

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

MARCH 31, 2021



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

It's hard to believe that March is gone. Done. One whole year of pandemic. Happily, more and more of us are getting vaccinated and that is reason to be optimistic. However, the guidance is clear. We must continue to take precautions and wear masks, keep 6 feet apart, avoid crowded or poorly ventilated places, and wash our hands. It is tempting to “go back to normal” but it is too soon. All we need to do is look across the country or across the Atlantic to see how quickly things can get pretty dire, wave after wave after wave. Nonetheless, for fully vaccinated people, indoor activities have been eased a bit. Click [here](#) to learn more. Just in time for family holidays!

On Monday we will be launching our first TEAM Clinic: Time-Efficient, Evidence Based, Accessible Multidisciplinary Clinic. The first of 3-4 planned clinics, TEAM Clinic will use a new paradigm: 3 LCSWs, 1 NP, 0.5 MD and a Medical Assistant when fully staffed. The idea is that every referred patient will be evaluated by a therapist and by a biologically trained clinician who can spot medical conditions that might complicate mental health disorders or even masquerade as mental health disorders. The LCSWs will offer “time-boxed” psychotherapy of 12 weeks duration with specific goals and targets. Patients with less complex psychopharmacologic needs will be followed by the NP. The MD will treat more complex cases. As a measurement-based care clinic, patient progress will be tracked using standardized assessment tools. I am very excited about this for many reasons, but key among

them is the fact that never has there been more demand for our care and the more efficiently we can provide it, the more people we can help! Of course, some patients will need more than 12 weeks of therapy, but many (most?) won't. I want to thank the clinical, research and operations leaders who have made this possible. When I say TEAM, I mean TEAM!!!

Thank you again for all you do to further our mission. I feel privileged to be able to work with you as you pursue clinical work, train the next generation of clinicians and researchers and/or discover causes and develop interventions for the diseases we treat. Your work is very valuable. For that, and many other reasons, I urge you to take care of yourself. Please stick to your routines. Consider taking a vacation, even if it is to drive somewhere different for a change of pace. And of course, practice gratitude and altruism. It will help you and others!

Warmly,
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WELCOME KRISTEN PASTOR



Please join me in welcoming Kristen Pastor to the Outpatient Psychiatry Clinic Call Center! Kristen recently started as a new call center PSA. You may start to see her name in EPIC scheduling appointments and sending messages.

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

