

**PENN PSYCHIATRY**

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**

DECEMBER 8, 2021



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

It is hard to believe that it is already December, the end of what has been quite a tumultuous year! We certainly have weathered wave after wave of COVID-19 infections. Nonetheless, the work of the faculty, staff and trainees continues to be of the highest caliber and delivered with resilience and grace. You have all been amazing “troopers” during all this time taking care of our patients, conducting important research, and training the next generation. I am so proud of what we do as a department, and you should know that all around PSOM have taken notice and are clamoring to partner with us for education, research and of course, clinical services. We are working with Neurology to develop a program for college students from Historically Black Serving Universities; we are working with Radiology, the School of Nursing, CHOP, and Annenberg on large research projects (P30, P50, TCORS)—and these are just a few examples; we are working with Primary Care, Ob-GYN, Radiation Oncology, Transplant and more to develop novel models of mental health care. It is wonderful to see!

As we celebrate this holiday season, I urge you to make sure you take some time for yourself. Please find a way to disconnect from work and spend time with people you love and/or doing things you love. Even if you are not going anywhere, take a stay-cation! I did that over the Thanksgiving break and took two extra days to go out to lunch, go to museums and just walk around outside. It was very restorative!

In addition to my deep gratitude, I wanted to share my best wishes for the holidays and for a peaceful and healthy New Year. Thank you for all you do!

Warmly,  
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**OUR ADDICTION TREATMENT PROGRAMS (“TOTAL RECOVERY”) AT PENN PRESBYTERIAN MEDICAL CENTER WERE RATED #2 “AMERICA’S BEST ADDICTION TREATMENT CENTERS 2021” IN THE STATE OF PENNSYLVANIA BY NEWSWEEK!**



**GREAT JOB ATASHA**

On November 13th, Atasha Jordan, MD, MBA (PGY3) delivered a new investigators presentation at the Black Psychiatrists of America Annual Conference titled Increasing Mental Health Literacy Among Black Church Leaders in Philadelphia. As an APA/SAMHSA Minority Fellow, Dr. Jordan will offer Mental Health First Aid training to Black church leaders in the Greater Philadelphia region. Dr. Rachel Talley serves as the co-principal investigator on this project.

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### **CONGRATULATIONS MICHAEL!**

Michael Huang, M.D. PGY IV Resident, has been selected as a recipient of the 3rd Annual Austen Riggs Award for Excellence in Psychotherapy. This award recognizes Michael's efforts and accomplishment in the arena of psychotherapy.

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### **YADEN WINS THE GINSBERG!**

Mary Elizabeth (Bit) Yaden, MD, MS, MAPP PGY IV Resident has been selected as a 2022 George Ginsberg Fellowship Award winner to be recognized at the AADPRT (American Association of Directors of Psychiatric Residency Training) Annual Meeting, March 8-12 in Minneapolis, MN. The Ginsberg Award acknowledges the excellence and accomplishments of outstanding residents interested in education and teaching who are pursuing careers as clinician-educators and/or academic administrators. Congratulations Bit!

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### **PENN MEDICINE COAT DRIVE – SPONSORED BY CPUP COMMITTEE ON ANTI-RACISM**

On behalf of the CPUP Committee on Anti-Racism, we would like to send a special THANK YOU to everyone in our department who was so generous and contributed to the recent Coat Drive sponsored by the Committee. Coats were collected at HUP, PPMC, PAH, Radnor and 3535. Our location, 3535 collected 79 of the 450 coats and accessories donated! The items were donated to Chosen 300 Ministries located at 3959 Lancaster Avenue and our collective efforts were sincerely appreciated. Thank you all once more for your generosity and kindness!

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## **12 WAYS TO HAVE A HEALTHY HOLIDAY SEASON**

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

1. Wash hands often to help prevent the spread of germs. Wash your hands with soap and clean running water for at least 20 seconds.
2. Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control.
4. Don't drink and drive or let others drink and drive. Choose not to drink and drive and help others do the same.
5. Be smoke-free. Avoid smoking and secondhand smoke.
6. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age.
7. Get exams and screenings. Ask your health care provider what exams you need and when to get them.
8. Get your vaccinations. Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
10. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.
11. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. Eat healthy, stay active. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

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## **HOLIDAY SHOPPING TIP**

Make a list and a budget. Those impulse purchases (looking at you, cozy sweater) are less tempting when you have a game plan. Consider how much you're willing to put on your credit card, and how long it might take to pay it off. If money's tight, paying for a gift over time through layaway might help.

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## **HEALTHY CHOICES**

This Holiday Season Do What's Best for You and Your Loved Ones

Take Care of Yourself

- Being away from family and friends during the holidays can be hard.
- When you talk with your friends and family about plans, it's okay if you decide to stay home and remain apart from others.

#### Do What's Best for Your Household

- Doing what's best for you includes eating healthy foods and getting enough sleep.
- Take care of your body and stay active to lessen fatigue, anxiety, and sadness.

#### Spend Time with Those in Your Household

- Hard choices to be apart this year may mean that you can spend many more years with your loved ones.
- Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.

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## IN DECEMBER WE'RE RAISING AWARENESS ABOUT THE ONGOING FIGHT AGAINST HIV/AIDS

Every year on the first of December, the National AIDS Trust sponsors [World AIDS day](#) to raise awareness, show support for people living with HIV, and unite in the fight against HIV. Use the [2021 World AIDS Day campaign assets](#) to spread the word about HIV with your networks. You can also share the CDC's MyHealthfinder resources on [getting tested for HIV](#) and [talking to the doctor about HIV testing](#). And don't forget to track on the Healthy People 2030 objectives related to [reducing sexually transmitted infections and improving access to quality STI care](#).

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## SECOND WEDNESDAY WEBINAR SERIES

The Time and Stress Management Tool Kit

Date: 12/08/2021 | Time: 1:30 PM to 2:30 PM EST

REGISTER FOR THIS EVENT

<https://register.gotowebinar.com/register/3327837285023341838>

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## WELLNESS RESOURCES

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

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

## UPHS EMPLOYEES REGISTER FOR YOUR MY LIFE EXPERT ACCOUNT

Create your new account at: <https://penmedicineap.mylifeexpert.com/>

or [Scan Here to Download](#)



UPHS employees use company Code PH045.

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## THANK YOU FOR YOUR SERVICE.

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### 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

