



MAINE PEDIATRICS

October 2022

President's Message - Laura Blaisdell, MD, MPH

Happy October and I hope this newsletter finds you in the midst of all the glory that autumn in Maine has to offer. The AAP both nationally and in Maine continues to do the work of advocating for pediatricians, our families and our patients.

The [Northern New England Advocacy Conference](#) brought together faculty and residents to share their efforts in advocacy and they were joined by incoming national AAP president, Dr. Ben Hoffman and AAP Executive Director Mark Del Monte. Mark gave a terrific [grand rounds](#) which I highly recommend you watch.

The MeAAP continues our myriad efforts locally on many fronts that are facing kids and teens. I would like to call your attention to the new [TREAT ME](#) Learning Collaborative to help providers better serve patients with substance use/abuse – please consider joining us for one or more of these sessions! We also continue to focus our efforts on helping pediatricians weather the storms of these trying times. Reach out if you have ideas or want to get involved

The warmest thank you for your care, advocacy and collegiality-

Laura



Welcome to Our New Employee!

Emily Belanger, RN, graduated from the University of Maine, Fort Kent, with a BSN in nursing and was accepted into the SHINE CCU Nursing Residency Program at MaineGeneral. She completed that program in the fall of 2021 and welcomed her son Tommy in March of 2022. Emily has decided to postpone returning to clinical work until her son is older, and will be working with the Maine AAP as a half-time contracted project coordinator. Emily will be supporting the TREAT ME Learning Collaborative, the HP2030 grant to increase HPV vaccination rates and many others! Emily will join our October board meeting to say hello. Her email is Emily.belanger@maineaap.org

Special Achievement Awardee/Member Spotlight

Dr. Gretchen Pianka, a pediatrician at Central Maine Pediatrics, has been awarded the Special Achievement Award for her work in increasing provider knowledge around ACEs and Resilience and for her work starting Resilience University.

When asked how this work has shaped her practice/work with patients, Dr. Pianka stated, **"I realized the toolbox we leave residency with was too small to help parents with these complex social-emotional issues that are often multigenerational and grounded in SDoH and ACEs."**

Click the link below to read the full interview with Dr. Gretchen Pianka regarding her ongoing work around ACEs and Resilience and her experience as a member of the AAP.



[READ THE INTERVIEW](#)

diversity equity
inclusion justice

DEIJ-A (Diversity, Equity, Inclusion, Justice and Anti-Racism) Message

In each monthly newsletter, we will be featuring information / readings / lessons on Diversity, Equity, Inclusion, Justice and Anti-Racism. Please join us by participating in this activity to increase knowledge, improve communications and expand your horizons!

This month's feature: **Bright Futures: Evidence of DEIJ-A**

As part of the most recent update to Bright Futures, the Behavioral/Social/Emotional Screening footnote (Footnote 14) incorporates "The Impact of Racism on Child and Adolescent Health" Policy Statement.

[READ MORE](#)



Educational Offerings - Maine AAP

TREAT ME (Treatment Recovery Education Advocacy for Teens with SUD in ME) Learning Collaborative has launched - [Registration is open!](#) Download the flyer to share with colleagues.

If you missed our latest program, **Vaping and Smoking Cessation: Quick and Dirty Guide**, by Dr. Emily Jacobs, a pediatrician at Franklin Memorial Pediatrics, you can watch the recording and [view the slides, watch the recording and download handouts!](#)

Building Welcoming & Inclusive Medical Practices

FREE Wednesday Webinars

Non-Clinical Staff: **October 19th and 26th**, 12-12:50pm

Clinical Staff: **November 2nd and 9th**, 12-12:50pm



"These short, free, two-part webinars will provide up-to-date information on terminology, statistics, and best practices for creating a welcoming, safe, and inclusive medical office for transgender, non-binary, and gender expansive youth patients."

[FOR MORE INFORMATION AND TO REGISTER](#)

CALM for Pediatric Providers: Counseling on Access to Lethal Means to Prevent Youth Suicide

The American Academy of Pediatrics (AAP) Gun Safety and Injury Prevention Initiative, CALM, and the New Hampshire Firearm Safety Coalition (NHFSC) are excited to announce a new free course titled "CALM for Pediatric Providers: Counseling on Access to Lethal Means to Prevent Youth Suicide". CALM for Pediatric Providers focuses on how to connect with gun-owning families so that conversations about safeguarding guns is comfortable, practical, and leads to safer outcomes for youth. To register and learn more: Visit [CALM](#).



**Maine Pediatric
& Behavioral Health
Partnership**

**Health Equity and Social Determinants
of Health**

October 12, 2022

7:30AM-8:30AM

Pediatric Psychiatry in the Primary Care Setting ECHO Learning Series

Using the ECHO model, participants present a real (anonymized) case to the specialists--and each other--for discussion and recommendations. Participants learn from one another, as knowledge is tested and refined through a local lens. With an "all teach, all learn" approach, the knowledge-sharing model brings together specialists from multiple focus areas for a robust, holistic approach. This continuous loop of learning, mentoring and peer support is what makes ECHO unique, with a long-lasting impact. There are six sessions being held October through April.

MORE INFO/REGISTER

REGISTER HERE

National Health Center Training & Technical Assistance Partners 2022-2023 Learning Collaborative Applicant Interviews are Starting!

The Collaboratives will include a series of videoconference learning sessions and coaching sessions with 10-12 primary care teams from across the country, quality improvement training, ongoing mentoring for coaches in your organization, technical assistance, and access to web-based tools.

