



May 2024 INAAP Monthly News & Updates

This newsletter contains important updates and the latest news from INAAP. Keep scrolling for more information on:

- 2024 INAAP Annual Conference - Early Bird Registration Open!
- CEASE (Tobacco QI Initiative) Enrollment Open
- Reach Out and Read: Summertime Tips for Families
- Upcoming events
- And More!

Letter from the President

Wow- two years as your INAAP President has flown by! This will be my last letter from the President and it has been an honor to serve as your President! When my term started we tackled some tough issues at the statehouse, throughout these two years we have seen a single preferred drug list be published, enrolled more reach out and read practices in the state, implemented our Care Program and have watched it grow, hosted successful annual conferences, engaged more physicians from outside the Indy area, and built relationships that will last for years! Just to name a few highlights!



Thank you for trusting me to represent this group and I am confident the organization will continue to soar under our new Leadership!

Jaime Stelzer, MD
INAAP President

Introducing Incoming INAAP President Evan Kreutzer, MD

As the incoming president of INAAP, I would like to introduce myself. I am a father of three, a husband to a physician spouse, and I am an employed outpatient pediatrician for Ascension St. Vincent. I completed my residency at Riley Children's Hospital and have been in practice for nearly eight years. Thanks to Dr. Sarah Stelzner and several other mentors, I got involved in INAAP ten years ago and have been privileged to sit on the executive board. Serving as the president of INAAP is an honor and also a responsibility that I take seriously. It is my firm belief that

we as pediatricians have a responsibility to advocate for our community's youth. And now more than ever it's pivotal that we have a seat at the policy table to ensure our own wellbeing.

Over the last ten years, I've been privileged to meet many of you in INAAP. If I haven't met you yet, I hope to do so at this year's excellent INAAP CME conference or one of our bimonthly in-person meetings. I look forward to representing you over the next two years. Please let me know if there is any way that INAAP can further serve you or your patients.



Upcoming Events

INAAP In-person Member Meeting: Summer Topic Refresher (Water Safety + Sunscreen + New Toolkit for Pediatricians and More!)	May 15, 2024, 6:00 PM - 8:00 PM Board of Governor's Room at Riley Hospital for Children	Register Now
INAAP In-person Member Meeting	July 10, 2024, 6:00 PM - 8:00 PM Board of Governor's Room at Riley Hospital for Children	Register Now
2024 INAAP Annual Conference	Thursday, August 22, 2024 502 East Event Center Carmel, IN	Register Now

Welcome Our New INAAP Members!

Last month, the following individuals joined the INAAP community. Please join us in recognizing:

Greshma Susan George, MD | Indianapolis, IN

Stefan Malin, MD | Fort Wayne, IN

Pregnant Workers Fairness Act What You Can Share with Families

Enforced as of June 2023, the Pregnant Workers Fairness Act (PWFA) allows pregnant and postpartum workers to access "reasonable accommodations" within the workplace through an interactive dialogue with their employer. This critical legislation will empower pregnant and postpartum workers within the workplace, improving maternal health, child health, reducing poverty and the pay gap, and contributing to worker wellbeing.



Women's contribution to the labor force and their families cannot be understated, particularly in Indiana, where 50.8% of families with a mother rely on her as a primary breadwinner. Given that so many of the workers both nationally and in Indiana are women, and of that category, a large share are mothers, the PWFA provides critical protections to them. Already, Indiana has the third highest maternal mortality rate in the nation, making it even more imperative that we support Hoosiers in realizing their rights under the PWFA.

As of June 27, 2023, the PWFA provides "reasonable accommodations" to all women in the workplace unless their employers can claim undue hardship or employ fewer than 15 employees. The passage of the PWFA was only the first step, however. None of these hard-fought gains can be realized unless pregnant women are aware of their rights within the workplace. Studies also show that while many marginalized identities, including women, people of color, people with disabilities, and low-income individuals feel uncomfortable interacting with the legal system.

Here is what we can share to make it easier:

- Know Your Rights: <https://institute.incap.org/pregnant-workers-fairness-act>
- Sample Letters to Employers: <https://www.abetterbalance.org/resources/sample-letters-to-give-to-your-employer-about-the-pregnant-workers-fairness-act/>

You can also register for the Train the Trainer event on **June 18, 2024**, in our Indianapolis office. There will be a professor of law, EEOC representative, and advocates on site to help with questions and to effectively train individuals to help others in realizing their workplace rights. Register at tinyurl.com/INCAP-PWFA-TTT

2024 INAAP Annual Conference Early Bird Registration Open Now!

INAAP is excited to announce that the 2024 annual conference will take place on Thursday, August 22nd in Carmel, Indiana!

