



Behavioral Developments

The Newsletter of the SDBP

Dear Members,

Welcome to the summer edition of our newsletter. We begin this issue with another somber reflection on the recent school shootings, most recently at Santa Fe High School. Dinah Goodwin, LCSW provides both her reflections on the shooting, which hit very close to her home, as well as guidance in being an advocate and resource to our patients and their families. This piece is also included in the [Journal of Developmental and Behavioral Pediatrics \(JDBP\) blog](#) and resources were posted on the [discussion board](#) as well. In addition, we want to highlight that SDBP leadership, the Advocacy Committee, and the Twitter team have been working on ways to effectively respond to the separation of children from their families and conditions of migrant families at the border. The recent [discussion board post](#) from our president, Nancy Lanphear, MD, is one such example. JDBP has also created [a list of articles on toxic stress, ACEs, and trauma](#). These events remind us of the critical role that we play as experts in child development and behavior.

This newsletter issue also includes several lively pieces that reflect on the amazing work of our members. The Past Presidents Section contributed a lovely tribute to Mark Wolraich, MD, who is retiring this year. In addition, this issue highlights recent grant funding received by our members, Twitter Highlights from the Maternal Child and Health Bureau (MCHB) conference, trainee presentations from the Pediatric Academic Societies (PAS) conference, and updates from our wonderful committees and sections. **Many of the updates contain important content for the upcoming annual meeting in Anaheim, CA.**

As always, feel free to send us any feedback or newsworthy information to include as you see fit! We welcome submissions from all members and would love to hear from you! **The next submission deadline for content will be extended to September 30, 2018, so that we can highlight our annual meeting.** Questions about submissions can be sent to schlenz@musc.edu.

Thank you!
SDBP Communications Committee

Newsletter Team: Alyssa Schlenz, Lisa Campbell (co-chairs), Shruti Mittal (Trainee/Recent Grad Liaison), Janice Wilkins (Association Manager), and Meg Gorham (Newsletter Designer)

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Building and Maintaining Resilience in Advocacy

Submitted by: Dinah L. Godwin, LCSW, on behalf of the Advocacy Committee

I am writing this in the immediate aftermath of the latest school shooting at Santa Fe High School, approximately 30 miles from my home and the developmental clinic where I spend my days. Though we still don't know the extent of the destruction or the motivation behind the shooting, we do know that at least 10 are dead. There is a video circulating rapidly across social media of a young girl, eyes downcast, saying "It's been happening everywhere. I've always kind of felt like eventually it was going to happen here too." The fact that she seems so resigned to recurring school shootings is heartbreaking.

True confession: All morning, I have been feeling resigned as well. I have engaged in advocacy related to gun safety – signing petitions, contacting my legislators, using social media to raise awareness, participating in marches and vigils – yet the shootings keep happening and it feels as though nothing will ever change. These are not words you want to hear from the co-chair of your Advocacy Committee. Yet, I'm sure I'm not the only one feeling this way.

How can we cope with these feelings of futility and redirect our energies toward continuing to advocate for change? How can we accept that we may never change some people's minds about the issues that are important to us? How can we continue to press forward knowing that there are advocates on the other side that feel equally strongly but have completely different beliefs?

This article is not about specific policy recommendations, but how to keep advocating in the face of adversity. I believe the first step is building our own resilience – acknowledging our sadness and frustration, taking the time to process our emotional distress without getting bogged down in it, and then taking steps (no matter how small) in a positive direction.

There is a helpful section on the American Psychological Association (APA) website, called "Road to Resilience," that outlines steps we can take to build and maintain resilience (<http://www.apa.org/helpcenter/road-resilience.aspx>). Factors associated with resilience include:

- Having caring and supportive relationships inside and outside the family.
- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.

Guess what: All of these factors can contribute to effective advocacy as well, and can keep us going when the road to advocacy feels impassable. So, even in the face of another school shooting, once the crisis subsides, let's intentionally move ourselves from a place of anger and sadness to renewed commitment to continue advocating for a better world for all of us.

