



## August 2017

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

### Renewing of the Mind Set to Re-Launch this September

Recognizing the need for people of faith to have support in a holistic way inclusive of their faith, Renewing of the Mind



(ROM) is a free, year-long course set up to give local clergy and lay ministers tools to support mental wellness in their communities and congregations.

ROM tackles important topics such as referrals, addictions and substance abuse and child mental wellness as well as common mental health issues such as PTSD and depression, among others.

Participants from the 2016 ROM iteration have found the class to have vital information and have worked hard to integrate mental wellness into their congregations. They have hosted events specifically dedicated to mental health and stigma busting. They have also integrated mental health explicitly into the Bishop James R. Wright Institute of Christian

### Community-Oriented Events

Don't forget to check the calendar for special university sponsored events:

[www.rochester.edu/diversity/eventscalendar/](http://www.rochester.edu/diversity/eventscalendar/)

- **Summer Grand Rounds:** The theme to this year's Psychiatry's Summer Grand Rounds is: "Historical Trauma and Community Resilience: What Clinicians & Community Members Need to Know." The series takes place Thursdays in July and August from noon-1 pm in the Helen Wood Hall Auditorium. The full schedule can be found [here](#).
- **The Investment Back-to-School Health, Wellness and Fitness Boost** will take place on August 26<sup>th</sup> at the Ryan Community Center, located at 530 Webster Ave. Registration begins at 10 am. The event includes a variety of fun activities, including a dance party, demos and football, among others. There will also be haircuts and giveaways for book bags and school supplies, sneakers and other prizes to get kids ready for school.
- **Decoding the Tablecloth**, written and performed by Gabriela Kohen and directed by Connie Grappo, this play explores the psychological impact of trauma over five generations in Kohen's family as well as her experiences as an immigrant girl growing up Jewish and Latina in New York. From pre-Holocaust Poland, to the tango halls of Argentina, to disco-era Brooklyn, Gabriela portrays over twenty characters as she weaves her family's struggle to belong with their unique cultural identity and oral history. For

Education's week-long education program which took place this month, where Charles Brown of Strong Recovery was asked to present.

Anyone interested in joining is encouraged to register by emailing [RenewingoftheMindRochester@gmail.com](mailto:RenewingoftheMindRochester@gmail.com) or calling (585) 275-3571. Spots are limited. Classes will be held in the Office of Mental Health Promotion's Family and Community Center in room G-9266 the fourth Saturday of the month beginning September 23<sup>rd</sup> from 9 am to noon.

## eCapacity Summer Research Institute Scholars



Scholars throughout Asia (map of attendees' countries of origin on the left) once again joined the Department of Psychiatry this Summer to continue eCapacity training to enhance mental health

integration into primary care settings, women's health services, and related community activities.

This innovative research education program aims to better integrate social media information and communication technology (ICT) into research and training in low-resource settings in order to enhance mental health care. First year scholars worked with curricula as ICT regional experts. Returning scholars mentored first year scholars on their research interests.

The National Institutes of Health's Fogarty International Center awarded this project (Eric Caine, PI) through its [Global Health Research and Research Training eCapacity Initiative](#). Drs. Vincent Silenzio and Chris Homan, in addition to several other faculty and staff, hosted these scholars for several weeks in July and August.

more information or to purchase tickets visit [www.jccrochester.org](http://www.jccrochester.org).

## Health Happens Where You Live...Did You Know?

Biking is a great activity to try with peers or even on your own, and the University of Rochester is situated right by many great trails, including the [Erie Canal Trail](#) which runs from Buffalo to Albany. Those who don't own a bike can participate in [Zagster](#)'s bike share by downloading the app. The University of Rochester Medical Center and River campus each have a Zagster station, and they are also available throughout Rochester.

