



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

It's only Wednesday and it already has been a whirlwind of a week. I am very grateful to you for all the work you do. It is extraordinarily critical.

Yesterday our work's importance was brought into sharp relief when Congressman Jamie Raskin revealed that his son had died by suicide on New Year's Eve of 2020. The Congressman described his son:

"Tommy Raskin had a perfect heart, a perfect soul, a riotously outrageous and relentless sense of humor, and a dazzling radiant mind. He began to be tortured later in his 20s by a blindingly painful and merciless 'disease called depression,' as Tabitha put it on Facebook over the weekend, a kind of relentless torture in the brain for him, and despite very fine doctors and a loving family and friendship network of hundreds who adored him beyond words and whom he adored too, the pain became overwhelming and unyielding and unbearable at last for our dear boy, this young man of surpassing promise to our broken world.

On the last hellish brutal day of that godawful miserable year of 2020, when hundreds of thousands of Americans and millions of people all over the world died alone in bed in the darkness from an invisible killer disease ravaging their bodies and minds, we also lost our dear, dear, beloved son, Hannah and Tabitha's beloved irreplaceable brother, a radiant light in this broken world.

He left us this farewell note on New Year's Eve day: 'Please forgive me. My illness won today. Please look after each other, the animals, and the global poor for me. All my love, Tommy.'"

I am once again reminded of the essential nature of the work we do at Penn Psychiatry and Penn Medicine. It is because of this and a myriad other reasons that it is imperative that you take care of yourself. Please take time to rest and stay connected to those you love even if by video. Remember to keep to your routines in terms of sleep, eating and exercise. Our work is focused on relieving the suffering of others and we need each and every one of you to accomplish our mission and work towards fulfilling our vision. Together we can and will make progress towards restoring the mental health of our communities, country and the world.

Warmly, m

CONGRATULATIONS NANA ASABERE, EWURAMA SACKY AND LEA HECHT

Nana Asabere and Ewurama Sackey will be fellows in Child and Adolescent Psychiatry. Nana matched at New York Presbyterian Columbia / Cornell and Ewurama at UCLA. Lea Hecht will remain here as a Consultation-Liaison fellow at Penn. Congratulations!

UPDATE FROM THE RESIDENT DBT SKILLS GROUP TEAM

The DBT skills group is still being held in person on Thursday evenings from 6-8 pm. Patients must be able to commit to 6 months of the weekly group to participate. Please note, if any patient is particularly acute, they may need a FULL DBT program i.e. a higher level of care than our skills group BUT we are still happy to help with that referral. To refer, please forward the EPIC chart to Dr. Jessica Shore (jessica.shore@pennmedicine.upenn.edu); one of the team members will reach out to the patient for a commitment interview which takes from 45 to 60 minutes. If you have any questions, please do not hesitate to reach out to any of the residents on the DBT team: Helen Partridge, Daniel Barron, Michael Roman, Mary (Bit) Yaden, Axeline Johnson, Stephanie Brennan or Sarita Metzger.

WELLNESS RESOURCES

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

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

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.

Click [here](#) to access the Penn Psychiatry website.

Click [here](#) to access the CPUP Committee on Anti-Racism

