

MOVING FORWARD TOGETHER

NOVEMBER 24, 2025

Special Edition



MESSAGE FROM THE CHAIR

With Gratitude This Thanksgiving

Dear Members of Penn Psychiatry,

As Thanksgiving approaches, I want to take a moment to express my deepest appreciation for the extraordinary work you do every day at Penn Psychiatry.

This year has been a testament to your unwavering commitment to advancing mental health through compassionate clinical care, groundbreaking research, and transformative education. From providing life-changing support to patients and families, to publishing influential studies that shape the future of psychiatric medicine and mentoring the next generation of mental health professionals — your impact is profound and far-reaching.

As the world continues to grapple with complex mental health challenges, Universities and Colleges as well as Health Systems face unprecedented challenges, your expertise, empathy, and innovation shine as a symbol of resilience and optimism. I am continually inspired by your dedication to improving lives and expanding the horizons of possibility in the field of psychiatry.

Thank you for your tireless efforts, your collaboration, and your passion. I hope this Thanksgiving brings you moments of rest, reflection, and connection with your loved ones.

With gratitude,
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**OUR LONG-ACTING INJECTABLE (LAI) CLINIC IS NOW OPEN
BY DONNA CARTWRIGHT, RN**

I am beyond excited to share the news that the OPC has cut the Grand Opening ribbon Tuesday, September 2nd for the LAI Clinic. I have administered our FIRST injection, with many more scheduled!

What I thought was a quick and simple transfer from the prescribers to the nurse turned out to be a bit longer and more complex. As the process moved along, more talented staff joined to contribute their specialty to make this happen by:

- Creating the vision for the LAI clinic
- Providing the proper billing codes,
- Approving equipment and expenses (far beyond what was expected),
- Navigating the sharps and medication boxes,
- Mapping out the workflow,
- Helping push the project when we need it most

I am grateful to the professionals who did the heavy lifting. Please allow me to personally thank some of our team members.

CPUP Nursing Team
Becky Fitzpatrick, Administrative Consultant
Angela Miller, Clinical Director Nursing
Shayna Nagel, Clinical Manager
Jenn Gervasi, Ambulatory Infection Preventionist

Regulatory Nurse Specialist Team
Stephanie Smith, Regulatory Specialist
Patrick Davis, Regulatory Specialist

Hall Mercer LAI Clinic and Clozaril Management
Jeneane Johnson, MSN, RN

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OPC Practice Operations Team
Lynne McCreary, Director of
Operations
Karima Williams, Practice Manager
Meredith Kroener, Administrator
Paul Burkat, M.D., Ph.D., FAPA

To the Amazing CPUP Nursing Team

Thank you to Becky Fitzpatrick, Angela Miller, Shayna Nagel and Jenn Gervasi. You were the first to direct the project:

- joining meetings and site visits,
- pulling the stops out when we needed it most, and
- always valuing the benefits of safe and compassionate nursing care.

To our Regulatory Nurse Specialist Team

Thank you to Stephanie Smith and Patrick Davis. You taught us everything (and more) about a DAAC Survey:

- Stephanie, with her knowledge and patience, moved us forward, pushing us up the hill, and
- Patrick, who brought us over the top, completed the survey. This was a big one, thank you!

To the Pharmacy Team

Thank you, Danielle Burkhart, Laura Hallisey, Teresa Nguyen, Adrian Bythwood, and Alexia Tsikouras.

- Danielle who attended meetings and directed us to the 76th Street Specialty Pharmacy led by Laura and her dedicated team. This was a missing link for our clinic. You have all created a workflow that is dedicated and supportive for all of us. I am truly grateful for our partnership.

To our very own dedicated PACE Team

I don't think that was official, but it sure did feel that way.

Thank you to Lisa Fogel and Andy Ross. You were always available to meet (sometimes on short notice) and supported all the challenges and changes we had to make in Epic. Thank you for all your training and Tips sheets. You were amazing!

To the Hall Mercer LAI Clinic

Thank you to my RN colleague and friend Jeneane Johnson from Hall Mercer, who selflessly recommended me for the position, knowing that it would change her Medication Clinic workflow. For being a "nurse's nurse" who puts patients and safety first and sharing her knowledge and answering the many questions we've asked and certainly all the future ones.

To our OPC Practice Operations Team

Thank you to Lynn McCreary, Karima Williams and Meredith Kroener.

And special thanks to Paul Burkat, M.D., Ph.D., FAPA who had been working on this project the longest. I have had a front row seat to your determination and grit for this project. At times it was not easy, and we even felt like we had hit the wall. You did not give up, pushing even harder. I know you wanted the LAI Clinic for our patients and the prescribers, but I also saw how much you wanted it to work for me. Thank you, I am touched. We have finally made it to the finish line!



It has been over 2 years. This has been a project that brought many departments and talents together. Thank you all from the bottom of my heart for working so hard. I am excited to provide compassionate and safe care to our patients who depend on LAI's to improve their mental health and quality of life.



