

**PENN PSYCHIATRY**

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**

SEPTEMBER 2, 2020



**MESSAGE FROM THE CHAIR**

Dear Faculty, Trainees and Staff:

First of all, thank you for all of the wonderful work that you are doing to take care of our patients, teach and mentor our trainees and find the mechanisms and treatments for psychiatric illnesses. It is inspiring to have such a terrific team! Schools opened today and many of you are grappling with balancing your responsibility for your kids who are engaged in digital learning and all of your job responsibilities as well. It is a challenge to make all the pieces work! Please know that we aim to work with you to make it easier, including flexibility in schedules and continued work from home. If you are having trouble managing, please be sure to discuss it with your supervisor. We will do all we can to be helpful. Fortunately, that is the directive from the University, School and Health System. Please take good care of yourself. As we enter the 6th month of this “new normal,” the risk for burnout and feeling overwhelmed remains. Remember to stick to your routines regarding sleep, exercise and meals. Structure in the day can be very salubrious! Also, please avail yourself of all the supports provided including Cobalt, EAP and This Plane has a Mask for You. We are all in this together!

Warmly, m

**HEALING AND SOLIDARITY CIRCLES FOR BLACK STAFF AND FACULTY**

Penn’s African American Resource Center (AARC) in partnership with Restorative Practices @ Penn (RP@P), Makuu, CAPS, and the LGBT Center will be offering another healing and processing space for Black faculty and staff. As the national fervor has quieted following the

tragic police murder of George Floyd, many of us still carry the pain, trauma and righteous anger stemming from systemic and ever-present racism. The Circle space can be a good container for people to process with their community to heal themselves, build and strengthen connections, and/or to plan for action. As the new semester approaches, take this opportunity to think about what is coming, and stand with others in community at this challenging moment. This Circle will be part of an ongoing series of opportunities for Black members of the Penn professional community to come together and be in meaningful solidarity with one another. Please join us for this communal healing opportunity on Thursday, September 24<sup>th</sup> from 3:00 to 5:00. Click [here](#) to RSVP.

### **DAYLIGHT SAVING TIME SHOULD END, SAYS AMERICAN ACADEMY OF SLEEP MEDICINE**

In a statement published last week, members of the American Academy of Sleep Medicine have recommended doing away with the decades-old system of shifting between standard time and Daylight Saving Time. Philip Gehrman, an associate professor of clinical psychology in Psychiatry, told the *Washington Post* that, “we’re so sleep-deprived to begin with, that when you add even just one more hour of sleep loss on top of that, you’re pushing people into this zone” of risk. Click [here](#) to read more.

### **UPDATE YOUR ELECTRONIC CV IN FEDS**

Please remember to take a moment to update your electronic CV in FEDS. Updating your CV in FEDS is critical for a few reasons:

1. Your profile in the faculty listing on our departmental webpage is automatically populated with the information you have entered in FEDS
2. Keeping your CV updated will help your reappointment and promotion processes proceed smoothly
3. FEDS can generate a word document CV in correct PENN faculty format for you so you do not have to maintain a separate CV
4. It gives you a moment to reflect on your accomplishments during your time here at Penn

It is recommended that you update FEDS with each accomplishment or change and at regular intervals so that nothing is forgotten or lost. Doing this regularly makes it much less cumbersome than having to do major revisions periodically. To access FEDS, login to my.med and click on Faculty Expertise Database under Faculty Tools. Once you’ve accessed the system, you can use the headings on the left-hand side of the page to move through the different categories of information on your CV and update them. If you have any questions about FEDS or how to use it, please reach out to [Conlan LaRouche](#). Additionally, [here](#) is a link to a tutorial video about using FEDS.

### **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.