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Associate Professor of Clinical Psychiatry

Welcome to the Quarterly Penn Medicine Mental Health Ambulatory Newsletter where we:

- Provide practice updates and program expansions
- Introduce new hires
- Recognize individual or group achievements
- Share testimonials from patients who have benefitted from our services
- Spotlight the expertise and specialties of our mental health professionals



Jeremy Tyler, Psy.D.
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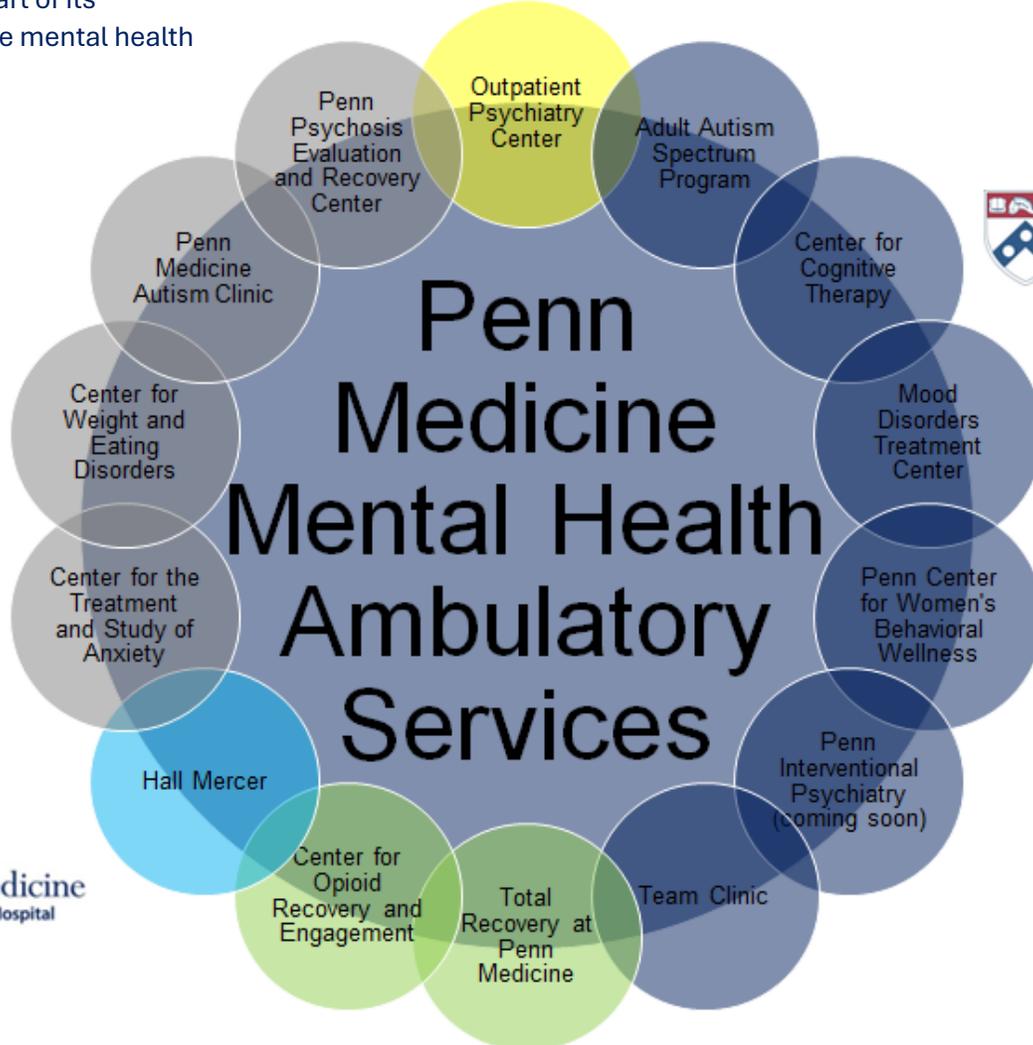
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Find a comfy nook, grab a cup of coffee and enjoy Issue One of the Penn Medicine Mental Health Ambulatory Services Newsletter (and jot down notes how we can make Issue Two even better)!

Clinical Footprint

Penn Medicine Mental Health Ambulatory Services

Penn Psychiatry offers 14 mental health ambulatory practices as part of its comprehensive mental health services.



