



Happy New Year!

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

Renewing of the Mind Plans Future

Our Renewing of the Mind partnership ran monthly seminars for faith community members on mental health issues. Over 25 received certificates of completion with another 26 receiving certificates of attendance when the one year class ended in December.



Graduates gathered for a planning summit in January to discern future directions as program participants many seek to promise mental health in faith communities. Panel discussions and small group sessions were designed to turn what participants learned into actions to benefit the community. Participants seek continued learning to grow awareness about mental health topics while enhancing skill development and networking.



Marcus Burrell, MD., a presenter in the course, said "personally, while it was encouraging to witness this group of community mental health advocates graduate from the seminar, it was all the more inspiring to see individuals motivated to operationalize their ideas as to how to bring mental health awareness to their respective faith congregations. As the Department of Psychiatry

Community-Oriented Events

Safe Space Training The Office of Organizational Development and Staff Diversity is pleased to announce a schedule of Safe Space offerings for the spring. Make your program team a safe space! Sign up with you co-workers. Safe Space Part I: Foundations of Being an Ally and Safe Space Part II: Inclusive Practices for Allies. Please keep in mind that Part I is a prerequisite to Part II.

Part I
February 10th, 1-3 p.m., River Campus (O'Brien Hall conference room)
Part II March 18th, 1-3 p.m., River Campus (Wallis Room 278).

To register, or with any questions or concerns, please contact Kristin Hocker kristin.hocker@rochester.edu.

4th Annual Tana Grady-Weliky, MD, Lecture on Women and Diversity in Medicine: What Would Martin Luther King Say About Health Care Today? Guest speaker, Eve Higginbotham, SM, MD and Vice Dean of Inclusion and Diversity at the University of Pennsylvania's Perelman School of Medicine. January 30th, 2015. 12-1:00PM in the Class of '62 Auditorium. Contact Grace Fuller at 276-3782

Understanding Bipolar Disorder: the Peer, Family and Provider Perspective on February 19th at Brighton Town Hall from 6:30-8:30pm. This free informational program includes a panel of three: an individual with Bipolar disorder, a family member and a psychiatrist will help you to better understand this disorder, the latest treatments and available community resources. Please register by Friday,

continues to move in its traditions of collaborative support, opportunities like these are excellent moments in which effective



dialogue can be held about what needs to be done to move our partnerships to the next level."

Autumn Gallegos, Ph.D., Charles Brown, AAS/CASAC, Marcus Burrell, MD., and Anne Smith, LMSW were among the presenters from the course revisiting their topics with attendees at the January summit.

Local Research Helping Address Community Need: Alzheimer's Disease/Dementia

David Gill, MD., editor of *Neurology Today*, chose the "Effect of citalopram on agitation in Alzheimer's disease—The CitAD randomized controlled trial" by Porsteinsson AP, Drye LT, Pollock BG, et al. as his important topic pick. Dr. Anton Porsteinsson, pictured above, is a Professor in the Department of Psychiatry. Published in *JAMA* 2014, this study was a randomized, placebo-controlled, parallel group trial. Citalopram significantly improved agitation and overall function compared with placebo over nine weeks, but was associated with side effects such as worsening cognition.



This study was highlighted in this national venue as it suggests that there are additional interventions to benefit patients and caregivers with dementia. While the study on Citalopram identified issues with side effects, given the lack of efficacious treatments for patients with dementia and agitation, Citalopram and perhaps other selective serotonin reuptake inhibitors (if this is a treatment effect) are now treatment options for this group of patients.

See the *Neurology Today* article, "Dementia Caregiver Programs Could Yield Major Savings, Other Benefits" <http://bit.ly/caregiver-prgrm>.

Black History Month Events

- **Expressions of King's Legacy** will be led by keynote speaker, Soledad O'Brien, with musical and poetic performances at the Rochester Institute of Technology Gordon Field House on January 29th 12-2pm. The event is free, but tickets are required. Get tickets online.

February 13th. Call 325-3145 ext. 100

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.

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 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 For additional information visit: www.josephryanconference.weebly.com or call: (585) 275-3136

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

There's nothing like a new year to think about how to be happier and healthier. The new year brings a fresh start and a time when many make changes for the better. Unfortunately, those promises are forgotten a few weeks after they're made. The promises are often a bit too lofty and maybe too hard to maintain. Make resolutions that are simple. Small changes can make a big difference in your health. Credit URMCH Health Matters.

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<http://www.rit.edu/diversity/expressions-kings-legacy-2015>

- **The Black Extravaganza** is a forum that promotes black and minority-owned businesses. The event is presented by Sankofa at the University of Rochester. Open to all. Lunch served at noon in the Flaum Atrium Medical Center on February 19th 11am-2pm. Contact Terrell Robinson at Terrell_robinson@urmc.rochester.edu for more information.
- **Black Students' Union 12th Annual Step Show** will be held in Strong Auditorium on February 7th 4pm-6pm. The 12th annual show features groups such as League of Extraordinary Steppers, Team Clash, ECC Chaos Crew, The Wilson Pearls, Roc Steppers, Distinguished Dynasty, and the SOTA Roc S.T.A.R.S. Tickets, in advance, are \$3 for the University community and \$7 for all others. Admission at the door is \$5 for the University community and \$10 all others. Contact csingle3@u.rochester.edu for more information.

Opioid Overdose Prevention Training

This training is designed for patients, families, medical personnel, and community members interested in saving lives. There are only 30 seats available for each training session RSVP today!

1st Tuesday of the month in G.9266 at 5:30pm.

Strong Recovery

300 Crittenden Blvd. Rochester NY 14642

Contact Michele Herrmann for information (585) 275-1829.



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