

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**  
MAY 25, 2023



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

For those of you who were able to attend Research Day, I hope you enjoyed it as much as I did. It was exciting to see all the work going on and especially to hear from our stellar Assistant Professors! I personally enjoyed walking around and hearing from the authors of the posters about the cool experiments they are doing to address vexing problems. There was lots of creativity on display for sure! It was also cool to hear about all the data that is available from LiBI and the Neurodevelopment and Psychosis Research Section which they generously presented so people could reach out if they want to collaborate. A big thanks to Raquel Gur and Matt Hayes for organizing it and to Cindy, Linda and Ana for managing the logistics beautifully. It went without a hitch!

Please accept my heartfelt thanks for all of the hard work you do to take care of our patients, teach our trainees, make ground-breaking discoveries and/or work behind the scenes to make it all happen. You really make a difference! I also want to urge you to take care of yourself and mind your routines about sleeping, eating and exercise. Build your resilience through altruism and gratitude: we are lucky our jobs, by definition, allow us to be altruistic! Finally, with summer upon us, please take some time to rest and recharge. Even if you do not travel anywhere, we all need a change of scene. You've earned it and it is a very healthy thing to do.

Memorial Day is almost here and it is one of my favorite holidays because it heralds the beginning of summer. We are getting ready for the residents' graduation in a few short weeks and are also excited to welcome a new batch of spectacular PGY1s. There are joyous things to look forward to and yet it is also important to share a moment of silence to remember those who have lost their lives serving our country.

I wish you a lovely holiday!

Warmly,  
Maria

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#### **CONGRATULATIONS SHEILA SHANMUGAN**

Sheila Shanmugan, M.D., Ph.D. was selected to receive one of this year's Career Awards for Medical Scientists (CAMS) from the Burroughs Wellcome Fund for her proposal entitled "Using person-specific networks to uncover sex differences in vulnerability to internalizing symptoms". The CAMS is one of the most competitive career awards that exists; top physician-scientists from all fields of medicine compete for this award every year. Awardees are selected based on their potential to revolutionize a particular field of science or medicine. Dr. Shanmugan was selected for her vision of leveraging machine learning and neuroimaging to personalize early interventions in reproductive psychiatry.

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#### **CONGRATULATIONS LAUREN DUBNER**



Lauren Dubner, MD, PGY IV Resident is the recipient of the Alexandra Symonds Fellowship for 2023-2024 selected by The Association of Women Psychiatrists. Only two outstanding women psychiatric residents/fellows receive this award annually. Candidates are chosen based on demonstrated leadership potential, interest in and commitment to women's mental health, community mental health service, and academic excellence.

## CONGRATULATIONS FIKAYO FALODUN



Fikayo Falodun, MD, PGY II Resident has been selected as a 2023-2024 APA SAMHSA Minority Fellow. The selection committee was convinced of Fikayo's dedication to reduce mental health disparities and improve behavioral health care outcomes for racial and ethnic populations, ensuring quality care and effective treatment for all persons with mental illness and substance use disorders. Fellow. This is a tremendous honor.

## CONGRATULATIONS TRISH IKE



Given her interest in improving quality within Penn Medicine, Trish Ike, MD, PGY I Resident has been invited to become a member of the 2023-2025 Healthcare Leadership in Quality Residency Track (HLQ). The HLQ track is designed to help residents incorporate healthcare quality and process improvement principles to their clinical training and improve their budding leadership skills.

## CONGRATULATIONS LEAH APPLE



The Pennsylvania Psychiatric Society awarded Leah Apple, MD, PGY III Resident first place for the Colloquium of Scholars Psychodynamic Formulation contest. Leah will receive the award at the Gala this fall.

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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