These outpatient services focus on providing specialized mental health care, ranging from routine evaluations to more complex long-term treatments for conditions such as depression, anxiety, bipolar disorder and substance use disorders.

Hospital of the University of Pennsylvania

Outpatient Psychiatry Center

Hospital of the University of Pennsylvania

The Outpatient Psychiatry Center (OPC) of the Penn Medicine Department of Psychiatry offers comprehensive psychiatric services, including diagnostic evaluations, psychotherapy service, medication management, and group therapy. The OPC offers specialized treatment of bipolar disorder, treatment resistant depression, anxiety disorders, substance abuse, psychosis, geriatrics and medical-psychiatric conditions.

The Clinical Practices of the University of Pennsylvania

Adult Autism Spectrum Program

Clinical Practices of the University of Pennsylvania

For individuals on the autism spectrum and their families, the transition to adulthood and adulthood itself pose a substantial set of opportunities and challenges, such as these: adjusting to activities of daily living and opportunities for increased independence as an adult attaining educational goals, identifying areas of interest and strength that can become a vocation developing work skills, finding and keeping a job building social and communication skills forming and navigating social relationships feeling comfortable and confident in the community. The Adult Autism Spectrum Program at Penn Medicine is dedicated to providing customized consultations, individual psychotherapy, and group therapy for adults on the spectrum.

Center for Cognitive Therapy

Clinical Practices of the University of Pennsylvania

The Center for Cognitive Therapy provides an active, directive, problem-focused outpatient therapy for a variety of clinical concerns, including mood disorders, anxiety and panic, life stressors, and many other issues. Patients will meet with a caring, respectful professional who will listen to their concerns, conceptualize the problem, and assist them in generating solutions and in building better psychological skills. The short-term and long-term benefits of cognitive therapy (also known as cognitive-behavioral therapy) have been strongly supported by a wealth of research.

Mood Disorders Treatment Center

Clinical Practices of the University of Pennsylvania

The consultation center for Mood Disorders within the University of Pennsylvania's Department of Psychiatry provides comprehensive, state-of-the-art assessments and treatment recommendations for individuals with mood and anxiety disorders including bipolar disorder, major depression, dysthymia, mood disorders secondary to medical conditions and anxiety disorders.

Penn Center for Women's Behavioral Wellness

Clinical Practices of the University of Pennsylvania

The Penn Center for Women's Behavioral Wellness is a collaboration between the Departments of Psychiatry and Obstetrics/Gynecology in the Perelman School of Medicine at the University of Pennsylvania. The PCWBW provides clinical consultation and treatment, as well as opportunities to participate in research focusing on conditions related to women's behavioral health across the lifespan, from menarche to menopause. Our Center takes the lifespan approach to women's behavioral wellness.

Penn Interventional Psychiatry

Clinical Practices of the University of Pennsylvania

The Interventional Psychiatry Program at The University of Pennsylvania offers invasive and non-invasive, inpatient and outpatient-based forms of brain stimulation therapy. Clinically it offers treatments with proven effectiveness and with US Food and Drug Administration (FDA) approval for mood disorders and obsessive-compulsive disorders (OCD). The Interventional Psychiatry Program at The University of Pennsylvania also participates in clinical research including multisite clinical trials of emerging treatment modalities that involve neuromodulation and intra- and inter-department collaborations to advance knowledge and expand clinical use of neuromodulation techniques. Offered treatments include: Transcranial Magnetic Stimulation (TMS), Esketamine Intranasal (ESKET IN), Electroconvulsive Therapy (ECT), Vagus Nerve Stimulation (VNS) and Deep Brain Stimulation (DBS).

Team Clinic

Clinical Practices of the University of Pennsylvania

An innovative clinical care model designed to increase patient access to treatment using an evidence-based and collaborative approach (medication management and psychotherapy) to mental health treatment. Patients will meet with our multidisciplinary treatment team for the initial evaluation. Based on the evaluation, the TEAM may offer the following general treatment options:

1. Medication management provided by a Psychiatric Nurse Practitioner (NP) or Psychiatrist (MD) .
2. Evidence-based Psychotherapy for 4 months provided by a Licensed Clinical Social Worker of Licensed Professional Counselor.
3. A combination of Medication Management and Evidence-based Psychotherapy for 4 months.

