

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM
AUGUST 8, 2022



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

Summer is here in full force! Many of us are dreaming of going to the shore or to the mountains. I do hope you have plans to take time for yourself to refresh and relax. I myself have had to be away to help one of my sons move to the west coast (not too relaxing!) so I am planning a vacation to really relax in September. We are planning to both do some hiking and spend some time looking at architecture and museums—town and country so to speak!

Things in the department remain extremely busy. As you know, we have never had greater demand for our clinical services and we also have a number of large research projects that are underway. As well, our education leadership is gearing up for recruitment now that our trainees are settling in. One thing I can say is that it is not boring!

In other news, although the University has relaxed mandates around masking, please know that PSOM and UPHS still require masking in all of our settings. It can be very confusing when we receive different directives from different administrative bodies, but it does make sense that Penn Medicine would be stricter given that we care for patients, many of whom are immunocompromised. We also have to be vigilant about staying healthy so that we can be available to cover our responsibilities. You may have seen guidance from Penn Medicine also about holiday celebrations. Again, given the experience around

graduation time when there were quite a few Penn Medicine “super spreader” events, we are urged to be cautious, which also makes sense.

Finally, I want to thank you for all you do. You work very hard and have important responsibilities. Whether you are teaching, doing research, taking care of patients or doing all of the admin and finance work that makes it all possible, you are key to Penn Psychiatry’s mission. So, please, take care of yourself. Make sure to take the time for some exercise, keep your sleeping and eating routines and if possible, take vacation time. Remember that altruism and gratitude build our resilience and invest a few minutes each day to remember the things for which you are grateful. I can tell you that one of the things I am grateful for is you and everything you do!

Warmly, m

CONGRATULATIONS KEVIN HOFFMAN!



The NIMH committee selected PGY III Resident, Kevin Hoffman, MD, PhD to receive the 2022 NIMH Outstanding Resident Award. The committee was very impressed with his achievements at this early stage of his career. This award is one way that NIMH can both recognize his talent and encourage him to continue to develop his research career. Kevin is on the EPSP Research Track. His mentor is Ran Barzilay, MD, PhD.

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