



Downeast Association of Physician Assistants

Special Edition

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2012-13

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Condolences from the AAPA

This week, AAPA extends its sincere condolences and support to PA Robbie Parker, whose 5-year-old daughter, Emilie, was among those killed in last Friday's school shooting in Newtown, Conn. AAPA has donated in Emilie's honor, and if you would like to make a similar donation, visit the [Emilie Parker Memorial Fund](#) and the [Sandy Hook School Support Fund](#).

Our Hearts are in Connecticut

The Connecticut Academy of Physician Assistants extends their most sincere condolences and prayers to all those families affected by the devastating events at Sandy Hook Elementary School and Newtown, Connecticut.

This tragedy became even more personal when they learned that Emilie Parker, one of the students killed, is the daughter of Robbie Parker, a PA at Danbury Hospital.

The Parkers relocated to Newtown from Utah only 8 months ago.

The CAPA Board voted to send a donation to the Emilie Parker Memorial Fund at America First Credit Union in Utah. Funds will go to support Robbie and his wife Alissa in taking time from work to be with family, medical expenses, and flying to Utah to arrange and plan Emilie's funeral. If you would like to make an individual contribution to the Emilie Parker Memorial, the address is

Emilie Parker Memorial

PO Box 12751

Ogden, UT 84412-2751

Please join CAPA in sending condolences and prayers to the Parker Family.





The holidays are in full swing but, as a nation, our hearts are heavy as we grieve the innocent lives lost in Newtown, Connecticut. This tragedy has prompted many of us to pause and consider ways to strengthen our connections with adolescents in our lives, both during the holidays and beyond.

May the holiday season provide you with opportunities to spend quality time with the adolescents in your lives. That's one thing we can all do to help them build the resiliency they will need for good health their whole lives through.

Did You Know? Strong bonds with parents and other caring adults help adolescents to handle stress and improve overall mental health.¹ For help talking with teens about the recent tragedy, check out this new resource from the Substance Abuse and Mental Health Administration (SAMHSA), [Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event](#).

Be Proud: 86% of teens report that their parents always or sometimes let them know they were proud of something they had done.²

Text and Connect: Parents and other caring adults can text teens to let them know that they're proud of them. [Check out seven sample text messages on OAH's Talking with Teens site!](#)

Getting Mental Health Help: If adolescents (or anyone in a family) need mental health help, SAMHSA's [Mental Health Services Locator](#) is an online, map-based program that can help visitors find near-by facilities.

SAMHSA also operates a [Disaster Distress Helpline](#). You can reach trained counselors who can provide crisis counseling, info on how to recognize distress and its effects, tips for healthy coping, and/or referrals to local crisis call centers. Open 24 hours, every day of the year, call [1-800-985-5990](#) or text "TalkWithUs" to 66746.

[YouMatter](#) is a National Suicide Prevention Lifeline site for youth, complete with a blog where visitors can share problems and get support. Reach the National Suicide Prevention Lifeline at [1-800-273-8255](#).

[2-1-1 is an easy to remember telephone number](#) that connects about 90% of the U.S. population to information about critical health and human services available in their community such as mental health services and support for youth and families. It is administered through a national partnership between United Way Worldwide and the Alliance of Information and Referral Services (AIRS).

Tools for Positive Parenting: [These positive tips for parents of teens](#) from the Centers for Disease Control and Prevention (CDC) that includes ways to address teens' emotional and social changes.

New from the National Institute on Drug Abuse (NIDA), [Family Checkup: Positive Parenting Prevents Drug Abuse](#) is a five-question tool that teaches research-based parenting skills to help parents keep their adolescents drug-free.

The CDC recently released [resources for parents, school administrators, and teachers](#) on how they can improve the engagement of parents in school health.

¹ Masten, A. S., & Coatsworth, J. D. (1998). *The development of competence in favorable and unfavorable environments: Lessons from research on successful children*. *American Psychologist*, 53(2), 205-220. [Available here](#).

² Substance Abuse and Mental Health Services Administration. (2012). *Results from the 2011 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-44, HHS Publication No. (SMA) 12-4713. [Available here](#).