

**PENN PSYCHIATRY**

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

SEPTEMBER 7, 2021



**MESSAGE FROM THE CHAIR**

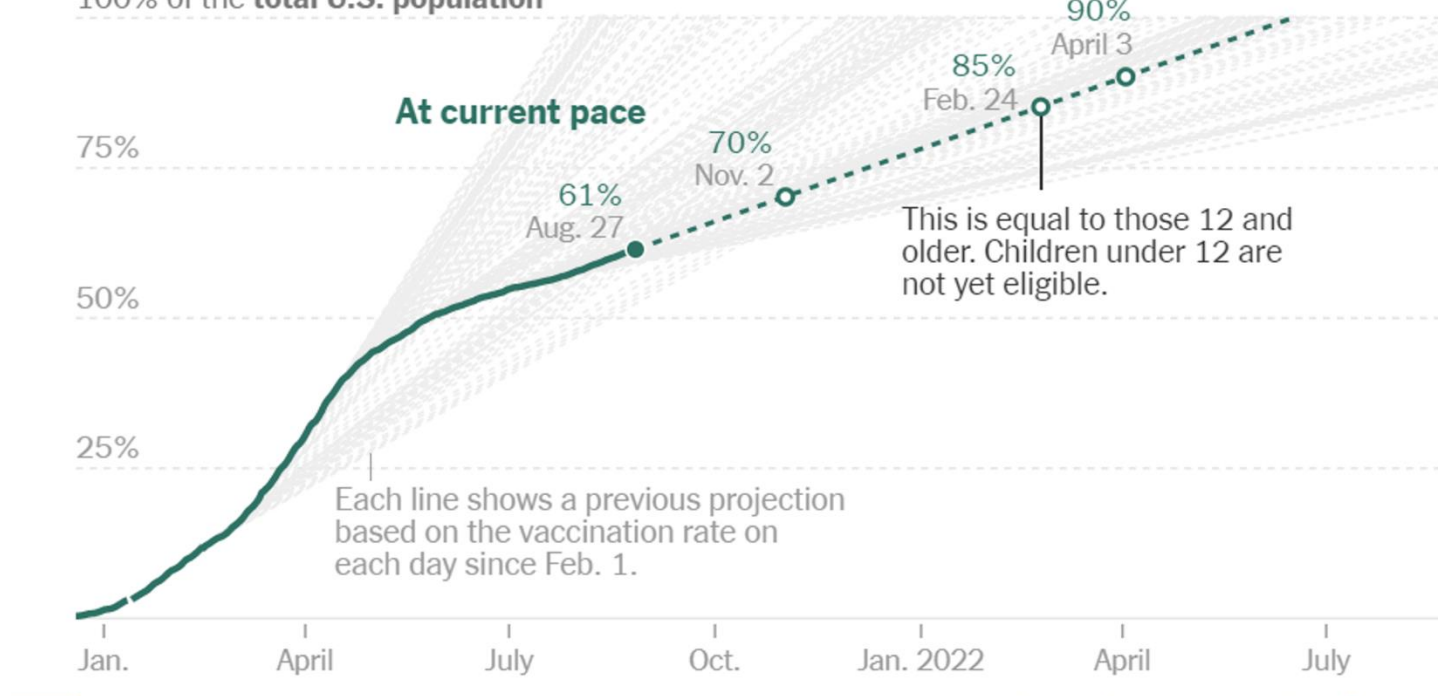
Dear Faculty, Staff and Trainees,

It's hard to believe that the summer is behind us and even more difficult to believe that COVID-19 is still very much a thing. Starting with the more challenging topic, I do think it has become apparent that this new normal will be with us for a bit longer. For those of you who are data geeks like me, I include a nifty slide about projections regarding the pace of vaccination for the U.S., shared with the CPUP Board of Directors a few days ago.

**The current pace of vaccination has slowed significantly since this spring. No vaccine has been authorized for children under 12.**

Based on the seven-day average of people receiving a first or single dose each day.

100% of the **total U.S. population**



The University, PSOM and the Health System have established parameters about full-time return to campus for work, albeit using slightly different parameters. We are staying nimble with them. Many of you have started to come back to the office and 3535 is coming back to life bit by bit. However, we must remain cautious and continue to maintain social distance, consistently wear masks and while not at work, avoid risky situations (by now you all know what I mean!). The jury is still out on booster shots for those whose general immune health is good-- Penn Medicine will be monitoring that closely and keep us all apprised.

As for the summer, I do hope that you had an opportunity to take some time off and recharge your batteries. That will be especially helpful for those of you who have kids that are starting a new academic

year. However, if you have not had vacation this year yet, please take one. It is always important, but given what we have all gone through over the last 18 months, today, it is more important than ever. Plus, ideally, you will have fun!

I want to end with a big thank you to all of you for all that you do. I am so impressed with the dedication and commitment that this Department has shown. The metrics support it! Whether it is through the number of patients seen (and the patient satisfaction scores) or the caliber of trainees recruited or the level of funding and the high impact publications, it is clear that you are all being very productive. Thank you! While these metrics in of themselves are gratifying and help us feel good, we need to make sure to take care of ourselves not just by taking vacation, but by sticking to our routines when we are at home and at work. Remember to follow your exercise, sleeping and eating routines. Stay in touch with those you love even if by video calls. And please, allow yourself the opportunity to bask in your accomplishments. We usually don't do that enough!

