

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

MARCH 10, 2021



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

I hope you have had the chance to enjoy the last few beautiful days with Spring in the air adding to the hope that vaccines will help end our current state. I felt very grateful for the warm sunshine!

Last Monday was International Women's Day. It is a wonderful way to celebrate how far we have come and how much work there is still to be done. As we maintain razor sharp focus on diversity, having women on equal footing in our department, school and University remains of utmost importance. And we are making progress at the PSOM level. At the beginning of next month, the 6th female Chairman will arrive. That means that 33% of the Chairmen will be women, twice as many as when I got to Penn. We do have work to do in terms of ensuring academic promotions and mentorship accurately reflect women's success. This is another leg of the marathon in which we have been engaged. However, we are committed and will continue to work on attaining equity and inclusion here in the department and beyond. Please be sure to take care of yourself. I am grateful for the work that you do every day to relieve the suffering of our patients, educate the next generation of clinicians and scientists and find the causes and cures for brain diseases. Remember to stick to your routines in terms of sleep, meals and exercise and take time for yourself whenever you can. We need you!

Warmly,
M

INTERNATIONAL WOMEN'S DAY – MARCH 8, 2021



A challenged world is an alert world and from challenge comes change. So let's all choose to challenge. Happy International Women's Day.

CONGRATULATIONS DR. RUBEN GUR

A screenshot of a research platform dashboard. The top navigation bar includes a home icon with a '15' notification badge, 'Questions', 'Jobs', 'Funding', and 'New'. A search bar is present with the text 'Search for researchers, publications, and...'. On the right, there are icons for a bell (15), an envelope (42), a speech bubble (160), and a user profile. The main content area features a large green and white circular icon with a graduation cap and a medal. Below the icon, the text reads: 'Good job, Ruben! With 3,344 new reads, your contributions were the most read contributions from your institution. Achieved on March 7, 2021'.

3535 MARKET STREET MAIL DISTRIBUTION

The pandemic and working from home has increased email communication to the highest it's ever been. It's important to remember that snail mail still exists though on a decreasing volume. I'm sure we have all been enjoying not having all that telemarketing material stuffed into our home mailboxes. We just wanted to remind everyone of the procedure for paper mail received at 3535 Market Street. In an effort to reduce paper mail even more, we ask the following:

- Please ensure your contact information is updated in our employee directories both on the Penn Medicine side and the University side.
- If you work in a building other than 3535 Market Street, please advise your vendors and associates to send the mail to that building's mail room. In that same phone call, identify any opportunities to go paperless. That could mean signing up on their portals.

There will still be paper mail. Our campus is quite vast, so the above two asks will get this paper mail to you sooner. Brian Wilson is in the office twice a week as he, like everyone else is

working from home. Because the directories are not updated, mail goes back and forth. If Brian can't find you, we mark the mail, "return to sender". Also, we receive mail for employees no longer with us. If items like this pass your way, please leave it in the bin or Front Desk noting "employee no longer with Penn." We will continue looking for improvement opportunities with the objective of going paperless. Thank you for your partnership.

WELLNESS RESOURCES

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

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

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.

Click [here](#) to access the Penn Psychiatry website.

Click [here](#) to access the CPUP Committee on Anti-Racism

