



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

Many of you have heard me say that we have achieved more than 80% of our strategic plan's goals in less than the 3 years allotted to doing so. That means it's time to refresh the strategic plan and prepare for the next 3 years! Given the importance of expanding clinical services (while maintaining our gains in education, research, and community engagement), the next strategic plan will focus on assessing and planning the next phase of clinical expansion.

All of us know all too well that the last 18 months have been something. We had to manage through the COVID-19 pandemic, the transition of Mercy-Philadelphia to HUP Cedar Avenue and the unrest tied to racism and political strife.

Importantly, although our clinical initiatives had previously been meticulously planned, the events of the last 18 months required action that was decisive and effective. For example, we had to pivot to telehealth once the pandemic hit, establish the COVID-19 Ambulatory Listening and Medication Management (CALMM) clinic for employees, and provided oversight and support for COBALT. In addition, we embraced the unforeseen HUP Cedar initiative and integrated its psychiatric services into the department.

Refreshing our strategic plan provides an opportunity to holistically re-examine and revisit the entire spectrum of clinical services we provide,

both existing and newly developed, just as we recently did with our research structure. To start, we will need to conduct an in-depth assessment of the structure and quality of existing clinical services. What are the unmet needs? What could be more efficient? What needs to be updated? It is a lot of work, but it will be exciting! We will be asking our clinical researchers to assist us in the evaluation of the clinical services to make sure we are providing cutting edge, evidence-based care. I look forward to strengthening the connection between our amazing clinical services and our outstanding clinical research.

As always, I want to thank you for all the work that you do. Whether you are taking care of the growing number of people that need our care, educating the next generation, or seeking the causes and cures for psychiatric conditions, the work that you do is critically important. For that reason, and many more, please take good care of yourself. Remember the importance of keeping your routines in terms of sleep, meals, and exercise. PLEASE consider taking some time off. Vacations are important for our health and wellness. Spend time with people you love, even if by zoom.

We are blessed with work that is meaningful and provides opportunities for altruism. If to that, you add some gratitude—we all have something to be grateful for, even when the going gets tough—we have a good recipe. These things help build resilience and we need you too much for you not to take care of yourself!

Warmly,
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PRESIDENTIAL ASSISTANT PROFESSOR CESAR DE LA FUENTE MEETS WITH KING PHILIP VI OF SPAIN AND PRINCESS LEONOR AS HE IS AWARDED THE PRESTIGIOUS PRINCESS OF GIRONA PRIZE FOR HIS WORK IN COMPUTATIONAL BIOLOGY.

THOUGH NOT IN THE PHOTO, QUEEN LETIZIA WAS ALSO THERE BY THEIR SIDE ALONG WITH INFANTA SOFÍA.



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

