In a climate where many are growing to working in isolation, the Houston ASDA chapter made great strides to reinforce teamwork and leadership this year. During our Annual Leadership Retreat, we had over 20 officers spend a full day workshop to local dentists and leaders in organized dentistry to gain a deeper insight into the value of organized dentistry and how to promote that in our community. We also gained insight into effective methods of leadership in an entrepreneurial setting and how to manage a multidisciplinary team.

With a majority of classes held virtually, connection through social media remained vital. Our team engaged the Houston dental and predental community through frequent trivia and fun social media posts. Our chapter also highlighted members and their fun facts to bridge together the community during times when getting to know each other might be difficult. We also spread event files and information on various social media channels to bring awareness to Houston ASDA events.

Houston ASDA began its advocacy initiative by helping students sign up for action alerts. We then encouraged students to participate in a series for Women in Dentistry and other topics such as Student Loan Debt, being an Active member, and Medicare Plan B. The speakers commonly headlining these events included Duke Ho DDS, Tommy Harrison DDS, and Craig Armstrong DDS. Students, faculty and practicing dentists in the Houston area tuned in to learn more about the potential effects of Medicare Plan B which led to school and city-wide efforts in sending out letters urging lawmakers to block Dental Plan B from being passed. Our grassroots efforts helped educate dental professionals across the Houston area and aimed to maintain proper standards of care while protecting the dental profession.

Health and wellness, especially mental health, remained a top priority this year. We hosted virtual yoga sessions to promote mindfulness and health. We also promoted virtual wellness content including dance classes and meditations put on by local businesses to increase awareness of these businesses and their free wellness content.

“This year, our officers surpassed the high standard set by our chapter year after year, and I’m so proud of our officers, committees, and members who made it happen.”

- Clara Kohlmetz, President