

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**  
JUNE 8, 2022



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

The devastating events of Saturday night in our own beloved city only underscore what is happening nationwide. There is a terrible uptick in violence, and it is difficult to overstate how troubling and frankly, traumatic, it is. Our own Employee Assistance Program contended with the fact that one of the victims on Saturday night worked for a company that we support. Because of all this, our Town Hall meeting on Thursday, June 16 at 12:30 pm will focus on trauma. Our own Dr. Lily Brown, an expert in trauma, will be leading it with me and for that I am very grateful. Please attend if you think it would be helpful to you.

We all do, nonetheless, have things of which to be proud and grateful. For example, we are appending an email that came in the wee hours of this morning describing some of the anti-racist efforts in our Health System and Medical School. You may know that many in psychiatry are involved in the CPUP Committee on Anti-Racism: Ron Andujar, Patrick Mahanger, and Cindy Romanelli all play critical roles. I am honored to co-lead it with Dr. Frances Jensen, Chair of Neurology. Of course, Penn Psychiatry Vice Chair for Inclusion, Diversity, and Equity, Dr. Clay Watson is involved in the Vice Chairs group which is also making excellent contributions. I am so delighted that we are active in this space not only at the departmental level but also at the level of the Health System and School. It is a critically important initiative!

Summer is a time that many of us associate with vacation. Please make a point of getting some rest if you can. Plan something fun for yourself, whether it is a visit to family, a trip to a new place or simply hanging at home working on your favorite hobby. It is important to have a change of pace, now and again. At the same time, it is important to care for yourself by following your routines. Regular sleep, meals, exercise can make a huge positive impact on our resilience. So can altruism and gratitude. I urge you to take good care of yourself. The work you do here is very important and has huge impact on the lives of others, altruism for which we can be grateful.

Warmly, m

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FROM DEBORAH DRISCOLL, CPUP SENIOR VICE PRESIDENT



The path to fulfilling CPUP's vision of positive, measurable, and fundamental changes to create a more inclusive and diverse community and eradicate racism is ongoing. Change at this scale not only takes time, but also the dedication and perseverance of our leadership and you. Today, we want to provide an update on our collective progress.

Under the leadership of **Carmen Guerra, MD, MSCE, FACP**, the Vice Chairs of Inclusion, Diversity, and Equity (IDE) have been working together to take meaningful steps forward.

CPUP's IDE strategic plans are aligned around the six pillars of ACT and outline close to 700 initiatives across 22 departments.

In addition, the Vice Chairs collaborated with their departments to identify a health equity project and success metrics.

*"Penn Medicine recognizes that diversity, equity, and inclusion are important dimensions of institutional excellence. With the investment by and support of CPUP leadership, this community has been empowered to make anti-racist changes and chart the path towards a more diverse, inclusive, equitable organization," ~ Dr. Guerra*

CPUP's Committee on Anti-Racism (CAR), led by co-Chairs **Maria Oquendo, MD, PhD**, and **Frances Jensen, MD, FACP**, has partnered with ACT and the IDE Vice Chairs to seek to understand and address issues of structural racism in the workplace. The substantial advances these groups have made are highlighted under the four domains that guide the work:

#### Education

- Speaker Series features distinguished guest speakers and timely topics
- A Bystander Intervention course on Canvas will provide training for "in the moment" responses to racist comments or behaviors
- Anti-Asian Bias initiative partnered with several organizations to sponsor and organize panel discussions.

#### Advocacy and Communication

- The CAR website is a hub for sharing updates, events, and messages
- **Leadership Accountability Subcommittee (LAS)** supports anti-racism task forces in clinical departments and aids in the development of integrated outpatient clinics

#### Community Outreach

- **Preferred vendors** initiative supports local minority businesses when procuring products and services for Penn and UPHS
- **First annual coat drive** held in Nov. 2021 collected 500 coats and accessories

#### Reporting and Monitoring

- **Reporting bias/racist incidents** in which the LAS established reporting metrics (e.g., ACT report cards) for clinical departments

I want to thank Drs. Guerra, Jensen, and Oquendo, the committees, task forces, Vice Chairs of IDE, and all team members for their outstanding work and phenomenal progress. The unrelenting challenges of the last few years have not made it any easier. On behalf of the CPUP leadership team, I am so appreciative and grateful for all your continued engagement around these critical efforts.

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## JUNETHEENTH SPEAKER EVENT



As we recognize Juneteenth 2022, we remain committed to acting against racism on every level within our clinical and academic environments.

Join us Monday, June 20, at 5:30 p.m., for a special Juneteenth lecture, [“Reproductive Oppression Yesterday and Today and Why It Matters,”](#) featuring [Raegan McDonald-Mosely, MD, MPH](#), CEO of Power to Decide. [Click here for more information](#) about the lecture.

*Cosponsored by the CPUP Committee on Anti-Racism, the department of OBGYN. and FOCUS.*

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## **CONGRATULATIONS DR. HELEN LILJENWALL!**



Helen Liljenwall, MD, PGY I Resident, has been selected for the 2022 American Psychiatric Association Foundation (APAF) Child and Adolescent Psychiatry Fellowship for the 2022-2024 academic years. This two-year resident Fellowship starts on July 1, 2022, and ends on June 30,

2024. The APAF Fellowships provide psychiatry residents the experiential learning, training and professional development to be leaders in the field of psychiatry.

