

**PENN PSYCHIATRY**

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**

**JANUARY 20, 2021**



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

Today is a turning point. It's the beginning of a new Presidency and we are all wondering how things will unfold going forward. Importantly, we have a very visible first: a woman Vice-President, and not only that, a woman of color. I often wondered if that type of thing would happen during my lifetime. And here it is!! I am pretty sure that we are also all hoping that the day continues to be a peaceful one given the threats articulated just 2 weeks ago. I have a good feeling about it—I think peace will prevail.

Meanwhile, back at the ranch, the COVID-19 numbers are decreasing across our health system and many Penn Medicine faculty and employees have already been vaccinated. Of course, many of us are still waiting and it is difficult not to know exactly when it will be our turn. But our turn will come. Every day there is significant progress and more vaccines will be coming on line soon.

However, I wanted to share a word of caution. It is key to remember that we are not out of the woods. We still need to keep physical distance, wear a facemask and wash our hands often. This is especially true given the new variants, several of which appear to be more infectious. So, sad to say, reduced in person interactions are here for a bit longer and we need to steel ourselves with resilience. At the risk of sounding like a broken record, we know that resilience can be learned. Engaging in altruism (We are lucky! Our work gives us daily opportunities to be very altruistic!), practicing gratitude (it might feel

difficult, but we can all find something to be grateful for), and sticking to our eating, sleeping and exercise routines is a wonderful way to become more resilient.

Please know that I am very grateful for all the work you are doing. We have a very important mission: finding ways to improve mental health through clinical, education and research efforts. None of it could happen without you. THANK YOU!

Warmly, m

#### **CPUP COMMITTEE ON ANTI-RACISM**

Penn Psychiatry is a proud participant on the CPUP Committee on Anti-Racism. The vision of the committee is to devise and implement concrete, positive, measurable and fundamental changes to eradicate racism within CPUP. The mission of the committee is to develop, promote and advance wide-ranging and exemplary approaches and practices to expand and progress the understanding of racial actions, attitudes and unconscious biases. They will work to understand, address and durably change the longstanding, ingrained, sustained and established societal racial disparities, inequities and structural racism within CPUP. Click [here](#) to learn more.

#### **CHANGING WHAT YOU CAN CHANGE AND ACCEPTING WHAT YOU CANNOT DURING TIMES OF ADVERSITY**

Walter Matweychuk received a request from the Harvard Stem Cell Institute's Executive Committee to be a keynote speaker at the Sixteenth Annual Harvard Stem Cell Institute Retreat.

HSCI is a network of over 350 faculty across Harvard who investigate the power of stem cells to find new treatments and cures for disease. Each year at the HSCI retreat, the executive committee invites one speaker outside of their field to enrich their knowledge and attract a broader audience. Given the challenges that have occurred due to the pandemic and civil unrest of 2020 and the first part of 2021, the executive committee believes a keynote on Rational Emotive Behavior Therapy as it applies to coping in these challenging times would be one that would prove helpful to the attendees. Walter is honored to deliver this keynote. This invitation reflects an appreciation for the distinctive features and utility of his work as a Rational Emotive Behavioral psychologist.

#### **SPOTLIGHT ON OUR MSW STUDENTS**

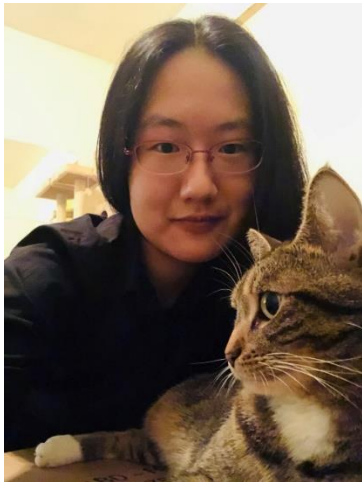
Arie, Isabelle and Guanxian are MSW students providing psychotherapy at the Outpatient Psychiatry Center.



Arie Hayre-Somuah (Are-ree; Hay-er; Some-mwah) is a second year clinical-track MSW student at The School of Social Policy and Practice at the University of Pennsylvania. She has a background in public health with bachelors and masters degrees from Kent State and Brown University, respectively. Her clinical interests include work with college aged / young adult African American / Black individuals with anxiety, depression, and eating disorders. Arie was recently awarded a year-long fellowship with the Council for Social Work Education Minority Fellowship Program; wherein she will receive supplemental education on direct practice with racial and ethnic minority populations in an effort to reduce health disparities and improve behavioral health outcomes in these U.S. communities. In her free time, she likes to dance Kizomba, watch the sunset, and practice the electric bass guitar.



Isabelle Luzuriaga (she/her) is in her second year of the MSW program at the University of Pennsylvania and is living in Philadelphia. She grew up in Charleston, South Carolina and went to college in Washington, DC where she worked in homeless services for a few years after graduation. She is committed to examining her work through a lens of social justice and equity. Isabelle likes to go on walks, cook / bake for herself and others, and take care of her plants as forms of self-care. Isabelle is so excited to be spending the year at OPC for her advanced year field placement.



Guanxian Sun (she/her/hers) is in her second year of the MSW program at the University of Pennsylvania. She obtained her BAs in psychology and sociology from University of Massachusetts, Amherst. She grew up in Shandong Province in China and went to United States for higher education. Her goal is to become a therapist whose practice can demonstrate social justice and ethic while also having the ability to do research in order to contribute to evidence-based practice. Guanxian loves spending time with her cat Lily, she also enjoys reading novels, watching animes, and cooking.

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## WELLNESS RESOURCES

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

**THANK YOU FOR YOUR SERVICE.**

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**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.