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Tribute to Mark Wolraich, MD

Mark Wolriach MD is planning to retire soon. Mark was one of the SDBP Presidents and also a recipient of the American Academy of Pediatrics Aldrich Award. The comments below are from *members of the SDBP Past President's Committee*. They reflect our admiration and respect for Dr. Wolraich.

David Schonfeld, MD and Karen Olness, MD



Pictures submitted by Ami Bax & Laura McGinn

Mark's extensive contributions to Developmental Behavioral Pediatrics have had a significant impact on the lives of many children and adolescents. His academic career is a model for every clinician-scholar in our field. His interest in diagnostic accuracy led to several major contributions. The Vanderbilt Rating Scales changed the way clinicians evaluate children with behavioral and learning problems from a subjective medical history to the use of a Likert scale for each of 18 behaviors. The Diagnostic and Statistical Manual for Primary Care (DSM-PC) was an innovative method to understand child behaviors along a spectrum of severity; Mark was the leader in this effort where he collaborated with pediatricians, psychologists and psychiatrists. In addition, he is the lead author on a major textbook, *Developmental Behavioral Pediatrics Evidence and Practice*.

Mark is among a rare group of Developmental Behavioral Pediatricians (n=3) who have published a lead article in an issue of the *New England Journal of Medicine*. [Effects of diets high in sucrose or aspartame on the behavior and cognitive performance of children (NEJM 1994;330:301-307)]. In a double-blind controlled trial, the study showed that a diet high in either sucrose or aspartame did not adversely affect the behavior or cognitive functioning of children. Many of us have fond memories of Mark for his frequent comments and questions following a research presentation at national meetings—much appreciated!

Martin Stein, MD

What comes to mind when I think of Mark Wolraich: a pioneering spirit, a forward thinker and a hard-working advocate for children and families. His breadth in Developmental Behavioral Pediatrics is truly impressive. Early in his career, he published on training physicians in communications skills, practitioner impressions of prognosis for children with intellectual disability and problems of children with myelomeningocele. He was the first editor of *Developmental-Behavioral Pediatrics: Evidence and Practice*, published in 2007. The organization of the book mirrored the American Board of Pediatrics content specification for board certification; the book was designed to help DBP fellows prepare for the boards. Of course, Mark's most notable contributions have been in the understanding, characterization and treatment of Attention Deficit Hyperactivity Disorder. He spearheaded the development of practice guidelines for management of ADHD in primary care. It is hard to imagine him turning in his stethoscope and prescription pad. I am confident that he will contribute in his next phase of life wherever he turns his focus.

Heidi M. Feldman MD, PhD

Others have commented on the length and breadth of Mark's seminal work over his amazing career. Reflecting on other distinctions that add to the uniqueness of Mark in this tribute: Mark never lets details slip, whether in his work or in others—he is often the first and last to comment in a clinical discussion, coming back to points he feels are important. This has driven his work and the work of others he has so generously mentored. He is also omnipresent each morning before meetings in the hotel gym on the stationary bike—ready for conversation and family updates while he rides. And he is always up for an adventure—for which he will now have more time!

Robin Hansen, MD

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Recent Grant Funding Awarded to Members

SDBP members are involved in many wonderful research endeavors. Please check out these impressive projects that received funding over the previous year:

Members	Funding Source	Grant Title
Principal Investigator: Kelly Kamimura-Nishimura, MD, MS Primary Mentors: Tanya Froehlich, MD, MS; Jeff Epstein, PhD	NIMH Diversity Supplement	Predictors of Stimulant Medication Continuity in Children with ADHD
Principal Investigator: Debra Zand Co-I: M Susan Heaney Trainees: Taryn White, Charles Jaschek	Saint Louis Mental Health Board	Feasibility of Implementing a Positive Parenting Program in Pediatric Primary Care
Principal Investigator: Andrew Nierenberg, MD (Massachusetts General Hospital)	Patient Centered Outcome Research Institute (PCORI)	Massachusetts General Study of Mindfulness (Healthy Mind, Healthy You)
Site Principal Investigator: Paul H. Lipkin, MD Principal Investigator: Paul H. Lipkin, MD	People-Centered Research Foundation (formerly PCORnet)	Implementing Learning Health Systems: The Autism Learning Network 2.0
Investigators: Kraus de Camargo, Olaf, Gorter, J.W., Geytenbeek, J. J., Phoenix, M., Campbell, F., Grahovac, D., Chau, T., Cunningham, B.J., Batorowicz, B., Oostrom, K. Advisors: Buizer, A., Connolly, J., Ellenson, R., Fehlings, D., Hancock, J., Karlsson, P., Kertoy, M., Skrba, G., & Vermeulen, J.	Hamilton Academic Health Sciences Organization	Innovative assessment of spoken language comprehension in children with cerebral palsy: Development of the Canadian English C-BiLLT

