augusta Civic Center.

The Maine AAP & MMA Center for Quality Improvement Offer Ongoing Substance Use Treatment Education. View our [TREAT ME Learning Series](#), broken down into 12 Units, now available on the Maine Medical Association's [website](#).



In the News

- Medical Publishing, LLC presented the [2025 Maine Hospital & Healthcare Guide](#). This guide includes valuable information, including: hospitals listed by location, hospital facilities, hospital administrators, nursing home facilities, assisted living facilities, local health departments, state health contacts, federal health contacts, medical societies & associations, the state house of representatives, state senate, and U.S. Congress.

The free [Healing After a Suicide Loss Booklet](#) is now available on the Maine Prevention Store. This is a guide for those who have lost someone to suicide and talks about common responses to grief, getting through hard days, and supporting children after loss.

Check out the AAP article [Fact Checked: Fluoride is a Powerful Tool for Preventing Tooth Decay](#). Fluoride is a naturally occurring mineral found in most water sources, and it's safe, despite what false rumors online claim. Scott Hadland, M.D., M.P.H., M.S., FAAP, explains why adding fluoride to public drinking water is so important for oral health in a [video available here](#). Learn more in the AAP Fact Checked [article here](#).



The new episode of Pediatrics on Call, *Coaching Families for Resilience, How Eviction Moratoria During the Covid Pandemic Affected Child Maltreatment*, features Maine AAP member Dr. Gretchen Pianka. In this episode, Dr. Pianka discusses her book on how pediatricians can build resilience in themselves and the caregivers they serve. [Listen to the podcast here.](#)

SUN Bucks Return for Summer 2025

SUN Bucks is a summer nutrition program for kids and provides a one-time \$120 EBT benefit for each child who qualifies to spend on groceries over the summer while school is out. According to SNAP, this summer over 100,000 kids in Maine are expected to receive SUN Bucks.



Learn How SUN Bucks Can Help Feed Kids Over the Summer!



SUN Bucks is a grocery benefit program to help families buy food during the summer when schools are closed. Each eligible school-age child receives a one-time payment of \$120. Children who get these benefits can also participate in other summer meal programs.

How does SUN Bucks work?

SUN Bucks benefits are loaded onto an **EBT card** and can be used to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets, and other places that accept EBT benefits.

Do you have a new address?

Make sure your address is up to date with your school and with the Office for Family Independence.

You can help spread the word by distributing their flyer titled [Learn How SUN Bucks Can](#)

Upcoming Partner Programs

June 2nd | 10:00-11:00AM: OCFS Webinar: Economic and Concrete Supports to Strengthen Families. [Learn more.](#)

June 3rd | 12:00-1:00PM: Nurture ME Monthly Webinar Series: Cannabis Use During Pregnancy and Postpartum with Alane O'Connor, DNP. [Register here.](#)

June 3rd | 3:30-4:30PM: Maine's Children & Youth with Special Health Care Needs Monthly Learning Series: Education is Special. [Learn more.](#)

June 5th | 6:30PM: Invisible: Personal stories from the front lines of disability. Learn more. [Learn more.](#)

June 6th | 1:00-2:00PM: ACMT/ASAM Addiction Toxicology Case Conference: Pediatric Emergencies from Cannabinoid Exposure. This webinar is FREE and OPEN to the public. [Register here.](#)

June 10th | 3:00PM: SDF in the Medical Setting: A reconvening of the [Oral Health Learning Cafe](#) to report on progress and discuss challenges, emergent needs, and next steps in regard to SDF in the medical setting. [Register here.](#)

June 11th | 8:45AM-3:30PM: 2025 Tobacco Treatment & Prevention Conference: *The Changing Landscape of Commercial Tobacco and Nicotine Use: Insights for Tobacco Prevention, Policy, and Treatment.* [View the details and registration.](#)

June 12th | 9:00AM-4:00PM: 2025 NNEPQIN Spring Conference Webinar. [Learn more and register here.](#)

June 13th | 8:30AM-4:00PM: 2025 PQC4ME Annual Conference. [Learn more and register here.](#)

June 17th | 12:00-1:00PM: Maine CDC's Suicide Prevention Program: Trends and Updates on Suicide and Self-Harm in Maine Webinar. [Learn more.](#)

June 23rd: Save the Date! Maine Children's Alliance First Annual Golf Tournament at the Augusta Country Club in Manchester, Maine.

June 26th | 7:15AM-4:30PM: 30th Annual Maine Child Welfare Education Conference. [View all the details.](#)

June 26th | 7:30-8:30AM: Maine Pediatric & Behavioral Health Partnership Webinar - Trauma-Informed Primary Care: Reducing the Burden of Childhood Adversity and Parental Stress. [Register here.](#)

September 17th: Save the date for the Maine State Breastfeeding Annual Conference at the Augusta Civic Center.

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

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