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## **ONLINE RESOURCES FOR YOU AND YOUR FAMILY TO HELP STAY EMOTIONALLY HEALTHY DURING TRAUMATIC EVENTS**

You have instant, confidential, support to get access to the help you need all in the palm of your hand.**th Cope After a Traumatic Event**

### **Posttraumatic Stress Disorder (PTSD) in Children**

<https://mylifeexpert.com/article/2bc8ce16-7776-11e9-a0e4-02eda673402c>

### **Helping Children Cope with Emergencies**

<https://mylifeexpert.com/article/2bd0df99-7776-11e9-a0e4-02eda673402c>

### **Helping Youth Cope with Stress**

<https://mylifeexpert.com/article/6dd7d938-7b2c-11e9-ae65-0ae3e39d19dc>

### **Coping with Traumatic Events**

<https://mylifeexpert.com/article/631f3f1b-5118-11eb-af8f-0ae3e39d19dc>

### **Media Coverage: Watching Traumatic News Is Related to Stress**

<https://mylifeexpert.com/article/556e3719-00f6-11ec-bcc2-0ae3e39d19dc>

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## **TIPS FOR A HEALTHY SUMMER**

Follow these tips to help prevent chronic disease and have a Healthy Summer.

- **Move More, Sit Less!** - Get at least 150 minutes of aerobic physical activity every week. Physical activity has immediate benefits for your health: better sleep and reduced anxiety are two.
  - **Wear Sunscreen & Insect Repellent** - Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection. - Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks. If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks. **Keep Cool in Extreme Heat.**
  - **Extreme heat** can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions. Stay cool. Stay hydrated. Stay informed.
  - **Eat a Healthy Diet** - Delicious fruits and veggies make any summer meal healthier.
  - **Rethink Your Drink!** - Drink fluoridated water instead of sugary or alcoholic drinks to reduce calories and stay safe.
  - **Don't Use Tobacco** - You can quit tobacco today! Find the [free quitting support](#) that's right for you. Call 1-800-QUIT-NOW. Download the [QuitSTART App](#) and access smokefree [tools and tips](#).
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## **HEALTHY TIPS: CHOOSE LOWER SODIUM FOODS**

- Look for canned vegetables labeled "no added salt."
- Items that are "pickled," "brined," or "cured" tend to be high in sodium.

- Making your own meals gives you more control over the salt you eat.
  - Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're using.
  - Flavor your foods with fresh or dried herbs and spices instead of salt.
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## AVOID MOSQUITO BITES

Summer can be a bummer if outdoor fun is interrupted by the irritating buzz of mosquitoes.

- Use insect repellents. Products containing DEET, picaridin, lemon eucalyptus, para-menthane-diol, or IR3535 can be applied to skin. Follow label instructions.
  - Cover up. When outside, wear long sleeves, pants, and socks. Mosquitoes may bite through thin fabric, so spray thin clothes with an EPA-registered repellent like permethrin. Don't apply permethrin directly to skin.
  - Mosquito-proof your home. Install or repair screens on windows and doors to keep insects out. Use air conditioning if you have it.
  - Get rid of mosquito breeding sites. Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, and birdbaths on a regular basis.
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## NATIONAL HEALTH OBSERVANCES:

The NHOs in our June roundup help raise awareness about Alzheimer's & Brain Awareness, National Safety, Sickle Cell and National HIV Testing Day.

- Alzheimer's & Brain Awareness Month - The Alzheimer's Association sponsors [Alzheimer's and Brain Awareness Month](#) in June to raise awareness about Alzheimer's disease and other dementias. Check out and share [these Alzheimer's and healthy aging infographics](#) from the Centers for Disease Control and Prevention (CDC).
  - National Safety Month - The National Safety Council recognizes June as [National Safety Month](#), a time to spread the word about keeping everyone safe in the workplace — and anywhere. This year's weekly topics range from building inclusive safety cultures at work to addressing ongoing COVID-19 safety concerns. And be sure to read up on the [Healthy People 2030 Injury Prevention objectives](#).
  - World Sickle Cell Day - The Sickle Cell Disease Association of America (SCDAA) sponsors [World Sickle Cell Day](#) on June 19 to raise awareness about sickle cell disease and the challenges that patients and their families face. Use these resources from SCDAA and [SiNERGe](#) to [shine the light on sickle cell disease](#).
  - National HIV Testing Day - Sponsored by [HIV.gov](#), National HIV Testing Day on June 27 is an opportunity to encourage people to get tested for HIV, know their status, and get linked to care and treatment.
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## SECOND WEDNESDAY WEBINAR SERIES

Blind Spots that Can Diminish Your Brand

Date: 6/8/2022 | Time: 1:30 PM to 2:30 PM EST

Click [here](#) to register for this event

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Create your new account at  
[pennmedicineeap.mylifeexpert.com](https://pennmedicineeap.mylifeexpert.com)  
or Scan Here to Download:



When creating a new account, use company code: PH045

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## WELLNESS RESOURCES

Click [here](#) to access our Wellness Resources.

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

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## THANK YOU FOR YOUR SERVICE.

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

— Patrick Mahanget  
CHIEF OPERATING OFFICER, DEPARTMENT OF PSYCHIATRY

FOR QUESTIONS ABOUT THE COVID-19 VACCINE,  
visit [PennMedicine.org](https://www.PennMedicine.org).

