

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**  
SEPTEMBER 29, 2022



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

Fall is in the air! What a beautiful crisp day and with plenty of sunshine. I hope you had an opportunity to get outside even if for part of your commute.

Yesterday we had the first of our lunches with the Assistant Professors. There were several Assistant Professors and Drs. Campbell, Foster, Galbraith and Mandell were also in attendance. The idea is to have opportunities for faculty to interact with the senior faculty/leadership of the department and chat informally over lunch. We had a chance to hear their ideas about how to make the department a more inviting place to work, about mentorship, and more. Needless to say, the senior faculty were taking notes, including me! I am looking forward to more of these conversations in the next weeks.

As some of you know, we are launching our second Strategic Planning (SP) exercise. It's hard to believe that we completed our previous SP more than 3 years ago! We will use the same approach that we used last time, including representation from many sections of the department and the health system. We have asked for volunteers and will select members of the department that represent our various responsibilities: education, research, clinical care and community engagement. If you have time to volunteer, please do so. If you do

not, don't worry, we will be sending requests for input from the department.

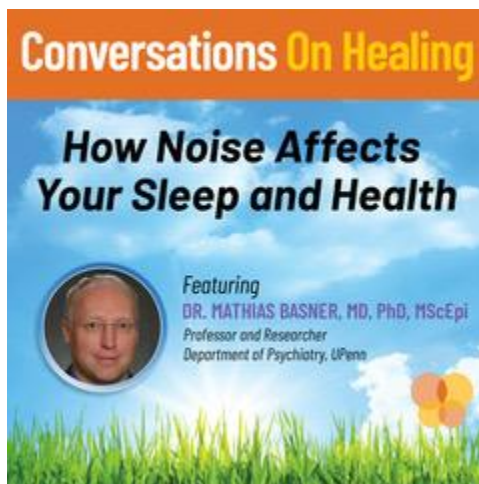
Finally, thank you so much for everything you do! Your work is very valuable and together we have a crucial mission: to improve the mental health of members of our communities: West Philadelphia and Penn. To do that well, we also need to be well so please take care of yourself. Remember to find the things you can be grateful for –ideally on a daily basis. Stick to your routines when it comes to exercise, eating and sleeping. Practice altruism—which is easy in our line of work! Building your resilience with these simple actions can make a difference.

Warmly,  
Maria

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#### CONVERSATION ON HEALING, FEATURING DR. MATHIAS BASNER

Mathias Basner was part of the “Conversations on Healing” Podcast! Click on this [link](#) or this [link](#) in iTunes.



*Dr. Basner recently joined Shay Beider for the “Conversations on Healing” Podcast to discuss the physiological effects of noise, his experience researching sleep science and shared the importance of creating a quiet bedroom environment. Listen to the interview here: [BIT.LY](#)*

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## WELL DONE ATASHA JORDAN



Atasha Jordan, MD MBA, PGY IV Resident presented at the World Association of Cultural Psychiatry Meeting a Poster on Christian Mental Health Initiative: Mental Health First Aid Pilot in Philadelphia's Black Churches.

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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.

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