

**PENN PSYCHIATRY**

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

**FEBRUARY 16, 2022**



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

You may have noticed that yesterday the University sent out a message permitting in person meetings as long as people are masked and food / beverage is carefully managed according to public safety protocols. What a welcome piece of news! We, of course, need to remain vigilant and take care of ourselves and each other. Also, I remind myself that even when others might stop wearing masks in public as local governments lift restrictions, I can still wear my mask!

Many of you have been hard at work helping us prepare the materials for the 6-year review of the department. I know that there is a lot of information to pull together and I really appreciate your contributions! This document is very important because it gives us the opportunity to “tell our story” to PSOM’s leadership and to external reviewers. We want to make sure that we cover all of the outstanding work that you have been doing in the last years! We get to brag about our ground breaking research, our ever expanding and outstanding evidence based clinical services, our sterling educational programs and our crackerjack administrative and financial teams. The report will have lots of great information, with charts and graphs to illustrate our progress. It’s coming together nicely!

If you are faculty, you received a survey from PSOM. Please do fill it out. It is vitally important to receive your feedback. The survey is anonymous and the collated results will help us improve as well as help

us understand what the faculty's needs are. It should not take more than 10 or 15 minutes and I thank you in advance for your response.

In case it is not evident from the previous paragraph how grateful I am for all of your work, let me be explicit: THANK YOU! These have been very trying times and the dedication and professionalism demonstrated by all members of the department is inspiring. We do incredibly important work and never has the world been more aware of how important mental health is for all aspects of life. Everyone seems to be talking about it! The meaning of our work and our opportunity to help others is a wonderful asset that builds our resilience.

And just as you work with dedication and devotion, I encourage you to play with dedication and devotion too. Make sure to take time for yourself to recharge. If you have not taken vacation in a while, please plan a vacation. Even if you stay home, a change of pace can be very energizing. Time to ourselves and to do the things we love is restorative and combats mental and emotional fatigue. So, please, take good care and remember to exercise, get some sleep, eat well and most of all please have fun!

Warmly, m

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**CHARLES O'BRIEN CENTER FOR ADDICTION TREATMENT**

Dr. Michelle Gonen and Michael roman would like to bring to your attention a new group that will be launching in the COB at PBH. This is a new mindfulness-based recovery group for patients with active substance use disorders called, "Thrive Group: Mindfulness in Recovery".



Charles O'Brien Center for  
Addiction Treatment

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**THRIVE GROUP:  
MINDFULNESS IN  
RECOVERY**

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Group Objectives:

- Develop present moment awareness skills and identify and pursue meaningful directions
- Cultivate ways to acknowledge and cope with cravings, unpleasant thoughts and emotions
- Expand and strengthen support systems

Referrals to be provided via EPIC message to  
**Dr. Michele Gonen** and **Dr. Michael Roman**

**Accepted insurances:** Quest Behavioral Health, Aetna Student Health Plans (Penn, Drexel), Medicare, Most BC/BS Plans, Most Aetna Plans, CHOP IBC Plan, Humana Military Self-pay (\$60/session)

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**WELLNESS RESOURCES**

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

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

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**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

