

**PENN PSYCHIATRY**

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

SEPTEMBER 17, 2020



**MESSAGE FROM THE CHAIR**

Dear Faculty, Trainees and Staff:

Thank you for all of your hard work and your persistence in focusing on the care of our patients, the conduct of cutting edge, desperately needed research and education of all our trainees. I am so grateful that the Psychiatry team remains fully engaged despite all the challenges that we are facing in terms of the ongoing COVID-19 situation and the heightened attention and action around dismantling racism. Importantly, the Psychiatry team is also engaged in addressing these two pressing social and health problems, not only managing them personally.

Yesterday, in lieu of the annual Residency Party to welcome new trainees, we had a fun event sponsored by Cabrina Campbell, Kristin Leight, Matt Kayser and Cecilia Livesey from the Psychiatry Education Division. As always, our residents and the Chief Residents were behind the whole initiative! As they put it: “back by popular demand!!” Every year, at the welcome party there is an Ice Cream Truck. Everyone loves it! Yesterday, the truck visited several of our sites to bring ice cream and fun to the VA, HUP, CHOP, 3535, PPMC and PAH. There was not only ice cream, but also a lot of excitement and merrymaking with some folks breaking out into song and others breaking out into dance! It was really a great turn out all while wearing masks and keeping physical distancing rules.

As we continue to face COVID and work towards anti-racism, we will integrate many of the suggestions made during the faculty meeting to promote cohesion and community, a core value of the department.

Please take good care of yourself. We know that routines are very important to wellbeing so try to maintain your exercise, eating and sleeping routines. Thanks again for all you do!

Warmly, m

#### **RINAD BEIDAS OF PENN PSYCHIATRY RECEIVES \$3.6 MILLION NATIONAL INSTITUTE OF MENTAL HEALTH GRANT FOR FIREARM SAFETY RESEARCH**

As the number of young people dying by suicide in the United States continues to rise—coupled with the fact that risk for suicide death is much greater with an unlocked, loaded firearm in the home—firearm safety promotion has become a key component of suicide prevention strategies. Now, a grant awarded to Rinad Beidas, PhD, Penn Psychiatry, Perelman School of Medicine at the University of Pennsylvania will help improve the implementation of an evidence-based firearm safety program and identify the best approach for deploying this program within the Mental Health Research Network. The National Institute of Mental Health (NIMH), part of the National Institutes of Health (NIH), is funding the work with a \$3.6 million grant over five years. Other investigators from Psychiatry include Drs. Shari Jager-Hyman and Courtney Wolk. Click [here](#) to learn more.

#### **CONGRATULATIONS CESAR DE LA FUENTE**

Cesar de la Fuente has been selected as one of AIChE's 35 Under 35. This Award, given by the American Institute of Chemical Engineers, recognizes young engineers who have achieved greatness in their fields. Click [here](#) to learn more.

#### **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.