



# Maine Pediatrics

## November 2023 - Newsletter: Highlights

- Letter from Maine AAP President and Vice President
- Psychological First Aid - Wednesday, November 1st
- Augusta Rally on November 4th
- Telehealth Survey - Chance to win a \$50 gift card
- Spotlight: NCE
- Advocacy/Legislation Update
- 'Did You Know?' Provider Wellbeing
- 'In the News':
- Upcoming Maine AAP and Partner Programs

### *Maine AAP Members and Friends:*

*There are no words to express our collective experience and resulting grief from the tragic event last week. As you've likely witnessed, the outpouring of support from our communities, both within Maine and from away has been tremendous. We are writing to let you know the Maine AAP has been collaborating with partners to bring programs like the one below to help our providers and the children and families we all serve. We will continue to do all we can to support you and our community and state.*

*We at the Maine AAP are proud to be your community and your professional home and we hope to see you soon at one of our events - look for upcoming flyers for a gathering in the Bangor area late November and please, please hold the weekend of March 22-24 for our annual spring meeting with some amazing nationally known experts in Pediatrics.*

*Please reach out with your comments, feedback and suggestions. We are here for you!*

*Laura Blaisdell, MD, MPH, FAAP and Brian Youth, MD, FAAP*

## Psychological First Aid Support of Children After Mass Violence

The Maine AAP and the Maine Coalition of Child and Adolescent Psychiatrists welcome **everyone** to join us for a live training with Dr. Samantha Wilson and John Orr - both highly trained clinicians with extensive experience in crisis intervention post-mass shooting events. This program is presented in collaboration and with support from [Vibrant Emotional Health](#).

Wednesday, November 1 from 7:00PM to 8:00PM.

[REGISTER](#)

## Other Ways to Help/Get Involved

In addition to contacting legislators to express your concern and request they prioritize gun safety legislation, you can consider a donation to help victims, families and organizations providing mental health and crisis support. You can donate to the [Maine Community Foundation's Lewiston-Auburn Response Fund](#) a verified [GoFundMe](#) that will help victims' families or the [United Way Community Fund](#).

This Saturday at Capitol Park in Augusta, the Maine Gun Safety Coalition is planning a rally. Details below. RSVP on their website [www.mainegunsafety.org](http://www.mainegunsafety.org)

**NEVER AGAIN**

A rally to demand gun safety legislation in Maine

**JOIN US!**

Saturday, November 4th  
11am @ Capitol Park  
22-32 Capitol St  
Augusta, ME 04330

RSVP @ [www.mainegunsafety.org](http://www.mainegunsafety.org)

FEAR HAS NO PLACE HERE!

THOUGHTS: PRAYERS DONT SAVE LIVES STOP

GUN REFORM WILL

**THE TIME IS NOW**  
**TO MAKE YOUR VOICE HEARD**

Hosted by: Maine Gun Safety Coalition / Show Up Network for Gun Safety

## Weigh in on your Telehealth Experience and Get a Chance to Win a \$50 Gift Card!

The Maine AAP Telehealth Committee, in collaboration with the Northeast Telehealth Resource Center, are looking for feedback from pediatricians and pediatric subspecialists. Please share your experience and thoughts with us through this brief survey (estimated time to complete is 3-5 minutes) and be entered into a drawing for one of two \$50 gift cards.

Take the  
Survey!



## NCE 2023

It was wonderful to see SO MANY Maine Pediatricians at NCE this month in DC! We heard educational sessions ranging from ocular illnesses to better management of our patients with autism; to managing sprains and strains and other musculoskeletal complaints to learning how to prescribe PReP to at-risk teens, and so many other amazing sessions. Plenaries were inspiring and gave voice to patient experiences, challenging us to dismantle the prison-school nexus for children of color with complex care needs, and we gave Dr. Anthony Fauci honorary status as an AAP Fellow! We learned and had fun, and forged new friendships while rekindling some dear old ones.

## Advocacy/Legislation

**Wondering how a particular bill did in the Maine Legislature this session? Check out the [Maine AAP bill tracker](#) and please [let us know](#) if you wish to be part of this vibrant, active committee which meets monthly via Zoom.**

**Residents/Students: SAVE THE DATE for our first Pediatric Trainee Legislative Advocacy Day at the Maine State House on March 7, 2024!** The event will feature legislative briefings, lunch with senators and representatives, and the chance to attend a Senate or House session and optional afternoon hearings. Residents in Pediatrics, Med-Peds, and Family Medicine are welcome!

