

MOVING FORWARD TOGETHER | INNOVATION AND ANTI-RACISM
JULY 25, 2023



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

I hope you are all enjoying the Summer despite the rain today. As July comes to a close, I want to remind you about how important it is to take vacation. It is important for our health that we take some time to change our routine and get some rest and/or change of scenery. Even if you will do a staycation, the recharging that happens during that time is key. I personally am looking forward to a few days in Michigan at the end of this week. Spending time in the country, kayaking, taking long walks on country roads, cooking, doing jigsaw puzzles or just sitting by the pool with a crossword puzzle: that is one of my many ideal vacations! There are other times when traveling to a new place, with a different culture and cuisine can be equally recharging for me, even if it requires more vigorous participation. So please, plan some time away from work!

I also am running my “gratitude list” through my mind. What are the things that I am thankful for on the work front, the family front, the health front, and on and on? It is helpful to review these to help strengthen the feeling of having many blessings, even when times are challenging. As I always remind myself and all of us, altruism is another helpful strategy. It helps our communities, friends and families and importantly helps us develop resilience. I think of altruism as going to the gym, you have to exercise that muscle regularly! Speaking of gratitude, thank you so much for all that you do! Whether you are

doing research, clinical care, education or administration, Penn Psychiatry has an important mission, and we need all of you to be able to fulfill it. So thank you, take good care and take a vacation!

Warmly, m

CONGRATULATIONS HOPE SELARNICK

It is one of the pleasures of my position, as immediate past president of the Philadelphia Chapter of the Pennsylvania Psychiatric Society, to notify you of your selection as the recipient of the Outstanding Educator Award. This award is presented to a psychiatrist who exemplifies outstanding teaching and research abilities. Dr. Hope Selarnick submitted your name as a candidate for this award and the nominating committee was unanimous in selecting you for this prestigious honor.

WELCOME WYDIA HOUSTON



Welcome Wydia Houston, MSW, LCSW, who will be joining our team as a staff therapist in the OPC. We are looking forward to working with Wydia in our delivery of therapy services. Wydia will be in office 2031, and I encourage folks to introduce yourselves and offer assistance as she settles in her new role. Wydia joins us with a wealth of experience in college counseling, hospital, and residential treatment seeing, and we are fortunate to have her on board. Please read a bit more about Wydia in her bio below.

Wydia Houston, MSW, LCSW (she/her) is a Licensed Clinical Social Worker at the Penn Outpatient Psychiatry Center. Her approach to care is integrative with a strong focus on strengths based perspectives, incorporates CBT, psychodynamics and is trauma-informed. Wydia assists in helping people uncover their own strengths, consider new perspectives and possibilities, and helps in understanding past lived experiences to understand current behaviors and thought processes to be challenged. Wydia is a certified Diversity, Equity and Inclusion Specialist and is passionate about working within diverse populations and ensuring that therapeutic spaces remain inclusive. Prior to coming to the OPC, Wydia has worked in a variety of settings including college counseling, hospitals and residential treatment facilities.

INTRODUCING THE NEW COHORT OF PSYCHOLOGY INTERNS



Diondra Straiton (she/her) is a doctoral candidate in the clinical science program at Michigan State University whose work focuses on the use of implementation science to improve health equity for autistic youth served in community settings. Her research and clinical interests include parent coaching interventions for traditionally underserved autistic children and understanding how to optimize training efforts to support clinicians working in lower-resourced and publicly-funded settings. Diondra holds a master's degree in clinical psychology from Michigan State University and a bachelor's degree in psychology and educational studies from Swarthmore College.



Lindsey Parnarouskis is a doctoral candidate in Clinical Science at the University of Michigan. Her research focuses on understanding how mechanisms of addiction and sociodemographic factors inform compulsive overeating behavior. Clinically, Lindsey aims to apply Cognitive Behavioral Therapy and Acceptance and Commitment Therapy to support patients with a wide range of psychological concerns and co-occurring medical conditions. Outside of the office, Lindsey enjoys trying out local restaurants, reading fiction, and exploring different forms of movement (Pilates and yoga are recent favorites).



Originally from Conway, SC, Ariana Rivens a predoctoral clinical psychology intern at Penn and a doctoral candidate at the University of Virginia. Her clinical and research interests include the multifaceted experiences of Black adolescents and emerging adults, supportive intergenerational relationships, processes of risk and resilience related to mental health and trauma, and improving mental health service utilization for marginalized groups.



Praise Iyiewuare, MA, MPH (she/her) is a clinical psychology doctoral student at the University of Vermont. Her clinical interests include reproductive psychology, refugee mental health, and mood and anxiety disorders. Her research is currently focused on exploring how pleasure (via savoring) and overgeneral memory may moderate the relationship between childhood trauma and current mental health for Black queer women.



Juan Carlos Hernández (he/him) is a Clinical Psychology doctoral candidate at Arizona State University and incoming psychology intern at Penn Medicine. Juan's research and clinical work aims to explore the roles of body dissatisfaction and internalized weight stigma in the development of comorbid internalizing problems and cardiometabolic dysfunction. Juan aims to deliver evidence-based treatments in an inclusive therapeutic environment that celebrates individuals' personal strengths and goals.

THANK YOU FOR YOUR SERVICE.

Vision

Promoting health for the brain and mind to transform lives and the world.

Mission

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational, world-renowned clinical services, and transformational public health policies.

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Click [here](#) to access the CPUP Committee on Anti-Racism