



## December 2023

# INAAP Monthly News & Updates

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

- Trauma Informed Care ECHO Series
- In Person Meetings
- Reach Out and Read Updates
- Early Autism Screening Opportunity
- Upcoming events
- And More!

## Letter from the President

It's hard to believe we are ending another year. One of my favorite events INAAP puts on is our Legislative Preview event at Connor Prairie. This year was filled with an opportunity for us to catch up and learn about the upcoming session.

The 2024 session will be a "short" session and a great way to get started in your advocacy journey if you have ever wanted to get involved. We also have several additional committees if you are looking to get more involved with INAAP in 2024.



INAAP has been an amazing organization to get involved with and I encourage you to come to one of our in- person events to learn how INAAP can bring fulfillment to your career.

Wishing you and your families a very happy holiday!

**Jaime Stelzer, MD**  
*INAAP President*

## From The Executive Director's Desk

As 2023 wraps up, I wanted to take this opportunity to express my profound gratitude for the outstanding dedication and commitment our INAAP members have demonstrated throughout the year in caring for the children of Indiana. Your collective efforts have been inspiring, and have made a lasting impact on the health and well-being of our youngest Hoosiers.



In a year filled with unprecedented challenges, your resilience, adaptability, and steadfast commitment have been a beacon of hope for families across Indiana. Whether facing the complexities of emerging health issues or ensuring routine care, your expertise has been pivotal in safeguarding the health of our children.

Your tireless work has not only elevated the standards of pediatric care but has also strengthened the fabric of our community. On behalf of INAAP, please accept my deepest appreciation for your selfless service.

As we begin 2024, I look forward to new opportunities to gather in person and work together. To that end, the first of our in-person meetings will take place on January 10th in downtown Indianapolis where we will tackle the issue of Medicaid unwinding, and also provide an overview of the INAAP committees that will be active in 2024. I hope you can join us for that event, and for our other in-person member meeting which will take place every other month.

**Chris Weintraut, JD**  
*INAAP Executive Director*

## Upcoming Events

**INAAP In-person Member Meeting: Medicaid Unwinding and Committee Opportunities**

Jan 10, 2024, 6:00 PM - 8:00 PM  
**Board of Governor's Boardroom at Riley Hospital for Children**

[Register Now](#)

**2024 Physician Day at the Statehouse**

Jan 16, 2024, 8:30 AM – 2:00 PM  
**Indiana State House**

[Register Now](#)

**Webinar: Vaccine Hesitancy - Tips from Frameworks Institute**

Feb 6, 2024, 12:00 PM - 1:00 PM  
**Zoom Webinar**

[Register Now](#)

**INAAP In-person Member Meeting: Legislative Wrap-up and Next Steps**

March 13, 2024, 6:00 PM - 8:00 PM  
**Board of Governor's Boardroom at Riley Hospital for Children**

[Register Now](#)

## Welcome Our New INAAP Members!

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

**Mariju Baluyot, MD** | Indianapolis, IN

**Melanie Butz, MD** | Indianapolis, IN

**Dominic Nardi, MD** | Indianapolis, IN

## Trauma Informed Care

## AAP Care and Resilience Promotion ECHO

A traumatic event is a frightening, dangerous or violent event that poses a threat to a child's life or body integrity. Trauma can result from adversities such as community violence, natural disasters, unintentional injuries, terrorism, racism, immigrant or refugee traumas and/or those involving the caregiving relationship such as intimate partner violence, parental substance use, parental mental illness, caregiver death, separation from a caregiver, neglect or abuse – originally defined as adverse childhood experiences (ACEs). Pediatricians are likely to be the first, and often only, professionals who encounter the nearly two thirds of American children who have experienced trauma and have the greatest potential for early identification and response to childhood trauma.

Registration is now open for a new AAP Trauma-Informed Pediatric Care and Resilience Promotion ECHO! This ECHO will serve as a forum for participants to develop effective knowledge and skills that will enable them to facilitate conversations around childhood trauma with pediatric patients and their families.



The ECHO sessions will be held on the following dates from 1:00 PM CST/ 2:00 PM EST

**Session 1: January 19, 2024**

**Session 2: January 26, 2024**

**Session 3: February 2, 2024**

**Session 4: February 9, 2024**

**Session 5: February 16, 2024**

**Session 6: February 23, 2024**

[Register here](#)

## Training Opportunity: Early Autism Evaluations in the Primary Care Setting



[The IUSM Early Autism Evaluation team](#) is seeking primary care clinicians who are interested in training to do early autism evaluations of young children ages 14 – 48 months in the primary care setting.

If you are interested, the IUSM team will plan to schedule a 2 day CME training to get you started in spring of 2024. The training is about 30 hours in total with 15 hours in the classroom and another 12-15 hours in practicum with patients. There is a second option for online asynchronous training, if attending the 2 day session is not desired.

## Reach Out and Read Updates



As we approach the end of 2023, we want to take a moment to reflect on the incredible year we've had at Reach Out and Read Indiana. We extend our heartfelt gratitude to each member of the Reach Out and Read Indiana family – our staff, volunteers, donors, and supporters. Your belief in our mission has propelled us forward and allowed us to make a lasting impact on the lives of children and families across Indiana. Behind every statistic, there are heartwarming stories of children discovering the joy of reading. As we turn the page to a new year, we're excited about the possibilities that lie ahead. Your continued support and engagement are vital to our success.