**Maine AAP is grateful to our amazing community of volunteers and supporters.**

Donations are tax deductible and help fund the important work we do on behalf of Maine children and families. Your gift will help us ensure that Maine kids receive the best quality of care, and their doctors have access to up-to-date resources and

## In the News

Mothers' Milk Bank Northeast: Pasteurized Human Donor Milk available to support breastfeeding outcomes. [Read more here.](#)

The AAP Offers New Resource on Career Opportunities: Explore the new digital "[AAP Career Opportunities Guide, Autumn Edition.](#)"

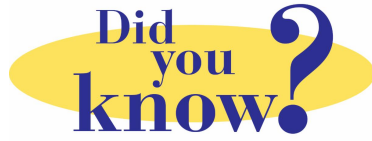
AAP Offers [PALS Plus Course on Advanced Life Support](#) for more experienced health care professionals seeking advanced educational content.

Dr. Sophie Balk explains, too-noisy environments can have harmful effects that go beyond hearing. Learn more in the article [here.](#)

guidelines.

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

The Children's Oral Health Network of Maine has a video library that contains one video correlating with each well-child visit from 2 months to age 5 as well as prenatal/introduction to the library. Visit [www.DentalStepsforME.org](http://www.DentalStepsforME.org).



As physicians and providers, taking care of our physical and mental well-being is critical.

Dr. Irwin Redlener, in his book *'Americans at Risk: Why we are not Prepared for Megadisasters and What We Can Do'*, outlines *'Eight Principles of Citizen Preparedness'* - here is the first:

**Stay Healthy and Fit:** I cannot emphasize this enough: in a serious emergency, people need a good reserve of physical and mental strength to cope. Boarding up windows or moving belongings to a safe place in a short period of time may be physically demanding. Escaping from a dangerous situation may be physically and mentally taxing.

Shared by Rosie Davis, MD, the Maine AAP's Ambassador for Emergency Preparedness, who is leading efforts to assure Maine's emergency rooms are prepared and equipped to manage pediatric emergencies.

## Upcoming Maine AAP Programs

**November 1, 2023 at 7:00 PM** - Psychological First Aid Support of Children After Mass Violence

**November 2, 2023 at 7:00pm** - Dr. Patrice Lockhart will present her talk "Eating Disorders in the Post-COVID Era" as part of the Fall Education Series. The sessions following are on **November 9 at 7pm** titled "Cannabis and Psychosis in Adolescence" by Dr. Amy Mayhew and **November 16 at 7pm** titled "Screening and Addressing Social Needs has a Lasting Impact for Pediatric Patients" by Dr. Amy Buczkowski. [Learn more](#).

**TREAT ME Learning Collaborative** - Block Twelve Asynchronous material is now available. Haner Hernandez, PhD, addresses "Schools and Recovery." [Click here to visit the collaborative website](#).

**November 9, 2023 - 8:00AM - 1:30PM:** Final TREAT ME Half-Day In-Person Session in Freeport. There is no charge to attend! [Click here to register](#).

**Save the Date! Maine AAP 2024 Spring Conference - March 22-24, 2024.** More information coming soon!

## Upcoming Partner Programs

**November 2, 2023 at 6:30pm** - Presentation on Resilience and Family Health After Trauma featuring Gretchen Pianka, MD [Learn More](#).

**November 3-7, 2023 - Seattle, WA** - The 2023 AAMC Learn, Serve and Lead Conference. [Learn more](#).

**November 14, 2023** - Grant Rounds. Dr. Rose Goldman will be presenting "Mercury: Updates and Controversies". [Register here](#).

November 16-17, 2023 - Bretton Woods, NH - NNEPQIN Fall Conference: Adapting to the New Normal and Designing Strategies to Improve Perinatal Outcomes in Northern New England. [Learn more.](#)

## 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>

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

[Unsubscribe dee.kerry@maineaap.org](mailto:dee.kerry@maineaap.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [dee.kerry@maineaap.org](mailto:dee.kerry@maineaap.org) powered by



Try email marketing for free today!