Congratulations all around — this is a fantastic example of the powers of persistence and teamwork and will make a huge impact on the lives of some of our most ill patients.

--Katie Dalke



What a wonderful achievement! I really appreciate everyone's hard work and dedication to this project. Looking forward to learning more about the success of this clinic and the positive impact it has on the care we deliver to our patients!

---Olga Barg

PRESS RELEASE – COMMONWEALTH OF PENNSYLVANIA

September 15, 2025

COMMISSION ON CRIME AND DELINQUENCY RECOGNIZES INDIVIDUALS & PROGRAMS MAKING A DIFFERENCE FOR VICTIMS OF CRIME ACROSS THE COMMONWEALTH

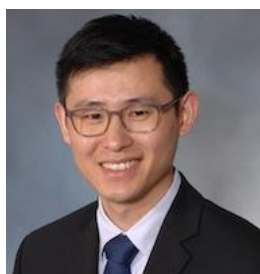
Awards follow PCCD's recent approval of \$56M in federal funding to bolster victim service agencies and expand essential programs supporting survivors statewide



Dr. Sandy Capaldi has dedicated her career to advancing trauma-informed care for survivors through mental health treatment. As the Associate Professor of Clinical Psychiatry for the Center for the Treatment and Study of Anxiety at the University of Pennsylvania, she has trained professionals to deliver compassionate, survivor-centered care, while her leadership in the Prolonged Exposure Therapy (PE) Initiative has expanded access to effective PTSD treatment in community settings. Her work has built a model of integrated support that bridges healthcare, mental health, and victim services.

Click [here](#) to learn more.

THE METABOLIC PSYCHIATRY CLINIC



Calvin Chan, MD PhD, is a recent graduate from the Penn Psychiatry Residency. He brings an interest and expertise in bridging the gap in care between mental health and metabolism. Currently, he is the clinical attending of the Metabolic Psychiatry outpatient clinic in the Center for Weight and Eating Disorders (CWED). His clinic provides care for patients seeking weight loss treatment (ie. GLP-1 medications), in the setting of psychotropic-driven obesity; treatment of GLP-1 exacerbated mood and anxiety disorders; and management of bariatric patients with mental health needs. Patients that could benefit from these services can be referred to Dr. Chan by calling CWED at (215) 898-7314 or (215) 746-7193.


PSYCHIATRY GRAND ROUNDS

Thursdays, 12:00 to 1:00 P.M.

Grand Rounds are a cornerstone of academic medicine, offering regularly scheduled sessions where clinicians, researchers, and trainees present and discuss important cases, new research, and emerging practices. They provide a forum for lifelong learning, encourage interdisciplinary collaboration, and highlight the institution's commitment to excellence. Grand Rounds also create opportunities for professional networking, visibility of expertise, and the development of new clinical or research initiatives that advance patient care and organizational quality.

Below is the schedule through the end of fiscal year 2026. See you there!

Date	Speaker		Title
12/04/25	Dr. Samantha Meltzer-Brody, MD, PhD	Executive Dean, University of North Carolina at Chapel Hill School of Medicine	TBD

			
01/15/26	<p>Dr. Aidan Wright, PhD</p> 	<p>Phil F. Jenkins Research Professor in Depression Professor of Psychology and Psychiatry Eisenberg Family Depression Center University of Michigan</p>	TBD
02/05/26	<p>Dr. Rebecca Weintraub Brendell, MD, JD</p> 	<p>Director, Harvard Medical School Center for Bioethics Associate Professor of Psychiatry</p>	Ethics
03/05/26	<p>Dr. Lindsay Squeglia, PhD</p> 	<p>Professor Medical University of South Carolina Department of Psychiatry and Behavioral Sciences Co-Director, MUSC Youth Collaborative</p>	TBD
04/02/26	<p>Dr. Randy P. Auerbach, PhD, ABPP</p> 	<p>Professor Division of Child and Adolescent Psychiatry, Columbia University</p>	Improving the Detection and Treatment for Adolescent Suicide
05/21/26	<p>Dr. Melissa Brotman, PhD</p> 	<p>National Institute of Mental Health Stadtman Investigator Chief Neuroscience and Novel Therapeutics Unit (NNT)</p>	Translation, treatment and technology: An integrative approach to pediatric anxiety and irritability
06/04/26	<p>Dr. Amanda Jenson-Doss, PhD</p>	<p>Professor and Director of Clinical Training University of Miami Department of Psychology</p>	Better decisions, better care: Using measurement-based care to support

			clinical and organizational decision making
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LET'S CELEBRATE!

Please help us celebrate awards received and share congratulations to our colleagues!

