



President's Weekly Bulletin – March 20, 2020

Robyn Mehlenbeck, PhD

Dear Members, Trainees & Friends,

By now, most of our country is either being asked to self-quarantine or is coming close. Many of us have shifted to telehealth, or are in the process. Our personal families, our professional families and our patients – we are trying to “balance” all the needs of each of these in a way new to ALL of us.

SDBP is here to support you as well. I hope you have taken advantage of the discussions on our discussion board, and followed our twitter & other social media feeds. Our communications team has done an amazing job sending out information in ways that are easy to digest! Resources, talks, etc. If you are doing webinars or other talks that can be shared, please let us know – we will share that info!

I plan to send out a weekly message during this time – with some resources for you, for your patients and families. Again, I can’t stress how important it is to take care of yourself while you are taking care of others. This is difficult in normal times, and becomes even more so in times of crisis.

We will also host a SDBP Connection Zoom meeting on Wednesday March 25th at noon EST. Join us for “breakfast” or “lunch,” and connect with your SDBP colleagues. One of the unique aspects of our organization is our connection to each other – as a subspecialty, interprofessional society, mentors, colleagues and friends. Let’s maximize that connection to help each other through this time:

SDBP Connection ZOOM Call
March 25, 2020 12:00 PM Eastern Time (US and Canada)

Join Zoom Meeting: <https://zoom.us/j/322674710>

Meeting ID: 322 674 710

or

Dial by your location

- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- +1 346 248 7799 US (Houston)
- +1 669 900 6833 US (San Jose)

Find your local number: <https://zoom.us/u/ad8Qg8Vt7A>

So, with that, I hope to “see” you on Wednesday, but if not, here are my current favorite resources for you, and the families we help:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019> - Excellent guide for parents

Same guide in Spanish: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp>

Activities for kids and families – many of which can be adapted for our clients with Autism, ADHD and other developmental disabilities:

<https://www.nctsn.org/resources/simple-activities-children-and-adolescents>

A great Telehealth training that is

free: <https://apa.content.online/catalog/product.xhtml?eid=15132&eid=1921>

In addition, please see the 2 links below – one, some wise words from Brene Brown that spoke to me, and another a list of “home quarantine” activities for you!

https://www.sdbp.org/docs/From_Brene_Brown.pdf

https://www.sdbp.org/docs/Ideas_for_home_quarantine.pdf

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

BREAKING:

GETTING OUTDOORS **NOT CANCELLED**

MUSIC **NOT CANCELLED**

FAMILY **NOT CANCELLED**

READING **NOT CANCELLED**

SINGING **NOT CANCELLED**

LAUGHING **NOT CANCELLED**

HOPE **NOT CANCELLED**

LET'S EMBRACE WHAT WE **HAVE.**