Warmly,  
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**CONRATULATIONS DAVID WEISS**

**2020 - 2021 Penn Nursing Preceptors of the Year**

David's commitment to students makes him a perennial mainstay of the PMHNP Track. He provides many extra precepting hours to mitigate the pandemic-induced training delays. David gives NP student the confidence to fully participate by combining practical skills, DSM-5 criteria,

evidence-based practice, and research to create a comprehensive clinical experience. He encourages collaborative practice, rigorous hands-on instruction and strengthening clinical acumen amongst the interdisciplinary teams. David creates an enjoyable experience to all students.



### **WELCOME KATELYN KENNEDY LCSW AND MAX STERN NP**

Katelyn will provide clinical care in the TEAM clinic and Max is joining both the OPC and TEAM as a clinician. They are both relocating from the Boston area. Please welcome them and be available (onsite and remotely) for questions, guidance, and support.

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### **12 TIPS FOR A HEALTHY FALL**

As the days get shorter and cooler and the leaves change color, use these 12 healthy strategies to help prevent chronic diseases like type 2 diabetes, heart disease, and cancer.

#### **Get Your Screenings**

Visit your doctor regularly for preventive services like cancer and diabetes screenings.

#### **Wash Your Hands**

Wash your hands with soap and clean running water for 20 seconds.

#### **Wear a Cloth Face Covering**

Use masks to help slow the spread of COVID-19.

#### **Get Your Flu Shot**

An annual flu vaccine is the best way to protect against flu, especially for cancer survivors.

#### **Practice Social Distancing**

Stay at least 6 feet from other people who are not from your household in both indoor and outdoor spaces.

#### **Brush Your Teeth**

Brush twice a day with fluoride toothpaste.

#### **Sleep**

Get at least 7 hours of sleep every night.

#### **Rethink Your Drink**

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

#### **Be Sun Safe**

Wear long-sleeved shirts and pants, a wide-brimmed hat, and sunglasses and use broad spectrum sunscreen with at least SPF 15.

### **Move More, Sit Less**

Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

### **Eat Healthy**

Delicious fruits, vegetables, whole grains, lean meats, and low-fat dairy products make healthy meals.

### **Don't Use Tobacco**

You can quit today! Call 1-800-QUIT-NOW for free support.

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## **RECOVERING FROM FRIGHTENING EVENTS**

How you react when something traumatic happens, and shortly afterward, can help or delay your recovery.

Tips to Help with Trauma Recovery:

- Talk with others about how you feel. Don't isolate yourself.
  - Calm yourself. Try meditation or deep breathing exercises. Do physical activity, like walking or yoga.
  - Take care of yourself. Get plenty of sleep. Eat a healthy diet. Drink enough water.
  - Avoid using alcohol, drugs, and tobacco.
  - Get back to your daily routine. Do the things you would normally do, even if you don't feel like it.
  - Get involved in your community. Volunteering is a great way to create a sense of meaning.
  - Get help if symptoms persist. Talk with a mental health professional.
  - If you're trying to help a friend, listen and find out where they are in the coping process. Try to accept their feelings and help in any way you can.
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## **THIS MONTH'S NATIONAL HEALTH OBSERVANCES (NHOS) - IMPORTANT HEALTH ISSUES AFFECTING PEOPLE EVERY DAY.**

- **Healthy Aging Month**

September is Healthy Aging Month, a time to focus attention on the health and well-being of older adults. Use our easy-to-understand [MyHealthfinder resource](#) to encourage adults to protect their health as they grow older.

- **National Food Safety and Education Month**

The PFSE sponsors [National Food Safety and Education Month](#) each September to promote food safety best practices. You can practice food safety by sharing these [PFSE's free downloadable recipes](#) with food safety and hand hygiene steps.

- **National Childhood Obesity Awareness Month**

Sponsored by the CDC, [National Childhood Obesity Awareness Month](#) is a time to promote healthy growth in children. For guidance on healthy eating, check out the [latest edition of the Dietary](#)

[Guidelines for Americans — and share the related resources for consumers.](#)

- **National Recovery Month**

Every year SAMHSA celebrates people in recovery during [National Recovery Month](#). Use these resources to [encourage parents to talk to their kids about tobacco, alcohol, and drugs](#). You can also share these resources to encourage people to talk to loved ones about [alcohol misuse](#) and [drug misuse](#).

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## LIVE MONTHLY WEBINAR

### Caring for Your Loved Ones at Home

Many elders prefer home care over institutional care, but the task can seem daunting. We will discuss the many considerations when determining the best option for care, as well as share resources that can make this living arrangement safe, affordable and enjoyable for all.

Presented by Mary-Ellen Sposato Rogers

Date: 9/8/2021 | Time: 1:30 PM to 2:30 PM EST

**>>REGISTER FOR THIS EVENT**

<https://register.gotowebinar.com/register/7212016039737530384>

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## WELLNESS RESOURCES

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

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

## UPHS EMPLOYEES REGISTER FOR YOUR MY LIFE EXPERT ACCOUNT

**Create your new account at:** <https://pennmedicineeap.mylifeexpert.com/>  
**or Scan Here to Download**



UPHS employees use company Code PH045.

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**THANK YOU FOR YOUR SERVICE.**

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## 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

