



Maine Pediatrics

September 2026 | Newsletter Highlights

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Maine AAP President's Message Anne Coates, MD, FAAP, FCCP, ATSF

Hello!

I don't know about you but I firmly believe summer extends into late September here in Maine! Yet, I love this time of year as children return to school, asthma action plans are being requested by the dozens and many families are starting to discuss seasonal vaccine plans with their trusted pediatrician.

You've undoubtedly read the recent troubling news about declining vaccination rates among kindergarteners in the US, a statistic that particularly hits home as my youngest child starts kindergarten next week ([Declining Kindergarten Vaccination Rates](#)) and the 2 recent deaths from the measles in PA ([AAP president: 'Heartbreaking' to witness preventable measles deaths | publications.aap.org](#)).

As we all continue to do what we do best as pediatricians which includes educating, counseling and sharing the science and facts about vaccine safety and disease prevention with our patients, families and communities (shout out to Dr. Brian Youth for doing such an outstanding job combating the misinformation and harm of the recent Executive Order on the childhood vaccination schedule; [Maine medical community pushes back on Trump's childhood vaccine changes | newscentermaine.com](#)), one of the most powerful tools we have at our disposal is **voting**.

Elected leaders at all levels of government shape policies that impact the health of children, families and our communities.

Election Day is **November 3**; join the AAP in getting out the vote and making sure you have a plan to cast your ballot!

In addition to Election Day, the voting period for the AAP elections, which includes several elected positions within our own **District 1**, is open from **September 2nd-16th**. Voting is quick and easy! For more information and videos about the candidates for president-elect and district offices, [visit aap.org/elections](#).

Please also share my congratulations of **Dr. Jen Jewell** as our incoming Vice-Chair of District 1 (her position officially starts in January 2027) and **Dr. Steve Meister** as our new representative to the Chapter Forum Management Committee (his position officially started in July 2026)!

In gratitude and solidarity,

Annie

SPEAKER SPOTLIGHT

JON GORMAN, PSYD.

*Supporting Youth in a Changing
Climate: A Climate-Aware
Perspective on Mental Health*

Dr. Jon Gorman is a licensed clinical psychologist in Maryland. Dr. Gorman's professional focus is the psychological impacts of climate change and what to do about it. He has testified in front of the Maryland General Assembly in support of climate legislation and has presented on the topic to legislators around the US. He has given many presentations on mental health and climate change to students, therapists, and the public. Dr. Gorman is the author of the book [Facing Climate Anxiety](#).

**ADVANCING YOUTH WELL-BEING THROUGH PARTNERSHIP CONFERENCE
NOV 7, 2026 · AUGUST CIVIC CENTER**



Today's children and adolescents are growing up in an era of unprecedented pressure - navigating social media, climate anxiety, identity-based violence, substance use, and mental health crises, often without the support systems they need. Meanwhile, pediatricians, family physicians, and child and adolescent psychiatrists are being asked to recognize and respond to increasingly complex presentations across both physical and mental health.

Advancing Youth Well-Being Through Partnership Conference brings together leading national experts and Maine clinicians for a full day of education, dialogue, and practical tools - designed specifically for the collaboration between primary care and psychiatric providers that today's youth urgently need.

Register early and get a free copy of Dr. Gorman's book, *Facing Climate Anxiety*, which he will be happy to sign after his talk!

Learn More and Register

WORRIED ABOUT A PATIENT? AN ADOLESCENT IN YOUR NEIGHBORHOOD or COMMUNITY?

TREAT ME Now offers rapid response assessments for youth aged 13 - 19 who are struggling with mental health challenges and substance use.

TREAT ME Now offers a low barrier rapid assessment system to evaluate youth 13-19 struggling with substance use/misuse/substances in appropriate care settings. In addition to primary care or hospital based services, this model could include counseling, case management or residential placement and additional services as needed. Referral to the **TREAT ME Now** system can come from a variety of sources:



Schools



Emergency Departments



Youth Justice



Self/Family



Primary Care



Youth Organizations

The 'HUB' - A Team Approach to Care

The rapid evaluation team operates as the 'HUB' to provide a rapid intake, expert assessment, and recommend/offer patient-centered low barrier care.

