

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**  
MARCH 23, 2022



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

We have done it again! Another year of fabulous psychiatry residents and psychology interns!! Not only are they smart and accomplished, the classes are also diverse. Kudos to the education teams and to the devoted faculty and trainees who make a huge effort to meet with applicants and convey all the wonderful things that are available at Penn Psychiatry, at PSOM and at University of Pennsylvania. I am excited to welcome them in a few months and look forward to retaining many of them to pursue post-residency or post-internship training or to join the faculty. It is a lot to look forward to!

Things have remained relatively calm on the COVID front and for that I am very grateful. That is quite timely since we learned last week that the 12-floor conference room at 3535 Market is now equipped to hold hybrid meetings. I anticipate that we will be moving to hybrid meetings in the next weeks, so please keep an eye out for these on your calendars! Of course, we will follow masking requirements set forth by UPHS and the University and needless to say, anyone who prefers to wear a mask even if not required, should be completely comfortable doing so. Certainly, I will be one of those people.

I would like to take this opportunity to thank you for all you do. Together, we have accomplished a lot in the last years and each and every one of you makes a difference in our ability to move

forward. Never has this been more apparent to me than in preparing the documentation for the Department's 6-year review. It is impressive and exciting. And for that: I thank you!

With Spring upon us, I want to encourage everyone to start thinking about vacation. When was the last time you took time off? Are you due for another break? Please make sure you use your vacation time since we all need its restorative effects! Even if you need to stay home, just the break in the routine can be super-helpful. I also would like to remind you of the importance of building your resilience. Make sure to engage in gratitude. Even when it is hard to think of something to be grateful for, we usually can find something. What is your equivalent of a tiny white orchid? As I often note in these messages, altruism is also resilience-building. We are lucky. Our work hands us an opportunity for altruism every single day! (there's something to be grateful for!) Also, please make sure to keep to your routines: your meal schedule, your exercise schedule and your sleep schedule. Please take care of yourself! We need you!

Warmly, m

---

## **WELCOME CLASS OF 2026**

We are thrilled to announce our new class of residents who matched with the program today! This is a fantastic group of medical students who will make a stellar group of future residents.

On behalf of the entire educational team, we would like to thank you for all of your efforts during the virtual recruitment process this year. Your commitment to meeting with applicants and your investment of time and energy into recruiting a new class is greatly appreciated. We could not have done it without all of you (and zoom)!



Phillip Bradshaw, MD  
Perelman School of Medicine  
at the University of Pennsylvania



Elizabeth Duthinh, MD, MPH  
Perelman School of Medicine  
at the University of Pennsylvania



Elizabeth Flook, MD, PhD  
Vanderbilt University  
School of Medicine  
Research Track



Gee Gee Gao, MD  
University of Kansas  
School of Medicine Kansas City



Trish Ike, MD  
Medical College of Wisconsin



Nadine Michel, MD, PhD  
University of Virginia  
School of Medicine  
Research Track



Zachary Rosenthal, MD, PhD  
Washington University in St. Louis  
School of Medicine  
Research Track



Eugenia Salegh, MD  
Perelman School of Medicine  
at the University of Pennsylvania



Kirsten Sandgren, MD  
Perelman School of Medicine  
at the University of Pennsylvania



Mila Tamminga, MD  
Perelman School of Medicine  
at the University of Pennsylvania



Mikiko Thelwell, MD, MPH  
UCLA/Drew  
Medical Education Program



Eric Wagner, MD  
University of Colorado  
School of Medicine

Create your new account at  
[penmedicineeap.mylifeexpert.com](https://penmedicineeap.mylifeexpert.com)  
or Scan Here to Download:



When creating a new account, use company code: PH045

## 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

