

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

JULY 7, 2021



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

I know it's been a while since I sent an update. That does not mean that my gratitude for all the wonderful work you do is any less. Pressing family issues required me to travel to California and Puerto Rico several times each during the last 2 months, which made it challenging to juggle everything. I am hopeful that things will settle down.

I want to start out this update by welcoming our new trainees! A new group of residents, psychology interns and fellows joined the department for this new academic year and we are delighted they are here! We look forward to teaching and mentoring them to support their ongoing development and success! Clearly, that they are training here tells you a lot about how accomplished they are. **WELCOME!!**

As we continue to figure out what the "new normal" is, I am aware that change is inevitable, but stressful, nonetheless. As difficult as it was to adapt to working from home, it may also be difficult to adapt to coming back into the office regularly. I also know that it is confusing because the directives from the health system, PSOM and the University are not 100% aligned. If you are unsure about procedures and plans, please ask your supervisor. Patrick and I will continue to send you information as it becomes available to us. Please know that your health and safety is of paramount importance.

For those of you who have been vaccinated, thank you! If you are still wondering whether you should get the vaccine, please consider it. Ask questions, get information from reliable sources (Penn Medicine, NIH, CDC), and/or get advice from your doctor. As you know, the University is requiring vaccinations or exemptions by August 1st and the health system by September 1st. Whether you got your shot here or elsewhere, all UPHS and PSOM employees need to document their status before September 1, 2021, at [PennforPeople](#) and use the top link under Frequent Links. It takes 2 minutes! Please note that for PSOM employees, this is in addition to entering your information in WorkDay.

Thank you again for all of the excellent work that you do. Whether you are taking care of our patients, doing research to find ways to improve mental health or teaching our fabulous trainees, the work you do is critically important. That is good because doing things that help others builds our resilience. So does gratitude. Sometimes it can be difficult to remember the things we feel grateful for. It is worth trying hard to do that. No matter how challenging things are, we all have something we can be grateful for. Our routines are also important for resilience. Please remember to stick with your eating, sleeping and exercise routines. And please, please, please, try to take some time off this Summer, even if it is a stay-cation. It is really important!!

Warmly,
M

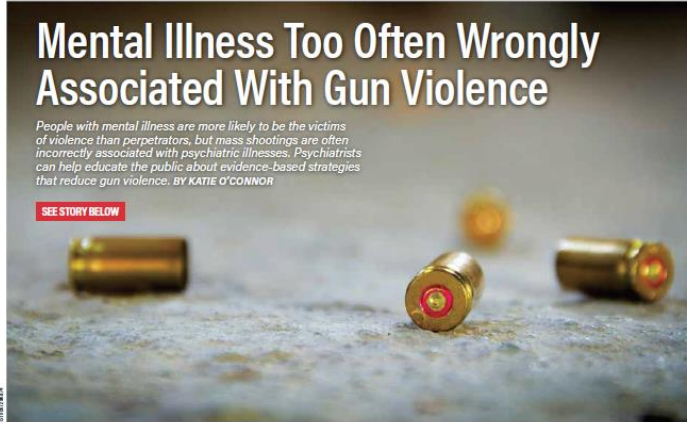
FORENSIC FELLOWSHIP IN THE NEWS

Attached a copy of an article in *Psychiatric News* from the past week. On the front page, it covers an education session by three psychiatrists. Two are former forensic fellows (Alisa Gutman, MD, PhD and Jessica Bayner, MD). The other is a resident who will become a fellow in 2022 (Dhruv Gupta, MD).

Mental Illness Too Often Wrongly Associated With Gun Violence

People with mental illness are more likely to be the victims of violence than perpetrators, but mass shootings are often incorrectly associated with psychiatric illnesses. Psychiatrists can help educate the public about evidence-based strategies that reduce gun violence. BY KATIE O'CONNOR

SEE STORY BELOW



WELLNESS RESOURCES

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

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

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.

Click [here](#) to access the Penn Psychiatry website.

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





I GOT THE SHOT

“The only way we’re going to get through this is to get through it together. I am happy to encourage others to get this vaccine. We can move forward together to protect ourselves and our loved ones.”

— Patrick Mahanger
CHIEF OPERATING OFFICER, DEPARTMENT OF PSYCHIATRY

FOR QUESTIONS ABOUT THE COVID-19 VACCINE,
visit [PennMedicine.org](https://www.PennMedicine.org)

 Penn Medicine