



Maine Pediatrics

May 2026 | Newsletter Highlights

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

Have you had a chance to spend some time outside and feel the warmth of spring? I love this season in Maine. In the spirit of spring cleaning, like putting screens in the windows, cleaning up the sand on the road from the winter plowing, I also like to de-clutter my work files this time of year as well. In doing this somewhat mindless task, I found myself pausing as I went through my Maine AAP folder. I stopped to review our [Year End Summaries](#) from the last few years, our [Strategic Priorities](#) developed in 2024 to guide us through 2028, and our current active projects, and I have to say, I was awed, inspired, and humbled by the work our Chapter has accomplished and plans to accomplish over the next few years.

I'm going to be blunt. Our organization, representing almost 300 pediatric providers in Maine, operates with a staff of just 5 dedicated administrative wonders, and a volunteer Board who dedicate their time to participate in committee work to advocate for our community, **needs YOUR support**. Our talented team explores grant funding to finance initiatives that prioritize our [Mission Statement](#) of improving the lives of children and adolescents in Maine. Our educational conferences bring in some funding as well, but like many non-profit organizations, our margins are thin, and donations are critical to our success.

With that in mind, thank you for doing what YOU do every day. Whether that be seeing patients in an ambulatory or hospital setting, and/or working with our Chapter on initiatives that speak to you, I truly value your commitment to caring for our youth and showing up for kids. Thank you for keeping our Mission thriving.

As your President, I have an ask. As you look at your philanthropic giving this year, I hope you see the Maine AAP as an organization worthy of your support, whether that be via your time, or as a financial contribution. If you, like me, are inspired as you read our past successes and future goals, **would you consider donating to the cause?** It's as easy as clicking [this link](#) to show your support. **All donations**

go to support programs that benefit our communities, educate our care providers, and support our patients state-wide. The more donations we receive, the more we can accomplish. Thank you!

Member Spotlight



Maine AAP Board Members, Drs. Joe Anderson and Adrienne Carmack, attended the AAP's 2026 Advocacy Conference in Washington, D.C., where they attended workshops on advocacy and successful strategies. They also attended meetings with Maine's congressional leaders and staff to share issues facing Maine pediatricians, children, and families.



SUBSTANCE MISUSE AMONG ADOLESCENTS

A Two Part Webinar Series
2 CME Credits Available

MEDICATION MISUSE AND SUBSTANCE MISUSE DISORDERS AMONG ADOLESCENTS

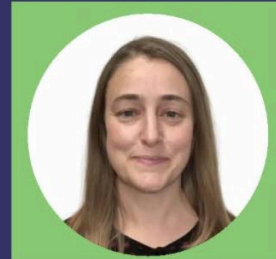
May 14th - 12-1pm

Learn to recognize signs of misuse across substance classes, apply validated tools like the CRAFFT, and use trauma-informed approaches to support adolescents and families.

SYNTHETICS, CLUB DRUGS, AND NEW FADS IN SUBSTANCE MISUSE

May 21st - 12-1pm

Designed for pediatric and adolescent clinicians and providers, this one-hour webinar provides a focused overview of synthetic drugs, club drugs, and emerging threats like xylazine. Dr. Grubb will discuss how to recognize signs of acute intoxication, apply evidence-based strategies for overdose management, and connect adolescents and families to essential resources.



**LAURA K. GRUBB,
MD, MPH**
Pediatrician & Adolescent
Medicine Specialist

REGISTER HERE:



While attending both webinars is recommended,
participants may attend sessions individually.

The Hanley Center for Health Leadership and Education designates this Live Activity for a maximum of 2 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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.

[Register Here](#)

Did you Know?

Kids First provides education for parents going through divorce or separation.

According to NIH, families in rural areas are at a 27% risk of experiencing intimate partner violence, which frequently leads to many kinds of family trauma. There are resources for parents and support groups for youth available from Kids First. Please share this information with your patients and families at risk.



Brochure: Empowering Families One Co-Parenting Step at a Time
Flyer: A Resource for children Struggling with Parental Conflict

Did you know that every child born as a Maine resident receives a \$500 Alford Grant to help pay for education after high school? Since 2013, all



Maine children have automatically received this grant (with a more limited program from 2008–2012). Today, more than 176,000 children have an Alfond Grant invested in their future.

