

**PENN PSYCHIATRY**

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**

JULY 2, 2020



**MESSAGE FROM THE CHAIR**

Dear Faculty, Trainees and Staff:

I thank heavens every day for the amazing team that is Penn Psychiatry and the work you all do to take care of patients, educate the finest trainees in the country and lead in discovery of causes, prevention and treatment of mental illness.

As the COVID-19 cloud continues to hang over the country, we are fortunate that Philadelphia, thus far, has done very well. Of course, as time elapses, it is difficult not to feel weary with the ongoing restrictions and closures. But our efforts to keep the virus at bay by practicing social distancing and wearing face coverings both at work and in our private lives are essential to preventing a second wave in our city of brotherly love.

To energize us, we can look to the work that we have ahead to dramatically change our culture by proactively creating an anti-racist environment. You likely saw the email from Dean Jameson and CEO Mahoney announcing PSOM wide efforts. We will make a difference here at Penn Medicine! I am delighted to announce that our own Task Force to develop an Anti-Racist Culture had its first meeting on Monday and will be meeting weekly under the able leadership of Dr. Clay Watson. I have already heard excellent feedback about its workings and we all know that this urgent problem requires us to be ready to run a marathon. It will take time and determination but we will get it done!

Tomorrow is the 4<sup>th</sup> of July holiday, a reminder that the whole premise for this country was freedom. The country is reckoning with the fact that despite nearly 250 years of trying to attain that goal, we are still far from being there. I hope you can take some time to rest and reflect this weekend and that you spend some time taking care of yourself. Please make sure you stick (or go back to!) your routines for exercise, eating and sleeping. These are key to wellness. If you need help please do reach out. Penn Psychiatry needs you! As you know EAP, Cobalt and This Plane has a Mask for You are at the ready to help.

Warmly, m

## **EDUCATION**

Congratulations to our graduates: Francesca, Maryem, Tuua, Sheyda, Agin, Ayyappan, Yi, Albert, Sheila, Marko!!

### **Graduate Medical Education**

- Pick up Safety Glasses from Command Center on Wednesday, July 1<sup>st</sup>, 7:00 a.m. to 5:00 p.m., Dulles 106.

### **General**

- Actions for justice and solidarity: This is a short video of Black women physicians' first-hand experiences related to race to help us think about what we can do at an individual and institutional level to work against racism and the trauma it creates. Click [here](#).
- The garage at 34<sup>th</sup> and Chestnut is free for all Penn Medicine staff till July 31<sup>st</sup>.
- Medical Students return on July 6<sup>th</sup>.
- Fellowship Applications, Child and Adolescent Applications are due in August.
- Interviews for residency applicants will be conducted virtually.
- Career Day is August 6<sup>th</sup>.
- Monthly Program Directors meetings are the last Thursday of the month beginning in July.

### **Veteran Affairs**

- Tuesday July 7<sup>th</sup> starts BHECU (Behavioral Health Evaluation Care Unit) afternoon with PD at 2:00 p.m.

## **WELLNESS RESOURCES**

Click [here](#) to access our Wellness Resources.

**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.