



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

Today we saw the first sign of winter: snow flurries. And with winter come the Holidays. Many of us will have very different holiday celebrations than we ordinarily have. Personally, this will be the first time in 27 years that I do not spend Christmas with my oldest son who now lives in California. Usually, we would travel wherever we needed to just so we could be together. Not this year. This year we will have a zoom celebration, likely comparing notes on what we cooked for the Holiday meal and what desserts we made. We will send gifts by mail. We will send “kisses and hugs” emojis instead of delivering them in person. That makes it a little sad. Yet, I am hopeful that with the Spring will come better news. The vaccines are being deployed and Penn will receive its first batch soon. Once vaccination starts, we can anticipate that things will become much better over a period of months. The light at the end of the tunnel!!

I think it is important to find a way to celebrate your holiday. Get out those decorations if that is relevant! Try to plan whatever your traditional meal is even if it is in a much smaller version. Turkey drumsticks, anyone? Send holiday greetings. I felt much better once the decorations came out and the holiday messages started coming in.

Please remember how important the work that you do is. We are blessed to have work that directly impacts the life and wellbeing of others. And please take care of yourself! Remember to stick to your

routines: exercise, eating, sleeping. Try to take some time off even if for a staycation and unplug from work—breaks are very important to your wellbeing!

Thank you again for everything you do! I am so grateful to have the privilege of working with you all! I hope to see you at the Town Hall at 5!!

Warmly, m

PENN PSYCHIATRY, A PART OF THE SOLUTION

Did you know that COVID vaccine research is happening every day, right here in Psychiatry at 3535 Market? David Metzger's group is now enrolling in their 3rd COVID vaccine trial. The group has enrolled in Sanofi's Phase 1 study, Moderna's Phase 3 (the one you've surely heard such great news about), and they are currently enrolling in Johnson & Johnson's Phase 3 with plans to begin yet another large study in January. That light at the end of the tunnel you're seeing is at least in part homegrown, by staff who have quite the opposite problem of those who are working from home, working long hours in the clinic daily. Even given the hard work, the team is well supported by one another, strong leadership, and the reward of doing such important and time sensitive work.

CONGRATULATIONS SHEILA SHANMUGAN!

Sheila Shanmugan MD, PhD, a current PGY III resident, has been selected as a recipient of one of the 2021 Society of Biological Psychiatry Domestic Travel Fellowship Award for the 2021 annual meeting of the Society of Biological Psychiatry (SOBP). Selection criteria include past excellence in scholarly work, potential for scholarly growth in biological psychiatry and clinical neuroscience, and overall excellence. Her research mentor, Dr. Ted Satterthwaite commented, "this honor is well deserved".

WELCOME TO THE OUTPATIENT PSYCHIATRY CLINIC

We welcome Christine Caton, CRNP to the Outpatient Psychiatry Clinic on the 2nd Floor. Christine has a long history with Penn Psychiatry on the inpatient unit of 4 Spruce at Pennsylvania Hospital, and we are thrilled she has opted for outpatient behavioral health since becoming licensed as a psychiatric-mental health nurse practitioner. Christine's office is 2018, and her office phone # is 215-573-4851.

STRESS ON HEALTHCARE WORKERS DURING THE PANDEMIC

Thea Gallagher, PsyD, clinic director at the Center for the Treatment and Study of Anxiety in Psychiatry, spoke with NBC10 about the stress and anxiety healthcare workers can face due to the pandemic. Gallagher explained efforts to support those on the frontlines, including Penn Cobalt — a digital platform for employees that offers immediate access to mental health support. The free platform uses targeted assessments to triage employees to the right level and type of support, including resilience coaches, psychiatrists, podcasts, articles, and mindfulness sessions. Click [here](#) to watch the clip.

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.

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.

NATIONAL HEALTH OBSERVANCES (NHOS)

In December we're raising awareness about the ongoing fight against HIV/AIDS — and the importance of getting the flu vaccine. Check out the resources below to help you promote these NHOs — and join us in helping all Americans live healthier lives!

World AIDS Day On December 1st the National AIDS trust recognizes [World AIDS Day](#) to raise awareness, fight stigma, and improve education about HIV/AIDS. This year the theme of World AIDS Day is "Ending the HIV/AIDS Epidemic: Resilience and Impact." You can promote this NHO using resources from [HIV.gov's toolkit](#). You can also share MyHealthfinder's resources on [getting tested for HIV](#) and [talking to the doctor about HIV testing](#). And be sure to check out Healthy People 2030 to learn about national [objectives focused on HIV and other STIs](#).

National Influenza Vaccination Week This year the Centers for Disease Control and Prevention (CDC) is sponsoring [National Influenza Vaccination Week](#) from December 6 to 12. Help spread the word about flu vaccination by sharing materials from [CDC's digital media toolkit](#). You can also check out the [Healthy People 2030 objective](#) focused on increasing the number of people who get a flu vaccine. Finally, share our [MyHealthfinder resource](#) to help people in your community learn about the importance of getting vaccinated against the flu.

Together, we can take steps toward a healthier nation.

THE VACCINE

A small supply of a COVID-19 vaccine will be delivered by the end of 2020. The Pennsylvania and New Jersey state Health Departments, and the Philadelphia Department of Public Health will distribute vaccine to healthcare systems for vaccination of healthcare personnel at highest risk of exposure.

Healthcare personnel (doctors, nurses and other clinical and non-clinical staff) considered at highest risk of COVID-19 exposure at work will be offered the vaccine first. Vaccination for staff will be voluntary at this time, and there will be no cost to employees who elect to receive the vaccine.

Penn Medicine has established an internal advisory board consisting of a representative team of human resource officers, epidemiologists, clinicians, emergency management professionals and ethicists to plan for effective, efficient and ethical implementation of our vaccine distribution plan.

Our prioritization policy to govern how vaccines are distributed has been developed in accordance with local, state and Federal agency recommendations. The first priority status will be given to frontline healthcare workers who work directly with patients in emergency situations and have a higher risk of exposure to patients whose COVID-19 status is unknown. These staff will include clinicians as well as other staff in roles such as environmental services, security, transport, and food services. The first round of doses will be offered to staff in the emergency room, trauma, labor & delivery and perinatal evaluation center, COVID-19 testing sites, lung rescue team and transplant donor retrieval teams. We will expand the list as more vaccine doses become available.

We will share new COVID-19 Vaccine information as it becomes available and send email updates and post information on the COVID-19 website.

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.