



March 2016

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

Dr. Larry Davidson to Present 2nd Annual Shoolman Lecture



"Larry Davidson, Ph.D., is a Professor of Psychology and Director of the Program for Recovery and Community Health at the School of Medicine and Institution for Social and Policy Studies of Yale University". He currently has grants through PCORI, SAMHSA and NIMH.

"His research has focused on processes of recovery, evaluation of innovative recovery-oriented practices, including peer-delivered services, and designing and evaluating policies to promote the transformation of behavioral health systems to the provision of recovery-oriented, person-centered, and culturally-responsive care. In addition to being a recipient of psychiatric care, Dr. Davidson has produced over 300 publications, including *A Practical Guide to Recovery-Oriented Practice: Tools for Transforming Mental Health Care* and *The Roots of the Recovery Movement in Psychiatry: Lessons Learned*. His work has been influential internationally in shaping the recovery agenda and in translating its implications for transforming behavioral health practice" (from [ISPS](#)).

Dr. Davidson will deliver the 2nd Annual Shoolman Lecture on Thursday, April 7th. His presentation, titled "Can Clinical Care be Recovery-Oriented?", will focus on recovery, including the evidence base for peers and family in support of recovery, and will take place in the Class of '62 Auditorium (G-

Community-Oriented Events

Don't forget to check the calendar for special university-sponsored events: <https://www.rochester.edu/diversity/events/calendar/>

2016 Tana Grady-Weliky, GD, Lecture on Women and Diversity in Medicine: Eliminating the Gender Leadership Gap in Academic Medicine: 50/50 by 2020. Dr. Hannah Valantine will present an overview of research-driven approaches to enhancing diversity. This talk will be held on Tuesday, April 5th from 12-1 p.m. in the New Adolph (Lower) Auditorium (1-7619) at URMC. To register, please contact Grace Fuller at grace_fuller@urmc.rochester.edu.

University of Rochester's 7th Annual Diversity Conference: #URDiversity-What Do You Stand For? The Diversity Conference will take place on Friday, April 8th. To register and find the breakout sessions, visit the [Diversity Conference website](#).

Films, Facts and Fallacies about Mental Health is a series of films and informational programs about homelessness, mental illness and autism in adults. There will be an informational presentation, followed by a panel discussion around autism in adulthood on April 11th starting at 6:30 p.m. at the Rochester Psychiatric Center's Rehab Center Auditorium, located at 111 Elmwood Ave. To find upcoming series events, please visit the [Mental Health Association](#). To register, call Tammy at (585) 325-3145 x100.

Why Put it Off? A Workshop on Procrastination will be held on Thursday, April 14th from 2:30-4 p.m. at the Mental Health Association, located at 320 N. Goodman St. Seating is limited; please register by calling Tammy at (585) 325-3145 x100, or by visiting [their website](#).

Third Thursday Performing Art and Culture Series continues on April 21st, featuring the pianist Yi-Yang Chen in the Sarah Flaum Atrium from 5-6 p.m. Faculty and staff are welcome.

The 7th Annual Dr. David Satcher Community Health Improvement Awards will be held from noon to 1 p.m. in the Helen Wood Hall Auditorium on Friday, April 29th. Lisa A. Cooper, MD, MPH, a professor at Johns Hopkins University School of Medicine and Director of Johns

9425) from 12-1:30 p.m.

The Shoolman Lecture is an annual event dedicated to improving public understanding and reducing stigma around schizophrenia.

Attendees are welcome to arrive early to peruse the [Mental Health Association's](#) information table.

Find out more about their programs for yourself, your patients or for your trainees!

The discussion will continue with a Community Counts luncheon on Monday, April 11th in the Romano Room from 12 - 1 p.m. (lunch served at 11:45 a.m.). Caroline Nastro, MS, RN, will facilitate a discussion on the topic of "recovery" from mental illness and addictions and the controversy surrounding whether or not people can fully recover (with or without meds). We will talk about how our current clinical practices align or don't align with recovery principles, and how/if we are or can move to a recovery-based model of care across our clinical services. Please contact Jenny Hernandez

at jenny_hernandez@urmc.rochester.edu or (585) 275-3571 to RSVP for the luncheon on April 11th.

CERTIFICATION: The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of (1.5) AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. CEL for Social Work credit for this session has also been submitted.

Meeting with Pat Woods of the Mental Health Association

The Office of Mental Health Promotion sat down with Pat Woods, President and CEO of the Mental Health Association (MHA), to talk about the services they offer to community members.



Jenny: What is the mission of the Mental Health Association?

