



## November 2017

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

### Health Careers Academy Explores Mental Health



The [Health Careers Academy](#) (HCA) visited the Department of Psychiatry on November 16<sup>th</sup>. Twenty-six high school students were introduced to various

fields relating to mental health, including nursing, social work, research, medicine, substance/addictions services, and different clinical care services.

HCA is a partnership program between Genesee Valley Educational Partnership and Genesee Community College for highly motivated high school seniors interested in exploring the medical field as a career choice. In addition to earning 15 college credits, students investigate a multitude of health careers through job shadows and internships at a variety of related facilities.

Over the last few years Psychiatry has hosted students from HCA early in their program to encourage them to consider mental health fields as they continue their education and careers. At the request of their teacher, Strong Recovery trained the students in opioid overdose reversal, a popular training for this group.

The Office of Mental Health Promotion would like to thank all those who took the time to come speak to the HCA students: E.J. Santos, MD, MPH; Stacy Killings, PsyD; Jennifer King, LMFT; Eric Caine, MD; April Aycock, LMHC, CASAC; Julie Achtyl,

### 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/)

**Presented by Dr. Joy DeGruy**, Victorious Minds Academy Community Forum: Relationship Approach Epigenetics and Multigenerational Trauma will take place on November 30<sup>th</sup> at Wilson Foundation Academy from 5:30 to 8:00 pm. The evening will also feature a panel discussion made of students, parents and teachers. For more information, email [Rhonda.Kirkland@rcsdk12.org](mailto:Rhonda.Kirkland@rcsdk12.org).

**Free Screening of *Backpack Full of Cash***, a film exploring the cost of privatizing America's public school, will take place on November 30<sup>th</sup> in The Little Theatre from 6:30-8:30pm. The screening will be followed by a panel discussion.

**Diversity Series Seminar: URM Anti-Discrimination Policy** will take place on December 11<sup>th</sup> from 12:00- 1:00 pm in Center of Experiential Learning Room 2-7536 Medical Center. To register for this workshop, please contact Grace Fuller at [grace\\_fuller@urmc.rochester.edu](mailto:grace_fuller@urmc.rochester.edu).

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

World AIDS Day is an important reminder to keep up-to-date with testing. Testing centers can be found at [www.gettested.cdc.gov/](http://www.gettested.cdc.gov/). Those living with HIV/AIDS can find themselves suffering with mental health issues as a result, as well as having to navigate discrimination that comes from a positive diagnosis. There are [support groups](#) available locally as well as [other support programs](#) for those who need more information or [other services](#).

### Unsubscribe

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MS, LMHC, CASAC; Matthew Knope, LMSW; Mary Jo Newcomb, RN, BSN; Wendi Cross, PhD and Elizabeth Shannon, MS, RN, PMHNP-BC.

### **Transgender and LGB Patients: Addressing Disparities and Health Care Needs**

The Office of Mental Health Promotion is hosting "Transgender and LGB Patients: Addressing Disparities and Health Care Needs" in response to a growing awareness of the diversity of our consumers. John Cullen, PhD (pictured right) will be leading the lecture. He is the Director of Diversity and Inclusion for the Clinical and Translational Science Institute at the University of Rochester Medical Center, and Assistant Director of the Susan B. Anthony Center at the University of Rochester.



This lecture will provide an overview of lesbian, gay, bisexual and transgender (LGBT) terms and concepts. It will then address the health disparities that LGBT patients face due to societal stigma, discrimination, and denial of their civil and human rights, with a focus on transgender individuals. Finally, it will address how Strong Memorial Hospital is working to alleviate these disparities and improve the care of LGBT patients.

It will be held on Tuesday, December 12<sup>th</sup> from 12-1 pm in 2-6408 K-207 Auditorium. Light refreshments will be served. No RSVP is required. To request an interpreter or for any questions please reach out to Jenny Hernández at [Jenny\\_Hernandez@URMC.Rochester.edu](mailto:Jenny_Hernandez@URMC.Rochester.edu) or call (585) 275-3571.

### **World AIDS Day**



Throughout our community, people are hosting events in observance of World AIDS Day, which takes place every year on December 1<sup>st</sup>. World AIDS Day is an opportunity to

commemorate those who have passed away as a result of an AIDS-related illness, and importantly to fight for those

living with HIV. To participate, check out the events below:

- **World AIDs Day Scientific Symposium & Poster Session** will take place on December 1<sup>st</sup> from 10am to 2pm in Class of 62<sup>nd</sup> Auditorium, URMC.
- **World AIDs Day Silent Auction and Dinner** will take place on December 1<sup>st</sup> from 6-9pm at May Room in Wilson Commons at University of Rochester. Tickets are available to purchase at the Common Market in Wilson Commons.
- **Film Screening: How to Survive a Plague** will take place on December 1<sup>st</sup> from 6:30 to 8:30pm in Dewey Hall 1-101 at University of Rochester. The event is followed by Candle Light Vigil outside on the Eastman Quad at 9:15pm.
- **World AIDS Days Festival of Songs** will begin at 6pm, December 2<sup>nd</sup> at 121 Driving Park Avenue. The event offers free and confidential HIV and Hepatitis C testing. For any inquiry, email Reverend Roosevelt Dixon, Affiliate Chair of National Black Leadership Commission on AIDs of Rochester at [rskinner@nblca.org](mailto:rskinner@nblca.org).

Resources to raise awareness about HIV/AIDS are available at [www.hiv.gov/events/awareness-days/world-aids-day](http://www.hiv.gov/events/awareness-days/world-aids-day).



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