Here's a glimpse of what to expect:

- Pre-Conference Dinner at Cooper's Hawk Winery & Restaurant: Join us to kick off the conference the night of Wednesday, August 21 for a celebration dinner and award ceremony. Enjoy a complimentary dinner (and a wine paired with each course) while talking with other members.
- Engaging Breakout Sessions: Whether you're a hospitalist, an independent clinician, or a specialist, our diverse lineup of topics is designed to cater to your interests and professional needs. From feeding and nutrition for newborns to opioid prescription and management to pediatric mental health, there's something for everyone.
- Exhibitor and Community Resource Room: Explore the latest products, services, and resources in pediatric healthcare while connecting with representatives from leading organizations. It's your chance to stay at the forefront of advancements or new offerings.

2024 INAAP ANNUAL CONFERENCE

SAVE THE DATE!
AUGUST 22, 2024

*Join us for a day of
speakers, conversations,
& more!*



**AUGUST 22, 2024 | 502 EVENT CENTER
CARMEL, IN**

- On-site Baristas: Fuel your day with the finest coffee made how you like it by on-site baristas (because great conversations are best paired with great coffee).

More information will be coming on this event in future editions of the newsletter, and we hope to see you there!

INAAP Conference Information and Registration

Clean Air Corner with Dr. Sarah Bauer

What is smoking susceptibility?

- Smoking susceptibility is a lack of firm decision against smoking.
- Smoking susceptibility has been shown to be a strong predictor of future smoking experimentation and is associated with cigarette smoking initiation.
- According to the most recent 2022 Indiana Youth Tobacco Survey, about 1 in 4 Indiana middle school and high school students are smoking susceptible.
- In comparison, a recent study in Pediatrics found 1 in 5 nonsmoking adolescents 13 to 15 years old were susceptible to cigarette use worldwide.
- Adolescents who are smoking susceptible are approximately 2 to 3 times more likely to experiment with cigarettes vs adolescents who are not.
- The AAP recommends screening all youth for tobacco use and exposure at each clinical encounter.
- Access to the AAP's free Tobacco Cessation Progressive Web Application can be found at: aap.org/helpkidsquit



Refs:

<https://www.in.gov/health/tpc/files/Highlights-from-the-2022-IYTS.pdf>

Liu H, Qi Q, Duan Y, et al. Smoking Susceptibility and Trends Among Nonsmoking Adolescents: An International Study. *Pediatrics*. 2024;153(3):e2023062360.

For more information, questions, or suggestions on future topics, please contact Sarah E. Bauer, MD at bauersae@iu.edu or Clare Wright at cb@inaap.org.

CEASE 2024 Enrollment Open Now! QI Initiative to Address Youth + Family Tobacco Use

Tobacco use and exposure to tobacco smoke is a serious concern for all family members. Child healthcare clinicians are in a unique and important position to address tobacco use and exposure to tobacco smoke because of the regular contact they have with families and the harmful health consequences that tobacco smoke exposure has for their patients.



The Clinical Effort Against Secondhand Smoke Exposure (CEASE) addresses family tobacco use in a routine and effective manner. CEASE adds a comprehensive tobacco screening tool into your workflow, making it easy to address and treat family and youth tobacco use. The program has been funded by the Indiana Department of Health for the last 6 years, allowing us to provide all materials, technical assistance, and training free of cost to your clinic. *Participation also could qualify you for*

Let's work together to make a lasting impact on your patients!

Contact Kelsey Back at kb@inaap.org for more information or to get started with CEASE.

Learn more about CEASE

Visit our Website

Reach Out and Read Summertime Tips for Families



As the temperatures rise, it's time to explore the perks of grabbing a book and your kids and heading outside! Exploring the great outdoors with your kids isn't just about getting in the sunshine—it's also an opportunity to cultivate a love for reading!

Taking storytime outside strengthens family bonds as you share stories, laughter, and new experiences in nature. It's a chance to connect on a deeper level while creating cherished memories that will last a lifetime.

Outdoor settings spark creativity and imagination in children. Surrounded by the sights and sounds of nature, kids are inspired to dream and explore. Reading outside encourages physical activity and exploration. Whether it's chasing butterflies, climbing trees, or simply running through the grass, kids engage their bodies while engaging their minds, promoting healthy habits and active lifestyles.

Nature has a calming effect on both children and adults. Reading outside provides a tranquil escape from the hustle and bustle of daily life, allowing kids to unwind, de-stress, and immerse themselves in the joys of storytelling. Outdoor environments offer endless opportunities for hands-on learning and discovery. From identifying plants and animals to exploring natural phenomena, reading outside stimulates curiosity, fosters a sense of wonder, and deepens children's understanding of the world around them.