Penn Presbyterian Medical Center

Total Recovery at Penn Medicine

Penn Presbyterian Medical Center

The disease of substance use is complex and chronic, but also treatable. With a dedicated staff, skilled in the use of evidence-based practices, such as Cognitive Behavioral Therapy and other evidence-based therapeutic approaches. Total Recovery at Penn Medicine offers struggling individuals more options than any other substance use treatment center in the Philadelphia region.

Center for Opioid Recovery and Engagement

Penn Presbyterian Medical Center

The Center for Opioid Recovery and Engagement (CORE) provides comprehensive peer support for individuals and their families struggling with opioid use. CORE Center for Opioid Recovery and Engagement offers medical, behavioral, and hands-on help for individuals with an opioid-related substance use disorder; we work to ensure that people with an opioid-related substance use disorder stay in treatment to receive follow-up care and are supported within their communities. It is an integrated model that approaches recovery holistically. Warm handoffs are facilitated between MAT providers and behavioral health services. Services at CORE (Center for Opioid Recovery and Engagement) are accessible to all patients, regardless of insurance.

The Research Clinics with the Department of Psychiatry at the University of Pennsylvania

Center for the Treatment and Study of Anxiety

University of Pennsylvania

The Center for the Treatment and Study of Anxiety (CTSA) is an internationally renowned research and clinical facility that offers state-of-the-art treatment programs specifically designed for posttraumatic stress disorder (PTSD), Obsessive-Compulsive Disorder (OCD), Social Anxiety (SAD), Panic Disorder (PD), Agoraphobia, Generalized Anxiety Disorder (GAD), Specific Phobias, Somatic Symptom Disorders, Trichotillomania, Excoriation Disorder, and ARFID.

Center for Weight and Eating Disorders

University of Pennsylvania

Our philosophy is simple and straightforward. Persons of all sizes should be treated professionally and compassionately. We know that not all people are the same. Weight and eating problems may result from a variety of factors, including genetics, a slow metabolism, illness, eating or exercise habits, and emotional distress. Disordered eating also comes in many forms, including binge eating disorder, night eating syndrome, bulimia nervosa and anorexia nervosa. We recognize that many persons with higher weight have serious, related medical conditions. Additionally, people with or without a specific eating disorder or health diagnosis often find it challenging to make desired changes to their eating and physical activity habits or seek to improve their body image.

Penn Medicine Autism Clinic

University of Pennsylvania

The Penn Medicine Autism Clinic serves individuals from 12 months of age through adulthood and provides initial diagnostic assessments as well as comprehensive behavioral/psychological evaluations for patients with prior autism spectrum disorder (ASD) diagnoses. Our mission is to use gold standard assessment tools, in conjunction with family-centered care, to facilitate parents' understanding of their child's unique developmental/behavioral profile and how that relates to the child's intervention/educational needs. Families are then connected directly to quality, evidence-based intervention that is most appropriate for their children.

Penn Psychosis Evaluation and Recovery Center

University of Pennsylvania

Our multi-disciplinary program offers consultations on diagnosis, treatment, support and skill development for adolescents and young adults (ages 16-30 years) who exhibit warning signs of emerging psychosis or early psychosis, and their families.

Pennsylvania Hospital

Hall Mercer

Pennsylvania Hospital

Located at Pennsylvania Hospital, the Hall-Mercer Community Behavioral Health Center provides outpatient services, including mental health treatment for children, adolescents, and adults. This center offers therapy, psychiatric evaluations, and specialized programs for trauma, addiction, and developmental disorders. Hall-Mercer also serves as a critical point of care for community-based mental health support, working closely with local social services.

Practice Updates



ANNOUNCING THE NEW PENN INTERVENTIONAL PSYCHIATRY PROGRAM

The Interventional Psychiatry Program at The University of Pennsylvania offers invasive and non-invasive, inpatient and outpatient-based forms of brain stimulation therapy. Clinically it offers treatments with proven effectiveness and with US Food and Drug Administration (FDA) approval for mood disorders and obsessive-compulsive disorders (OCD).



Mario A. Cristancho, MD



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Dominique C. Spence, NRCMA



Gianna Swyers, MA



Tiona Combs

TEAM CLINIC EXPANSION

TEAM Clinic is under new leadership of Drs. Amber Callaway and Paul Burkat and is excited to announce expansion to Pods 4 and 5 in early 2025. They will begin offering evening hours and begin digital screening and self-scheduling using Penn COBALT.



