



# NEWSLETTER

March, 2025

## A Note from Our Treasurer



Dear MAPP Members,

As we welcome the arrival of March, I am pleased to share some positive news regarding our financial standing. Thanks to the diligent efforts of our team and the continued support from our members, MAPP is in a strong monetary position. This stability allows us to confidently plan and execute our upcoming projects and initiatives.

We remain committed to transparency and responsible management of our resources, ensuring that every contribution is utilized effectively to further our mission. Thank you for your unwavering support and dedication to MAPP.

Warm regards,  
Don McNally, DO  
Treasurer, MAPP

## Social Connectedness for Mental and Physical Health

by Ramaswamy Viswanathan, MD

“No man is an island.”

—John Donne (1624)

In a recent survey done by APA, 11% of adults reported feelings of loneliness every day, while 33% reported feeling lonely at least once a week. Human beings are social beings, and social connections are important at every stage of life for mental and physical health. Social connectedness is one of the six conventionally recognized pillars of lifestyle medicine.

To read more visit [APA Psychiatric News](#)

### MAPP Classifieds

Are you looking for a job or want to post a job? MAPP classified is free for members and low cost for other organizations. This is a great way to get out the word. We have five positions up at this time so whether you are looking for a new position or looking to hire for a position, please check out [MAPP Classifieds](#).

## Introducing Our MAPP Member Database

We are excited to announce the launch of our new Member Psychiatrist Database! This exclusive resource is designed to help our members connect with one another and find the support they need. The database will not be accessible to the public, ensuring that your information remains secure and confidential. However, it will allow other members to see that you are open for new clients, making it easier for you to expand your practice and collaborate with fellow professionals.

We believe this tool will foster a stronger sense of community within our organization and provide valuable networking opportunities. Whether you are looking to refer a client, seek advice, or simply connect with like-minded professionals, our Member Psychiatrist Database is here to help. Stay tuned for more details on how to access and use this exciting new feature. We look forward to seeing the positive impact it will have on our community!

### Upcoming CME Events



#### 2025 MAPP Spring Conference

**Date:** May 1, 2025

**Location:** Harraseeket Inn, Freeport, ME

**Theme:** Red and Yellow Flag Laws

Join us for an in-depth exploration of red and yellow flag laws with expert speakers Margaret Groban, Lt. Colleen Adams, and Ben Strick. This event promises to be informative and engaging, providing valuable insights for all attendees.

[Register Here](#)

#### University of New England's Annual Geriatric Conference

in Bar Harbor May 21-22 at the Harborside Resort will feature a core curriculum in mild and major neurocognitive disorders on the second day of the conference, Thursday May 22. The faculty includes leading geriatric psychiatrists and geriatricians from several of Maine's health care systems. For more information use this [link](#).

#### A Case-Based Learning: Dementia Care Conference

Wells Conference Center on the University of Maine campus on Friday June 13th. This conference will feature special topics and case-based learning and discussion. Visit [UMaine](#) for more information.

#### Maine Mental Health Symposium: Psychedelics and the Future of Mental Health Care

In-Person | Hilton Garden Inn, Freeport, ME

Physicians and therapists will gain understanding in psychedelic science in practice and learn about innovations, challenges, and future directions in psychedelic mental health treatments. The proper use of ketamine and varied administrations in mental health treatment will be discussed. Learners will also understand the role of set, setting, and ritual in psychedelic therapy.

[Learn More and Register](#)