

**PENN PSYCHIATRY**

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

**DECEMBER 22, 2020**



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

With the solstice behind us and the wonderful experience of observing the Great Conjunction, with Jupiter and Saturn's orbits at their closest in almost 400 years, an event not been witnessed in this part of the world since the 1200's, we can look forward to a New Year with all of the excitement and anticipation we usually bring to it, plus the great relief of saying goodbye to 2020.

This year has brought a plethora of challenges. As members of this great department, you have been tremendously inspiring all along. Whether it is in embracing the care for those who suffer from mental illness chronically or are newly afflicted due to the recent terrible events, or teaching our trainees how to provide world class care to our patients, or working tirelessly to find the causes and cures of/for mental illness, which causes so much suffering, your dedication is unparalleled.

I do hope you have some time to relax over the next two weeks-even if just for a day or so. You have earned that and more! If you can spend time with your family and friends, even if remotely, that can certainly nourish the soul. Importantly, we must remain vigilant, with masks and PPE, physical distancing and the like, something that must continue even after we are vaccinated.

I urge you to please take good care of yourself. Keep to your routines of sleep, exercise, eating and reach out if you need more support,

availing yourself of COBALT or “This plane has an oxygen mask for you.” I am humbled and honored to work with you and wish you a peaceful and healthy 2021.

Warmly, m

### **PSYCHEDELICS IN PSYCHIATRY – KEEPING THE RENAISSANCE FROM GOING OFF THE RAILS**

There is a resurgence, some say renaissance, of clinical research on psychedelic substances after decades of dormancy. Recent studies have produced findings suggesting psychedelics may demonstrate substantial efficacy for serious psychiatric conditions such as mood and substance use disorder. As a result, ongoing clinical trials with the psychedelic Psilocybin have been given the Breakthrough Therapy designation by the US Food and Drug Administration that could result in medical approval for major depressive disorder and/or treatment resistant depression. To learn more, please read the attached JAMA Psychiatry article co-authored by Mary E. Yaden, M.D.

### **BIG CONGRATULATIONS TO OUR ENTIRE BEHAVIORAL HEALTH TEAM FOR BEING RECOGNIZED FOR THE AMAZING WORK YOU DO EVERY DAY! OPIC**

Please click [here](#) to learn more about how Presby’s Counseling Team is Changing Lives, one session at a time.

### **THE MOST AWESOME PICTURE EVER**

Below is a picture of our friend, Dr. Alison Apple, Chief Pharmacy Officer at HUP receiving the vaccine.



---

## 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.