

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

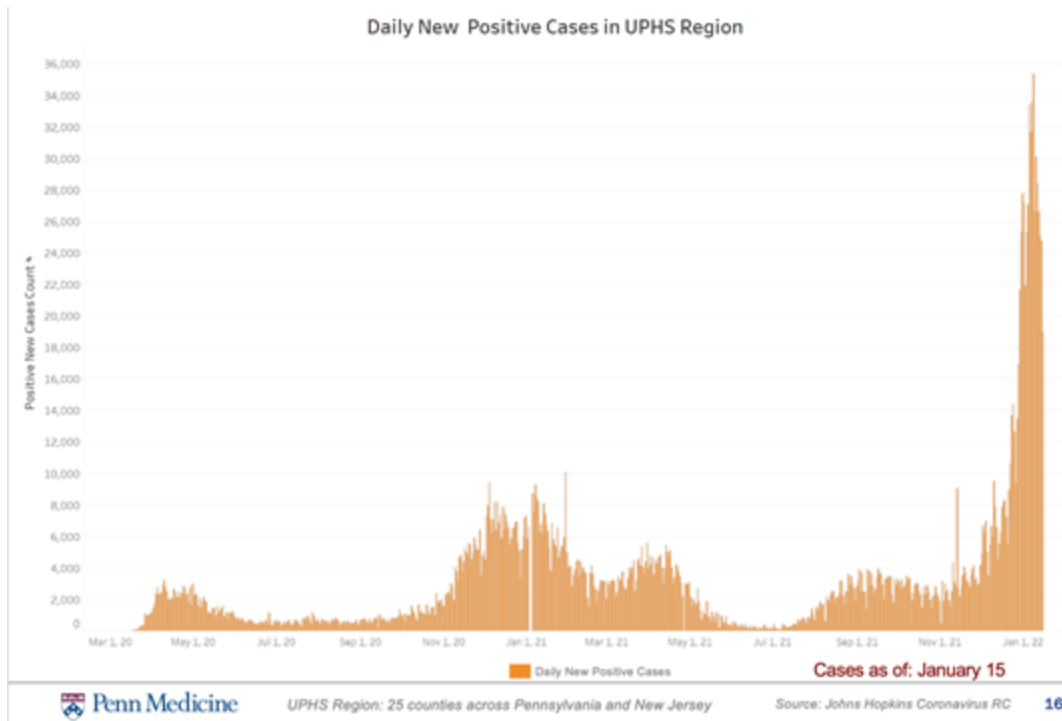
JANUARY 18, 2022



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

It has been quite a ride! With the surge of Omicron over the last weeks, our hospitals have been packed and our communities swamped with new cases. Penn directives to work remotely where possible were implemented to maximize safety for our employees and minimize exposure. I've been following the COVID-19 census across UPHS very closely and I am pleased to say that the number of new admissions with COVID-19 is decreasing across most, but not all, of our hospitals. Notable exceptions include Lancaster General Hospital, HUP Cedar and Penn Presbyterian, which have numbers of admissions that have remained flat. I feel hopeful that we are about to turn the corner based on this and other leading indicators (number of new cases in the Philadelphia region). For those of you who are data hounds like me, below is a pic:



As we turn the corner (hopefully!!), please remember the importance of continuing to protect yourself and your family. Masking and social distancing when possible will remain a key strategy, but perhaps we will be able to stop being complete hermits!

Of course the consequences of COVID-19 surges are myriad and for us as a hospital and health system, they have important consequences due to the fact that they displace many of the important procedures and interventions that are time-sensitive and also help us sustain fiscal viability. As we go into budget season, I anticipate some belt-tightening will be needed. I do ask your forbearance in that regard.

It goes without saying that I am incredibly grateful to you for the work you do. Whether you are caring for patients, educating the next generation, conducting research that addresses the key problems that our patients face, or providing administrative support for these important missions, what you do is extremely important. Therefore, it is imperative that you take good care of yourself. As always, I remind

you of the importance of keeping to your routines in eating, sleeping and exercise and the essential role that resilience plays, which as you know can be boosted through gratitude and altruism. Fortunately, our jobs here at Penn give us the opportunity to be altruistic every day! Thank you again!

Warmly, m

CONGRATULATION RACHEL HOWELL ON YOUR PROMOTION TO SENIOR PRACTICE MANAGER!



Rachel joined Penn Medicine in 2017 and the Department of Psychiatry in 2019. Highlights of Rachel's time with the Department include major initiatives such as developing protocols for the Psychiatry Call Center, opening and expanding the new TEAM Clinic, and collaboratively rightsizing the Women's Behavioral Wellness Program. The Senior Practice Manager position is new in the Department of Psychiatry, and Rachel began the position effective 11/14/21. In her new role Rachel will extend her excellent operations' management skills to the 2nd floor Outpatient Psychiatry Clinic (OPC), and provide regulatory support to the complex clinical practice. Additionally, Rachel will directly manage The Center for the Treatment and Study of Anxiety (CTSA), and indirectly manage the TEAM Clinic, The Charles O'Brien Center, Women's Behavioral Wellness, and the Parkinson's Disease Clinic. Those who have worked with Rachel know she is a pleasure, as well as an engaged colleague whose work ethic is impeccable. Please join me in congratulating Rachel and wishing her much success, professional development, and fulfillment in her new role!

PENN MEDICINE EAP | MYLIFEEXPERT VIDEO

Penn Medicine EAP is thrilled to share our brand new video showcasing MyLifeExpert. As an employee of University of Pennsylvania Health System, you and your family members will have access to this unique resource. Watch the video to learn how easy it is to set up your member portal. Just click here to gain access to:

- Assessments and surveys from which you can launch targeted resource searches
- Podcasts and webinars
- Videos
- Calculators
- Discounts on thousands of brands and items. Checkout the brand new savings scout!

It's easy to register! Just scan the QR code and use company code PH045 when you login. You can also download the app to your mobile device to have all of these amazing wellness resources in the palm of your hand!

Create your account at
PennMedicineEAP.MyLifeExpert.com

Scan Here to
Download:



Penn Medicine EAP is always hard at work to make sure you and your family can enjoy the supports and wellness tools you deserve.

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





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 the vaccine. We can move forward together to protect ourselves and our loved ones.”

— **Patric V. Mahoney**
Chief Executive Officer, Penn Medicine

FOR QUESTIONS ABOUT THE COVID-19 VACCINE,
visit PennMedicine.org