Amber Callaway, PhD
Clinical Director
TEAM Clinic



Paul Burkat, MD, PhD
Medical Director
TEAM Clinic



CENTER FOR THE STUDY AND TREATMENT OF ANXIETY

Pending IRB approval, we are just about to launch a research study that would offer a digital tool to folks who are on a wait list for therapy. The tool will offer CBT skills to folks as they await psychotherapy. We also have a new project focused on supporting soldiers in the Connecticut Army National Guard called the Army-SPRING project.

Q-MUNITY WELLNESS CLINIC AT HALL MERCER

[Q-munity Wellness Clinic](#) is an LGBTQ+ psychiatric clinic at Hall Mercer organized by Penn medical students in collaboration with Penn psychiatry residents and faculty. Our mission is to improve access to LGBTQ+ affirming care, mental health care, and social needs resources for LGBTQ+ identifying people in Philadelphia. QWC provides comprehensive evaluations, short-term medication management and psychotherapy, letters for gender-affirming care, and assistance with referrals to longer-term care (typically at Hall Mercer or Penn OPC) and community resources. Patients can schedule by calling Hall-Mercer at (215) 829-3461 and requesting to be scheduled in QWC. QWC accepts insurance plans accepted by Hall Mercer, which include Philadelphia Medicaid, unmanaged Medicare, Quest, and uninsured individuals residing in Philadelphia. Questions about QWC can be directed to Ashley Un at ashley.un@pennteamclinic.upenn.edu.

PENN MEDICINE EAP: A TEAM IN TRANSITION

Our new EAP Director, Genevieve Chaney begins on December 16th. Roselyn Japes-Shuebrook, EAP Clinical Supervisor, is providing day-to-day clinical oversight while we onboard the new EAP director. Dr. Marguerite Pedley, Sr. Vice President for Penn Medicine Princeton House Behavioral Health and Dr. Katie Dalke, Vice Chair for Clinical Operations, Department of Psychiatry at Penn Medicine, will work closely with the existing team as well as with the new director

Please feel free to contact either Patrick Mahanger or Dr. Marguerite Pedley should you have questions regarding the transition.

Our Operations Manager, Nancy Mazotas is retiring on November 27th. Ron Andujar will assist while recruiting is underway for a replacement.



PENN INTEGRATED CARE REACHES A MILESTONE - 43 PRIMARY CARE LOCATIONS!

Penn Integrated Care is a mental health care program affiliated with the University of Pennsylvania, focusing on providing comprehensive psychological and psychiatric services. It aims to offer integrated care that addresses both mental health and physical health needs, promoting overall well-being for patients.

Key features of Penn Integrated Care include:

- **Multidisciplinary Approach:** The program often involves collaboration between various healthcare providers, including psychologists, psychiatrists, social workers, and primary care physicians to address complex health issues.
- **Evidence-Based Treatments:** Services are typically grounded in research and best practices, offering therapies that have been shown to be effective for various mental health conditions.
- **Preventive Care:** Emphasis is placed on preventing mental health issues through early intervention and ongoing support.
- **Community Engagement:** The program may also involve outreach and educational efforts to improve public understanding and access to mental health services.
- **Tailored Support:** Care plans are often personalized to meet the unique needs of individuals, considering their specific circumstances and challenges.

The Primary care clinicians in these 43 locations refer patients through Cobalt. Mental Health Intake Coordinators in the Resource Center perform intake and triage. MHICs also assess patients by telephone to refer them to either a PIC Mental Health Provider or to specialty care.

PIC's goal is to integrate mental health professionals into primary care to connect physical and mental health. The program's software tools and training help to integrate addiction and mental health care into primary care settings.

PIC's goal is to expand collaborative care to all medical practices, including cardiology and cancer care.



Penn Primary Care Clinicians in 43 practices referred patients with any unmet mental health needs to the Penn Integrated Care Program.



PIC's geographic reach has expanded mental health services further into Pennsylvania and New Jersey.

THE SUICIDE PREVENTION CONSULTATION CENTER (SPCC)

The SPCC is a Penn Medicine clinical service staffed with LPCs and LCSWs specializing in suicide prevention, including the Stanley-Brown Safety Planning Intervention.

