



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

It is only appropriate that the day before Thanksgiving we pause to think about all the things for which we are grateful. It is true that 2020 has been rather harrowing: the pandemic; the tragic deaths of so many black men and women, including in our own neighborhood; the political unrest around the elections. But there are always things to be grateful for and gratitude builds resilience. What are you grateful for? Here are the top ten things on my list:

1. I am grateful to have the privilege of working with a team like the Department of Psychiatry. I am inspired by your dedication, hard work, resilience, and altruism.
2. I am grateful to work in an environment like Penn Medicine, one of the finest health systems and medical schools in the country. Every day, I learn many new things from Department members and from colleagues across Penn.
3. I am grateful that we as a health system have managed the pandemic so well. As you saw in the email from the CSO last week, while there have been infections in the workforce, not one appears to be acquired in the workplace. That is extraordinary when you consider what has happened at other outstanding medical institutions.
4. I am grateful for the opportunity to help and support others. Altruism builds resilience!

5. I am grateful that nationally, psychiatry is growing stronger than ever. This year 21 Penn Med Students are choosing to specialize in psychiatry. Our own residency program received ~1200 applications for 12 spots!
6. I am grateful for meaningful work that is stimulating and fulfilling.
7. I am grateful for the extra time for “power walking,” given that I do not have to commute every day.
8. I am grateful for the extra time for baking on weekends, being at home all the time. Perfecting those lemon squares!
9. I am grateful for my close-knit circle of friends, old and new.
10. I am grateful for my loving family.

I encourage you to build your own list. It is really helpful! I also encourage you to continue to take care of yourself by sticking to your routines: sleeping, eating, exercise. Also please protect yourself and your family. Remember to wear a mask, keep physical distancing, refrain from congregating indoors, and wash your hands often. Finally, I wish you a wonderful Thanksgiving, even if it is through zoom.

PS—I wrote this on Friday the 20th because today, I am on vacation! Please make sure you take one too!

Warmly, m

CONGRATULATIONS KRystal GRIFFIN

We are thrilled to announce the promotion of Krystal Griffin to the position of Patient Service Coordinator of the Psychiatry Call Center! Krystal accepted the position of Patient Service Coordinator, filling the vacancy of Rachel Sowers. In her new position, Krystal will oversee the day-to-day operations of the growing Psychiatry Call Center, which operates remotely, and has expanded its scope during the course of the pandemic. The Call Center now completes intakes and schedules for the 2nd floor Outpatient Psychiatry Center, the Mezzanine practices, the 3rd floor Penn Center for Women’s

Behavioral Wellness, and the 5th floor Charles O'Brien Center for Addictions Treatment. Krystal's outstanding qualities of patient and provider focus, efficiency, high quality performance, and purposeful leadership make her a natural choice for the patient service coordinator role. Krystal has been with the Department for 6 years, and she knows the nuances of the outpatient services well. Please feel welcome to reach out to Krystal directly effective immediately for Call Center related-matters.

TALKING ABOUT RACE AND RACISM WITH TRAINEES

Dr. Puneet Sahota and Dr. Rachel Talley conducted an outstanding training entitled "Talking About Race and Racism with Trainees" on 11/12. Click [here](#) to access the recorded Zoom conference. Thank you for leading us in this much-needed education. Please feel free to contact the cultural psychiatry faculty group if you need support with cultural consultation in your supervision and patient cases. The cultural psychiatry faculty group includes Michelle Jackson (michellejackson.lcsw@gmail.com), Heng Guo (Yu-Heng.Guo@va.gov), Rachel Talley, Jackie Hudak, Sarah Arshad, Wanjiku Njoroge, and Michele Gonen. Others who would like to join our group -- also please reach out! We welcome you.

WELLNESS RESOURCES

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

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.