

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

NOVEMBER 18, 2020



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

As we prepare to handle the next wave of COVID-19 infections, I would like to remind you about the steps you can take to keep yourself, your family, your work team and your patients or research participants safe. Although there have been employees across the health system who have been infected in the last months, the cases so far invariably appear to have been community acquired. That is why wearing masks, keeping up with physical distancing and avoiding large gatherings indoors when not at work as well as at work is absolutely essential. This will possibly be more challenging than ever with the holiday coming up next week and the natural and strong desire to share with loved ones. Of course, the best way to show your love, however, is not to put yourself or those close to you at risk. So please, please, please celebrate the holiday with those in your “bubble.”

I wanted to thank those of you who participated in the town hall last evening. I am heartened that almost 6 months since the murder of George Floyd, there is still tremendous momentum and attention to working towards dismantling systemic racism and creating an anti-racist culture. We will keep working on it!

I also wanted to thank you for all your hard work. There is ample evidence that the department is working at more than capacity. This is visible in our patient volumes, our grant applications and our publications. I am grateful to have the privilege of working with you all

to provide the care so desperately needed by our patients and colleagues, to seek the insights that will help us address the pain of mental illness, and to train the next generation of leaders. Certainly, it is crucial work, but it also blesses us with the ability to deploy our altruism, which gives us strength.

Please also remember to take good care of yourself. Keep to your routines for eating, sleeping and exercise. Please be sure to take vacation time even if you are unable to travel. I myself will be taking next week off. I wish you a peaceful and wonderful holiday with those you love, even if via zoom.

Warmly, m

BUILDING COMMUNITY

At the November 11th Town Hall, we discussed the idea of having a place that is private for department members where people could make suggestions on how to stay engaged and build community during COVID.

There is now a MS Teams Room called, “HUP/PAH/PPMC/CPUP Penn Psychiatry” that is open to the members of the Penn Psychiatry Community to share good news and motivating thoughts. Remember any posts there will update everyone at Penn Psychiatry immediately, so use good judgement.

However, if you want to suggest an idea using our idea board, click [here](#) to setup your account. Posts here will not update everyone at Penn Psychiatry. We will review these ideas regularly and get back to the team.

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.