

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM
NOVEMBER 22, 2022



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

I wish you all a wonderful (official) Thanksgiving Day this Thursday. I hope you can celebrate it with your family and/or friends and take time to remember all the things for which you are grateful. I say “official” Thanksgiving because I believe we should experience gratitude every day despite the challenges we face as denizens of the globe, country, health system/school of medicine, and department, not to mention the challenges in our personal lives. I certainly am grateful for the opportunity to work with you all every day, pursuing the critical missions of the department in patient care, research, education, and community outreach. That our work allows for the experience of altruism is fortuitous indeed!

I do want to acknowledge again the loss of Dr. Dwight Evans and as I have mentioned, I will miss his generous and wise counsel. I take solace in the fact that he was surrounded by family that day in anticipation of the holiday and that it was peaceful.

Please take care of yourself! Make sure to keep to your eating, sleeping and exercise routines and find time to rest—take your vacation time! Build your resilience through altruism and gratitude. Below I am pleased to share some of the things for which you all have reported feeling grateful. Best wishes for a wonderful holiday!

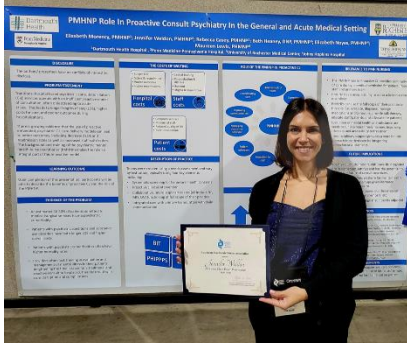
Warmly,
Maria

THOUGHTS OF THANKS

I am thankful for

- I am grateful for a loving family, meaningful work, and an amazing team at Penn.
- I am thankful for my colleagues at Penn Medicine, Penn Psychiatry and Penn Medicine EAP. Our new virtual existence built community that supports me in all that I do.
- My heart is filled with gratitude. I am thankful for family, unconditional loving pup, friends, working at Penn with great teams of colleagues, good health, nature and art. All provide purpose and nurturance. I am blessed.
- My team and our mission. I am grateful every day to work alongside such a dedicated group of professionals, who take exceptional care of our clients, and each other. You make the heavy work lighter.
- Good health news and wonderful support from my colleagues and department.
- The marvelous, talented, and committed people with whom I work. I am inspired by you.
- I thank God each day for my good health and for a husband who just loves me beyond words. I am so blessed.
- I am thankful for the goodness in humanity. "Do your little bit of good where you are; it is those little bits of good put together that overwhelm the world." Desmond Tutu
- ... faculty and staff who continued to work hard through the pandemic and have shown remarkable resilience despite working mostly from home and on their own. Although our work life will likely never be the same as it used to be pre-pandemic, I wish for 2023 that we can get together in person more often without having to use the phrase "you are muted". Happy Holidays and a Happy 2023!
- The ongoing and unrelenting empathy, understanding and support of my UPHS team as I navigated a difficult personal year.
- I am thankful for any unexpected act of kindness, care, and assistance that is given to individuals in need or the world at large. Heaven knows that we need more of this, everywhere, as much as possible.

CONGRATULATIONS JENNIFER WELDON



Jennifer Weldon, PMHNP, Psychiatric Nurse Practitioner on MEND and Psychiatry Consult Team at Pennsylvania Hospital, along with colleagues from Dartmouth Health, University of Rochester, and Johns Hopkins University, was awarded the 1st Place Poster prize in the Practice Category at the American Psychiatric Nurses Association 36th Annual Conference this past week. The title of the poster presentation was “PMHNP Role in Proactive Consult Psychiatry in the General and Acute Medical Setting”. Congratulations to Jen and many thanks for

all of her incredible work at Pennsylvania Hospital!

