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September/October 2016

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

Community Scholars in Residence Initiative

The Community Scholars in Residence Initiative is beginning its pilot year. This program aims to integrate the expertise of community partners in our academic processes while at the same time working to advance their academic goals. Many of our partners are members of groups underrepresented in academia, and this initiative seeks to add diversity in the work we do in the university, in our local community, and beyond by making their voices and experiences a central part of our work and research.



Rev. Dr. John Walker is joining the Department of Psychiatry as an adjunct associate professor of psychiatry with additional sponsorship from the Community Scholars Program. Rev. Dr. Walker brings to our department a wealth of knowledge and experience in addressing community mental wellness. In addition to having his doctorate in history, he is a veteran, head pastor of Christian Friendship Baptist Church in Henrietta NY, a PRIDE Seminar co-Director (NIMH R25 grant to Paul Duberstein 2007-2012), as well as the founder and leader of a community-wide child abuse prevention effort that has spanned and served our region for over a decade. As part of the program, John will collaborate on research and action initiatives in the hospital and on River Campus, and will play a critical role in producing more diverse scholarly, community and academic products. Currently, he is structuring a Spring course titled: "The Dynamic of Poverty and Mental Health in Urban America." For more information you can reach out to [John](#) at (585) 275-6895.

[National Hispanic Heritage Month](#)

Community-Oriented Events

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

The Polish Film Festival has already started! For a list of films and times check out the [Skalny Center for Polish and European Studies](#).

6th Annual Dr. Bernard Guyer Lectureship in Public Health. This year's lecture will be delivered by Anne, Schuchat, MD, and is titled: "Public Health Metamorphosis: On the Road to Butterfly." Dr. Schuchat will take a look backward to review how public health and CDC have grappled with issues ranging from pandemic threats to prevention policies. She will then fast forward to consider how our potential can be more fully realized in the future. This lecture will take place on Friday, October 14th from 12-1 pm in Helen Wood Hall Auditorium. ASL interpreters will be available and parking will be provided. To register please visit the [registration page](#).

Conversations on Race is this year's annual research conference. Derald Wing Sue, Professor of Psychology and Education, Columbia University will be this year's keynote speaker and will be followed by a graduate student poster session. The conference will take place on Friday, November 4th from 11:30 am to 5 pm in Helen Wood Hall.

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

[Self care](#) is a necessary part of a busy lifestyle. Schedule time to get a massage or go for a walk. There are simple things you can do to give your day a little boost, like start a compliments wall or listen to music as you work, or visit the [self care Tumblr](#). You can even take your lunch break. Remember that self care is not just a one-time ordeal, your mind and body need to recharge and enjoy the things around you. You can find many other simple ideas [online](#).

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Unlike other months celebrating cultural minorities, which occur during only one calendar month, Hispanic Heritage Month starts September 15th and ends October 15th. September 15th is significant because several Latin American countries gained their independence from Spain on this day, including Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, with others gaining independence soon thereafter, including Mexico on September 16th and Chile on September 18th. "Columbus Day", which is called by many [different names](#) throughout the United States and Latin America (such as *Día de la raza*, or Day of Race, and *Día de la resistencia indígena*, meaning Day of Indigenous Resistance), also falls within this month.

To celebrate, the Memorial Art Gallery hosted Hispanic/Latino American Heritage Family Day on Sunday, October 2nd and included family art activities, music and dance performances, tours, and storytelling to share important aspects of different Latinx cultures.

Homebodies can still take part in the learning—PBS has a lot of information and short videos about the lives of Latin Americans, and they are streaming many Latinx films this month [for free](#). If you need recommendations, check out this [list](#) by *Remezcla*.



*Pictured above is [Sor Juana Inés de la Cruz](#), a well-known author and scholar, often considered the first Mexican feminist.

Back to School!

We would like to recognize our Psychiatry friends and colleagues continuing their education and pursuing degrees. Some will continue to work in our department while others are moving on to focus on their education full time. Let's congratulate them on their achievements and continue to encourage them in their future endeavors.

Paola M. Rivera-Torres, Psy.D., is now a Primary Care Family Fellow.



Stephanie Dean, RN, is pursuing her Psychiatric Mental Health Nurse Practitioner through Stony Brook University.

Chris David just received his degree from MCC in Business Administration. He is now pursuing his Bachelor's in Healthcare Administration Empire University and plans to eventually obtain his Masters in the same field.

Patricia Guenther, RN, MS, graduated from Roberts Wesleyan College in May with a Master's of Science in Nursing Education.





Parker Gazda, RN, is currently enrolled in the St. John Fisher Psychiatric Mental Health Nurse Practitioner program.



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Maria Hudson, RN; Holly Long, RN, and Kayla Luther, RN are all in the Psychiatric Nurse Practitioner program at the University of Rochester.



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