

**PENN PSYCHIATRY**

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

SEPTEMBER 25, 2020



**MESSAGE FROM THE CHAIR**

Dear Faculty, Trainees and Staff:

Thank you once more for all of the work you are doing. I feel blessed to have the privilege of working with such a dedicated team. Our trainees, our patients and our critical research programs are flourishing because of all your hard work.

We are seeing the continuation of difficult times with the deep distress around the outcome for Breonna Taylor. Philadelphia joined many other cities around the country in expressing its outrage at this ongoing injustice. We cannot forget that we can make a difference in two ways. First, we can vote. Second, we can change things locally and I want to express my commitment to working in the department and the health system to dismantle systemic racism in our organization. It won't be easy and it will take time, but we are ready to stay on it until we see it to the end.

Please take good care of yourself. Some things that build resilience, as you know, are gratitude and altruism. I find it helpful to take the time each day to think of a few things I am grateful for. You might consider trying it. Altruism is easy in our line of work because our jobs directly benefit patients and society—don't ever forget that. Finally, remember to stick to your routines. Make sure you eat and sleep on a regular basis and try to find time to exercise. This weekend, try to find time to do something relaxing. You deserve it.

## **CONVERSATIONS ABOUT RACE AND RACISM**

Penn cultural psychiatry faculty and residents are leading the way in fostering dialogue for racial healing across the Penn Medicine community. They are facilitating sessions for Penn Medicine teams in discussing race and racism through Cobalt, titled "Conversations about Race and Racism: For Your Team." Penn cultural psychiatry faculty and the Penn Medicine Center for Health Equity Advancement have provided training and support to facilitators across the health system who are now facilitating these requested sessions. Click here to learn [more](#).

In addition, virtual sessions are also being developed on Cobalt for residents, medical students, and Penn Medicine to process experiences of racial injustice. These sessions, titled "Spaces of Color," will be recurring monthly drop-in groups facilitated by residents on the cultural psychiatry track and other trained facilitators of color. More information about "Spaces of Color" coming soon! For more information on these Cobalt efforts, contact [Puneet Sahota](#).

## **ANNOUNCING THE NEW AND IMPROVED RESIDENCY TRAINING PROGRAM WEBSITE**

Kudos to Psychiatry Residents who came together to update and redesign the Residency Training Program Website. Special thanks to Nana Asabere, Stephanie Brennan, Helen Partridge, and Sean Udell. We also appreciate Ron Andujar for his guidance. The site will serve as a resource for prospective applicants to learn more about our program. Click [here](#) to view the website.

## **CONGRATULATIONS CESAR DE LA FUENTE**

Cesar de la Fuente has been selected as a Brain & Behavior Research Foundation (BBRF) Young Investigator.

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## **WELLNESS RESOURCES**

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

## **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.