



President's Bulletin – October 2, 2020

Robyn Mehlenbeck, PhD

Dear Members, Trainees & Friends,

It is hard to believe that this is my last President's Bulletin to share with you! Next week, we join together in our first virtual meeting. We will have a chance to take a break in our typical work week (is that a thing right now??) and focus on our own learning, connecting and engaging. We will have the chance to welcome new trainees, new members and first time attendees. We will have the opportunity to forge connections nationally and internationally as so many of our international colleagues who might not have been able to join us in person, can video in! Lots of CME, CEU's and fun activities, cutting edge research and evidence based clinical practice, teaching and advocacy. A chance to reinforce, yet again, who we are as SDBP. With all that is going on in the world, and in our country, I encourage each of you to join us – and take time for yourself within our SDBP community. It is our ultimate SDBP Connect!

At the end of our annual meeting, we will have a transition in leadership in our society (make sure to attend the Members Meeting on Monday Oct 12th at 10am eastern!). In such a difficult year, I return to gratitude. Over the years, often as I helped open an annual meeting, many of you have heard me ask you to take a moment to think about what you are grateful for. This practice allows us to take a breath, focus inward and then refocus on what we are doing. Data strongly supports this practice – and its effect on mood when practiced repeatedly.

Thus, please take a moment now, and think of three things you are grateful for.

I am tremendously grateful for the trust you shared with me this year. I am grateful for the strides we are starting to make to address anti-racism. I am grateful for each of you who has reached out to say hi and share what a bulletin or SDBP Connect meant to you.

Working with our Board this year has been a privilege. We are blessed with a passionate, energetic and committed group of leaders who volunteer their time to continually help

improve the field of Developmental Peds. A special thank you to our whole Board!
An additional and critical thank you goes to all our co-chairs of Committees, Sections and SIGs. You are the crux of our society. We appreciate all the hours and commitment you each put in to help our society meet our mission to improve the health and wellbeing of children and families by promoting high quality research, education, advocacy, and practice.

To our members, trainees and friends – all of you who joined an SDBP Connect call this year, who worked on a committee or were active in a SIG or Section, or who focused on using resources from SDBP to care for children and families, we are grateful for all your work.

Finally, none of us could do what we do for SDBP without the tireless commitment of Degnon Associates, especially Laura Degnon and Janice Wilkins. Our collaboration with Degnon Associates goes beyond a management company/society relationship. Rather, the passion for children's health and making real change that Degnon brings to the table reinforces what we all stand for, and helps operationalize what we need to do. Thank you!!

As the leading voice for interprofessional developmental and behavioral pediatric care, our mission is to improve the health and wellbeing of children and families by promoting high quality research, education, advocacy, and practice. What is more important than taking care of children and families?

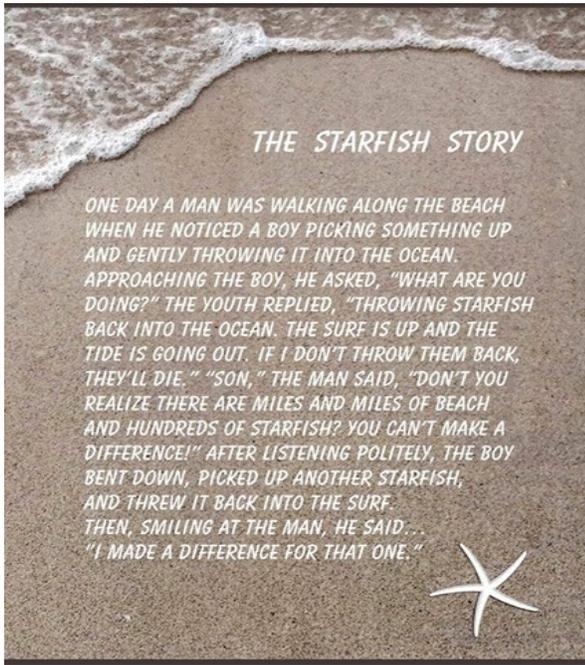
We have a long way to go, but each step makes a significant difference. Thank you!

See you next week!

Warmly,

Robyn Mehlenbeck

President, SDBP



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We look forward to seeing you at the Annual Meeting, and hearing what you've been up to! Let us know that you are "going" on the meeting's [event page](#) on Facebook, and invite all your friends too! Share your experiences with us on Twitter, Facebook, & Instagram by tagging us [@SDBPeds](#) or using **#SDBP2020**.