

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**  
MARCH 30, 2023



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

I am excited to share with you some really heartwarming news about a clinical service we launched in April 2021 at 3535 Market. The name of the service is TEAM (Time-Boxed, Efficient, Accessible, Multidisciplinary) Clinic, directed by Dr. Jeremy Tyler, who together with Dr. Mary Beth Gibbons oversees the clinic. In the last 2 years, we have deployed 3 TEAM “pods.” Each pod consists of 3 psychotherapists, a nurse practitioner (NP), .33 of a medical assistant, .33 of a medical case manager, and .30 of a psychiatrist. TEAM Clinic patients receive a medical evaluation of their mental health concern, by a NP or MD based on complexity, to identify potential medical comorbidities impacting mental health (e.g. thyroid dysfunction, diabetes, etc.). Once the evaluation is complete, the patient is referred for evidence-based psychotherapy for 12-16 weeks or pharmacotherapy or both. The results have been amazing! To date, 2,607 patients have been evaluated, increasing access by 52% and reducing wait time for an appointment. In fact, 31% of patients had an appointment within 1 week of scheduling! Critically, TEAM clinic has improved access for Penn employees. Billing data suggests that 31-59% of patients are Penn/UPHS employees. The outcomes have been really exciting, too and we can track those because patients have assessments using validated scales to measure their symptoms on a monthly basis. Patients with moderate depression at intake show important improvements in depressive symptoms: 45% showed a clinically

significant response and 29% demonstrated complete remission of depressive symptoms. That is not so different from what is seen in randomized controlled trials! The same is true for patients with moderate anxiety at intake: 50% showed a clinically significant response. At the end of the 12-16 weeks, 36% complete treatment and no longer request treatment, 13% are referred to a specialty clinic at Penn, and only 14% are referred externally; 37% discontinue treatment early before discussing ongoing mental health needs. I want to extend my warmest congratulations and thanks to the fabulous faculty and staff that are making a difference for patients in a way that allows us to keep access as a top priority. Many patients and (clinicians!) expect that treatment will last for months or years, especially if they receive psychotherapy but we know that not everyone needs that. People can get much better with time boxed evidence-based psychotherapy. Our plan is to launch 6 more TEAMS for a total of 9. With this, we think we can make a big difference for the mental health needs of our neighbors in West Philadelphia.

But TEAM clinic is not the only departmental group that I want to thank. I want to thank each and every one of you for the work that you do every day! You work hard and you have a lot to be proud of—our work makes a huge difference in terms of human suffering and each of you has a role in that. Whether you are taking care of patients directly or indirectly, training the next generation of clinicians and researchers, conducting ground breaking research or supporting the operations and finances to allow us to care for patients and do our critically important research, you make a difference. Thank you for that. I also want to remind you to take care of yourself. Keep to your routines in terms of sleep, eating and exercise. Take time to rest and recharge and take your vacation time!! Practice altruism (easy for us!) and gratitude. Reach out for help if you need it through EAP and COBALT. As we start to feel more comfortable that the pandemic is behind us, I look forward

to more in person meetings and opportunities to interact. In the meantime, Happy Spring!

Warmly,  
Maria

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#### **NEWELL FISCHER SCHOLARSHIP FUND**

Newell Fischer, MD was a distinguished adult and child psychoanalyst who held prominent positions in local, national, and international organizations, including President of the American Psychoanalytic Association. Newell Fischer was a member of our department for over four decades and taught residents all those years. He was a warm, witty, and caring colleague, friend, and mentor to many medical students, residents, candidates, and faculty members. Following Newell's death, the Psychoanalytic Center of Philadelphia began collecting donations made in his memory with the intention of establishing a Newell Fischer Scholarship Fund that would become part of the Philadelphia Psychoanalytic Foundation. Newell valued the education of young colleagues in his advocacy for our field.

Donations may be made on the PCOP website (<https://pcph.memberclicks.net/>) or by mail. Checks should be made out to PCOP with "Newell Fischer Scholarship Fund" noted on the memo line. On the website, click on Payments and Donations, use the drop-down menu to make a contribution to the Philadelphia Psychoanalytic Foundation, and write in Newell Fischer Scholarship Fund under Comments.

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#### **MATHIAS BASNER INTERVIEWED FOR CURETALKS @ PENN**

Recent rise in civilian space missions has created exciting new avenues to understand human health in microgravity. Listen to Penn Medicine's Dr Mathias Basner share interesting observations about how our behavior & cognition changes in space. Click [here](#) to listen.

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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.

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

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