We support adult patients who present to UPHS EDs and CRCs and are at risk of suicide but expected to be discharged. SPCC therapists meet with patients in the ED/CRC via telehealth session to develop an individualized safety plan following an evidence-based protocol. We continue following up with patients for up to four weeks post-discharge to assess risk, review and revise their safety plan, and help them get connected with ongoing outpatient care.

SPCC currently accepts referrals directly from UPHS ED and CRC providers via PennChart consult order. Contact Stephanie Downer questions at stephanie.downer@pennteam.upenn.edu

PENN TOTAL RECOVERY TELEMEDICINE CLINIC

Formerly known as the Charles O'Brien Clinic, this addiction psychiatry clinic, located at 4040 Market Street, provides quick access to addiction psychiatry services. Staffed by two board-certified addiction psychiatrists, it offers medication management for substance use disorders (on-label and off-label) and co-occurring psychiatric conditions. Unlike Penn Total Recovery IOP/OP, counseling is not required, making it a flexible option for patients not yet ready for more intensive programs. Referrals can be submitted via Epic using the "Consult to Substance Use Disorder Treatment" order. Upon receiving the consult order, staff verify insurance coverage and guide patients to the most appropriate options, including IOP/OP or this clinic. While insurance options are limited, self-pay is available. (Managed by PPMC).

NEW STAFF ANNOUNCEMENTS



Kennedy Wong, Psy.D.

Role: Staff Psychologist

Practice: Center for Cognitive Therapy

Clinical Expertise: adolescent and adult treatment for: OCD, Panic Disorder, Trauma, and Adjustment to Cancer Diagnosis / Treatment / Survivorship.



Diane Dallal, Ph.D.

Role: AC-track Faculty Psychologist

Practice: CTSA

Clinical Expertise: Mechanisms of change in CBT and acceptance-based therapies for individuals with eating pathology and obesity, Prolonged Exposure for PTSD, Exposure and Response Prevention for OCD, and CBT anxiety and related disorders.



Sarah Vanacore, Ph.D.

Role: Postdoctoral Fellow in Clinical Psychology

Practice: CTSA

Clinical Expertise: Identifying factors that influence flexible coping with stress and adversity, Prolonged Exposure for PTSD, Exposure and Response Prevention for OCD, and CBT anxiety and related disorders.



Courtney C. Gambrell, LPC

Role: Clinician

Practice: EAP

Clinical Expertise: suicide prevention, crisis management, treating victims of domestic violence and members of immigrant populations; faith-based services.



Natasha Robinson, PhD

Role: Staff Psychologist

Practice: CWED

Clinical Expertise: Eating disorders and weight related conditions; bariatric surgery evaluations.



Patrick Farrell, LPC

Role: Staff Psychotherapist

Practice: TEAM Clinic

Clinical Expertise: DBT, strength-based approaches, and person-centered therapy. He is also trained in Trauma-Sensitive Mindfulness, which aids his patients in finding a sense of safety and calm in their mind and body as they work in the therapeutic process.



Annie Perng, MSN, CRNP

Role: Psychiatric Nurse Practitioner

Practice: Hall Mercer Community Mental Health Center Child and Family Services

Clinical Expertise: double-boarded Nurse Practitioner specializing in Mental Health and Adult-Gerontology Primary Care with deep commitment to mental health bringing years of experience in complex patient care.



Nawaal Amer, M.S.

Role: Staff Psychotherapist

Practice: Hall Mercer Community Mental Health Center Child and Family Services

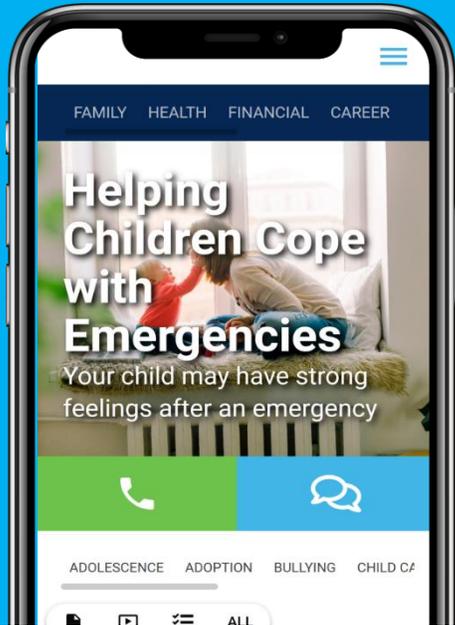
Clinical Expertise: child and adolescent clinical mental health counseling, trauma, intake and evaluation

Wellness and Preventive Care Tips



For those of you who are UPHS employees, your EAP offers resources. Click [here](#) to access the Penn Medicine EAP website. Schedule an appointment through [Penn Cobalt](#) or by calling (888) 321-4433. Or click [here](#) to enter an online intake form. Employees can also access online support through [MyLifeExpert](#) using company code PH045.

