

**PENN PSYCHIATRY**

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

**MARCH 17, 2021**



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

I am so terribly saddened and outraged by yet another senseless act of violence that left 8 persons dead, 6 of them of Asian descent. Although it is still not known with certainty whether this was a hate crime, it is happening in the setting of nearly 3,800 hate incidents against Asians in the US in the last year. I agree with the message sent by the President, Provost and Executive Vice-President expressing staunch support for diversity in our community in a safe environment and we in Psychiatry will continue to work towards realizing this goal. As you know, we are holding a Town Hall next Tuesday March 23<sup>rd</sup>. Given the current events it will be dedicated to discussing issues around racism and discrimination.

In the middle of these disturbing developments, we are lucky to have growing evidence for a light at the end of the tunnel in terms of the pandemic. More and more vaccines are becoming available and the number of cases across our health system continues to decrease. Further, news about in-person instruction for the Fall semester is encouraging indeed! The CDC guidelines are changing apace. Click [here](#) to learn more.

And there are encouraging signs! Nonetheless, we need to stay cautious and take care of ourselves.

In addition to protecting yourself by wearing a mask and keeping physical distance, please make sure to build your resilience by sticking

to your exercise, sleeping and eating routines, focusing on things you are grateful for and being altruistic. As I always say, I am very grateful that I have the opportunity to work with you all and we are all lucky to have work that is meaningful and makes it easy for us to be altruistic. You and your work are very important. Please take care of yourself!

Warmly,  
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## **THE CHILDRENS HOSPITAL OF PHILADELPHIA**

On behalf of the Department of Child and Adolescent Psychiatry and Behavioral Sciences (DCAPBS) Public Relations team and the Diversity and Inclusion Committee, we would like to announce the most recent media placements and D&I-related publications by staff in our department. If you have any questions or comments, please reach out to Angela T. Anderson, M.D. (DCAPBS PR Liaison for Mental Health & D&I Committee Co-Chair).

### *Media Placements*

[Some types of screen time are better for youth than others, says expert, by Dr. Jason Lewis.](#) Over the past year, children and teenagers have been spending an extraordinary amount of time in front of screens. One expert explained not all screen time is created equal. Click [here](#) to learn more.

[A look at how it feels to be a new mother in these pandemic times, by Dr. Wanjiku Njoroge.](#) For the past pandemic year, everyone has been worried about somebody, it seems. Dr. Wanjiku Njoroge has been worried about new mothers in particular, and the potential long-term consequences of living against the backdrop of COVID-19. Click [here](#) to learn more.

### *D&I related articles*

[Why Psychiatry Training Must Include Discussions on Structural Racism, by Dr. Sarah Arshad.](#) The authors explore the impact of structural racism on psychiatry trainees and the patients they care for (and what can be done about it). Click [here](#) to learn more.

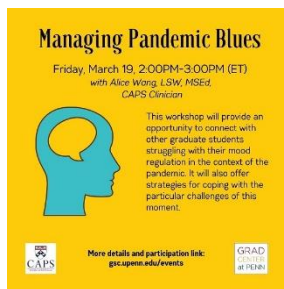
[Women in Academic Psychiatry: Inequities, Barriers and Promising Solutions, by Dr. Consuelo Cagande.](#) For the first time in US history, first-year female medical school matriculants (50.7%) outnumbered men (49.3%) in 2017. Moreover, in 2019, women accounted for 50.5% of all medical students for the first time. Yet, female faculty

continue to be underrepresented at the highest rankings in academic medicine as a whole and in psychiatry. Women represent only 26% and 32% of full professors among all medical faculty and psychiatry faculty, respectively, with a majority identified as White. Structural racism, gender bias, and discrimination, along with the lack of systematic strategies that aim to achieve gender and racial equity, result in persistent achievement and promotion disparities among students, residents, and faculty, especially among those who are underrepresented in medicine. Click [here](#) to learn more.

[Student perceptions of multicultural training and program climate in clinical psychology doctoral programs, By Dr. Nicholas Seivert.](#) The current investigation assessed clinical psychology doctoral student perceptions of their program's multicultural training and program climate regarding multiculturalism. Click [here](#) to learn more. Please note this article is not free and requires a subscription.

## MANAGING PANDEMIC BLUES WITH ALICE WANG

Friday, March 19, 2:00 to 3:00 p.m.



This workshop will provide an opportunity to connect with graduate students struggling with their mood regulation in the context of the pandemic. It will also offer strategies for coping with the particular challenges of this moment. Click [here](#) for the participation link.

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## SPRING VIRTUAL COFFEE HOUR WITH EDDIE BURKS

Friday, March 19, 12:00 to 1:00 p.m.



Graduate and professional students are invited to connect with Grad Center staff and campus partners as we engage in our themed coffee hours. Students are invited to come with questions and topics to help launch our discussion. On March 19<sup>th</sup> at 12:00 p.m., the Grad Center will have Eddie D. Burks from Counseling and Psychological Services cohost our coffee hour. Eddie will be talking about his role here at Penn, services offered within the department, and will also engage in a conversation centered on intentionally situating intersectionality as a coping strategy to manage stress and anxiety, while navigating different roles and spaces. Eddie is a Psychology Doctoral Intern / Clinician. Multiculturalism, intersectionality, and social justice embeds his clinical practice and clinical research. Born in Wisconsin and raised in Illinois, Eddie received his BA in Psychology from Roosevelt University Chicago, a MEd in Community Counseling from Loyola University Chicago, and a MA in Clinical Psychology from Adler University Chicago. Eddie is a candidate for the degree of Doctorate of Psychology (PsyD) in Clinical Psychology from Adler University in Chicago, IL. Students are encouraged to submit any questions or topics before attending our event. You can submit your questions by clicking [here](#). Click [here](#) for the participation link.

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## WELLNESS RESOURCES

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

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

## 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.

Click [here](#) to access the Penn Psychiatry website.

Click [here](#) to access the CPUP Committee on Anti-Racism