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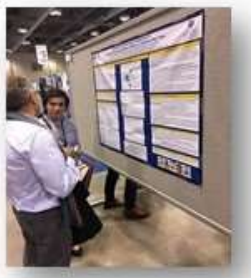
Trainee Presentations from PAS

Congratulations to the Trainees who presented their research at the Pediatric Academic Society Conference in Toronto May 2018!



Author	Title of Presentation
Katherine Trier Boston Children's Hospital	Platform: Executive Functioning Profiles of Children with Autism Spectrum Disorder With and Without Comorbid Attention Deficit Hyperactivity Disorder (ADHD)
Yair Bannett Stanford University	Platform: ADHD Management in Primary Care: Objective Measures of Variation in Clinician Practice
Theodora Nelson University of California, San Diego	Platform: Childhood Hyperactivity and Inattention Relate to Adolescent Risk Behavior Through Maternal Parenting
Bridget Thompson Rhode Island Hospital W. Alpert Medical School of Brown University	Platform: Adverse Childhood Experiences and Diagnosis of Developmental Delay or Behavioral Disorders in Young Children: A Population-Based Study
Elizabeth Milkovich Children's Mercy Kansas City	Platform: Problematic Child Mealtime Behavior and Caregiver Mobile Phone Use
July Jean Cuevas Children's Mercy Kansas City	Platform: Patterns of Use of Non-Ambulatory Services in Pediatric Patients with Attention Deficit/Hyperactivity Disorder (AAP Presidential Plenary)
Tiffany Munzer University of Michigan	Platform: Parent-Toddler Reading Engagement Differs when Reading Electronic Versus Print Books
Angelica Robles Rhode Island Hospital W. Alpert Medical School of Brown University	Platform: Associations of Adverse Childhood Experiences & Protective Factors with School Performance & Attitudes in School Age Children
Emily Whitgob Stanford Children's Health	Workshops: (1) "I don't want someone like you taking care of my child." Strategies to address discrimination by patients and families. (2) Beyond Free Food: The Value of Building Fellow Community
Jennifer Herrera University of Rochester Medical Center	Poster: Comparing Autism Age at Diagnosis in Latino and Non-Latino White Children in Western New York
Silvia Pereira-Smith Medical University of South Carolina	Poster: (1) Rates of Elopement in Children with Autism Spectrum Disorder (2) Improving Identification and Counseling of Body Mass Index in Children with Neurodevelopmental Disorders
Shruti Mittal Medical University of South Carolina	Poster: Risk Factors for Social-Emotional Difficulties in High Risk Infants

“The PAS Meeting
is the leading
event for
academic
pediatrics and
child health
research”



Jennifer Herrera, University of
Rochester Medical Center

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Committee and Section Updates!

Education Committee Update: Annual Meeting Offerings

Submitted by: Jennifer Poon, MD

The Education Committee will be offering a selection of 7 sessions during the Teaching DBPeds Workshop for the 2018 SDBP national meeting in Anaheim on Friday, September 14, 2018, with a focus on Mental Health Topics in Training. Topics include:

