

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM
APRIL 21, 2023



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

Spring is most definitely here!! I hope you are gearing up for the Med School graduation in May and the Resident's graduation in June, should be lovely! I wanted to remind you that with Summer around the corner, this might be an opportune time to think about taking some time off. You all work very hard and taking a break to relax and recharge is very important for wellbeing. I personally am looking forward to visiting one of my med school buddies and her family out in rural Michigan. It is beautiful in the summer with lakes for kayaking and dirt roads for strolling. They also have the most amazing produce: fruit and vegetables like you wouldn't believe at the farm stand. The best! So, I don't know what type of vacation you like but whether it is at the shore, or the mountains or even a staycation, now is a good time to start thinking about it. I find that just planning to take time off makes me smile.

I want to thank you for all the hard work you do. I am inspired by all that you accomplish, whether taking excellent care of our patients, educating the next generation, making discoveries that will change people's lives for the better or working on the finance and operations that makes it all work. So much so, that I am planning to hold a "state of the Department" discussion in the coming months, in which I will invite departmental leaders to describe all the wonderful things happening at Penn Psychiatry. We are lucky to have jobs that are

meaningful and for that I am grateful. As I often say, gratitude and altruism build resilience so try to practice them every day. That is an important part of taking care of yourself and you can also do that by sticking to your routines of sleep, exercise, and eating. So please, take good care and enjoy the beautiful afternoon!

Warmly,
Maria

CONGRATULATIONS TO NICK POWERS

Congrats to Nick Powers, psychology extern in the OPC, on winning an award at the ADAA conference this week in Washington, DC. Nick will receive the award for Poster Most Related to Conference Theme (From Science and Technology to Evidence-Based Practice: Enhancing Access Through Integration). As a conference awardee, Nick will be giving a presentation on his poster, titled: Treating Post-Traumatic Stress Disorder (PTSD): The Barrier of Eating Disorder Impairment.

CONGRATULATIONS TO TED BRODKIN

Harvard Medicine magazine just published an article called, “Missing Each Other, An Interview with Ted Brodtkin”. Click [here](#) to access the interview.

When they set out to write their book *Missing Each Other*, clinician-researchers Edward (Ted) Brodtkin, MD '92, and Ashley Pallathra probed why people seem to “miss” or misunderstand one another so often and how they can reestablish strong relationships. Brodtkin, an associate professor of psychiatry at the Perelman School of Medicine at the University of Pennsylvania, and Pallathra, a postdoctoral fellow at The Center for Emotional Health of Greater Philadelphia, LLC, conclude that connection is rooted in a concept called attunement. Brodtkin and Pallathra build on their research on autism and social skills as they explore the science of attunement and its four components: relaxed awareness, listening, understanding, and mutual responsiveness. They argue that embracing certain practices to develop attunement can help people work together rather than against one another to solve problems of national and global import, including the COVID-19 pandemic, climate change, and racial injustice.

CONGRATULATIONS TO KARIMA WILLIAMS

Congratulations to Karima Williams on her promotion to Practice Manager! Karima has kept the Outpatient Psychiatry Center (OPC) running smoothly for many years. Karima has always been a strong leader and continues to provide support, professionalism, and inspiration to her team. Karima knows the providers, patients, and processes well. As Practice Manager, Karima will

continue to be responsible for the management of the OPC, Cancer Counseling Center, Neuropsychiatry Center, and Rehab Medicine in pursuit of excellence while playing a critical role with the operations team.

CONGRATULATIONS TO DANIELLE PERDUNN

Patient Service Coordinator in the Psychiatry Call Center!



Danielle has been recognized by the Patient Access Collaborative as an Access Champion! The Patient Access Collaborative provides a forum for the nation's largest and most prestigious health systems to discuss and advance initiatives that can vastly improve patient access to ambulatory care. Danielle will be featured in the Patient Access Collaborative May newsletter, as well as on their website, social media platforms, and at the Patient Access Collaborative Symposium. Thank you, Danielle, for demonstrating excellence in patient access every day, and advocating for increased access for individuals experiencing mental health concerns.

CONGRATULATIONS TO JENNIFER WELDON

SCHOOL OF NURSING PRECEPTORS OF THE YEAR



Ms. Weldon has been precepting Penn PMHNP students for several years. Her role is innovative and dynamic and she's eager to support students in building their clinical skills/confidence via her unique role at Pennsylvania Hospital. Faculty appreciate Ms. Weldon's continued availability to our students and amazing communication skills. She's a passionate advocate for PMHNP students and ensures they have access to resources and opportunities to support them in getting the most out of their clinical experience. Students appreciate Ms. Weldon's effective communication, clear expectations, and ability to help them see growth opportunities. Students describe Ms. Weldon as a role model for inter-professional practice.

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