

**PENN PSYCHIATRY**

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

AUGUST 19, 2020



**MESSAGE FROM THE CHAIR**

Dear Faculty, Trainees and Staff:

Text.

Warmly,  
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**THE PATH FORWARD TO ACT (ACTION FOR CULTURAL TRANSFORMATION)**

The cultural psychiatry faculty and resident network has been facilitating groups on anti-racism as well as racial trauma and healing across the health system through a partnership with Cobalt and the Center for Health Equity Advancement. Individual teams around Penn Medicine can request sessions to discuss racial issues and develop action plans for addressing them, with support from cultural psychiatry trained facilitators. There will also be recurring monthly groups for residents and medical students of color starting soon. Rachel Talley and Puneet Sahota have developed a training for facilitators and are expanding the facilitator team to include trainees and interdisciplinary providers from across the health system. This expansion will enable new facilitator to be agents of change and racial healing across Penn Medicine. Current facilitators from our department include Rachel Talley, Puneet Sahota, Michelle Joy, Bit Yaden, Elaine Xu, and Sarita Metzger. For more information, see: <https://www.penncobalt.com/in-the-studio>.

**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.