

MOVING FORWARD TOGETHER
APRIL 24, 2025



MESSAGE FROM THE CHAIR

Dear All,

I hope you are enjoying this glorious Spring day! Perfect day to take a walk through campus... I was delighted to see so many of you at Research Day a few weeks ago. The energy was wonderful. I thoroughly enjoyed walking through the poster aisle, meeting early stage faculty and trainees and hearing about all the wonderful things that are happening in the department. WOW. It was also great to have a chance to hear from 4 wonderful scientists about what they are working on ranging from clinical studies of GLP-1 agonists to neuromodulation and neuroscience. The energy in the lunchroom was also great. I had the opportunity to have lunch with a group of clinicians who support older patients who are beginning medication for memory issues. It was super interesting and touching. So thank you for your participation and I hope you enjoyed the day as much as I did.

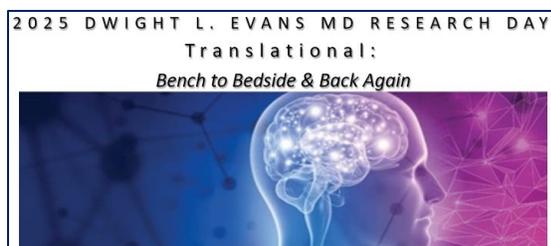
I do want to address the current environment in which we are living. It has been challenging to adjust to the rapid change that has come our way. Change is always stressful, but it is even more so when the pace is frenetic. In times like these, I find it helpful to focus on things that I can control in my work and at home and do what I can to make a difference, including writing to my government representatives letting them know my opinions and concerns. We are blessed with a singularly important mission: to improve the suffering of others by treating psychiatric illness, finding the causes and remedies for them and

training the next generation to do the same. At times like these, it also helps to remember that we are lucky to work at a robust institution which has survived wars starting with the Revolutionary War (Penn was established in 1740) and including the Civil War, both of which were very much active around the Philadelphia area. Penn has survived two pandemics, 1918 and 2020 and managed through many economic challenges including the Great Depression and more recently, the great recession in 2008. And so, difficult as these times are, the institution will continue to fulfill its mission to the best of our collective ability.

That said, it is imperative to remember the importance of self-care. Please make sure you take all your vacation days, mind your sleep and eating, try to get some exercise (remember that walk through Campus!) and focus on our altruistic mission which can build our resilience. Remember too that you have access to free mental health sessions through the Employee Assistance Program. We are in this together!

Warmly and with gratitude, m

RESEARCH DAY, 2025

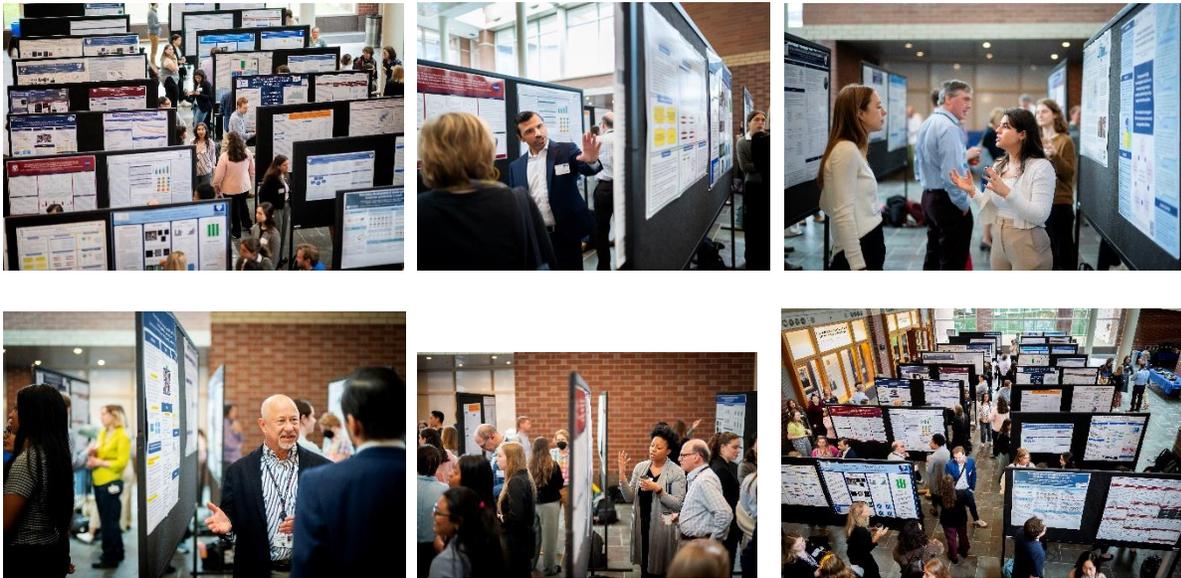


On April 3, 2025, the Department of Ps.ychiatry came together to celebrate the inaugural Dwight L. Evans M.D. Research Day.

