



President's Weekly Bulletin – May 8, 2020

Robyn Mehlenbeck, PhD

Dear Members, Trainees & Friends,

We had a fabulous discussion on training issues at our last SDBP Connect call, thanks for leading us, Jill! I have truly enjoyed our SDBP Connect calls, and encourage you to join us if you can. Seeing and hearing colleagues, and friends, who are so passionate about helping children and families, is a heartwarming break in my week. Thank you all for all you do!

Also, thanks to Michele Ledesma and our Communications Committee who had a wonderful and fun idea – let's highlight our training programs!

IN OTHER WORDS - FREE ADVERTISING FOR YOUR PROGRAM!!

“Faces and Places of DBP Training Programs” Details: Programs should send in 3-5 photos of their program that includes Faces and Places (e.g., the location, the leadership, the current interns/fellows, favorite pizza place, etc.) along with a story or writeup. Because it's social media, stories that describe human interests and experiences do resonate more with our audience, like the profiles we did.

We definitely invite programs and current interns, fellows/millennial members to get creative – “Day in the life of a Fellow” “Why New Haven pizza is the best” or use institution colors, etc. The website Canva is helpful for creating these stories, if they are interested. Here is an example https://www.canva.com/design/DAD7gMhefq8/mEKPGb9QMYv0E-5JwUy7Yw/edit?category=tACZCtLTC_A

These can be sent to sdbp.socialmedia@gmail.com and we'll put them up when we receive a critical mass!

SDBP CONNECT – WED 5/13 at Noon EST

What is the current hottest practice topic? Telehealth! How is it going for you? Join us this week as two of our Practice Co-Chairs, Lisa Campbell & David O'Banion share insights into telehealth practice issues, and lead our Q&A.

As always, other questions, concerns AND support is also encouraged!

SDBP Connect Call May 13, 2020 12:00 PM Eastern (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85857458902?pwd=NUo5QzZ0Y0UvVkdYQnBFT3pTdmY3dz09>

Meeting ID: 858 5745 8902

Password: 318271

So far we have two (yes, 2) responses to the alternate time for SDBP CONNECT. If you truly would like us to offer an alternate time, please complete the when2meet poll – link below:

Note: For When to Meet you do not have to create an account. You just have to put a name in, drag the times that work for you and it will automatically save!

LINK for SDBP CONNECT POLL:

<https://www.when2meet.com/?9082692-bdPBc>

2020 ANNUAL MEETING – On our website - we will have a meeting!

The Annual Meeting is scheduled to be held in Austin, Texas October 9-12, 2020. SDBP is closely monitoring developments due to the uncertainties related to COVID-19 (bans on large gatherings, travel restrictions, etc.), and will continue to assess our plans accordingly. SDBP is committed to having our meeting (whether virtually, face-to-face or a hybrid of both offerings) and appreciate your patience as we navigate these complexities.

We encourage you to apply to programs, submit abstracts and are optimistic that we will be able to offer a robust program in a format conducive to all our attendees!

My favorite resources of the week:

Our Center is offering free workshops for managing COVID – geared toward adults. If you have any parents who can benefit, they are welcome to join in – or feel free to listen in yourself!

Please join us for our FREE, on-line workshop series: [Mental Health and Wellness During COVID-19](#). Each workshop will be hosted by GMU CPS therapists, and will offer live Q&A opportunities. You can join all three, or select the one that is most meaningful for you!

- Monday, May 11th at 6pm - "Staying Healthy During Quarantine: Eating, Sleeping and Exercising"
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- Monday, May 18th at 6pm - "Managing Relationships During Quarantine"
- Monday, June 1st at 6pm - "Navigating Loss of Normalcy and Future Uncertainty"

Self Care Reminder:

This week, intentionally pick one new thing to try. It can be a food, an activity, a phone call that you haven't made in years, truly anything. Take the time to think of what you would enjoy – and do it. One new thing!

Warmly,
Robyn Mehlenbeck
President, SDBP

