



January 2014

Stepping Out & Up is a monthly, community-oriented newsletter of the Department of Psychiatry published by the Office of Mental Health Promotion.

Rev. Lawrence Hargrave Receives Award

Rev. Lawrence Hargrave, Pastor of Outreach Ministries at Asbury First United Methodist Church and longtime community partner of Psychiatry received the first ever *Rev. Raymond Graves Award* for Community Service and Social Justice. Rev. Graves (CRCDS '69) was a well-known advocate for social justice and the civil rights movement in Rochester. Graves also helped establish and advise numerous community programs. The Colgate Rochester Crozier Divinity School (CRCDS) celebrated the award at the 30th annual MLK Songfest at Aeon Baptist Church.

Rev. Hargrave's ministry to the Rochester community continues the legacy of Rev. Graves' work to transform the lives of those they serve. A full article on this event appears in the Rochester Democrat and Chronicle, [click here](#).



Meet the Psychiatric Mental Health RNS and LPNS in Ambulatory Settings - Part 1

By: Carole Farley-Toombs

The roles of Registered Nurses and Licensed Practical Nurses in ambulatory clinical sites continue to evolve in the healthcare arena. The national and regional healthcare agendas seek to strengthen community-based alternatives to emergency room and in-hospital stays. This is true in Strong Behavioral Health Ambulatory Settings. Our RNs and LPNs support providers, patients and families through outreach, screening, triaging, script management, assessments, collaboration with community providers, some care management and assistance with regulatory requirements. The RNs and LPNs in these settings function within a strong interdisciplinary team model that maximizes the scope of practice, synergistically to promote overall health, safety and quality of life.

Laura Inclema, Sr. Level III RN provides clinical support and consultation to the Behavioral Health Ambulatory clinic RNS, LPNs, provider teams and clinical leadership towards standardizing role expectations, developing efficient workflows, and maximizing the use of eRecord to communicate efficiently

Community-Oriented News

Celebrity Tavis Smiley Headlines RIT

Expressions of King's Legacy Celebrations on January 30th in RIT's Gordon Field House and Activities Center from noon-2pm. Tavis Smiley, national talk show host, author and community advocate is the keynote speaker. He has been named one of the ten most influential people by Time Magazine. Registration is required and tickets are \$1 each. Smiley will also moderate a community panel at East High School about July '64's Riots at 6pm. For more information and to register, visit <http://www.rit.edu/news/story.php?id=50466>.

Tana Grady-Weliky, M.D. Lecture on Women and Diversity in Medicine

on January 31st noon-1pm in the Class of '62. Hilda Hutcherson's lecture, Good Girls Don't, will address sexual health disparities in communities of color followed by a book signing and reception. The event is open to U of R faculty, staff, residents, fellows and students. Registration is required by emailing Grace Fuller at grace_fuller@urmc.rochester.edu

inspireDANCE Festival. The fourth annual inspireDANCE Festival, organized through the Program of Dance and Movement at the University of Rochester, will showcase a rich diversity of dance and movement styles including contemporary, hip-hop, ballet, Irish dance, Capoeira, yoga, and more. The festival runs from February 13th -18th and will offer more than 20 workshops and performances on the University's River Campus. For ticket and registration inquiries or more information, call 585-273-5150, email m.p.smith@rochester.edu or visit rochester.edu/college/dance/events.

Maternal Depression: Instilling Hope on March 4th 6:30-8pm at Cornell Cooperative Extension, 249 Highland Ave. Maternal depression takes a toll on a mother's wellbeing, livelihood, attitude and outlook on life. Join us to learn about effective, evidence-based treatments that provide hope for women and families touched by maternal depression. Register at mharochester.org. There is a \$10 fee.

Health Happens Where You Live...Did You

and effectively. She also provides direct clinical services in the Adult Ambulatory Clinic with **Thomas Bartosch**, LPN and **Jennifer Hart**, RN.

At Strong Ties **Kimberly Rounsville**, LPN is the primary clinician in the Long-Acting Depo Medication Clinic where she also provides some support to the Strong Ties Clinic provider teams. **Katie Thurston**, RN recently relocated from CPEP to Strong Ties to join the RN/LPN team which includes **Debra Wernle**, RN in providing critical support to the clinic teams and providing patient groups. Another LPN position in the Strong Ties clinic is currently under recruitment. **Ann Robinson**, RN and **Julie Csuha**, RN spend much of their time in the community as members of the Project ACT Team at Strong Ties.

At our Science Parkway site, **Molly Larkin**, RN provides invaluable clinical support in the Older Adults Outpatient Clinic. **Randi Bisbano**, RN does the same in the Child and Adolescent Outpatient Clinic. She will soon be a newly minted Psych NP joining the Psych Acute Services team and a replacement for that clinic is under recruitment. **Katie Donovan**, RN just joined the Behavioral Health Partners Ambulatory Clinic which will be opening an office at 315 Science Parkway in the near future. We are eager to watch that service grow and meet its full potential.

Next month's newsletter will highlight our nurses in the Partial Hospital programs and Strong Recovery.

Renewing of the Minds Kicked Off

Renewing of the Minds kicked off this month with a full class including a wait list. Bishop Herman Dailey of Outreach Community Center started the year off with an introduction of starting practices. The purpose of this class is to provide a range of knowledge for ministers and lay leaders around mental health needs when working with people in distress. The class is held once a month for a year while learning about health promotion, mental illnesses and treatment, and resources for prevention. Participants noted that the class, "...helped me to understand how some situations/life's events can contribute to mental issues" and was an "engaging presentation and excellent content." Partnering agencies include Psychiatry's Office of Mental Health Promotion, the Aging Well Initiative of the University of Rochester Medical Center, the Interdenominational Health Ministry Coalition, Mental Health Association of Rochester, Finger Lakes Health Systems Agency, Rev. Phyllis Jackson shown at right, and Trillium Health.

With a successful recruitment of over 60 registrants, future classes are planned. News of this class was published in the Democrat & Chronicle and reached headlines in the [American Psychiatric Association](#).



Bridge Gallery Hosts Stillness & Dance Opening

Over 40 attendees recently celebrated the Bridge Art Gallery's *Stillness & Dance* exhibit at the show's reception this month. With over 20 exhibiting artists,



know?

Vitamin D is known as the "sunlight hormone." Humans are designed to fulfill Vitamin D needs through exposure of bare skin to the sun's ultraviolet light. Low levels of Vitamin D may be a signal for the body to shift into a wintertime metabolic pattern, characterized by fat storage and weight gain. Signs of Vitamin D deficiency can include depression, chronic musculoskeletal pain, frequent respiratory infections, inflammatory disease, and certain autoimmune diseases. Some ways to beat Vitamin D deficiency are supplementation of Vitamin D, B vitamins, calcium, and magnesium and limited intake of caffeine and refined carbohydrates.

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there was a great turnout. We continue to discover how artistic our co-workers are. URM employee, Getachew Taye won Best in Show for his work "In the Still of the Night." Stillness & Dance will be up until the end of February. We will be seeking high school artists to participate for our upcoming show in March. Stay tuned for more information.



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