



Presidents Message

As we enter the fall season, MAPP continues to advocate for policies that strengthen Maine's behavioral health workforce, improve access to psychiatric care, and support high-quality treatment for patients across our state. Our partnership with the American Psychiatric Association (APA) ensures that Maine psychiatrists have a voice at both the state and federal levels. We encourage members to stay engaged and informed as legislative and regulatory developments continue to shape psychiatric practice.

Member Spotlight

Thank You to Our Advocacy Leaders

MAPP recognizes the members who dedicate their time and expertise to monitoring legislation, reviewing policy proposals, providing testimony, and representing psychiatry before policymakers. Their efforts ensure that the psychiatric community remains informed and engaged on issues affecting both clinicians and patients.

Program Committee Spotlight: Thank You for Advancing Education

MAPP extends its sincere gratitude to the members of our Program Committee for their outstanding work in creating high-quality educational opportunities for psychiatrists across Maine. Through their dedication, expertise, and thoughtful planning, the committee develops programs that support lifelong learning, professional growth, and excellence in patient care. From selecting timely topics to recruiting expert speakers and coordinating educational activities, their efforts are instrumental to the success of our conferences and CME offerings. We deeply appreciate the time and energy they contribute to strengthening psychiatric education and helping MAPP fulfill its mission to advance mental health care throughout Maine.



Stay Connected

Visit www.mainepsych.org for membership information, legislative updates, advocacy resources, conference registration, and upcoming events.

Together, we strengthen the voice of psychiatry in Maine.

Legislative Update

Federal Advocacy: APA Priorities

The American Psychiatric Association (APA) continues to advocate for policies that increase access to mental health services, strengthen enforcement of mental health parity laws, support telepsychiatry, and address workforce shortages affecting psychiatric care nationwide. APA remains actively engaged with Congress, federal agencies, and regulators on issues affecting psychiatrists and their patients.

Recent APA advocacy efforts have included:

- Supporting stronger enforcement of mental health parity requirements to ensure equitable insurance coverage for psychiatric services.
- Promoting access to care through expanded reimbursement and integrated behavioral health models.
- Advocating for continued telepsychiatry and teleprescribing flexibilities that improve access for patients in underserved communities.
- Supporting legislation to expand and diversify the behavioral health workforce through scholarship and training programs.

APA's ongoing advocacy highlights the importance of maintaining patient access to psychiatric services while reducing administrative burdens on physicians.

MAPP Fall Conference 2026: Mental Health and Climate Change

Join colleagues from across Maine for the MAPP Fall Conference 2026, featuring the timely and important theme "Mental Health and Climate Change." This year's conference will explore the psychological impacts of climate change, strategies for building resilience, and the role of mental health professionals in addressing this growing public health challenge.

We are excited to welcome nationally recognized psychiatrist Dr. Lise Van Susteren as a featured speaker, along with presentations from psychiatric residents who will share innovative research, clinical perspectives, and emerging ideas shaping the future of psychiatry.

Don't miss this opportunity to learn, connect, and engage with mental health professionals from across the state.

For conference information and registration, visit www.mainepsych.org.

Maine Advocacy Update

MAPP continues to monitor legislation and regulatory activity affecting psychiatric practice in Maine. According to recent MAPP communications, key areas of focus include:

- Workforce shortages and recruitment challenges.
- Insurance reimbursement and parity enforcement.
- Scope-of-practice issues.
- Access to psychiatric care for Maine residents.
- Regulatory changes impacting clinical practice.

MAPP leadership and members regularly engage with lawmakers and policymakers to ensure that psychiatric expertise informs decisions affecting mental health services throughout Maine.

Step Therapy Reform

APA and state psychiatric advocates continue to support efforts to reform harmful "step therapy" or "fail-first" insurance requirements. These protocols can delay access to clinically appropriate treatment and interfere with individualized patient care. APA has encouraged psychiatrists to support federal legislation that would establish clearer and timelier exemption processes for patients needing specific treatments.

Telehealth Access

Telepsychiatry remains an essential component of behavioral health care, particularly in rural states such as Maine. APA has advocated for extensions of teleprescribing flexibilities while federal agencies work toward permanent regulatory solutions that preserve patient access and safety.

