

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**  
AUGUST 30, 2022



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

It's hard to believe that the end of Summer is upon us. I do hope you had a chance to take a break and to rest and re-charge. I myself am very much looking to my family's annual canoe camping trip this coming weekend. It's one time of year when you will get an OOO message from me. We go so deep into the woods that there is no phone reception (not to mention electricity or running water). I am praying for good weather!!!

Speaking of fun, I am very much looking forward to the departmental get together which we are planning for October. It will be outdoors so hopefully resilient to the vagaries of COVID. It will be fun to see many of you in person and to have a chance to say hello and to chat. The party is long overdue!

I would like to thank all of you for all your work. As you know, the work we do is very important and never has mental health been so center-stage as it is now. Seems like everyone (or almost everyone) finally got the message: there is no health without mental health. Whether you are on the front lines taking care of patients, training the next generation of clinicians, studying causes and treatments for mental illness or working to "keep the trains running on time" (finance, operations, etc.), your contribution is absolutely essential. We are lucky that our work gives us opportunities for altruism, which builds our

resilience and we should take a few minutes every day to experience and express gratitude, another resilience builder. Please take good care of yourself by taking time to unplug, sticking to your exercise and sleep routines, eating healthily, etc. And again: thank you for everything you do!

Warmly, m

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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