Over 5 thousand Articles, videos and more...



MyLifeExpert

Your work/life portal gives you access to thousands of up-to-date, topic-related **articles, videos, podcasts, calculators, interactive checklists, webinars,** and more related to:

- Financial & Legal
- Child Care & Education
- Eldercare
- Health & Wellness
- Everyday Living and more...

Available in English, Spanish and French



Health & Lifestyle Assessments



50+ Soft Skills Courses



Financial Calculators



Nationwide Resources



Confidential Support

You can also access your free and confidential EAP and Work Life Benefit by calling (888) 321-4433



Create your account at www.med.upenn.edu/PennMedicineEAP

Scan Here to Download:



Use company code: PH045

Help is just one click away! Always confidential.

UPHS employees are also eligible to utilize other **WELL**focused programs including Limeade and Wellthy.

The Limeade program offers self-reported tracking and device syncing to ensure that capturing your healthy choices and activities

Wellthy is a leading health care navigation and caregiving support solution that helps individuals and their loved ones with a wide range of care needs. The program offers resources and support in areas such as aging, special needs, financial support, veteran's benefits, mental health, health conditions and childcare. Wellthy offers personalized care support through an online dashboard, where users can manage their care situation. Visit join.wellthy.com/uphs and create an account with your UPHS SSO credentials to learn more and get started with care coordination today.

Events and Support Groups

Penn Cobalt offers UPENN and UPHS employees many wellness resources.

 |  Penn Medicine

Combating stress, burnout & compassion fatigue? Cobalt has resources to help.

WHAT IS COBALT?

Cobalt is a confidential, easy-to-navigate online platform that can be accessed from your home or work computer, smartphone or tablet. Log in or browse anonymously 24/7



VISIT US AT PENNCOBALT.COM

VISIT PENNCOBALT.COM TO...

- 

Find 1:1 Support

Instantly book appointments with wellness coaches, therapists and clinicians.
- 

Join a Group Session

Expert-led groups for connection, support, and skill-building on topics like anxiety, wellness, and mindfulness.
- 

Explore Digital Resources

Online tools, including articles, videos and podcasts, to support wellness and mental health education.
- 

Take a Wellbeing Assessment

Complete a brief assessment to receive tailored resource suggestions.

The National Suicide Prevention Lifeline (now known as 988 Suicide & Crisis Lifeline) is a confidential, free, and 24/7 support service for individuals in distress, contemplating suicide, or experiencing any kind of emotional crisis. Here's an overview:

Key Features:

- **Three-Digit Number (988)** - The number 988 is the designated short code for the National Suicide Prevention Lifeline in the U.S., making it easy to remember and quick to access. It was created to offer immediate assistance to those in crisis, whether they're struggling with suicidal thoughts, mental health challenges, or substance use issues.
- **Free & Confidential** - The service is available at no cost to callers, and conversations are confidential. This means that individuals can seek help without worrying about their privacy being compromised.
- **Available 24/7** - Trained crisis counselors are available 24 hours a day, 7 days a week, providing immediate support during any time of crisis, regardless of the time of day.
- **Crisis Counselors** - Callers are connected to a network of over 200 local crisis centers staffed by trained professionals who can provide emotional support, de-escalate the situation, and offer resources for further help.
- **Multilingual Support** - The service offers help in both English and Spanish, with access to language translation services for other languages.
- **Accessible for Various Crisis Situations** - While primarily focused on preventing suicide, the helpline also supports individuals struggling with mental health issues, substance abuse, relationship problems, or any form of emotional or psychological distress.
- **Text and Chat Options** - In addition to phone calls, people can text 988 or use the online chat service to connect with a counselor if they're unable or uncomfortable speaking on the phone.
- **Who Can Call 988?**
 - Individuals feeling suicidal or in a mental health crisis.
 - Friends or family members worried about a loved one.
 - Anyone seeking emotional support or resources for mental health or substance use concerns.