So, grab a blanket, pack some snacks, and head outdoors with your favorite books in tow! Whether you're lounging in the backyard, picnicking at the park, or hiking through the wilderness, reading outside with your kids is a rewarding adventure for all!

INAAP's Mental Health Program Connect with CARE

Mental Health Awareness Month

May is particularly important for our CARE Team as we honor and celebrate Mental Health Awareness Month! This special window of time invites us to acknowledge those affected by mental health conditions, advocate for their challenges, and normalize conversations that reduce stigma. Celebrating Mental Health Awareness Month also creates the perfect opportunity to discuss the CARE Program with families.



As a reminder to those unfamiliar with the program, CARE connects children and their families to the mental health services they need. The CARE Program and CARE Line help to identify and address barriers that negatively impact a family's ability to seek out and effectively engage in mental health services. CARE is Indiana's only mental health referral resource that is dedicated to children and families.

Talking to Families about CARE

We know it can be difficult to engage families in the conversation when it comes to a child's mental health. It's especially difficult when you have concerns and parents/caregivers just can't seem to get on the same page. We know it's difficult because we are navigating these conversations, too! Our CARE Team prioritizes building rapport with the goal of establishing trust and developing meaningful relationships. We approach every client referral carefully, as we are well aware of the underlying fragility that can make or break the mental health experience for these families.

If you've considered referring a patient to our CARE Program but ultimately did not because you were unsure about the family's willingness to participate, please complete a Primary Care Provider Referral Form on their behalf. Our skilled and emotionally intelligent Family Navigators will reach out to the family and do our best to help them overcome their reservations.

CARE Program: Get Connected

Option 1: Client Intake Form

- A patient's parent or legal guardian can complete the form below for their child.
- The form asks for basic patient information such as name, address, medical insurance, etc.
- The form also allows parents to identify the specific mental health service(s) and type(s) of treatment(s) they are seeking (but can also be left blank if they are unsure).
- Once submitted, a CARE Program Family Navigator will reach out to the family to schedule an intake session.

[Click here for the Client Intake Form](#)

Option 2: Primary Care Provider Referral Form

- PCPs can use this form to refer patients when various barriers, such as access to technology or inertia prevent the family from completing the client intake form themselves.
- This referral form is designed to be brief and should take less than five minutes to complete.
- None of the fields on the form are required. Provide the information you can, and the CARE Program will do the rest!

[Primary Care Provider Referral Form](#)

Option 3: The CARE Line

- Anyone can connect to the program by calling the toll-free phone number (855-495-7271), and the CARE Team will do the rest.

[Visit our Website](#)

Mental Health Awareness Month Resources

The National Institute of Mental Health (NIMH) has created impressive visuals that can serve as helpful tools when talking to families about mental health. You can access NIMH's Digital Shareables on Child and Adolescent Mental Health here:

[NIMH Digital Shareables](#)

These NIMH infographics on Teen Depression and differentiating between Stress and Anxiety are favorites:

Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?



■ Do you often feel sad, anxious, worthless, or even "empty"?



■ Have you lost interest in activities you used to enjoy?



■ Do you get easily frustrated, irritable, or angry?

■ Do you find yourself withdrawing from friends and family?



■ Are your grades dropping?

■ Have your eating or sleeping habits changed?



■ Have you experienced any fatigue or memory loss?



■ Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?



■ **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



■ **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.



■ **Try to spend time with friends or family**, even if you don't feel like you want to.



■ **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



■ **Try to keep a regular sleep schedule.**



■ **Eat healthy foods.**

You're not alone, and help is available. You can feel better.

To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.



NIH National Institute of Mental Health

nimh.nih.gov/depression



I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.



nimh.nih.gov/stressand anxiety

New in 2024: INAAP Career Center

INAAP is proud to announce the launch of its new Pediatric Career Center. Whether you are looking for a new opportunity or looking to hire top pediatric clinicians, this is the spot for you:

- Search and apply to top pediatric jobs at institutions that value your credentials.
- Upload your resume so employers can contact you. You remain anonymous until you choose to release your contact information.
- Create Job Alerts and receive an email each time a job matching your specified criteria becomes available.
- Access career resources, job searching tips, and tools.
- Post your job, or your institution's job, where the industry's most qualified pediatric professionals go to advance their careers.
- Email your job directly to INAAP job seekers via our exclusive Job Flash™ email.
- Search our Resume Bank using robust filters to narrow your candidate search.



Explore the benefits of our new career center by logging in or creating a new account today!

INAAP's Payor Council is Here to Help!

Do you have a payment, prior authorization, or formulary issue that you just can't get resolved? Help is here! Submit your problem to INAAP and our payor council will work with our partners at the Indiana State Department of Health and the Family and Social Services Administration to see if we can find a solution.

Email concerns to Chris Weintraut at cw@inaap.org.



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