

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

JULY 7, 2020



MESSAGE FROM THE CHAIR

Dear Faculty, Trainees and Staff:

Today I wanted to communicate my excitement about all the wonderful work that is happening both at Penn Psychiatry and across CPUP and PSOM to create an anti-racist culture. I see the engagement and openness that is expressed across a wide swath of people in our community and it warms my heart. We have a lot to do and we will do it. In the next weeks, we will be communicating some of the concrete steps Penn Psychiatry is taking. For one, we will have an email address so that ideas and suggestions for culture change can be sent to the Task Force on Creating an Anti-Racist Culture. But there will be many more.

I also wish our new residents and fellows a warm welcome. It is a pleasure to have the next generation of brilliant clinicians, researchers and educators join the Penn Psychiatry family. Welcome!!!!

This coming Monday marks Phase II of research resurgence. Many of you are busily preparing for this next stage. Please take good care to ensure safety as you tend to these exciting developments and reengagement with our science.

Finally, I don't have to remind you that COVID-19 is still among us. Please keep setting the example not only at work but in your community by wearing a mask, practicing physical distancing and frequent hand hygiene. Most importantly, please take care of yourself. Your exercise, sleep and eating routine are a cornerstone of

wellness! If you need help, EAP, Cobalt and “This Plane has a Mask for You” are available.

Warmly, m

BROKEN BIRD, BY RACHEL HARRISON-GORDON

Synopsis

Broken Bird follows Birdie, a biracial girl raised by her Jewish mom in a New Jersey suburb, as she spends a rare day with her father while preparing for her Bat Mitzvah. She overcomes her doubts, and decides to risk inviting him back into her life. Birdie confronts what independence means as she steps into adulthood on her own terms.

Click here for the link to the film.

Rachel is an MFA candidate and MBA graduate at NYU Tisch / Stern, and a Sundance 2020 Blackhouse Fellow. Rachel's interest in storytelling evolved through pursuits of perspectives in journalism and in government. Rachel has studied people through quantitative behavioral data and through their stories, and hopes to create films, commercials and music videos that highlight the different ways people come of age. Rachel's work challenges expectations of race, family and addiction. Prior to NYU, Rachel served as a Presidential Innovation Fellow for the Obama Administration, learning about Veterans and their experience returning home. Rachel graduated from the University of Pennsylvania School of Engineering, where she studied Mechanical Engineering. Broken Bird is Rachel's first film.

WELLNESS RESOURCES

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

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.