This is great news for the families you support. The Alfond Grant helps raise aspirations and provides hope by encouraging children to pursue education or training after high school—no matter the path.

We want to help ensure families know about this opportunity. As a trusted resource, you can easily share this information using Alfond Grant materials we provide for waiting rooms or public spaces. We're also happy to offer additional information, including resources in multiple languages.

Make-A-Wish Maine welcomes referrals for children between 2.5 and under 18 years who are diagnosed with a critical illness that is progressive, degenerative or malignant. Throughout the wish journey, a child has the opportunity to dream beyond their diagnosis, current situation, and medical complexities. A wish provides the child a positive distraction and encourages hope, strength and joy when it is needed most. A wish can involve travel, meeting someone, or receiving a gift and is as large, creative and grand as a child's imagination. Referrals can be made by the family or a member of the child's medical team at www.md.wish.org. FMI: Sonya Purington, Director of Mission Delivery, Make-A-Wish Maine, 207-671-5671.

Make-A-Wish[®] Maine

Asynchronous Webinar Series

In partnership with the Maine Department of Education, the Maine AAP is continuing to offer an asynchronous webinar series at no cost. **[More information and registration details are available here.](#)**



School Health Webinar Series



A free asynchronous webinar series released monthly from December 2025 – April 2026.

All sessions will remain live until 2028!

5 CME CREDITS AVAILABLE

**The Digital Dilemma,
Supporting Mental Health in an AI-Driven World**

Nick Pinkerton, Psy.D.

Tuberculosis 101

Matthew Cohen, BSN, RN, NE-BC & Deepesh Duwadi, MS

Supporting Self-Management in Diabetes*

Amanda Millay, RN

**Autism Spectrum Disorders: Challenges, Strengths, &
Strategies in the Educational Setting**

Victoria Dalzell, MD & Tracy Libby, LCSW

School Vaccine Requirements in Maine

Laura Faherty, MD, MPH, MS & Laura Blaisdell, MD, MPH

***This webinar is more relevant to school nurses**

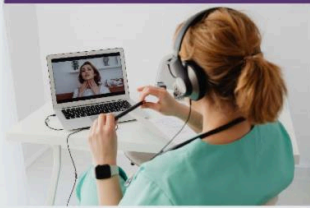
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Interested in Pediatric Primary Care Research?

Stay informed about opportunities through the AAP Pediatric Research in Office Settings (PROS) network.

- [Sign Up Here](#)
- [Learn More Here](#)
- Maine Contact: Emily Jacobs, DO, Maine AAP PROS Coordinator, emstarunner@gmail.com
- National AAP Contact: Everly Macario, ScD, emacario@aap.org

Mental Health & Substance Use Office Hours



CHILD, ADOLESCENT & YOUNG ADULT
MENTAL HEALTH & SUBSTANCE USE

OFFICE HOURS

2ND AND 4TH 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 2nd or 4th 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

Discover everything needed for a career in pediatrics from planning, advice, and the latest pediatric job opportunities—all in one place. [Register here](#) at no cost for the AAP Virtual Career Fair, happening Wednesday, May 13, 2026, from 11:00am–5:00 pm CT and Thursday, May 14, 2026, from 11:00 am–2:00 pm EST, to meet with the nation's top physician recruiters hiring in every pediatric and pediatric subspecialty level. Attendees also get access to the featured webinar, Contract Review Tips & Salary Data, sponsored by Resolve on Thursday May 14, 2026, at 1:05 pm EST.

From the First Tooth is offering quarterly virtual training sessions in 2026. Each one-hour session provides 1 CME/CNE credit and is tailored specifically to pediatric primary care teams to ensure the discussion remains relevant and practice-focused. [Register here.](#)

The Hanley Center for Health Leadership & Education courses for Advanced Practice Providers are open for enrollment. The Hanley Center's mission is to develop leaders through inspiration and education to meet today's health challenges. [Learn more about the Hanley Center](#) and all they have to offer.