- A Collaborative Approach to Teaching: Improving Development & Behavioral Health in Children with Medical Complexity
- Harnessing the Power of Technology to Promote Optimal Learner Development
- Social-Emotional Screening in Practice: Teaching Trainees & Clinicians How to Screen & What to do Next
- Partnering with Parents to Promote Brain Development: Innovations in Resident Education – Online Curriculum – “Keystones to Brain Development – Weaving Attachment, Autonomy and Executive Function into the Well Child Visit”
- Mental Health Assessment & Intervention: Teaching the Next Generation of Medical Providers in a Changing Health Care Environment
- Incredible Years: Teaching Parenting Skills to Pediatric Trainees
- Survival of the Fittest: A Call to Action for Developmental-Behavioral Educators to Prevent Extinction of the Species

SDBP has partnered with NAPNAP (National Association of Pediatric Nurse Practitioners), who will also have a separate interdisciplinary program using case-based learning. Look out for more details on a networking/social event Friday evening for attendees which will allow for SDBP members to meet up with NAPNAP participants, and other workshop attendees.

Program Committee Update: Highlights for Upcoming Annual Meeting

Submitted by: Carol Weitzman, MD

- This year we are offering workshop only registrations for people to attend only our workshops led by national experts
- SDBP Trainee members will be eligible to attend one workshop free of charge when they register for the meeting.
- **SDBP and NAPNAP** (National Association of Pediatric Nurse Practitioners) are teaming up to provide a one-day special symposium: **Developmental Behavioral Diagnosis and Management in Pediatrics** on Friday, September 14th
- We will be introducing an “Advocacy Action Moment” during the meeting to encourage DBP advocacy efforts.

Research Committee Update: Trainee Poster Award

Submitted by: Diane Langkamp, MD

Over the past few years, trainees have been presenting more and more posters at the SDBP Annual Meeting. In order to recognize the outstanding work of trainees, the SDBP Research Committee has decided to establish an "Outstanding Trainee Poster Award" to be given to the best poster(s) presented by trainees. We want to make our members, and particularly our trainees, aware of this award. A subcommittee of the Research Committee will consider the top 10 abstracts by trainees based upon the abstract reviewers' ratings that are designated to be presented as posters. The trainee must be the first author on the abstract to be considered for this award. For purposes of this award, trainee will be defined as currently in training (at any level) or no more than 1 year out of training. We will request an advance copy of the abstract and (if possible) a copy of the poster prior to the meeting to be reviewed by judges. At each poster session, at least 2 judges from the Research Committee will circulate to review the eligible posters and discuss the project with the trainee. We will announce the winner of the "Outstanding Trainee Poster Award" in the next newsletter. We hope that this provide another way to recognize the outstanding work trainees do and encourage them to present at the SDBP meeting.

Fellowship Training Section Update: Match Results and Preview for Annual Meeting

Submitted by: Robert Voigt, MD

- Summary of 2017-2018 DBP Fellowship Match
 - 46 open positions in Match
 - 33 positions filled (67%)
 - 13 positions unfilled (33%)
 - 35 programs in Match
 - 21 programs completely filled (60%)
 - 14 programs did not completely fill (40%)
 - New DBP fellows
 - 15 US allopathic medical school grads
 - 5 US osteopathic medical school grads
 - 13 International medical school grads

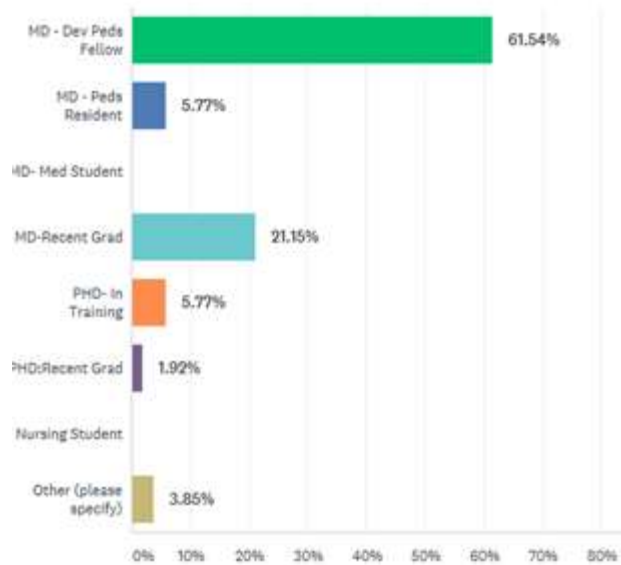
 - Prospective Agenda for Section on Fellowship Training Meeting at the SDBP Annual Meeting in Anaheim in September
 - CoPS Update
 - SPIN Update
 - ACGME Update
 - Discussion of immigration and school violence as they relate to DBP fellowship training and potential sharing of training opportunities
-