- Rapid response: connection **within 24 hours** via phone or virtual platform.
- Plan initiated **within 72 hours** or sooner.
- Primary care office is alerted, if not the referral source, and offered support.
- Guidance to appropriate ED, if needed.
- Treatment protocols that include wrap around care will be provided.



(207) 893-0386

www.day-one.org/online-referral



Did you Know?

The AAP has a robust **Get Out the Vote!** guide which offers information on voting and tips to engage with the legislative process. To learn more, visit:

<https://www.aap.org/en/advocacy/election-vote-kids/>

And, speaking of voting, the **National AAP Election Center** provides information on upcoming national and district positions in preparation for the election this September. Check it out here:

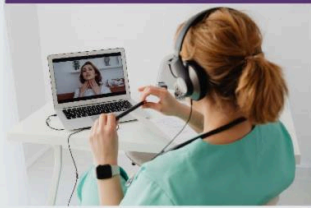
<https://www.aap.org/en/members/home/national-aap-election-center/>



Help Me Grow is a free resource that exists to strengthen Maine communities. Their Family Support Specialists work via phone, email, and text to connect families of children birth to eight, as well as pregnant

people, with information, resources, referrals, and developmental screenings. This low-barrier resource requires no formal referral, no financial limits or diagnosis requirements, no paperwork is required to receive support and can be accessed by both families and providers here: [Help Me Grow Maine Online Referral](#), or by calling 211 Maine, Option 5. For more information, please visit [Help Me Grow's website](#).

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

AAP has a **Coding and Payment Hotline** that helps members address coding and payment-related questions and allows them to stay updated on payment and revenue cycle current issues/trends, all in an effort to assist in the submission of clean claims for expedited payment.

The AAP Pediatric Mental Health Education Center (PMHEC) is now recruiting pediatricians and other pediatric clinicians for an **8-session Suicide Prevention ECHO** focused on best practices to identify and support youth and young adults at risk for suicide. Topics include suicide risk screening, safety assessment, brief intervention techniques, care planning, support resources, and implementing suicide prevention practices in pediatric settings. **Learn more and register here.**

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

September 1st | 3:30 - 4:30PM: MCDC Children and Youth with Special Health Care Needs Monthly Webinar Series: Consumers for Affordable Healthcare. [Register here.](#)

September 2nd | 12:00 - 1:00PM: MPBHP's Pediatric Psychiatry ECHO - *Understanding and Supporting Childhood Grief.* [Register here.](#)

September 8th | 12:30 - 1:30PM: *Innovating to Provide Rural Perinatal Care in Challenging Times ECHO.* [Learn more and register here.](#)

September 15th: Save the date for the Maine Families' Annual Conference.

September 16th | 12:00 - 5:00PM: Partnerships in Pediatrics Conference at MH Pen Bay Medical Center, Rockport. [Learn more and register.](#)

September 23rd: Maine State Breastfeeding Conference in Augusta. [Register Here.](#)

September 24th | 7:30 - 8:30AM: MPBHP's *Digital Safety for Youth.* [Register here.](#)

September 24th: Save the date for the Maine AWHONN Conference in Augusta.

September 29th | 12:00 - 5:00PM: Partnerships in Pediatrics Conference at MaineGeneral Medical Center, Augusta. [Learn more.](#)

October 1st: MPHA Annual Conference - *Nourish to Flourish: Cultivating Healthy Communities for Today and the Future* at the Augusta Civic Center. [Register Here.](#)

October 2nd-4th: Maine Medicine Educational Summit, MMA's 173rd Annual Session at the Harborside Hotel in Bar Harbor. [Register Here.](#)

October 7th | 12:00 - 1:00PM: MPBHP's Pediatric Psychiatry ECHO - *Reaching Youth: Substance Use Prevention and Treatment.* [Register here.](#)

October 22nd | 7:30 - 8:30AM: MHPB Monthly Morning Webinar *Art and Youth Mental Health.* [Register here.](#)

October 27th | 9:00AM - 3:00PM: MaineCare Provider Conference - [Save the Date!](#)



**Connect with Maine
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.

<https://linktr.ee/maineaap>



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