

MOVING FORWARD TOGETHER: INNOVATION AND ANTI-RACISM
SEPTEMBER 16, 2024



MESSAGE FROM THE CHAIR

Dear All,

It is always bittersweet to see the Summer come to an end. The long afternoons amenable to impromptu picnics or a walk by the Schuylkill... At the same time, some crispness in the air is always invigorating, with the promise of a new academic year that will bring new ideas and activities as well as new challenges that will demand our attention. And of course, Fall means that it is recruitment season! Every year, around this time, Penn Psychiatry has the privilege of reviewing more than 1,000 applications for 12 positions in our residency training program. It is quite the job to comb through them! We also receive an avalanche of applications for our psychology internship program. Whew: lots of work! These are very positive data points because it means we can recruit absolutely outstanding trainees who we hope will join our faculty! As these applicants come through on the interview trail, our faculty, staff, and trainees have a critical role in sharing and demonstrating our culture. And yes, we will be calling on many of you to help with this recruitment effort. I do thank you in advance for your excellent work towards recruiting what will no doubt be the next group of phenomenal faculty.

I also wanted to note the Surgeon General's warning about burnout among parents, which put words to a cultural phenomenon many of us have experienced. I certainly have.

<https://www.hhs.gov/surgeongeneral/priorities/parents/index.html> The

pressure to do “intensive parenting” has never been greater. U.S. Surgeon General Dr. Vivek Dr. Murthy described intensive parenting as “a modern practice of time-intensive parenting and contemporary expectations around childhood achievement that tells (parents) if they are not doing more and more for their children in the escalating race for success, they will fail as parents.” Yet we know that, in the words of Dr. Murthy, “Parents have a profound impact on the health of our children and the health of society.” Dr. Murthy also noted that “parents and caregivers today face tremendous pressures, from familiar stressors such as worrying about their kids’ health and safety and financial concerns, to new challenges like navigating technology and social media, a youth mental health crisis, an epidemic of loneliness that has hit young people the hardest.” Dr. Murthy stated: “With this Advisory, I am calling for a fundamental shift in how we value and prioritize the mental health and well-being of parents. I am also outlining policies, programs, and individual actions we can all take to support parents and caregivers.”

I know that many of you face this challenge which makes attaining “work life integration” seem impossible. This risk of burnout may be especially salient for those of you who are providing care for children at home and providing care to patients at work, as either staff, faculty or trainees. Please remember that there are resources available to you and that you can contact your Employee Assistance Program for confidential counseling.

Remember, you are very important. Your role is critical to ensuring we meet our mission of delivering the most sterling care to our patients. You contribute to that by delivering wonderful care for these patients, by training the next generation of clinicians or researchers, by conducting research to find the causes and cures of psychiatric illness, or by working on the operations or finance teams that make it possible to do this. I am very grateful! So please, because you are important, it is essential that you take care of yourself. Make sure you are following your routines

(eating, sleeping, exercise), practicing your favorite self-care activities, and engaging in altruism, which our jobs allow us to do every single day. That is our privilege in health care: our work provides us opportunities to become even stronger through serving others. I really appreciate everything you do every day. Thank you for that and Happy Fall!

Warmly and with gratitude, m

CONGRATULATIONS TAMI BENTON ON BEING NAMED A 2024 WOMEN OF INFLUENCE HONOREE!

Each year the Business Journal seeks nominations from the public for our Women of Influence awards program, which recognizes women business leaders blazing a trail in Greater Philadelphia. This year we received an impressive pool of over 200 nominations, which were subsequently reviewed and selected by our editorial board. In addition to Women of Influence honorees, we have partnered with the Forum of Executive Women to spotlight five Rising Stars, who will also be recognized as part of the program. We will also celebrate the recipient of the Amber Racine Award, previously part of our Best of the Bar program.

The first group of this year's honorees can be found [here](#).

Each of this year's honorees will be highlighted in a special edition of the Business Journal out October 11th and honored at an evening event at Switch House in Fishtown on Oct. 10th.

Congratulations

Lisa Dukart

Associate Editor | Philadelphia Business Journal and PHL Inno



WE WELCOME THE 2024 – 2025 PSYCHOLOGY INTERNSHIP COHORT



Nicole Crane
Drexel University
Adult Track



Naysha Shahid
University of Miami
Adult Track



Angela Johnson
East Carolina University
Adult Track



Cassandra Mondesir
Loyola University, Maryland
Neuropsychology Track



Joseph Harrison
Philadelphia College of Osteopathic Medicine
Adult Track



Franchesca Kuhney
University of Illinois, Chicago
Child/Developmental Disabilities Track

SAVE THE DATE

2025 Translational Research Day: *Bench to Bedside & Back Again*



Thursday, April 3, 2025

9am – 4:30pm

Reception: 4:30pm – 5pm

Biomedical Research Building (BRB) Auditorium + Lobby
421 Curie Boulevard

Details will follow. We hope to see you there!

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