

**MOVING FORWARD TOGETHER**  
AUGUST 21, 2025**MESSAGE FROM THE CHAIR**

Dear All,

I was surprised that the “real feel” this morning was in the 50’s. What? In mid-August??? I guess it’s true, summer is coming to an end with Labor Day sitting mostly in August! I do hope that you had a chance to take a vacation and relax even if you stayed home mostly. It is so important to take time for yourself and ideally to enjoy the company of loved ones and friends—it really helps you recharge. If you haven’t taken a vacation yet, consider one this fall. The crisp, clear days of September and October can be ideal for time off.

Things are moving fast on many fronts and July and August are always busy with welcoming new Psychology Interns, Psychiatry Residents and Subspecialty Fellows. This year we also have a number of new faculty joining us, too. So please welcome our new members when you see them around!

As always, I wanted to express my heart-felt gratitude to you for everything you do every day. It does not matter if you are taking care of patients, teaching students and trainees, conducting research, or doing work that supports all of our important missions, your work is very important. Your work is very important because our mission is very important: to alleviate the suffering of those with mental health conditions. Few things are more altruistic! And that is a great thing because altruism builds our resilience and helps us stay strong. Speaking of being strong, I have been very impressed by the creative energy that many of you have invested to ensure that we navigate these turbulent times with equanimity while keeping our focus on the important work that we do. Thank you for all you do and please remember to take care of yourself. Make sure you get the sleep you need, the exercise you need and eat healthily. Our routines are another key contributor to well-being and resilience and you need to take care of yourself because we need you!

Warmly and with gratitude, m

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**ANNOUNCING TWO TRANSITIONS IN LEADERSHIP OF OUR CLINICAL SERVICES**



Please congratulate Dr. Rachel Kishton on her new role as Chief of Integrated Services. Dr. Eleanor Anderson has done a phenomenal job of serving in this capacity since 2020 and under her leadership, Penn Integrated Care has expanded to cover NEARLY 400,000 lives across ALMOST 50 primary care practices with new specialty practices in OB/GYN and Oncology. PIC has truly become a jewel in the department's crown, attracting residency and faculty applicants from across the country and being featured in NEJM. Fortunately, Dr. Anderson will continue to work clinically on our consult services and as mentor and supervisor to trainees and faculty. In addition, she will leave PIC in the very capable hands of Dr. Kishton, a dual-trained psychiatrist and family physician who has devoted her career to integrating mental health into primary care. Some of you may know Dr. Kishton from her role as medical lead for COBALT, a digital platform that connects the Penn Medicine community with psychoeducation, community resources, and — as of last month — appointments in both our EAP and TEAMS clinics.



Dr. Tahir Maqsood is also transitioning out of his role of Chief of Psychiatry at HUP Cedar, with Dr. Jody Foster coming in as Acting Chief. Dr. Maqsood has held multiple leadership roles at this hospital for over 20 years and has been a stabilizing presence on the campus throughout many transitions, all while keeping a clear focus on the underserved and vulnerable patients the hospital was built to treat, and making his people feel cared for. Since becoming affiliated with HUP in 2021, Dr. Maqsood's accomplishments are many: he oversaw the opening of a state-of-the-art CRC, recruited and onboarded nearly a dozen providers, and successfully advocated for much needed resources. We are grateful for his work and that he will continue to provide coverage of hospital services, to mentor providers, and to advise our leadership team. We are also grateful that Dr. Foster has agreed to ensure continuity as we recruit for a permanent Chief. Dr. Foster is a key member of the department with a wealth of experience overseeing Pennsylvania Hospital's psychiatry services (including its transition from community to academic hospital), as well as being a proud bearer of an Eagles Super Bowl ring.


Please join us in thanking Eleanor and Tahir for their incredible work, and in welcoming Rachel and Jody to their new roles!

