

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM
JANUARY 9, 2023



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

I hope you had a chance to spend some time with friends and family enjoying each other and recharging! That can help us all return to work reenergized to take on the important work that we do. And yes, I am so delighted to have the opportunity to welcome yet another year for us to all work together at Penn Psychiatry to make a difference for our patients, trainees, and science. I am hopeful that 2023 will be a strong one! As you know, we are working together to devise the next version of our strategic plan. I've told you before how proud I am about having attained 85% of our goals and objectives for our first strat plan. Now, the ground is even more fertile than it was when we started our work with the first strat plan! People everywhere understand how important Mental Health (MH) is, MH research is burgeoning, and our MH training programs are the darlings of medical and graduate students hoping to come to Penn for the next phase of their training. It is really quite something!

I am also excited to say that we are putting the finishing touches on our anti-racist hiring guidelines. The work group worked hard on it and it shows. It is an oeuvre for sure! HR is reviewing it and I anticipate we will get a green light soon. I hope to have these in hand well before the 3rd anniversary of George Floyd's murder because it is very easy for the process to stall and stop at talk. That is not what we will have at Penn Psychiatry, action is essential.

As ever, please accept my humble gratitude to you for all of your work. Each and every member of the team is critical to the mission. Whether you are making discoveries, training the next generation, taking care of patients or providing needed support to make sure it all moves forward by supporting our operations and finance, what you do is important. Therefore, it is important that you take care of yourself. Make sure you stick to your routines of eating, sleeping and exercise. Enhance your resilience by exercising your gratitude and altruism muscles. Take time to rest –make sure to take your vacation time and if you just got back from vacation, it's never too early to start dreaming about the next one, whether a far flung trip or a staycation doing things you love. Thank you, Penn Psychiatry!

Warmly,
Maria

WELCOME TO GAP!



Maya Torain, MD PGY III Resident has been selected for a the Group for Advancement of Psychiatry (GAP) Fellowship 2023 to 2024. She is one of 14 residents chosen nationally and her application was judged to be outstanding among a highly competitive field of superb applications. Dr. Torain's accomplishments, academic achievement, initiative, leadership, and writing skills make her ideally suited to be a GAP Fellow.

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