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While here, Scholars took part in the full learning available at the University of Rochester, venturing beyond eCapacity trainings. For instance, they attended diversity luncheons held in the Office of Mental Health Promotion as well as the Summer Diversity Grand Rounds series. At the beginning of August, they joined a delegation from Shenzhen, a major city in the Guangdong Province of China. Dr. Caine hosted this delegation of leading practitioners and scholars in meeting with faculty and staff in our department. Discussions focused on how to advance mental health care and grow public health approaches to prevent suicide in Shenzhen.

## Psychiatry Nursing Staff Give Back during National Nurses' Week

Originally published by [House of Mercy](#).



This year, the URMC Psychiatric Mental Health Nursing staff chose to celebrate National Nurses' Week by

giving back to the community. From May 5<sup>th</sup> to 15<sup>th</sup>, each unit and clinic area collected new socks for the House of Mercy. There was a tie for the Golden Sock Award between unit 3-9200 (pictured above) and Psych ambulatory nursing (pictured below). Each area collected 127 pairs! A total of 515 pairs of socks were donated to the House of Mercy.



## Dr. Kimberly Van Orden Presents at the Australian National Suicide Prevention Conference

Submitted by Dr. Kimberly Van Orden.

The Center for the Study and Prevention of Suicide (CSPS) in our department is an international leader in suicide prevention. In July, Kim Van Orden, a



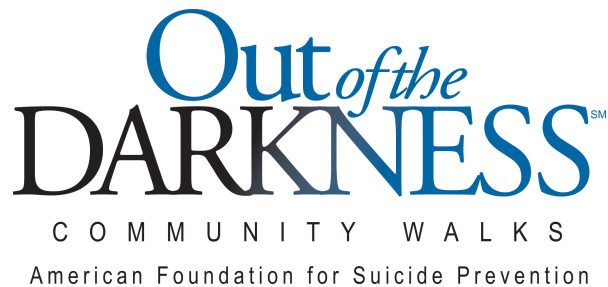
CSPS Investigator, was invited to give several presentations at the Australian National Suicide Prevention Conference in Brisbane, Australia. One of her presentations was a keynote presentation titled: "Connecting and Contributing: Behavioral Strategies to Improve Relationships and Reduce Suicide Risk in Later Life." She shared information about the importance of late-life suicide prevention and also provided examples of work done by herself and her colleagues in the CSPS to increase social connectedness in older adults. She will be presenting some of the same material at Grand Rounds on September 27<sup>th</sup>.

Kim noted that after her presentation numerous conference attendees came up to her and indicated that they worked in youth suicide prevention and previously did not have a sense of the magnitude of the problem of late-life suicide. Kim later learned that the national conference had never had a speaker on late-life suicide.

While suicide prevention organizations in the U.S. pay relatively more attention to late-life suicide prevention, the lack of attention to older adults at risk is a worldwide problem, caused by a multitude of factors, including ageism, which refers to prejudice or discrimination based on age. Our department does great work to help older people, including the

compassionate care provided by the team on the geriatric psychiatry inpatient unit and the team of clinicians at the Older Adults Service. However, a great number of older adults who die by suicide are not seen in specialty mental health. Thus, the work that Kim and her closest collaborator, Yeates Conwell, focus on includes primary care and community agencies, including aging services. Kim is always eager to discuss social connectedness and late-life suicide prevention, so feel free to drop her an [email](#) if you'd like to learn more or share your ideas.

While there, Kim also gave a series of radio interviews and recorded a podcast; examples are available [here](#).



The American Foundation for Suicide Prevention (AFSP) is once again hosting its annual Rochester Out of the Darkness Community Walk in Genesee Valley Park on September 24<sup>th</sup>.

This year's walk has a lofty goal of \$150,000. Money raised will benefit the work AFSP does, which includes funding research, offering educational programs for professionals and survivors, educating the public about suicide and promotion policies and legislation that impacts suicide and prevention.

Psychiatry is invited to join the team "Walking Strong" by visiting [afsp.org/RochesterNY](https://afsp.org/RochesterNY). That link can also be used to donate.



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