

**PENN PSYCHIATRY**

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

**NOVEMBER 2, 2021**



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

By now, many of you have heard that we lost one of the giants in Psychiatry two days ago. While Aaron (Tim) Beck, was 100, he was still actively engaged in research and in moving the field forward. It is a terrible loss, but his legacy certainly will live on. His work was transformational making a major impact on the lives of people, especially those who suffered from mood disorders and suicidal ideation. This sad news gives us an opportunity to look ahead, however. As you know, the work that we do is incredibly important and we have excellent examples to follow, like that of Dr. Beck.

As always, I want to thank you for all that you do and for your investment in our mission. Whether you are taking care of patients, training the next generation, or searching for the causes and cures for the illnesses we study, our work could not be more crucial. I find it inspiring to see the impressive dedication of our faculty, staff, and trainees. It is truly awesome!

In order to do this important work, it is essential that we take care of ourselves and each other. As the months of masking and social distancing go on, we must remember that our routines are sustaining. Please remember to exercise, to eat on your usual schedule and to sleep regularly. Just as important is vacation. We all need to take time off and think about different things and get involved in different activities, even if it is a staycation. Finally, we are blessed that

our work allows us ample opportunity for altruism. Altruism builds our resilience. Altruism also builds our communities. It can take many forms, large and small, but in our case, caring for patients, teaching and working to eliminate mental illnesses and substance use disorders is among the highest of callings. Now that is great news! Please take good care of yourself!

Warmly,  
M

---

### **IMPORTANT NEWS FROM THE AMERICAN PSYCHOLOGICAL ASSOCIATION**

The APA is reaching out to its members to share news about an historic moment for APA and the field of psychology. During its October 29<sup>th</sup> meeting, the APA Council of Representatives adopted an apology for APA's role – and the role of psychology – in contributing to systemic racism. The apology acknowledges that APA “failed in its role leading the discipline of psychology, was complicit in contributing to systemic inequities, and hurt many through racism, racial discrimination, and denigration of people of color, thereby falling short on its mission to benefit society and improve lives.” The resolution, which passed unanimously, acknowledges that the association should have apologized sooner. “APA, and many in psychology, have long considered such an apology, but failed to accept responsibility,” the resolution says. The APA Council of Representatives also adopted two accompanying resolutions, one delineating APA's and psychology's role going forward in dismantling system racism and the other pledging to work to advance health equity in psychology. The former directs APA's CEO to develop a long-term plan to prioritize, operationalize and ensure accountability for achieving real action toward the goals identified in the resolutions. This plan is to be presented to the Council at its meeting in August, 2022. These three resolutions reflect a monumental undertaking involving a broad cross-section of APAs members including our elected and appointed leaders. The work was spearheaded by the APA Task Force on Strategies to Eradication Racism, Discrimination, and Hate at its five-member Apology Advisory Subcommittee and the APA Presidential Task Force on Psychology and Health Equity, all comprised of eminent psychologists who were chosen for their knowledge and expertise. The apology and dismantling racism resolutions represent a significant milestone in APA's commitment and promise to examine the role that the field of psychology and the association itself have played in promoting and sustaining racial inequality. By affirming these resolutions as association policies. APA is in a much more informed position to take meaningful action, and ultimately, diversify and strengthen the organization and the field of psychology. The apology and resolutions are just the beginning of the work we must do to eradicate racism and discrimination within our field and build an equitable and divers discipline. This requires our membership and profession to work together as allies. We want to engage our members, learn from your lived experience, and harness the

research you conduct, the services you provide and the advocacy in which you engage. We invite you to join us for one or more of the following member town halls to learn more about these historic resolutions and to share your ideas.

#### Member Town Halls

- November 4<sup>th</sup> at 6:00 p.m. ET
- November 9<sup>th</sup> at 11:30 a.m. ET
- November 15<sup>th</sup> at 12:00 p.m. ET

The town halls are an important part of this ongoing dialogue, and we look forward to your participation. As psychologists, we have the power to bring about profound change – not only to our field but also to our broader world.

