

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

NOVEMBER 12, 2020



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

I want to thank all of you who attended the Town Hall the department held yesterday to discuss the stresses of working remotely during the pandemic. There were over 80 attendees! Many of you participated actively either through the chat or by speaking up. Many in the chat commented that simply knowing that others were having the same responses to the situation was helpful and that having a forum to discuss was welcome. I really appreciated the honesty and openness with which you shared, and I was very grateful for all the wonderful suggestions that were offered to help with coping. I especially appreciated the laughing yoga. That is right up my alley -as long as no one asks me to do a downward dog!!! As suggested during the Town Hall, we will develop a place on the intranet where members of the department can post suggestions for coping. The plan is to hold Town Halls twice a month on the second Wednesday of the month and on the fourth Tuesday of the month. However, because of the Thanksgiving holiday, the next Town Hall will be next Tuesday the 17th. We will alternate topics and the next meeting will be focused on Structural Racism and its impact on us.

As I mentioned yesterday, I know how hard you are all working and I am very grateful to you. I note that our clinical work is at 108% of what it was pre-COVID. That is a huge increment, and I am grateful for all the help you are providing our patients and fellow employees. There also are lots of grants and papers going out and we are in the middle of recruitment season for the training program, which this year is an even

heavier lift due to the avalanche of applications (>1200 for 12 spots!! Plus >20 applicants from Penn!). Thank you for all of this!!

Please take good care of yourself. Last week I sent a list of things to do to help you define a better boundary between work and home. I encouraged you to take vacation and note that I will be taking Thanksgiving week off. Please work with your manager or supervisor to find ways to improve your day-to-day work situation. If you are a manager, please be proactive in assisting your direct reports with this. Please do stick with your routines: eating, sleeping and exercise are essential to our wellbeing.

Warmly, m

TALKING ABOUT RACE WITH TRAINEES

Thank you to Dr. Puneet Sahota and our Cultural Psychiatry faculty who recently led a resident Supervisor training session entitled “Psychotherapy, Supervision and Race”. Supervisors Michelle Jackson, experienced family therapist, and Dr. Heng Guo, one of our skilled VA inpatient attendings, offered a framework for how to talk about race with trainees in psychotherapy supervision. A link to the recording from Monday’s workshop is [here](#).

Our next workshop, “Talking About Race with Trainees”, is scheduled for Thursday, November 12th from 12:00 to 1:00 p.m. Faculty from the Cultural Psychiatry Group will present practical tips for how to approach and discuss issues around race with supervisees. All faculty interacting with trainees in clinical and research settings are invited and encouraged to attend. Rachel Talley, MD, Program Director for the Community Psychiatry Fellowship and Puneet Sahota, MD, PhD, Director of Cultural Psychiatry and Systems Psychiatry residency didactics, will present. Click [here](#) to connect to the Zoom meeting 896 1421 3854, passcode 073494.

WHY PENN?

This year all residency applicant interviews are virtual. Residents under the leadership of Chief Resident Nana A. Asabere, MD produced a “Why Penn” video for applicants. We hope you enjoy it as much as residents loved making it. Click [here](#) to view the video. You may need to download and use your Penn key.

MISSING EACH OTHER

The major stresses of life in 2020 have made it extraordinarily challenging to connect with one another. The global COVID19 pandemic, racial injustice, and political polarization have

contributed to growing rates of loneliness and disconnection around the world. In their forthcoming book, *Missing Each Other: How to Cultivate Meaningful Connections*, Penn Associate Professor of Psychiatry Edward Brodtkin, M.D. and Penn Class of 2014 graduate Ashley Pallathra, M.A. write about the importance of re-connecting. They provide what Penn Professor Angela Duckworth calls “an absolutely compelling perspective on the science and practice of authentic human connection.” Penn PIK Professor Jonathan Moreno comments, “If ever there was a book written for our time, *Missing Each Other* is it.” Based on their research, the authors identify the essence of human connection in a process they call “attunement”. To explain attunement, they take us on a wide-ranging and surprising journey through social neuroscience and autism research, music, improvisational comedy, pro basketball, and tai chi. They also provide exercises for the reader to develop their own attunement skills. More information is available at www.MissingEachOther.com.

SOMETHING FUN TO DO!

In our October 22nd issue, we asked if you had to describe Penn Psychiatry using the make and model, what kind of car would we be?

We received some interesting answers, many were high end vehicles from their most classic time, suggesting that Penn Psychiatry is the best that time has had to offer. It is a mature department that, were it a car would have beauty, prestige and dignity. We also had a hybrid Lexus which calls to mind not only elegance, but efficiency and civic mindedness. And then there is the Ford Aerostar (LOL), which, seriously, is a workhorse—just like we all are! Either way, you can’t help to notice us as we come down the street!

- 1953 Cadillac Eldorado
- 2021 Lexus Hybrid
- 1963 Aston Martin DB5
- 1956 BMW 507
- 1990 Ford Aerostar



WELLNESS RESOURCES

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

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.