



MESSAGE FROM THE CHAIR

Dear Faculty, Trainees and Staff:

You may recall that last month at the Faculty meeting, we asked you to brainstorm about what the department could do to maintain cohesion during this physically distanced time. There were many excellent suggestions and even more came in after the meeting! One suggestion that I would like to implement myself and encourage all of you who call or run meetings to consider is to make meetings either 25 minutes if they are currently 30 or 50 minutes if they are currently 60. Many of you cited Zoom and BlueJeans fatigue. I can relate to that! Another great suggestion was to consider having conference calls instead of video calls sometimes. That way people can pace while on the phone and at least get some steps in! There were several other great suggestions but for now, I would like to implement two of them. One is to have town hall meetings. In the next weeks, we will convene a town hall meeting for all members of the department which I will co-lead with Dr. Thea Gallagher. We will hold these twice a month and I may ask some of you to facilitate them with me. Another thing I would like to implement is making announcements in this space about new additions to the department. If there is a new team member in your group, please send Ron Andujar and me a picture a brief introductory description and we will add a welcome to this letter. Finally, I would like to encourage you to set up times for lunch or coffee “together.” You might also consider something that worked well in the VA—a 30-minute call in which one of the clinical experts dispenses a few clinical “pearls” and then there is

open discussion and Q&A. You can probably think of many more things to do that will help you feel connected!

A recent article in the Boston Globe provided a grim reminder that we cannot let our guard down. The Harvard teaching hospital, Brigham Women's and Children had a COVID outbreak that affected over 50 staff members and many patients. It resulted from lax procedures like not wearing PPE or sitting too closely while eating meals. Please, please, please take good care of yourself at work and at home. The work that you do every day is extremely important and we need you!

I want to end today's message where I usually begin: Thank you for everything you are doing to make sure we continue to fulfill our missions of teaching, patient care and research. You excel at all three and I am humbled and grateful for the opportunity to work with you.

I hope you are enjoying the beautiful day!!

Warmly, m

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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.