Trainee/Recent Grad Section Update: Survey of Trainees' Interests: Early Career Development

Submitted by Shruti Mittal, MD

52 trainees from the STRG completed a brief needs assessment survey to determine topics of highest interest for early career development. Below are the findings:

Topic of Interest	Percentages
Workforce discussion (average compensation, clinical vs research time, ancillary support in clinic)	82.7%
How to provide quality services while meeting productivity requirements	82.4%
Billing/coding 101 for DBP	74.5%
How to make your CV stronger for the job you plan to apply to	74.5%
How to keep going with scholarly work, i.e. how to do research while working mostly in a clinical environment	73.1%
Mentoring in training and seeking mentorship as a junior faculty	72.5%
Negotiating Contracts (i.e. negotiating research/admin time/ancillary support into contract)	68.6%
Advocating for a job you love	65.4%
The Interview Trail (Asking questions you might not have thought of, determining a professor track, inquiring about research expectations, promotions, flexible hours, etc.)	62.7%
Common challenges of working within an environment with people that do not understand DBP Peds and how to educate others about what we do. (many DBP are starting programs)	58.0%
Finding a healthy work/life balance	51.0%
Senior faculty career panel: led by experienced or senior level faculty	52.0%
Continuing Advocacy Work in Early Career	49.0%



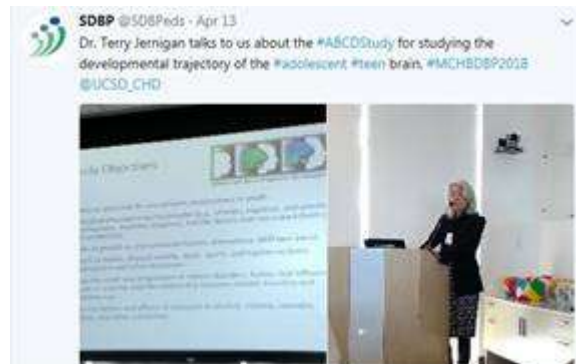
Other interests included:

- Networking with other trainees, for med students, residents, and fellows
- How to approach job applications i.e. where to apply (etc.)
- Defining your long term goals while in training
- For career panel have senior DBP from a variety of settings,
- Maintaining job parameters once working (i.e. not getting pushed into new tasks not in your original agreement),
- Discussion on rarity of our subspecialty, planning for partners who are retiring, finding oneself unexpectedly as a solo provider, difficulty in recruiting, etc.

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Twitter Highlights from MCHB

A big thank you to Children's Hospital of Los Angeles and University of California San Diego for hosting the MCHB conference!



1st year fellows



GRADUATING
3RD YEAR FELLOWS



2nd year fellows

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Highlights from the Discussion Board

Discussion Board Highlights

Join the [discussion](#) at [sdbp.org](#). Recent topics have including a range of clinical and practice issues, such as:

- Traumatic stress resources
- Innovative and efficient autism spectrum disorder diagnostic pathways
- Medication issues: antipsychotics, sleep
- Medication contracts for attention deficit/hyperactivity disorder
- Variations in hours for psychoeducational testing
- Congressional Autism Caucus: finding legislators

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Reminders and Announcements

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SDBP 2018 Annual Meeting

September 14 - 17, 2018 - Anaheim Marriot -Anaheim, CA

New this year!

- SDBP and NAPNAP (National Association of Pediatric Nurse Practitioners) are teaming up to provide a one-day special symposium just prior to the SDBP Annual Meeting on September 14, 2018: Developmental Behavioral Diagnosis and Management in Pediatrics.

- Workshop only registration - attend one or more of our 16 workshops by leading experts in the field!

- SDBP trainee members are eligible for 1 Half Day workshop at no cost with meeting registration!


