



## February 2015

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

### Suicide Prevention in the Digital Era

By: Megan Lytle, PhD



The Trevor Project provides national suicide prevention and crisis intervention to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth between 13 and 24 years of age. In addition to their Trevor Lifeline, The Trevor Project also provides TrevorChat and TrevorText support, they host an online community for LGBTQ youth (TrevorSpace), and their website is full of resources for LGBTQ youth, allies, parents, and teachers.

This January, Abbe Land (the Executive Director and CEO of The Trevor Project) braved the Rochester cold and was the guest speaker for the Department of Psychiatry's special Grand Rounds. Her presentation was entitled, "Helping in The Cloud: The Trevor Project and LGBTQ Youth Suicide Prevention in the Digital Era." She provided an overview of how The Trevor Project was started, described their innovative services, discussed how their organization is constantly changing to keep up with the increasing demand for their services, and explored how they have been collaborating with researchers here at the University of Rochester Medical Center, among other institutions to better meet the needs of LGBTQ youth.

During her visit, Abbe met with faculty, students, and trainees for discussions about how healthcare providers can promote diversity and better meet the needs of LGBTQ individuals. During our Community Counts luncheon with community partners, she explored the challenges of helping LGBTQ individuals find and connect with local organizations. For instance, LGBTQ youth may attend schools with gay-straight alliances and not even know it. Lastly, she met with Eric Caine, Vincent Silenzio, Ann Marie White, and Megan Lytle to discuss current research collaborations and to explore future endeavors.

For more information on the Trevor Project, visit <http://www.thetrevorproject.org/> or contact Megan at [megan\\_lytle@urmc.rochester.edu](mailto:megan_lytle@urmc.rochester.edu)

### Community-Oriented Events

• **Bridging the Gap, a Community Forum, Building Positive Relationships with our African-American and Latino Youth** will be held on Saturday, February 28th from 10-11:30 AM at Wilson Foundation Academy located at 200 Genesee Street. This forum will focus on young peoples' interactions and relationships with people who work in law enforcement. Social/emotional issues, cultural misunderstandings, ignorance, and gang violence that impact the daily lives of our youth will be discussed. This initiative builds on the West Side Story Project initiated by the Community Oriented Policing Services, a division of the U.S. Department of Justice. Please RSVP by February 23, 2015 to Karla F. Boyce at [kboyce@ccsi.org](mailto:kboyce@ccsi.org). Visit <http://bit.ly/17qC2pb> for more information on the project.

• **15th Annual Anne E. Dyson Memorial Grand Rounds & Child Advocacy Forum** will be held March 4th 8am-11am in the Class of '62 Auditorium and reception in the Flaum Atrium in the School of Medicine & Dentistry. Guest speaker, Edward Doherty, former Vice President for Community Programs at the Rochester Area Community Foundation will talk about how to help Rochester's children thrive in the face of high poverty in the inner city.

• **Fixed: The Science/Fiction of Human Enhancement** is part of the Diversity & Inclusion Film Series which will be shown March 19th 7-9pm on the University of Rochester River Campus in the Wilson Commons, Gowen Room. The screening will be followed by a panel discussion.

• **6th Annual Joseph Ryan Conference: Transforming the Delivery of Addiction Treatment** is March 27th from 9am-3pm at Staybridge Suites, 1000 Genesee Street, Rochester. Andre L. Johnson, M.A. President and CEO of the Detroit

## RPD Receives Training from Inpatients

Our psychiatric inpatient units at Strong Behavioral Health is partnering with the Monroe County Office of Mental Health to provide additional training for the Rochester Police Department's Emotionally Disturbed Person Response Team (EDPRT). EDPRT started in 2004 with 50 volunteer officers and more have joined in a 40 hour training program to learn the best way to manage encounters with individuals having psychiatric symptoms.

The two in service days were held in January. Officers came in plain clothes on the units one at a time. They had a chance to talk with patients about the positives and negatives of past mental health arrests to learn how to improve future interactions.

Lynn Webster, a member of the Department of Psychiatry Advisory Council of Consumers (DPACC), commented, "The officers have a genuine concern for people with mental health challenges. They want to know how they can help and not make it worse. I heard from a parent whose daughter spoke to the officers. The daughter had a good experience participating in this. I definitely think that this should be part of their training. This way the officers get the hospital experience as well."

Recovery Project, Inc. and Deb Dettor, M.S. Director of Operations of Connecticut Community for Addiction Recovery will be the keynote speakers. To register email:

[Danielle\\_Clabeaux@urmc.rochester.edu](mailto:Danielle_Clabeaux@urmc.rochester.edu)

For additional information visit:

[www.josephryanconference.weebly.com](http://www.josephryanconference.weebly.com)

or call: (585) 275-3136

• **Save the Date! Annual Diversity Conference** on River Campus will be April 17th from 9:15-5pm. Pulitzer-prize winning journalist Jose Antonio Vargas will give the keynote address. The schedule is tentative - subject to change.

• **2015 Got Dreams Celebration** is set for May 7th, 5:30pm-7:30pm at the Radisson Hotel - Rochester Riverside. In honor of Children's Mental Health Awareness Day, all are invited to come together with other youth, families, and service providers to celebrate the accomplishments of our local youth and families in the Monroe County's Children System of Care. The event will be FREE but registration will be REQUIRED! Information on how to register is coming soon.

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

February brings Valentine's Day and Teen Dating Violence Awareness and Prevention Month. For more information and ideas on taking action and getting involved, visit [www.teendvmonth.org/](http://www.teendvmonth.org/).

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