LEARN MORE AND APPLY HERE

ME SUD Learning Community Program - 2022

October 11 - 4 to 5PM - [Ambulatory Alcohol Withdrawal Management](#)

October 18 - 12 to 1:30PM - [Contingency Management](#)

November 10 - 4 to 5:30PM - [Diagnosis and Treatment of ADHD in Adults with Substance Use Disorder: Applying Evidence to a Common Clinical Quandry](#)

The third Wednesday of the month, 12 to 1PM - **November 16, 2022 - April 19, 2023** - [Adolescent & Young Adult ECHO: Expand Access to MOUD/SUD Treatment](#)



To request technical assistance for view a complete listing of ME SUD Learning Community Programs visit [here](#).



Adolescent & Young Adult Health Webinar Series - 12 Noon

- October 20, 2022 - **Sex & Contraception** presented by Jon Fanburg & Brock Libby
- November 17, 2022 - **SOGI (Sexual Orientation & Gender Identity)** presented by Brandy Brown & Brock Libby
- December 15, 2022 - **Putting it All Together: the Adolescent & Young Adult Well Visit** presented by Jon Fanburg & Brock Libby
- January 19, 2023 - **Helping Parents of AYAs** presented by Kathryn Best

MORE INFORMATION

AAP Infection Prevention and Control Quality Improvement ECHO

The AAP is recruiting **primary care practice teams** to join a 3-month learning collaborative aimed at improving knowledge, skills and self-efficacy around infection prevention and control strategies. Primary care clinicians and their teams will participate in 2 sessions per month. One learning session and one quality improvement (QI) session, applying QI from **October - December 2022 for a total of 6 sessions**. Participants are eligible to claim CME/MOC 2 and MOC Part 4 credits. More details can be found [here](#).

REGISTER HERE

MaineHealth
Center for Tobacco
Independence

Tobacco Treatment Training and Education Offerings

Advice and assistance from a healthcare professional remains a powerful tool for helping tobacco users quit and these patients should be offered assistance at each healthcare visit. The MaineHealth Center for Tobacco Independence provides a variety of tobacco treatment trainings

and education programs for providers and health professionals. Learn more about current opportunities at CTIMaine.org/Education.

Download the [Treating Tobacco Together: Training Offerings Schedule](#)

View [Upcoming Webinar Opportunities](#)

Sign-Up for the [CTI newsletter list](#) to get the latest training information. CTI provides education and training on evidence-based tobacco treatment to healthcare, behavioral health, and public health professionals in Maine on behalf of the Maine Center for Disease Control, Department of Health and Human Services.

New Tobacco Control Advocacy Toolkit

Pediatricians serve as trusted messengers and advocates in conversations regarding regulation of tobacco products. Check out the new, comprehensive [New Tobacco Control Advocacy Toolkit](#) from the AAP, with resources for advocates working on key issues around pediatric tobacco use and exposure. Each section includes a brief overview of the issue area, advocacy resources, advocacy opportunities and, where applicable, parent-facing resources.

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Other AAP Resources

- [Fall 2022 AAP Advocacy Report](#) - Summary of recent federal and state advocacy activities.
- [Refresh Infection Prevention and Control Measures with PediaLink course, "Infection Prevention and Control for Pediatric Clinics."](#) Additional resources can be found in the [CDC online toolkit](#).
- [New Children with Medical Complexity Page on AAP.org](#) - Information on care improvement initiatives and practical clinical resources.
- [Conversations About Care Podcast: A Conversation on Eliminating Race-based Medicine](#) - Listen to the latest podcast episode from the AAP Institute for Healthy Childhood Weight "Going Beyond Race: A Conversation on Eliminating Race-based Medicine."

New Bright Futures Resources

Clinical Implementation Tip Sheets & Resource List

The Bright Futures National Center published 4 new clinical implementation tip sheets and updated the [Bright Futures/AAP resource list](#). The new tip sheets offer practical advice to help you integrate the Bright Futures approach, tools, and resources into your daily practice.

- [Practical Tips for Promoting Relational Health](#)
- [Promoting Healthy Development of Sexuality and Gender Identity](#)
- [Promoting Physical Activity](#)
- [Promoting Safety and Injury Prevention](#)

Bright Futures Family Pocket Guide, 3rd Edition

The [Bright Futures Family Pocket Guide: Raising Healthy Infants, Children, and Adolescents](#), 3rd Edition, was written by families, for families, to share important health promotion information and activities in a family-friendly, accessible way. The guide can be downloaded in both [English](#) and [Spanish](#).



Maine AAP is a 501(c)(3) charitable organization - donations are 100% tax-deductible.

You can also donate to the Maine Chapter by shopping on AMAZON! By selecting the Maine AAP, each time you make a purchase on Amazon, the chapter will get a small donation. This is a no-hassle way for you to help our Chapter and children's health efforts in Maine! Simply click the link below to sign up - Thank you!

<http://smile.amazon.com/ch/20-4901024>

AAP Member Benefits

- New [online leadership courses](#) developed with American Association of Physician Leadership
- Access to the COVID-19 supply store -discounted pricing via the [AAP Amazon Business Account](#)
- Regular [updates and information](#) to support you during the COVID-19 pandemic

- State-specific information and resources on [your chapter's website](#); (If you're not a member of your chapter, please consider [joining today](#))
- Access to the [AAP Volunteer Network](#) (found at [collaborate.aap.org](#)) to find an engagement opportunity that fits your schedule and skillset

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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