

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**  
JULY 11, 2022



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

It's hard to believe that the new academic year is here! I am delighted to welcome a new class of fabulous residents, medical students, fellows, and interns. You are all part of the Penn Psychiatry family now. You will see that we have a spectacular faculty that loves to teach and mentor trainees—take advantage of that gift! I also want to remind you that as family members, the Department and I are committed to you and once you are done with training, we will make every effort to recruit and hire you.

We are again working on arranging for our Summer Picnic given that the pandemic seems mercifully somewhat less intense now. It will be an outdoor event to make it as safe as possible and we will aim for late September. I think it will be wonderful for us all to be able to get together and share some food and conversation. More soon on that!

I'd like to remind you of the importance of taking some time for yourself. With summer upon us, many like to take vacation now. If you have not had a vacation in a while, please plan one. It will help you be refreshed and well. I also want to remind you to keep to your routines to build your resilience. Eating, sleeping, and exercise routines give us strength and as I always mention, gratitude and altruism build resilience. You might consider developing a gratitude and altruism

routine. Why not? And please, take good care of yourself. Your contributions to our work are very important

Warmly, m

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### **CONGRATULATIONS PETER THOMAS AND JODY KASHDEN!**



Congratulations on your tremendous study of in-person, virtual, and combined treatment at Princeton House leading to Princeton House's telehealth IOP being named Program of the Year by the Association for Ambulatory Behavioral Healthcare! (and thanks to Eloise for pointing out the announcement in PM report that I had missed). Your study results showing no differences in safety, efficacy, and experience of virtual IOP vs in person IOP is fundamental to our

work moving forward in this new era! Click [here](#) to learn more.

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### **CONGRATULATIONS PHILIP GEHRMAN!**



Congratulations in being recognized in the PM report for your expert contribution to an article in Philly Voice about summer insomnia! Thank you for all of your hard and important work and for representing Penn and the Department!

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## CONGRATULATIONS LEAH BLAIN!



Congratulations on being featured as an expert on CBS news regarding the recent shooting on the parkway and for being recognized in the daily Penn Medicine news! It was an excellent segment. Thank you for all of your expertise and leadership that you bring to Penn and the Steven Cohen clinic!

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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