

Delegate at Large, July 1, 2022-June 30, 2024

Sarah Adams, MD, FAAP

Dr. Sarah Adams is a Pediatrician with Akron Children's Hospital in Hudson, Ohio. She received her Bachelor of Science degree at the University of Akron and attended the University Of Cincinnati College Of Medicine. Working as a Pediatrician for over 25 years, she enjoys incorporating her real-life experiences as a mother into her Pediatric Practice. In addition to her passion to care for children she loves to teach medical students and Residents and is an Associate Professor at NEOMED and Resident Preceptor for Akron Children's Hospital. Dr. Adams is a member of the Mental Health and Wellness Committee and Patient Experience Committee at Akron Children's Hospital. Community Outreach promoting healthy lifestyles mentally and physically in Children and Adolescence has led her to start her own podcast called "Growing Up with Dr. Sarah" and speak for surrounding communities, as well as the Annual Ohio AAP meeting. She is currently the Medical Director of the Parenting at Mealtime and Playtime program through the Ohio AAP, a member of the Ohio AAP Foundation Advisory Board and sits on the Nominating Committee as well as the Child Health Pillar. She is passionate about improving the way families use Media, Health and Wellness, Bullying Prevention and Adolescent medicine. Dr. Sarah Adams resides in Hudson Ohio with her husband John and two labs Buck and Gus and has two sons Gabriel and Benjamin.

Which aspect(s) to children's health do you think the Ohio Chapter should focus on in the near future? Why and how?

The Ohio Chapter has done amazing work to meet the needs of the children, Pediatricians, and communities in Ohio through advocacy and programing that it makes it hard to pick just one area of focus in the future because I find them all to be important. I believe the focus moving forward should be mental health. To quote a very esteemed colleague "Everyone has Mental Health" and we need to continue the discussion around awareness and improving mental health as an individual but also within the family.

Pediatricians are finding themselves in practice navigating how to help children, adolescents, and families not only in diagnosis but also in coordinating care and follow up. I have said often throughout these last two years that I feel more like a Pediatric Psychiatrist than a general Pediatrician and our practices have limited time in our day to day to do the work necessary to really help these children and it is even harder to get them into the proper referrals. This in general is leading to physician burn out themselves. I have a deep passion to educate families on the connection of Mind and Body and would focus on "teaching the teacher" on programs and tools already present through the Ohio Chapter as well as new information toolkits, webinars, programs, and collaboration with other mental health specialties as well as and more educational materials for anyone who cares for Children and helps families before such things as gun violence, suicide, and even poor physical health such as obesity result in not taking care of our mental health.

How has your Ohio AAP membership and involvement shaped your professional development or enhanced your personal life?

In the beginning of my Ohio AAP membership, I joined as part of my National AAP membership but was not initially involved until I received a call from a staff member asking me if I would speak for one of the meetings on Bullying and Cyberbullying. I thought, I am "just" a general Pediatrician why would they want me? I was very passionate and already working within my own community and hospital on this important subject, so I said yes! Since then, I have become more involved in the Ohio

AAP Chapter as a speaker, Foundation Advisory Board and Child Health pillar member, and a Program director. I have participated in the many amazing QI and educational programs the membership has to offer and achieved CME and MOC credit with ease. Honestly, I never really understood the process and importance of a QI program like I do now.

When I became more involved as an Ohio AAP Member, I felt a new energy in my work with children and families. I gained an understanding that I can help children and families beyond the office visits through advocacy, outreach, and education. Meeting and working with the Ohio Chapter staff and Providers has really given me the charge and persistent purpose I needed professionally and personally. Every meeting, program and interaction with others who are also passionate about helping children across Ohio has helped me grow as a better provider, leader, educator, and person.

The Ohio Chapter staff has made me feel like I have an Angel on my shoulder. Specifically, being the program Director for PMP has helped me reach a new potential I never knew I was capable of, and I have loved and continue to love every minute of it! Personally, I have developed leadership skills, met many new friends, and gained some resiliency. Collaborating with other Providers has helped me to gain camaraderie, insight and belonging. Answering the call to speak has been one of the best decisions I have ever made, and I look forward to further grow and develop within the Chapter.