The 988 Suicide & Crisis Lifeline serves as an essential resource for those facing mental health struggles and aims to reduce stigma, provide life-saving interventions, and offer long-term mental health resources.

Penn Medicine EAP Testimonials

"Words can't express how comforting, great it feels to be able to talk and share with someone. Just the sole action of talking is therapy for me. Thank you!" --An Employee

"I just wanted to write and let you know that I truly appreciate all the work that you and the EAP team do. I had the pleasure of working with Carol Rickard, and I feel as though I gained a lot of tools and support throughout our sessions. I previously and foolishly held a negative opinion of EAP services, and my mind has changed completely after my time with Carol. I felt as though she was so warm, welcoming, empathetic, and helpful towards my situations. I am so grateful for my time with her and am encouraging my colleagues to reach out for EAP services as well." --An Employee

"Mary Riendeau is fantastic to work with! When I first contacted PENN EAP. I was unsure and really worried about starting therapy. Mary helped guide me and I am so happy I ended up working with her." --An Employee

"I am extremely grateful for Ben and Vanessa's important work at Septa following the homicide of the bus operator. I wish them a restful weekend?" --A Leader

"These sessions and the tools you gave me helped me change my life." --An Employee

"You are AWESOME! I have had the pleasure of observing and learning from you and you never cease to amaze me with your compassion, empathy, and genuine interest and concern. You are a truly admirable clinician. Keep being you!" --An Employee

"Eileen has been amazing. I only hope to continue seeing her if I ever need EAP in the future. She has REALLY helped me tremendously." --An Employee

"This EAP program saved my life!" --An Employee

Center for Cognitive Therapy Testimonials

"The work we have done together in therapy is one of the best things I have ever done."

"Only with you could I have gotten through my depression. I owe you my life."

"Thank you for helping me reclaim my identity."

"I've truly enjoyed training at the CCT and my experience here has enriched me professionally and personally."

"Your book 'Choosing to Live' is absolutely stupendous, with only one omission -- the address for your fan club!"

"Through your example I have learned how to be an effective therapist, and what it takes to be a decent human being."

"My gratitude to you and the Center is unbelievable. I am truly a changed person."

"You really go the extra mile for your people."

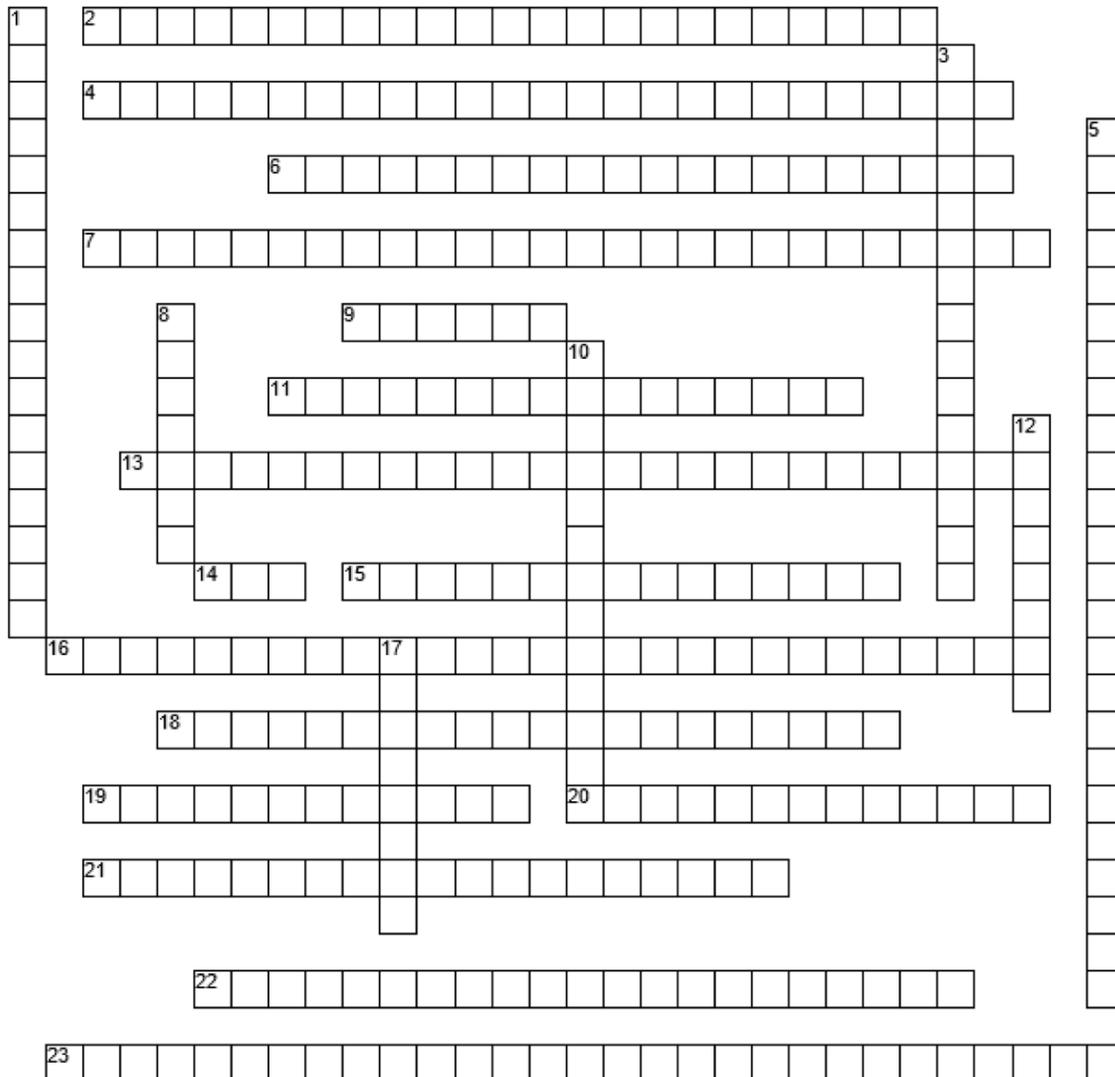
"Thank you for matching me with the most wonderful therapist."

