

MOVING FORWARD TOGETHER: INNOVATION AND ANTI-RACISM
JULY 15, 2024



MESSAGE FROM THE CHAIR

Dear All,

With a steamy summer in full swing, I would like to remind you of the importance of taking time off from work. Even if you can't get away, a stay-cation can be very restorative. Find time to do the things you enjoy either at home or at a different location and get plenty of rest and sleep. Vacation is for the taking! At the same time, with many parts of the country and world experiencing extreme heat, please remember to stay well hydrated and when possible, out of the sun. Heat illness is dangerous and has a way of sneaking up on people. We also need to ensure our pets are well hydrated and protected from heat, so mind those beloved cats and dogs!

This is also the time of year when we welcome our new trainees. Psychiatry residents, psychology interns, clinical fellows and research fellows are starting to settle into their next phase of training, during which they will continue to develop their skills and knowledge. Welcome to Penn Psychiatry! You will find that the faculty, staff and other trainees are friendly and helpful so do reach out. Of note, many trainees make life-long friends at this stage of their career.

I would like to remind you to take care of yourself in other important ways. Make sure you keep to your routines with sleeping, eating and exercise—that helps all of us stay resilient! We also are lucky to be in a line of work where our jobs are to take care of people, which leverages

our altruism. As I often mention, altruism makes us stronger, less vulnerable to burn out. I also thank you for all the incredibly important work you do. Whether it is taking care of patients, seeking causes and treatments for the illnesses that our patients suffer, training the next generation of clinicians or doing the work behind the scenes that keeps the trains running on time, what you do is critical. Together we make a huge difference: thank you for that!

Stay cool!

Warmly and with gratitude, m

PENN PSYCHIATRY RESIDENTS WIN APA FELLOWSHIPS



Phillip Bradshaw, MD, PGYII resident, was selected to participate in the American Psychiatric Association/American Psychiatric Association Foundation (APA/APAF) Leadership Fellowship, which aims to develop national leaders in the field of organized psychiatry. This program competitively selects residents with who have a proven track record of achievement in leadership, clinical work, and scholarship. Selected residents have had the opportunity to attend APA meetings and contribute to the work of an APA council, committee, or workgroup.

Nadine Michel, MD, PhD, PGYII resident, was selected to participate in the APA Public Psychiatry Fellowship, which aims to contribute to the professional development of residents who will play leadership roles in public sector psychiatry. The program competitively selects residents who have demonstrated excellence in public service, leadership, and academic scholarship. Selected residents are eligible to sit on the APA Board of Trustees as a non-voting member. They also have the opportunity to attend APA meetings and contribute to the work of an APA council, committee, or workgroup.

Mikiko Thelwell, MD, MPH, PGYII resident, was selected to participate in the APA/Substance Abuse and Mental Health Services Administration (SAMHSA) Minority Fellowship, which aims to support residents committed to addressing inequities in mental health. The program competitively selects residents who have demonstrated commitment to culturally sensitive mental health care and excellence in leadership and clinical work. Selected residents receive grant funding to pursue an inequity-focused capstone

project, participate in an inequity-focused curriculum, and have the opportunity to attend APA meetings and contribute to the work of an APA council, committee, or workgroup.

Congratulations Phillip, Nadine, and Mikiko!

GOOD WORK MARINA SERPER, SUNG MIN MA AND ROBERT WEINRIEB

Marina Serper, MD, MS, (Hepatology), Sung Min Ma (Addictions) and Robert Weinrieb, MD (Liver Transplant) gave a talk at the American Psychological Association on Alcohol Associated Hepatitis and our role working as a team to help these patients. Click [here](#) to watch Dr. Weinrieb discuss the talk.

CONGRATULATIONS LINDSAY EJOH



Congratulations to NGG grad student Lindsay Ejoh who was awarded the highly competitive *NIH Blueprint and BRAIN Initiative Diversity Specialized Predoctoral to Postdoctoral Advancement in Neuroscience (D-SPAN, F99/K00) Award*. The purpose of the NIH Blueprint and BRAIN Initiative Diversity Specialized Predoctoral to Postdoctoral Advancement in Neuroscience (D-SPAN) Award is to support a defined pathway across career stages for outstanding graduate students who are from diverse backgrounds, including those from groups that are underrepresented in neuroscience research.

This is the first D-SPAN ever awarded to Penn

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 website

