

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

JANUARY 7, 2021



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

Yesterday was a remarkable and alarming day. The visuals of protesters breaching the Capitol and the Chambers took my breath away. The Capitol, a symbol of democracy, had been overtaken by a mob. Unfortunately, there were 4 deaths, 1 due to a gunshot wound incurred in the Capitol and 3 due to health emergencies. It was a great relief that the Congress and Senate returned to work later in the evening and executed their duties.

This type of terrible event is a reminder of the power of words. But just as words can incite mayhem, violence and lawlessness, so too can they instill hope, optimism and altruism. That is where we all come in. As a Department dedicated to making a difference for the millions of people in the US and around the world who suffer from mental illness, we have the power to do just that: instill hope, optimism and foment altruism for our patients, our trainees, and our colleagues in the clinic or in the lab.

We are at the threshold of great news. Many in our department and across Penn Medicine have received invitations to get vaccinated. Please take advantage of the opportunity. If you have questions or concerns about it, I am happy to talk with you. In addition, we sent out some materials with information and FAQ's about the vaccine a few days. You may find those useful.

Finally, even if you are vaccinated, we must continue to maintain physical distance and wear masks. Importantly, we must continue to take care of ourselves. The best way to do that is to stick to your eating, sleeping and exercise routines and making sure to take some time for yourself and to rest. As you know, exercising altruism and gratitude is a wonderful way to build resilience, which is critically important. Thank you again for all you do! It is a privilege to work with you!!

Warmly, m

WELCOME DANIELLE PERDUNN

Welcome Danielle Perdunn to the Outpatient Psychiatry Clinic Call Center! Danielle recently started as a new call center PSA. You may start to see her name in EPIC scheduling appointments and sending messages.

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.