



## December 2024 INAAP News & Updates

### Letter from the INAAP President Evan Kreutzer, MD

A lot has changed in the last two months. Many of you have shared with me your fears about the challenges facing our patients in the coming months and years. I'm concerned for them and for my own children. And while much uncertainty remains, I find solace in my work as a pediatrician. Every day I go to the office knowing that I'm one of many striving to help children overcome whatever barriers lie ahead.



Uncertainty is ever-present, but one thing remains steadfast: the INAAP's unwavering commitment to advocating for children's health and well-being. Together, we'll continue adapting and advancing, ensuring every child has the opportunity to thrive in our changing world. INAAP stands with you, our dedicated members, as we continue in our mission to provide exceptional care for all children.

Our work will be tough in 2025, but it will also be rewarding and more important than ever. I truly hope all of us have a chance to reflect, recharge, and enjoy the holidays and the end of the year. And once we are back in 2025, I hope to get a chance to meet and work with all of you as we continue our work of being the voice for the health and well being of Indiana's children.

### Upcoming Events

<b>CEASE to Smoke; A 2025 Resolution</b>	January 27, 2025, 12:00 PM - 1:00 PM Zoom webinar	<a href="#">Register Now</a>
<b>INAAP January In-person Member Meeting: Physician Wellbeing in 2025</b>	January 15, 2025, 6:30 - 8:30 PM Mashcraft Greenwood (dinner provided)	<a href="#">Register Now</a>
<b>ISMA Physician Advocacy Day</b>	March 12, 2025 Indiana Statehouse	<a href="#">Learn more</a>

# Welcome Our New INAAP Members!

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

August Boeglin, MD | Bloomington, IN

Sheela Gogula, MD | Noblesville, IN

Amanda Gu, MD | Trafalgar, IN

Alexander Tuttle, MD, MEd | Westfield, IN

Paul Winchester, MD | Indianapolis, IN

## "Clean Air Corner"



Have you seen the new 2024 National Youth Tobacco Survey results yet?

- E-cigarettes continue to be the most commonly used tobacco product among middle and high school students, followed by nicotine pouches.
- Among all students, current use of any tobacco product decreased from 2.8 million in 2023 to 2.25 million (8.1%) in 2024.
- Youth use of e-cigarettes decreased from 2.13 million (7.7%) in 2023 to 1.63 million (5.9%) in 2024.
- No significant change in youth use of nicotine pouches was seen from 2023 (1.5%) to 2024 (1.8%).
- Of current e-cigarette users, more than 1 in 4 (26.3%) use an e-cigarette product daily and more than 8 in 10 (87.6%) use flavored e-cigarettes.
- The most common e-cigarette brands reported included: Elf Bar, Breeze, Mr. Fog, Vuse, JUUL.
- The AAP recommends screening all youth for tobacco and nicotine use and exposure at each clinical encounter.
- For more information go to: <https://www.aap.org/en/patient-care/tobacco-control-and-prevention/>
- View the full MMWR report here: Tobacco Product Use Among Middle and High School Students — National Youth Tobacco Survey, United States, 2024 | MMWR

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

## CEASE 2025 Webinar

Kick off the New Year with a resolution for healthier

# families and smoke free homes!

The **CEASE (Clinical Effort Against Secondhand Smoke Exposure) program** is here to support clinics and families in the fight against tobacco use and secondhand smoke.

We invite you to join us for **"CEASE To Smoke: A 2025 Resolution,"** a webinar designed to empower clinics and providers with the tools and strategies to help families quit tobacco and create smoke-free environments.



## Meet the Speakers:

- **Kelsey Back - CEASE Program Manager**
- **Ramneet Gill - CEASE Program Coordinator**
- **Dr. Tamara Iorio - CEASE Provider**

Together, this dynamic team will guide you through the tools and resources needed to make 2025 a year of healthier families and smoke-free homes.

Don't miss this opportunity to start the year with impact. **Register now and be part of the movement for a smoke-free future!**

[Register here!](#)

**Together, let's make 2025 a smoke free year for Hoosier families!**

[Learn more about CEASE](#)

[Visit our Website](#)

## INAAP's Mental Health Program



### Surviving The Holiday Season

The last leg of the year is a doozy. Consecutive holidays dominate schedules and "to-do" lists can seem endless. While this time of year is filled with immense joy for some, it can be an overwhelming and stressful experience for others. The hustle and bustle of navigating altered routines, hectic logistics, and complicated family dynamics can be stressful. Supporting families, each other, and ourselves is crucial to a successful holiday season.

This article from the National Alliance on Mental Illness (NAMI) offers helpful and practical tips for managing "Holiday Stress":

[The "Happiest" Time of The Year: Tips for Managing Holiday Stress](#)

NAMI also has a great visual with tips to help avoid and manage the "Holiday Blues":

**WHAT ARE THE HOLIDAY**

# BLUES?

In a survey on the Holiday Blues

**64% say they are affected**

and 24% say the holidays affect them a lot.



## So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

**This might include:**

Fatigue  
Tension  
Frustration

Loneliness or isolation  
Sadness  
A sense of loss

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.



## Tips for avoiding the Holiday Blues



**Stick to normal routines as much as possible.**

**Get enough sleep.**



**Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.**



**Eat and drink in moderation. Don't drink alcohol if you are feeling down.**



**Get exercise—even if it's only taking a short walk.**



**Make a to-do list. Keep things simple.**



**Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.**



**Set a budget for holiday activities. Don't overextend yourself financially in buying presents.**



**Listen to music or find other ways to relax.**

## Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>

### **Seasonal Affective Disorder (SAD)**

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR) defines Seasonal Affective Disorder as "a type of depression – major depressive disorder with seasonal pattern. The American Psychiatric Association explains that "symptoms usually occur during the fall and winter months when there is less sunlight and usually improve with the arrival of spring. SAD has been linked to changes in the brain prompted by shorter daylight hours and less sunlight in winter. As seasons change, people experience a shift in their biological internal clock or circadian rhythm that can cause them to be out of step with their daily schedule."

Increased stress brought on by the Holiday season coupled with Seasonal Affective Disorder can result in a state of mind that falls short of "merry and bright". The National Institute of Mental Health (NIMH) offers tips to help manage symptoms of SAD:

# Seasonal Affective Disorder (SAD):

## More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

### Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

### These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

### Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

### Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at [988lifeline.org](https://988lifeline.org).

[nimh.nih.gov/sad](https://nimh.nih.gov/sad)

NIMH Identification No. OM 22-4320

## Connect with CARE

There are multiple ways to refer patients to the CARE Program!

### Option 1: Client Intake Form

- Referring providers, parents, or legal guardians can complete the form below on behalf of a child or adolescent.
- 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.

### 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!

Submit a Primary Care Provider Referral Form

### Option 3: The CARE Line

- Anyone can connect to the program by calling the toll-free phone number:

888-495-7271

## 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!

Visit our New Career Center

## 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.



American Academy of Pediatrics, Indiana Chapter | P.O. Box 44376 | Indianapolis, IN 46244 US

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



Try email marketing for free today!