Maria A. Oquendo, MD, PhD Ruth Meltzer Professor and Chairman of Psychiatry	The American College of Psychiatrists - Distinguished Service Award Martin P. Szuba Award for Excellence in Clinical Teaching and Research Award
Mathias Basner, MD, PhD, MScEpi Professor and Director, Behavioral Regulation and Health Section	NASA's Exceptional Scientific Achievement Medal For Exceptional Research
Matthew R. Hayes, PhD Albert J. Stunkard Professor in Psychiatry	Elected to President of The Society for the Study of Ingestive Behavior (SSIB), 2026-2027
Philip D. Campbell, MD, PhD Assistant Professor	Brain and Behavior Research Foundation Young Investigator (NARSAD) Award IDDRC New Program Development Award
Erica Baller, MD Assistant Professor	Leonard Berwick Memorial Teaching Award
Michael L. Perlis, PhD Associate Professor	PCORI Broad Pragmatic Study (CER Study)
Henry R. Kranzler, MD Professor of Psychiatry	2025 Mrazek Award in Psychiatric Pharmacogenomics, American Psychiatric Association 2025 Begleiter Excellence in Research Award, Research Society on Alcohol
Edward S. Brodtkin, MD Associate Professor	America's Top Doctors, Castle Connolly Medical - 2025 Philadelphia Magazine "Top Doctors" - 2025
Emily Becker-Haimes, PhD Assistant Professor	Donald F. Klein Early Career Investigator Award from the Anxiety & Depression Association of America
Cesar de la Fuente, PhD Presidential Associate Professor	Invited Chair, Biotechnology, Synthetic Biology, and Molecular Engineering B Review Committee, AIMBE College of Fellows (2026) 2025 Sloan Fellow World Economic Forum Young Global Leaders Class of 2025

DISCOVER DBT: MINDFULNESS

JANUARY 9TH, 2026

Integrating Practical Tools into Everyday Practice

Dialectical Behavior Therapy (DBT) is a comprehensive, evidence-based model of care that reframes emotional dysregulation not as a deficit, but a matter of skill that can be learned and strengthened. While Comprehensive DBT is typically associated with high-risk and complex patients, DBT skills training as a standalone intervention has been shown to benefit a wide range of emotional, behavioral, and interpersonal challenges.

Designed for clinicians at any level of experience, this virtual workshop will help you learn and apply DBT Mindfulness skills as presented in the Linehan skills group training guide. This workshop offers concrete tools to enhance emotional awareness and effective decision-making for your patients and you.

DISCOVER DBT: MINDFULNESS focuses on foundational DBT skills that teach patients awareness of the world, themselves, and their emotions. Non-judgmental, effective skills use starts with Mindfulness!

Facilitator: Hannah Sonnier, MS, LCSW (they/them/she/her) has received intensive training and supervision in DBT from Linehan Board Certified clinicians, provides comprehensive and skills-training-only DBT, and is a member of the OPC DBT consultation team.

This new workshop series highlights their desire to increase access to DBT skills to improve patient outcomes and provider confidence across all scopes of practice.

REGISTER NOW AT www.med.upenn.edu/dbt/ddbt

**DISCOVER DBT is
a new workshop
series for
clinicians curious
about DBT Skills**

Mindfulness

**Distress
Tolerance**

**Emotion
Regulation**

**Interpersonal
Effectiveness**

**Medical and
mental health
professionals at
all levels of
experience are
welcome**



PENN PSYCHIATRY

Outpatient Psychiatry Center

DBT Program

<https://www.med.upenn.edu/dbt/>

**DISCOVER DBT is a
new workshop
series for clinicians
curious about DBT
Skills**

**Small group
consultation is
available to
clinicians interested
in deeper didactic
and specific case
consultation**

**Licensed providers
who have attended
at least one DDBT
Workshop are
welcome**

**CEUs will be
provided**

PENN PSYCHIATRY
Outpatient Psychiatry Center
DBT Program



<https://www.med.upenn.edu/dbt/>

DISCOVER DBT: CONSULTATION

JAN 16th- MAR 27th

Generalize Your Skills Knowledge

Group consultation consists of 10 weekly 90-minute virtual meetings with up to 5 licensed clinicians who are seeking case consultation on patients who might benefit from individual DBT skills training. Participants will participate in short didactic review of DBT skills, case discussion, and troubleshooting DBT skills training/use with individual clients.

When: Fridays from 2:00-3:30pm EST

Where: Virtually

Each period of consultation lasts for 10 weeks.

This session includes:

January 16, 2026 to March 27, 2026 (No meeting 3/13/26)

Facilitator: Hannah Sonnier, MS, LCSW

(they/them/she/her) has received intensive training and supervision in DBT from Linehan Board Certified clinicians, provides comprehensive and skills-training-only DBT, and is a member of the OPC DBT consultation team.

REGISTER NOW AT www.med.upenn.edu/dbt/ddbt



Penn Psychiatry

SAVE THE DATE

2026 DWIGHT L. EVANS RESEARCH DAY



Thursday, October 8, 2026

9:30am - 10:30am – Poster Drop Off + Registration

11:00am - 4:30pm – Poster Session + Symposium

4:30pm - 5:30pm – Reception

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.