



## *President's Weekly Bulletin – April 17, 2020*

*Robyn Mehlenbeck, PhD*

Dear Members, Trainees & Friends,

Some of you may know that our SDBP Board meeting is next week. Among other things, we are focusing on DBPeds workforce. Our Workforce Action plan was introduced at our Fall meeting, and we are ready to update thanks to you – our members. Each committee, section and sig has provided “real time” feedback – what is working and what is not. Our liaisons with other organizations have been busy helping us look at our role, and where others are taking more of a lead across pediatric subspecialties, medical education and in practice, to name a few. In addition, things continue to evolve on a daily basis with this pandemic, which is likely to reshape the future of healthcare.

So, what is the role of SDBP? We are leaders in optimizing the developmental and behavioral health of all children and their families.

What does that look like? And maybe the more important question, is what should that look like in behavioral, actionable goals? This is a question we are looking forward continuing to address next week. If you feel that you have not had adequate input into this, please reach out to Committees, Sigs and Sections ([SDBP Committee/SIG/Sections](#)) – or reach out to members of our Board ([SDBP Board](#)) or myself. I am always happy to hear from you.

Due to our Board meeting next week, our next **SDBP CONNECT will be on Wednesday April 29<sup>th</sup>**. We will have a special speaker and Q&A – more details to come.

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### **My favorite resources of the week:**

This [free book](#) is for anyone affected by worries, fears, discomfort, or nagging thoughts about the Coronavirus (Covid-19). This is a scary time in the world, full of uncertainty and changes. But the good news is, there are things that we can do to take good care of ourselves. This book explains what you can do to keep your mind and body calm now and during any hard time.

### **Our Members Recommendations for Self Care:**

Ten Percent Happier brings together meditation experts. This is a free link that includes resources specifically for health care providers!

[Coronavirus Sanity Guide](#)

Be kind to yourself. Be kind to others. Thank you for all you do!

As always, if you have any questions, concerns or need any help in any way, please don't hesitate to reach out!

*Warmly,*

Robyn Mehlenbeck

President, SDBP