#### APA Board of Directors Signatures:

Jennifer F. Kelly, PhD, ABPP, President | Frank C. Worrell, PhD, President-elect | Sandra L. Shullman, PhD, Past President | Diana L. Prescott, PhD, Recording Secretary | Jean A. Carter, PhD, Treasurer | Arthur C. Evans, PhD, Chief Executive Officer, Executive Vice President | Randall P. White, PhD, Council Leadership Team Chair | Eric M. Butter, PhD, Council Leadership Team Chair-Elect | Anthony L. Chambers, PhD, ABPP, Member-at-Large | Susan D. Clayton, PhD, Member-at-Large | M. Lynne Cooper, PhD, Member-at-Large | Candice N. Hargons, PhD, Member-at-Large | Pamela E. Scott-Johnson, PhD, Member-at-Large | Shannon Wiltsey Stirman, PhD, Member-at-Large | Blanka Angyal, MA, EdM, EdS, APAGS Member | Robin E. Mockenhaupt, PhD, Public Member

---

## SAFER WAYS TO CELEBRATE HOLIDAYS

Holiday traditions are important for families and children. There are several ways to enjoy holiday traditions and protect your health. Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible. Here are safer ways to celebrate the holidays:

Generally:

- Protect those not yet eligible for vaccination such as young children by getting yourself and other eligible people around them vaccinated.
- Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
- Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
- Outdoors is safer than indoors.
- Avoid crowded, poorly ventilated spaces.
- If you are sick or have symptoms, don't host or attend a gathering.
- Get [tested](#) if you have symptoms of COVID-19 or have a close contact with someone who has COVID-19.
- If you are considering traveling for a holiday or event, visit CDC's [Travel](#) page to help you decide what is best for you and your family. CDC still recommends delaying travel until you are [fully vaccinated](#).
- If you are not fully vaccinated and must [travel](#), follow CDC's [domestic travel](#) or [international travel](#) recommendations for unvaccinated people.
- If you will be traveling in a group or family with unvaccinated people, choose [safer travel options](#).

- Everyone, even people who are fully vaccinated, is [required to wear a mask](#) on public transportation and follow [international travel recommendations](#).
- 

## THANKSGIVING

The Thanksgiving meal is the largest that many cooks prepare each year. The following information may help you prepare your special Thanksgiving meal and help you to countdown to the holiday.

- [Countdown to the Thanksgiving Holiday](#) (USDA)
  - [Let's Talk Turkey—A Consumer Guide to Safely Roasting a Turkey](#) (USDA)
  - [Stuffing and Food Safety](#) (USDA)
  - [Food Safety Tips for your Holiday Turkey](#) (CDC)
  - [Prevent Illness from C. perfringens](#) (CDC)
- 

We're raising awareness about diabetes, lung cancer, chronic obstructive pulmonary disease (COPD), and antibiotic resistance.

- **American Diabetes Month**  
The American Diabetes Association promotes [American Diabetes Month](#) in November to raise awareness about diabetes and share helpful resources.
  - **Lung Cancer Awareness Month**  
The American Lung Association recognizes November as [Lung Cancer Awareness Month](#) — a time to unite the country against lung cancer, the leading cause of cancer deaths in the United States.
  - **COPD Awareness Month**  
Every year the American Lung Association and other organizations use the month of November to [raise awareness about COPD](#). In the United States, smoking is the leading cause of COPD — so you can also share our MyHealthfinder resource to [encourage people to quit](#).
  - **U.S. Antibiotic Awareness Week**  
The Centers for Disease Control and Prevention (CDC) is sponsoring U.S. Antibiotic Awareness Week from November 18 to 24 to raise awareness about combatting antibiotic resistance. Use CDC's [Be Antibiotics Aware Partner Toolkit](#) to spread the word about the importance of appropriate antibiotic use.
- 

## LIVE MONTHLY WEBINAR BROUGHT TO YOU BY PENN BEHAVIORAL HEALTH CORPORATE SERVICES

The Respectful Workplace, Date: 11/10/2021 | Time: 1:30 p.m. to 2:30 p.m. EST. Click [here](#) to register.

---

## 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://penmedicineeap.mylifeexpert.com/>  
or Scan Here to Download



UPHS employees use company Code PH045.

---

## 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





## I GOT THE SHOT

“The only way we’re going to get through this is to get through it together. I am happy to encourage others to get this vaccine. We can move forward together to protect ourselves and our loved ones.”

— Patrick Mahanger  
CHIEF OPERATING OFFICER, DEPARTMENT OF PSYCHIATRY

FOR QUESTIONS ABOUT THE COVID-19 VACCINE, visit [PennMedicine.org](https://www.PennMedicine.org)