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## CONGRATULATIONS OPC WHICH IS NOW AN LGBTQ+ AFFIRMING PRACTICE



We are thrilled to announce a new initiative: the OPC has been approved to become formally affiliated with the Penn Medicine [Program for LGBTQ+ Health](#) as a LGBTQ+ Affirming Practice. This means that we have updated our clinical workflows, policies, and physical spaces to formalize and optimize the provision of affirming care to LGBTQ+ patients. Below are updates that pertain to each of our roles:

- **KnowledgeLink Trainings:** There are two new mandatory training courses assigned to all OPC staff and trainees at Knowledge Link. The titles are [Introduction to Serving Penn Medicine's Transgender and Gender Diverse Community](#) and [Your Role in Serving Penn Medicine's Transgender and Gender Diverse Community](#).
- **Additional training for OPC clinicians:** Med providers and psychotherapists, staff members and trainees are required to complete one additional training on the provision of clinical care to LGBTQ+ patients and/or anti-racism and equity.
  - The link to some CME-eligible training options can be found here: [Training Library](#). Please choose training based on your experience level and your clinical needs.
  - If you prefer to pursue a training on the provision of clinical care to LGBTQ+ patients that you find on your own, please check with your clinical supervisor if it meets criteria.
  - OPC clinicians will send proof of completion to their clinical supervisor by 12/31/25.
  - Once OPC staff have completed these trainings, they are eligible to become certified as either an [LGBTQ+ Affirming Provider](#) or [LGBTQ+ Affirming Clinical Specialist](#). These designations are available to all OPC staff, but not available to trainees. We recommend applying so that patients can find you!  LGBTQ+ affirming provider
  - We will require that all OPC clinicians do one CME-eligible training on LGBTQ+ mental health care and/or anti-racism and equity every year.
- **SO/GI Data Collection:** All OPC patients will now be asked if they would like to update their Sexual Orientation/ Gender Identity (SO/GI) Data on a yearly basis. We have added this as a step in our treatment planning, and on 7/8/25, Nasim Chatha, LCSW, presented at the Ambulatory Psychiatry All Staff Meeting to train all staff and clinicians on how to administer the SO/GI Data Questionnaire. The OPC will also have tip sheets for how to show patients how to update their demographic information on their own in MyPennMedicine.
- **Updating our Dot Phrases:** We have reviewed all OPC psychotherapy SmartPhrases so that they use patients' preferred names rather than their legal names when appropriate. We will be undertaking a review of psychiatry dot phrases as well.
- **Reviewing our Psychiatry Procedures:** Dr. Mikiko Thelwell, currently a third-year psychiatry resident, will be reviewing the OPC's psychiatry procedures to ensure that they best serve our LGBTQ+ patients. She is experienced in the provision of LGBTQ+ affirming care and co-authored the first Kaplan and Sadock textbook chapter on mental health needs of LGBTQIA+ youth. We will be implementing Dr. Thelwell's recommendations over the course of the upcoming academic year.

- **Reporting discrimination:** On 7/8/25, Jenny Hrobak presented at the Ambulatory Psychiatry All Staff Meeting regarding how to use SafetyNet to report concerns related to discrimination in the workplace.
- **Swag!** As you may have noticed, the OPC has some new posters in our lobby and shared spaces. Please stop by Karima's office to get a pronoun badge backer and/or a rainbow Pride pin for your lanyard.

I am delighted to share this news with you all and to continue protecting the OPC's provision of high quality of care for LGBTQ+ patients. Thank you to Nasim Chatha, LCSW, Karima Williams, and Corey Ye, MSW for your work on this initiative. And thank you Dr. Mikiko Thelwell for taking on this work during the 2025-2026 academic year. Please let me know if you have any questions. –Elizabeth Field, PsyD

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## A CAREER OF UNLOCKING THE GENETIC DRIVERS OF ADDICTION



Henry Kranzler has driven the national conversation on addiction research, but his journey began in anthropology. Click [here](#) to read Eric Horvath's article on pennmedicine.org.

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## VIRTUAL HEADSHOT SESSIONS

If you will need to complete a professional headshot session for PennMedicine.Org, please follow this [link](#) to sign up for a virtual headshot or schedule a session with a photographer.

- Download the Capturely App on your mobile phone. Search for the app in the app store.
- Follow the instructions and schedule a visit with a photographer. You will then use the App to have the photo taken. It is strongly encouraged to have another person hold your phone to take the photo. The Capturely photographer will direct you.
- You will be asked for your Penn ID and Department.

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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.