"Thank you not taking 'I don't know' for an answer and for allowing me to learn that it feels okay to have someone care about me."

"Thanks for being such a terrific role model and mentor to us old folks and also to the new folks here. We love you and don't you forget it!"

"Thank you for making uncomfortable topics comfortable."

Crossword Puzzle



Across

2. Approach To Understanding and Modifying Behavior
4. A group of chronic conditions that emerge during the developmental period
6. A wide range of conditions that affect a person's thinking feeling mood behavior or overall mental functioning
7. Evidence-Based form of Psychotherapy
9. A Developmental Disorder That Affects Communication Social Interaction and Behavior
11. Healthcare services or treatments that are required to diagnose treat or prevent a medical condition
13. An individual's qualification to receive help or benefits through a medical assistance program
14. Involuntary Commitment Process
15. An inability to speak in certain social situations where speaking is expected
16. A mental health condition characterized by persistent unwanted thoughts (obsessions) and repetitive behaviors (compulsions) that an individual feels driven to perform
18. The Treatment and Support Services Provided to Individuals Dealing With Mental Health Conditions Substance Use Disorders Or Emotional And Behavioral Issues
19. A sudden episode of intense fear or discomfort that triggers severe physical and emotional reactions
20. Feelings of excessive fear worry or stress that a child or adolescent experiences in relation to school-related situations
21. The simultaneous presence of both a mental health disorder and a substance use disorder
22. A behavioral therapy used to help individuals reduce or eliminate problematic behaviors
23. A specific type of cognitive-behavioral therapy

Down

1. Activities and programs aimed at engaging and supporting individuals in the community
3. Emotional responses to perceived danger
5. A group of developmental conditions characterized by significant limitations in both intellectual functioning and adaptive behavior
8. Condition Characterized by Excessive Persistent and Often Irrational Worry
10. A broad range of mental health conditions that affect a Person's thinking mood behavior and ability to function in daily life
12. The process through which individuals improve their mental emotional and physical well-being manage their symptoms and regain a sense of purpose and control over their lives
17. A Prescription Antipsychotic Medication

The answers will be released in a week!

Going forward we will be issuing the newsletter on a quarterly basis. Keep sending your content updates to us as they happen, and we'll be sure to include it in the next issue

If you have news you'd like to share for consideration in the next newsletter, please contact: Ronald Andujar or Rachel Howell at 3535 Market Street Philadelphia, PA 19104

or copy and pasted this link into a browser and send your ideas.

<https://redcap.med.upenn.edu/surveys/?s=CN4PTMMHCNNRXKHR>

