



President's Weekly Bulletin – June 29, 2020

Robyn Mehlenbeck, PhD

Dear Members, Trainees & Friends,

June has come and gone so fast! We continue to adjust to an unprecedented year, with our annual meeting going virtual, our Board and membership ready to truly become anti-racist (with a LOT of work), our practices changing in ways we never thought possible, education of our trainees being done in new, continually evolving manner, just to name a few things!

The word that comes to mind is flexibility. We are all being called to be flexible in our professional and personal lives in a way that we have never had to do. Who could have imagined 6 months ago that doing a developmental assessment virtually was even a possibility? Who could have imagined at time that we would finally acknowledge *centuries* of systemic racism and pledge to finally address it as a society? We are being asked to open our minds in ways we had not realized were closed.

Flexibility. How do we help our kids and families lean into flexibility? Particularly when so many children with developmental disabilities are rigid by nature. And structure is key to helping so many of our children cope with daily life? When rules are NOT clear, mixed messages in our country right now are the norm and each day we are deciding how best to help our families, physically and emotionally?

Flexibility. As a wise colleague recently said, inviting disagreement is a critical key to change. Without flexibility, we will remain the same. Without flexibility, we don't invite constructive criticism, disagreement and respectful discourse. Without this, there is no growth.

As you know, I don't have all the answers. None of us do. However, collectively, we have a strength in our intellect, collegiality, passion for developmental behavioral care, causes and ongoing learning, and motivation to do the right thing as best as we each can.

I challenge each of us over the next two weeks to find one more area of flexibility. Reach out to another member or trainee, and ask how they are doing. Ask a parent how their flexibility is being rewarded, or if they are struggling. Be creative – personally or professionally, flexibility is key to our growth.

SDBP CONNECT – Two meetings in July!

Tuesday July 7th at 4pm EDT

Wednesday July 22nd at 12 noon EDT

Topics TBA!!! Meanwhile, save the dates! *Reminders will be sent out.*

Warmly,

Robyn Mehlenbeck

President, SDBP

