

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

DECEMBER 30, 2020



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

It is hard to believe that the end of 2020 is upon us! Time certainly flies although, at many points, this year seemed to go on for an eternity. Seldom has it been such a relief to see a year come to an end. Phew!!!

We have much to look forward to in 2021. We are vaccinating many people in PSOM and UPHS and many of our own clinicians will be invited to make an appointment to receive the first dose of the vaccine shortly. At the same time, the inpatient COVID-19 census across the health system has been going down steadily and I am hopeful that our community will heed the advice to avoid yet another surge. While all of this does not mean we can all pitch our masks and forget about physical distancing, it is the proverbial light at the end of the tunnel. Knowing that we will soon see a dwindling of the pandemic and a return to something closer to normalcy is a huge relief. Of course, we are unlikely to go back to how it used to be exactly and none of us know for sure what it will be like, but we do know it will be much less confining than our current situation.

We have lots of work to do in terms of caring for those who are suffering from mental illness, working towards developing an anti-racist culture for the department and beyond, and working to drive discovery and educate young minds. We also know that the economic devastation of the virus will also affect our community's mental health and some of us are likely feeling the impact of unemployment

personally, with family members losing jobs or income. We also have much to be grateful for. We have a wonderful department doing work that is impactful. We have the privilege of working for an institution that, for the most part, has managed not to need to make lay-offs, decrease wages or furlough employees. As I have mentioned before, altruism and gratitude are key to resilience!

I want to end this last Wednesday message of the year by thanking you for all you do and urging you to find some time to rest and take care of yourself as we transition to 2021. Please remember your routines in terms of eating, sleeping and exercise and may 2021 be filled with health and peace for you and your loved ones.

Warmly, m

TOPIC

Atasha Jordan, MD, MBA, PGY II Resident, authored a commentary in Clinical Psychiatry News on Collaborating with religious communities to promote mental health. Click [here](#) to read the article.

WELLNESS RESOURCES

Click [here](#) to access our Wellness Resources.

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.