

President's Weekly Bulletin – August 14, 2020

Robyn Mehlenbeck, PhD

Dear Members, Trainees & Friends,

I hope you have all been able to take some time, creatively, to take care of yourselves this summer. As we are getting closer to school starting up again, stress is definitely increasing across the board. Whether issues of virtual vs in-person learning, how to address children with special needs, basic childcare for parents, ongoing COVID transmission, our political state AND ongoing clear racial disparities, there is plenty of stress for everyone. As providers, we need to also take care of ourselves – I know this is a repeat, but it is important to remind yourself of this (even as caring others around me help me to remember!).

Honestly, I am privileged. Working from my screened-in porch many days, taking an afternoon off periodically to sit outside socially distanced at a vineyard to help recenter myself, making sure yoga is in my routine as often as possible, and relying on an incredible husband and two amazing teens to help me stay centered. I am humbled as I work with families with so many more difficulties and barriers. I am humbled when I talk with my colleagues about the stressors they and their families overcome. I have been incredibly humbled as I progress on my own anti-racism journey, and help, with tremendous support from our entire Board, provide space for our society to become anti-racist. We are all in this together!

A few updates in that area – I hope you read our summer newsletter put together by Advocacy and RaceCard: [SDBP Advocacy RaceCard Newsletter](#).

The articles were inspiring, as were some of the responses from members!

I am thrilled to introduce you to our new co-chairs of the Diversity, Equity and Inclusion Committee, Dr. Adiaha Spinks Franklin & Dr. Irene Loe. The mission and goals of this committee will be reviewed at the next Board meeting, and the first full committee meeting will be held at our Annual Meeting. If you are interested in joining this committee, please reserve October 12th at 4pm EST. More info to come! Special thanks to Dr. Loe and Dr. Spinks Franklin for being willing to help us start this critical committee!

Wondering about our Annual Meeting? The program committee has put in hours upon

hours to get the schedule as optimized as possible for our first ever virtual meeting. This will be posted on our website next week with registration to open soon after!

Last for today, please take the time to read the article and join us for our SDBP Connect on Wednesday August 19th at noon Eastern time. We look forward to a very rich discussion!

SDBP CONNECT - Wednesday August 19th – 12 noon EST

Ready to read? And think about your education on anti-racism?
Dr. Tanya Froehlich will lead a journal club centered on this article:

[Levels of Racism: A Theoretic Framework and a Gardener's Tale](#)

by Camara Phyllis Jones, MD, MPH, PhD

August 19, 2020 12:00 PM Eastern Time (US and Canada)
Join Zoom Meeting

Take care of yourself and your loved ones. Your patients and trainees will thank you!

Warmly,

Robyn Mehlenbeck

President, SDBP

"At this challenging and uncertain time, it's particularly important to use simple tools to nurture our well-being." –Dr. Richard Davidson, Healthy Minds Innovations
Explore more care tips: <https://bit.ly/2Pnzu3U>



[More Care Tips Link](#)