Meeting information, workshop schedules/descriptions and Hotel information is on the website: <http://www.sdbp.org/meetings/>

Registration will open soon – watch for eblast announcement!

- Stay up to date with our [Calendar of Events!](#)

CALENDAR OF EVENTS

Date	Event	Location
July 13, 2018	2018 Down Syndrome Medical Interest Group-USA (DSMIG-USA) Annual Symposium	Dallas, Texas
September 14-17, 2018	SDBP 2018 Annual Meeting	Anaheim, California
September 27 - 29, 2018	Annual Meeting – ISSOP – Kongress 2018 Early Childhood Intervention Science, Systems and Policies Healthy Development of Vulnerable Children	Bonn, Germany
October 9-13, 2018	American Academy for Cerebral Palsy and Developmental Medicine (AACPD) 2018 Annual Meeting	Cincinnati, Ohio
October 17 - 18, 2018	World Congress on Pediatrics and Neonatology	Tokyo, Japan
October 29-31, 2018	"International Conference on Pediatrics"	Amsterdam, The Netherlands
November 2-6, 2018	AAP 2018 National Conference	Orlando, Florida

- Have you seen the new Twitter bird on our website? Check our Twitter feed by clicking on the  on the left-hand side of the screen at sdbp.org or follow us [@sdbpeds](https://twitter.com/sdbpeds) and [@jdbp](https://twitter.com/jdbp) online.

- **National Pediatric Hypnosis Training Institute (NPHTI) Workshop: October 4-6 2018**

The NPHTI is sponsoring skill development workshops in Minneapolis October 4-6, 2018. These include Introductory (Fundamentals), Intermediate (Utilization and expanded skills) and Advanced (Individualized consultation). The curriculum has been revised to focus on learning practical skills, develop goal-driven suggestions, and small group (six persons) skill practice sessions. NPHTI will provide several scholarships to applicants who meet usual admission criteria but have monetary limitations. These NPHTI workshops are co-sponsored by the University of Minnesota Department of Pediatrics, Children's Hospitals and Clinics of Minnesota and the Minnesota Society of Clinical Hypnosis. For more information about the October workshop, registration materials and scholarship information, please go to www.nphti.org

A SDBP Member's experience at the NPHTI workshop

"I participated in my first pediatric hypnosis workshop at SDBP in Chicago in 2006, early in my fellowship training. I continued to attend subsequent workshops, practicing more and gaining confidence every year. It was, and still is, personally and professionally rewarding to use these skills. Self-hypnosis is a fun, creative, and endlessly fascinating way to invite my patients and families to build resilience and master their own mind-body interactions. When I've had a clinic day that includes teaching self-hypnosis to children, adolescents, and/or parents, I feel more fulfilled because those skills can have positive ripple effects for years and decades to come."

-Andy Barnes, MD, MPH, Developmental-Behavioral Pediatrics, University of Minnesota

Awareness Events

- July
 - Juvenile Arthritis Awareness Month
 - National Cleft and Craniofacial Awareness and Prevention Month

- National Minority Mental Health Month
- World Hepatitis Day
- August
 - Children's Eye Health and Safety Month
 - National Breastfeeding Month
 - National Immunization Awareness Month
 - World Breastfeeding Week (Aug. 1-7)
 - National Health Center Week (Aug. 13-19)
- September
 - Childhood Cancer Awareness Month
 - National Food Safety Education Month
 - Blood Cancer Awareness Month
 - National Childhood Obesity Awareness Month
 - National Sickle Cell Awareness Month
 - National Traumatic Brain Injury Awareness Month
 - Newborn Screening Awareness Month
 - National Suicide Prevention Week (Sept. 9-15)
 - World Suicide Prevention Day (Sept. 10)
 - Pain Awareness Month
 - Sexual Health Awareness Month
 - National Celiac Disease Awareness Day (Sept. 13)
 - National School Backpack Awareness Day (Sept. 26)
 - Malnutrition Awareness Week (Sept. 26-30)
 - Family Health and Fitness Day (Sept. 29)

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Questions about submissions can be sent to Alyssa Schlenz: schlenz@musc.edu

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