

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**  
MAY 17, 2022



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

I must confess I was very disappointed to cancel the Beginning of Summer picnic. But how could we go forward? COVID has been tearing through 3535 and Penn Medicine. On a personal note, my family too has been going through it. Today, the Chief Medical Officer for HUP, Neil Fishman, who specializes in Infectious Disease told us that the most recent variant is 25% more contagious than the previous one, which was 30% more contagious than the one going around in January. That is all I need to know to understand that we absolutely need to mask indoors and also to strongly consider masking outdoors. While hospitalizations are not increasing, if you have spoken to anyone who has had COVID recently, you will learn that the illness is still no joke, nor are we free of risk of long COVID. As time passes, it becomes clearer to me that this is our new normal. I do hope I am wrong. Nonetheless, we are looking at dates in September for a picnic for the Department and will let you know about that soon.

In other news, the review of the Department by PSOM is ongoing. My understanding from Dean Bellini is that it is going well and that we will learn about several opportunities for improvement. For those of you who have participated, I thank you for helping Penn Psychiatry get better. When the report is back, I will be sure to share highlights with you all.

Last, but not least, please take good care of yourself. The work that Penn Psychiatry does is extremely important, and I strongly value all your work and contributions. You may also know that if there is a silver lining to the mental health crisis we are enduring, it is this: for most people, it is now incontrovertible that mental health is extremely important and deserving of care and attention. Whether you are taking care of patients, working on identifying the underlying mechanisms or the next treatments for psychiatric illnesses, training the next generation, or working in operations or finances to make it all happen, your work is absolutely essential. So, please, work on your resilience through maintaining your eating, sleeping and exercising habits, practicing gratitude and engaging in altruism, to help you stay strong. With the long weekend coming up, please make some time to relax and have fun. Reminder: please plan a vacation.

Warmly, m

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#### CONGRATULATIONS MEND TEAM



Our Pennsylvania Hospital MEND (Mental Health Engagement Navigation and Delivery) team was recognized with the **Partnership Award** at the Pennsylvania Hospital Relationship Based Care awards ceremony on May 11, 2022. Pictured here is PAH Chief Nursing Officer Elizabeth Craig, DNP, RN, FACHE presenting the award to MEND team Stephanie Cross, MD, PhD and Jennifer Weldon, CRNP (Katharine Porter, LSW not pictured)

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#### NATIONAL HEALTH OBSERVANCES

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people in the United States every day. The NHOs in our May roundup

help raise awareness about Healthy Vision, Physical Fitness & Sports, Stroke Awareness and Women's Health Week

- **National Physical Fitness & Sports Month**

Each May the President's Council on Sports, Fitness & Nutrition (PCSFN) within ODPHP supports National Physical Fitness & Sports Month — an opportunity to raise awareness about the benefits of physical activity! Encourage people to live healthier lives through increased physical activity using our [Move Your Way®](#) campaign materials.

- **National Stroke Awareness Month**

The National Institute of Neurological Disorders and Stroke (NINDS) sponsors [National Stroke Awareness Month](#) in May to help people learn about risk factors for stroke. And be sure to share our [MyHealthfinder](#) resource on how to lower the risk of stroke.

- **Healthy Vision Month**

Each May, the National Eye Institute (NEI) sponsors [Healthy Vision Month](#). Use NEI's Healthy Vision Month Social Media Library to spread the word about healthy vision and encourage your audiences to learn how to protect their eye health. You can also share our [MyHealthfinder](#) resource on protecting kids' vision with parents in your community.

- **National Women's Health Week**

This year the Office on Women's Health (OWH) is sponsoring National Women's Health Week on May 8 to 14 to encourage women and girls to make their health a priority. You can also use our [Move Your Way maternal health resources](#) to help your pregnant and postpartum audiences find tips for getting active.

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[pennteam.eap.mylifeexpert.com](https://pennteam.eap.mylifeexpert.com)  
or Scan Here to Download:



When creating a new account, use company code: PH045

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## WELLNESS RESOURCES

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

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

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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