Nearly two hundred faculty, residents, students and team members attended to learn about the exciting research being conducted in our division. This year's theme was translational

research, representing science from bench to bedside and back again. The focus was to bridge the gap between the research enterprise, clinical and education areas. The poster session reflected this bridging of areas with sixty-nine scientific posters presented by a wide representation of researchers and their impactful studies.

In addition, a symposium featured early and mid-career faculty who presented on their current and important research in the areas of GLP1s, neuroscience, and neuromodulation.



To view all photos, please click [here](#) and use code `penmed24`. We thank RosaLinda Lopez for organizing the event.

CONGRATULATIONS CHRISTIAN KOHLER ON BEING INDUCTED TO THE ACADEMY OF MASTER CLINICIANS

The Academy of Master Clinicians was launched in 2013 to recognize those Penn Medicine clinicians who exemplify the highest standards of clinical excellence, humanism, and professionalism. It is the highest clinical honor bestowed on a Penn physician. Professionalism, a core value of Penn Medicine, is a particularly significant criterion for selection.

A Master Clinician:

- Is distinguished by a superior depth of knowledge in their field and a willingness to pursue new knowledge.
- Is recognized for exceptional clinical skills, excellent judgment, integrity, and exemplary interpersonal and communication skills with patients and colleagues at all levels, and as a committed and supportive team player.
- Treats all patients equally, acts as a patient advocate, and demonstrates compassion and empathy towards patients.

- Is an outstanding educator. A Master Clinician serves as a role model and mentor who exemplifies the highest levels of professionalism and positively influences the collegial culture of Penn Medicine.

Master Clinicians have been developing and implementing innovative programs, focusing on career mentoring for trainees, professionalism, promoting and enhancing a culture of clinical excellence at Penn Medicine, promoting wellness and reducing burnout, serving as role models, and exploring barriers to providing exceptional patient care and community service.

Congratulations!

GRANT PREPARATION SUCCESS (GPS) PROGRAM: MENTORING THE NEXT GENERATION



For over two decades, Yvette Sheline, MD, McLure Professor of Psychiatry and Behavioral Research, has been part of a national effort, funded by an R25 grant from [National Institute of Mental Health](#) (NIMH) known as the [Advanced Research Institute](#) (ARI), to help provide mentoring to early career faculty. This yearly workshop helps the participants present and hone their ideas through what Sheline describes as a “boot camp.” Participants share draft proposals for

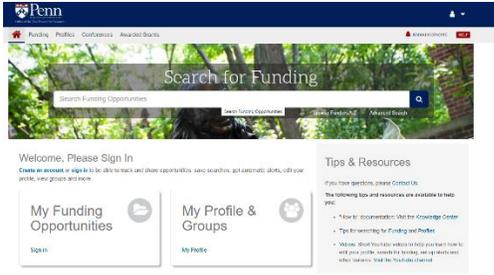
research projects they hope to fund with colleagues, both peers but also later-career researchers. These colleagues provide feedback on their topic, structure and even what reviewers at funding agencies may be looking for before submitting them for review. Typically, funding agencies enlist other academics in the field to review and score proposals, and they competitively award grants to only a small percentage of the projects.

Under the guidance of [Maria Oquendo, PhD](#), the Ruth Meltzer Professor of Psychiatry and chair of Psychiatry, Sheline worked to craft a similar program that would provide mentorship opportunities catered specifically to psychiatry researchers. At the same time, she also shepherded a separate effort helping prepare early-career faculty in Psychiatry at Penn to pursue significant research grants to support their work, known as the grant preparation success (GPS) program.

Read the full Feature news article by Eric Horvath in the Penn Medicine News. Click [here](#).

FUNDING OPPORTUNITIES

Did you know that there is over \$88.11B of funding available?



Penn's Office of the Vice Provost for Research has a comprehensive tool to search for funding opportunities, opportunities, making the process faster, more targeted, and more efficient. Pivot-RP, which is linked directly [here](#), also simplifies communication with potential collaborators by offering seamless ways to share opportunities.

[Create an account](#) or [sign in](#) to be able to track and share opportunities, save searches, get automatic alerts, edit your profile, view groups and more.

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.