

Stepping Out & Stepping Up

Stepping Out & Stepping Up is a monthly, community-oriented newsletter of the [Department of Psychiatry](#).

Over a Decade of Community Service: Residents at St. Joseph's Neighborhood Center

Where can anyone obtain affordable mental health care in our community if uninsured or under-insured? Psychiatry Residency has a deep commitment to this goal. Residents each year volunteer time at St. Joseph's Neighborhood Center (SJNC). SJNC provides the uninsured and under-insured with appointment-based healthcare and mental health services on a sliding fee scale. Services are provided by volunteers.



St. Joseph's provides a special niche population with mental health services, addressing a confluence of socio-economic

issues that otherwise would limit access. This includes a challenging economy, limited access to Medicaid, working part-time without insurance, or being under-insured.

The clinic is a partnership of SJNC and URMC. Dr. Rory Houghtalen is the clinic director and Sheila Briody, SSJ,D.Min is the director of counseling services.

The team usually consists of one faculty member, nurse practitioner, and 1-2 residents. Residents usually have 1-2 initial intakes which also require faculty evaluation and 1-2 follow-ups. Most common reasons for resident participation included desire to volunteer (85%), increased opportunity for autonomy (61%), supervision from faculty (54%), and outpatient exposure (38%). Medications are either on the \$4 list, donated samples, or provided through the Patient Assistance Program.

Residents Annabel Fu, MD and Kathleen Tappen-Baynes, MD, recently presented a summary of these activities at Psychiatry's Annual Community-Academic Partnership Celebration [[View Poster](#)].

Raising 100,000 Voices Launches on MLK Day

Raising 100,000 Voices kicks off its eighth program year at [WXXI's studio](#) on January 21. Raising 100,000 Voices is a community-wide community-based education program co-directed and founded by Psychiatry's Office of Mental Health Promotion and WXXI, in partnership with community agencies. This is a collaboration with local and regional organizations engages youth and young adults in a "video voice" experience. This year over ten agencies are participating. Video voice is a youth-led approach that fosters the

New Webinar and Conference Call Series on Suicide Prevention

The Injury Control Research Center for Suicide Prevention (ICRC-S), a new CDC-funded research center focusing on a public health approach to suicide research and suicide prevention, is launching a series of monthly webinars and conference calls. The goal of the series is to promote a dialogue between researchers and practitioners, enabling them to identify new, collaborative projects that will inform and enhance suicide prevention and research efforts. [Click for more information](#) or [view the recent webinar](#).

Community-Oriented Events

The Hidden Effects of Trauma on Our Lives: Historical and Present Trauma in Communities of Color on Thursday, February 28, 2013, 10 a.m.—Noon at: St. Mary's Hospital Auditorium, 89 Genesee Street, Rochester. No cost. Please call (585) 325-3145 to register

D.R.E.A.M.S. Dialogue Series is to gain a deeper understanding of race and culture, in order to provide culturally relevant services to individuals experiencing behavioral health challenges and to work toward improved outcomes and the elimination of ethnic and racial disparities. Application deadline is January 31st. [Email Marilyn Molyneaux](#) for details.

Cicatelli Associates Inc. AIDS Mental Health Training and Technical Assistance. Trainings are designed for mental health professionals who are licensed by the New York State Department of Education and the Board of Regents, and focus on ways health professionals can better serve their clients. No fee for these programs. [Register online](#)

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

As we celebrate Dr. Martin Luther King Day, note ways you promote peace and nonviolence in routine

development....[Read more](#)



Collaboration is a Key to Our Success

The Department recently celebrated its 6th Annual Community-Academic Partnership Celebration. The "[You Can Work With Me When You Know Me: Passing on Partnership Lessons to Future Generations](#)," panel included: Ann Marie Cook, President/CEO of LifeSpan of Greater Rochester, Inc.,

Elisa DeJesus, Family Services Division, Ibero-American Action League, Inc., Reverend Lawrence Hargrave, Pastor for Outreach Ministries,



Asbury First United Methodist Church, and Maria Monacelli, Department of Psychiatry Advisory Council of Consumers. After the discussion, partnerships presented posters of their collaborative work. First authors included:

- Catherine Cerulli
- Catherine Mazzotta
- Ann Marie White
- Annabel Fu
- Kathleen Baynes
- Caroline Nestro
- Diane Morse
- Jeanna Mastrocinque
- Ellen Poleshuck

[View pictures of the event](#)

communications. LouAnne Jaeger, Psychiatry's Director of Information Systems, reminds us of the importance of this in how we speak to our own children. For instance, starting a request with "Would you...?" as compared to "Could you...?" underscores values such as compassion and giving to enhance another's well-being. For a poignant reminder - test your "[Symptoms of Inner Peace](#)". Local UR-based resources include [M.K. Ghandi Institute for Nonviolence](#). Take a look at an easy [four-step model for nonviolent communication](#)

Bridge Art Gallery

[Call for Art: Beyond Barriers](#)

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