Pat: The mission of the Mental Health Association is to promote mental wellness through a spectrum of culturally competent programs and services. The goal is to help people find the tools and resources to achieve mental wellness. The MHA believes that whether a person is in a severe situation or not that person can have a level of wellness and it's something you need to work on.

JH: What are the mental health needs that you see emerging in the Rochester community?

PW: Well, there is a lack of mental health professionals and psychologists and it's difficult to access services; there are long wait lists and then

Hopkins Center to Eliminate Cardiovascular Health Disparities, will present, "From Health Disparities to Health Equity: Building Relationships in Healthcare Systems and Communities." To register for this event, please visit www.event.urmc.edu/satcher.

Got Dreams? Celebration for the Monroe County Children's System of Care will be held on Thursday, May 5th from 5:30-8 p.m at the Radisson Hotel Rochester Riverside, located at 120 East Main St.

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

With the return of Spring and the promise of warm weather just around the corner it's easy to be more active. One simple exercise that often gets overlooked is walking. Walking can help you maintain a healthy weight and mitigate the risks or effects of conditions such as type 2 diabetes and high blood pressure. According to the [Arthritis Foundation](#), it also lightens moods, strengthens muscles and improves joints. For such a simple and inexpensive activity walking offers a lot of benefits! For more information about the effects of walking and proper techniques feel free to check out the [Mayo Clinic](#).

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there is the issue of insurance.

JH: How is the MHA trying to meet these needs?

PW: As far as access, we produce a "[Finding Your Way](#)" Guide which is designed to help consumers know what services are available, how to know when to look for services, information about insurance and there is also a part about consumer rights.

We provide support with concrete skills. For instance, we might do social activities to decrease social isolation. A lot of what we do is really more centered around education. We have a program for parents with children to help them promote mental wellness, to give an example. We don't really do much of the clinical work; our aim is to help people live as successfully as they can with a level of mental wellness.

We use the Peer Model, the Self Help & Recovery Model. In fact, 60-70% of our staff identify as peers themselves or family members of people with mental health issues. We really emphasize peers because we believe peers are equipped with the most understanding of mental health issues. Through these models we address the mental health issues and support consumers to handle those issues themselves in the future.



JH: Some of your programs are very well known, like the [Creative Wellness Opportunities](#), but there are some that we may not be utilizing to their full extent. Are there any programs that you would like to highlight, programs you feel would be most beneficial for Mental Health and Wellness clinicians, staff, trainees or clients?

PW: We have our [Life Skills Program](#). It's conducted in a workshop model; it focuses on the basic things you need to live in a community like financial literacy, access to food, and support groups. We also do benefits advisement and try to get people connected to healthcare.

JH: I bet that's been a challenge. It sounds like with the Affordable Care Act (ACA) reforms things have been changing a lot lately.

PW: Well they say with the reforms it's supposed to be easier to access healthcare but you still need to know how to access it.

We also do peer employment coaching. We have an employment coach who can do group and one-on-one sessions. We focus on more of the soft skills, so it's not so much about resumes but rather the

interpersonal skills that get people in trouble [during interviews].

One that might be of especial interest to consumers and staff is our Basic Needs Program. We help people secure food and housing benefits and it's funded through the United Way. We do get inpatient referrals for that.

JH: Wow. I did not know all of this was available.

PW: Well that's the problem. We offer a lot of services but not everyone knows about them. We're a hidden treasure.

For more information about the Mental Health Association's [events](#), [a support group directory](#) and other programs, please visit their website at www.mharochester.org. You can also check out their information table before the Shoolman lecture on April 7th.



2016 Senior Thesis Art Exhibitions

The University of Rochester's undergraduate art exhibitions open Friday, April 1st through Monday, May 2nd. The

exhibitions reflect the work of eleven senior studio arts majors, including the Office of Mental Health Promotion's very own Amanda Lai. Her exhibit, *The World Died: Vignettes from a Quiet Planet*, opens Monday, April, April 4th with a reception Thursday, April 7th in the Art & Music Library, located on the ground floor of Rush Rhees Library.

Other exhibits include: *PARALLELS* by Pedro Piñera and Shannon Dempsey; *carry what you can* by Gabryella Pulsinelli; *Searching for Daffodils* by Zoe

Pruitt; *submersion* by Magdalena Rieders. Additional exhibits by: David Libbey, Ciarán Spence, Bella Clemente, Melinda Lou and Yunshan Yang. These exhibits will take place in multiple locations, including Rettner

Hall, AsIs Gallery at Sage Art Center, Rochester Contemporary Art Center and the Art & Music Library. For more information, check out the [Sage Art Center website](#) or scan the QR code (at right).





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