CONGRATULATION ANAYA KELLOGG AND THE TEAM CLINIC

We are pleased to share that Anaya Kellogg is the recipient of the CPUP Penn Medicine Experience Advocacy Award Provider Recognition category, and the TEAM Clinic is the recipient of the CPUP Penn Medicine Advocacy Award Team Recognition category! Below are pictures of the award recipients, and the nominations their colleagues submitted in their honor. Thank you, Anaya, and all of the members of the TEAM Clinic, for your excellent work to serve our patients and educate trainees.



Anaya has done incredible work in her 2+ years with the Outpatient Psychiatry Center to flesh out our Dialectical Behavior Therapy program. Anaya demonstrated Compassion when she recognized that there was a need for more DBT resources in the city that accept insurance and Medicare and Medicaid, as many DBT services are private pay only and are only accessible to the wealthy. She launched the first ever DBT group in the OPC that accepts insurance in 2020, and then took over the Resident Psychotherapy Practice DBT education program, launched four new DBT groups in the OPC and in the TEAM Clinic, and

started to build a comprehensive DBT program. She demonstrated the value of Empowerment when she advocated for her team members to be given protected time for consultation and administration so we can deliver DBT with high fidelity. She demonstrates Collaboration through her insistence on consultation between group facilitators and individual therapists and through her investment in training psychiatry residents in DBT, offering a rare opportunity for future psychiatrists to get a rigorous exposure to an evidence-based psychotherapy practice. She demonstrates orientation to the Present by keeping to meeting agendas and modeling mindful participation. She demonstrates Accountability through keeping her commitments to colleagues and patients, effectively communicating about DBT expectations, and taking ownership for her mistakes. Anaya shows the principle of Cultural Humility through her embodiment of the DBT principle of showing equality through radical genuineness, as she

brings her whole authentic self to her work as a supervisor, trainer, clinical social worker, and colleague, and through her belief that everyone is doing the best they can.



All of the staff in the TEAMS clinic are extremely compassionate, understanding, and willing to go above and beyond for patients. Everyone works together and are always willing to help one another. I have worked for other organizations and with other teams and have not experienced staff who truly care for the patients and each other the way the staff in TEAMS clinic does. Whenever I have had a problem or ask a question, the team is always willing to help problem solve and point you in the direction that can help. I have never heard "Sorry I can't help you with that". Patient care is the primary focus and I frequently witness staff advocating for patients, treating all patients with respect, and communicating/coordinating amongst staff for the highest level of patient care. The TEAMS clinic is truly unique and I feel an embodiment of what Penn Medicine represents in regards to patient care.

**CONGRATULATIONS ARUSHI KAPOOR, GERIATRIC PSYCHIATRY
FELLOWSHIP DIRECTOR**



Arushi Kapoor M.D, a dual board-certified geriatric psychiatrist, obtained a bachelor's degree in neurobiology at University of California, Davis, California in 2010, then earned a medical degree from Saba University School of Medicine in 2015. She subsequently completed her general psychiatry residency training at Howard University Hospital in Washington DC in 2019 and her geriatric psychiatry fellowship at University of Pennsylvania in 2020. Throughout her residency, she was in leadership and advocacy roles as the resident fellow representative at the local APA chapter and leader of the Committee of Interns and Residents.

In addition to her clinician role at the Penn Memory Center, Dr. Kapoor spends her time at the Veteran Affairs Medical Center as a “geriatric champion” on the Bronze Team. She has assisted with establishing a geriatric psychiatry clinic as part of the outpatient services to focus on cognitive impairment and age-related mental health disorders. She has provided tutorials and seminars on caregiver burden and dementia education to several staff and colleagues as part of her dedicated role in teaching.

Dr. Kapoor serves as a consultant to VA’s Home-Based Primary Care (HBPC) providers to assist veterans limited to home care with mental health crises. She also serves as the primary psychiatrist at the Community Living Center (CLC), a long-term care living facility for veterans, and has been an active member of the STAR-VA treatment planning and engagement services. Her research interests include caregiver burden, dementia wrap around services and collaboration and access to geriatric psychiatric care.

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.

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