The Maine Center for Disease Control and Prevention (Maine CDC) Tobacco Prevention and Control Program (TPCP), in partnership with Public Consulting Group (PCG), is seeking input from organizations across Maine that serve pregnancy and postpartum individuals. This anonymous survey focuses on referrals to the Baby and ME Tobacco Free (BMTF) program. Your feedback will help identify strengths, gaps, and opportunities to better support tobacco cessation during and after pregnancy. The survey takes **less than 5 minutes** to complete and will be open through **05/11**. [Complete the survey here.](#)

The Maine Telehealth and Telemonitoring Advisory Group is a statewide team of subject matter experts on remote monitoring and telehealth. The advisory group seeks your input to learn how augmented intelligence (AI) is currently being used across Maine's healthcare landscape. [Take the survey here.](#)

MMA Center for Quality Improvement's Committee on Physician Quality plays a pivotal role in ensuring the continuous improvement of physician practices and the quality of care provided across Maine. This committee is responsible for overseeing peer review programs, developing protocols for peer review and quality improvement (QI) activities, and conducting office-based QI reviews. Additionally, the committee is tasked with reviewing both state and federal quality initiatives, ensuring that Maine's healthcare providers align with the latest standards and regulations. [Learn more.](#)

The **National Extreme Risk Protection Order Resource Center** (ERC) at the Johns Hopkins School of Public Health, in partnership with the Maine Community Policing Institute (MCPI) at the University of Maine at Augusta and the Maine Gun Safety Coalition (MGSC), **invites you to join us for a free, in-person training on ERPOs on Wednesday, May 20, 2026, from 1:30-4pm** at the University of Maine at Augusta. [Learn more.](#)

The SAFEST Choice National Learning Collaborative aims to reduce the incidence of prenatal alcohol exposure (PAE) and improve outcomes in children with a suspected or diagnosed fetal alcohol spectrum disorder (FASD). The organization is now enrolling its 5-month bi-weekly ECHO programs. Prenatal Learning Collaborative starts in September, 2026 and Pediatric Learning Collaborative starts in February, 2027. [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

May 5th | 12:00PM: Oral Health and Mental Health Integration for Homeless Population. [Learn more and register.](#)

May 5th | 3:30 - 4:30PM: Maine's Children and Youth with Special Health Care Needs Monthly Learning Series - G.E.A.R. Parent Network. [Learn more and register.](#)

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](#)

May 6th | 12:00 - 1:00PM: Maine Pediatric and Behavioral Health Partnership Pediatric Psychiatry for Primary Care ECHO: Eating Disorders. [Register Here.](#)

May 11th | 3:00 - 4:00PM: MPBHP School-Based Behavioral Health ECHO: COPE/CBT Skills. [Register here.](#)

May 11th | 12:00 - 4:30PM: Medical Leadership in Disaster Preparedness and Response. [Register here.](#)

May 12th | 12:00 - 1:00PM: Hanley Center Webinar - Collecting SOGI Data in Clinical Practice: Policy Updates, Practical Approaches, and Improving Care for LGBTQ+ Patients. [Learn more.](#)

May 18th | 12:00 - 1:00PM: Preventing HPV-Related Cancers: The role of Dental and Health Care Professionals. [Learn more and register.](#)

May 19th | 12:00 - 1:00PM: PEH Grand Rounds - Boston Children's Path to Sustainability. [Learn more.](#)

May 19th | 2:00 - 6:30PM: Partnerships in Pediatrics Conference: MH Franklin Memorial Hospital, Farmington. [Learn more.](#)

May 21st | 9:00 - 10:00AM: Preparation Saves Lives: Strengthening Your School's Suicide Prevention, Intervention, and Postvention Protocols. [Learn more.](#)

May 20th | 1:30 - 4:00PM: Free In-person training on ERPOs at the University of Maine at Augusta. [Learn more.](#)

May 23-24, 2026 or August 1-2, 2026: Clinician Well-Being Retreat in West Forks, Maine. [Learn more.](#)

May 28th | 7:30 - 8:30AM: Maine Pediatric and Behavioral Health Partnership Thursday Morning Webinar: Caring for Maine's Children in Foster Care. [Register here.](#)

June 3rd | 9:00AM - 4:00PM: Maine Children's Alliance Conference - Shifting Cultures & Context: Collective Action to Improve Community Outcomes. [Learn more and register here.](#)



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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.

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Maine AAP | 30 Association Drive Box 190 | Manchester, ME 04351 US

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