### 2023 Impact Statistics

Clinic Sites: 126  
Books Distributed: 179,135  
Children Served: 164,450  
Medical Providers Trained: 598  
Well Visits: 328,900

### Judy Newman Book Award

This year's Judy Newman Book Award has been awarded to Gaia Cornwall's "Jabari Tries." Inspired by BIPOC engineers, inventors, and scientists and featuring the endearing father-child dynamic of "Jabari Jumps," Cornwall's tale shows how an inventive thought can become a brilliant reality.

"We selected it for this year's award because it's a wonderful story about perseverance, determination, creativity, and inventiveness in a delightful, fun story," said Scholastic Chief Impact Officer Judy Newman. "I can't wait for you to read it!"

The network will be able to purchase a special edition of "Jabari Tries" at an exclusive ROR price, direct from the Scholastic online store, in early 2024.

The Judy Newman Book Award was established to support our collective mission to get the best children's books into the hands of young readers. This annual award highlights one book that will resonate with families and encourage them to read aloud together.

### Book Specials

All About Books: COMING SOON: The 2024 Catalog will feature more than 100 new titles, collections, and soon-to-be-favorite books! In the meantime, you can find the new titles already in stock on the All About Books website.

Don't know if you are on the AAB mailing list? Ensure you receive the 2024 Catalog by emailing the team at [service@allaboutbooks.org](mailto:service@allaboutbooks.org).

Scholastic: Double Bonus Books days are back! Until Dec. 15, receive 20 free books with every \$100 spent! Access the Scholastic online store through [myror.org](http://myror.org) to take advantage of this offer.

## Update from CARE Overcoming Holiday Stressors

According to the American Psychological Association, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression,



anxiety, and substance misuse. The reasons are lack of time, financial pressure, gift-giving, and family gatherings. To make matters worse, the National Alliance on Mental Illness noted that 64% of individuals living with a mental illness felt that their conditions worsened around the holidays. Everyday stressors during the holidays for children include changes in routine, family expectations, and potential exposure to family conflicts. Additionally, children from families facing economic challenges may experience increased stress. Read below to see how you can support yourself and your child's mental health during the holidays.

1. The best way to prevent stress in your children is to manage your own anxiety. You will set a calm base if you are stress-free (or at least managing stress well). Be sure to practice good self-care and get enough sleep. You are setting an example for your children! For youth, much of the stress comes this time of year from uncertainty. Be sure to be open about their holiday break schedule, including what they are expected to do and what activities are planned. Predictability is key in managing stress connected to expectations and events.
2. It is so easy to get wrapped up in the hustle and bustle of the holiday season and miss out on fun activities that can be had together. Take time to do something you and your children want and don't feel you have to do. Laugh and be silly!
3. Be sure your children get 8-10 hours of sleep each night. Also, plan for relaxing activities that allow for recharging, such as a movie night or family yoga class.
4. Talk with your children about their wishes and goals for the coming year. Encourage a resolution that supports mental health. Some examples include starting a daily gratitude journal, weekly meditation or yoga, getting 8-10 hours of sleep each night, and making time for yourself.

## Clean Air Corner with Dr. Sarah Bauer

The 2023 National Youth Tobacco Survey data has been released!

- Approximately 2.8 million youth report current use of any tobacco product.
- Any tobacco use decreased among high school students. However, any tobacco use increased among middle school students.
- For the 10th year in a row, e-cigarettes were the most commonly used tobacco product among middle school and high school students with more than 1 in 3 current e-cigarette users reporting frequent use and almost 9 out of 10 current e-cigarette users using a flavored e-cigarette.



**More information can be found at:**

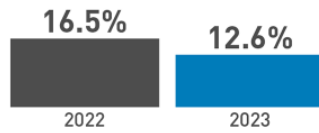
<https://www.fda.gov/tobacco-products/youth-and-tobacco/results-annual-national-youth-tobacco-survey>

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7244a1.htm>

Find more resources on youth tobacco use on the AAP's Tobacco Control and Prevention webpage: <https://www.aap.org/en/patient-care/tobacco-control-and-prevention/>

For more information, questions, or suggestions on future topics, please contact Sarah E. Bauer, MD at [bauersae@iu.edu](mailto:bauersae@iu.edu) or Clare Burkert at [cb@inaap.org](mailto:cb@inaap.org).

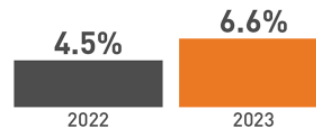
Any tobacco use **decreased** among  
high school students



Driven by a **drop**  
in high school e-cigarette use



Any tobacco use **increased** among  
middle school students



## Give Kids A Smile Day Thank you INAAP Members!

Thank you Indiana pediatricians! This year we had 57 pediatricians sign up to participate in Give Kids a Smile day. All entries have been submitted, and materials should be arriving prior to your scheduled date. Please let me know if you have any questions.



Didn't sign up for GKAS, but would still like to participate in National Children's Dental Health Month? The Indiana Department of Health has put together several resources to promote oral health. They can be found at <https://on.in.gov/GiveKidsaSmileIN>. These resources are a simple way that you can help promote oral health in your patients!

## 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](mailto:cw@inaap.org).



## *Need something new to listen to?*

Whether you are on your way to work or have a few moments of downtime, this podcast is perfect for you! Get

the latest AAP updates with this [podcast](#) that features interviews about new research and hot topics in the field of pediatrics.

## PEDIATRICS

### On Call



A podcast on  
children's health  
from the AAP



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