

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

APRIL 7, 2021



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

I hope you had a chance to enjoy the beautiful weekend and beginning of the week even if this morning it was raining. And it is raining inside our health system, too. The inpatient COVID-19 census has been going up all across UPHS and HUP/PAH/PPMC are no exceptions. It's a sad reminder that we are not entirely out of the woods and that risk is not gone. Please, please take care of yourselves and your loved ones!

I am delighted to share several pieces of good news with you. We are now ranked #2 in terms of psychiatry training programs, second only to Yale and tied with Harvard and Johns Hopkins. I want to thank Cabrina Campbell and the whole education team for both the residency training program and for undergraduate medical education. This is a major accomplishment! We are blessed because in addition to amazing leaders in education, we have amazing residents and medical students. Well done!!!

On a separate note, today I gave a presentation to the CPUP Board of Directors about the impact of telehealth in Psychiatry. People were very impressed with the fact that our no-shows and cancellation rates are down ~26% and that we are seeing patients at >120% capacity of pre-COVID volumes. This is a reflection of the tremendous energy and work that our clinical team has dedicated to tending to the needs of our community: employees and other patients. We still have a long waiting list. Never has demand for our care been greater. But we are all

working hard to innovate so we can be as efficient as possible. I want to send a big THANK YOU to the clinical team.

Of course, all of you deserve a big THANK YOU. Whether you are part of the education, clinical, research or administration team, people have been working hard. I really appreciate your dedication. As you know, our missions are very important and fortunately allow us to be altruistic—which helps our resilience!

I already asked you to take care of you in terms of pandemic risk but don't forget about your routines around eating, sleeping, and exercise. And, if I may, I suggest you add a gratitude routine to these important facets of your life. I hope you get a chance to get outside even if briefly to enjoy the warmth and the sunshine!

Warmly,
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CONGRATULATIONS SEAN UDELL



Sean Udell, MD, MA PGY II Resident has won a Penn Pearl award. Every year, Penn medical students nominate and vote for their favorite residents, fellows and attendings, who have been great mentors and teachers during their clinical training. In their acceptance speeches, award recipients provide clinical, professional, and life “pearls” to medical students at the award ceremony in April.

CONGRATULATIONS BRIJAE CHAVARRIA



Brijae Chavarria, MD, MA PGY II Resident has been awarded the American Psychiatric Association Foundation Diversity Leadership Fellowship for 2021-2023 academic years. This two-year resident Fellowship is funded by the APA Foundation. Through this fellowship, residents develop leadership skills in providing culturally competent, evidence based mental health and substance abuse services to diverse minority groups and at-risk populations.

CONGRATULATIONS ATASHA JORDAN



Atasha Jordan, MD, MBA PGY II Resident has been selected as a 2021-22 SAMHSA Minority Fellow! This is a tremendous honor, and based on her application, the selection committee was convinced of her dedication to reduce mental health disparities and improve behavioral health care outcomes for racial and ethnic populations, ensuring humane care and effective treatment for all persons with mental illness, including substance use disorders. This fellowship will support her work to increase mental health literacy in Christian communities. Atasha states, "It's awesome to receive this kind of support for work that is near and dear to my heart"

CONGRATULATIONS MARK MORALES



Mark Morales, MD PGY II Resident has been awarded the APA Public Psychiatry Fellowship for the 2021-2023 academic years. This two-year fellowship supports residents with a strong interest in community psychiatry. The fellowship will provide the opportunity to collaborate with like-minded peers and mentors, strengthen skills in advocacy, and learn how to take on a leadership role for a future career in the public sector.

WELLNESS RESOURCES

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

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

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

