



May 2014

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

Fifth Annual Dr. David Satcher Community Health Improvement Awards Presented to Caroline Nestro, R.N., M.S.

This URMC community health improvement award distinguishes individuals who have made significant contributions to community health overall.

Caroline Nestro, Associate Director of the Office of Mental Health Promotion received the award for her commitment to leading the Department of Psychiatry's diversity and inclusion, cultural competence, and patient-centered activities, while actively participating in institution- and community-wide diversity initiatives. She has worked on several projects that use film, literature, and the arts to open discussions and raise awareness about lingering stigmas related to mental health, health inequalities, and Rochester's history, with a focus on race relations.

Adewale Troutman, MD, MPH, MA, CPH at the University of South Florida (shown above furthest right) spoke on "Health Equity and Social Justice—Not Just a Walk in the Park," preceding the awards ceremony. Read the full press release

<http://www.urmc.rochester.edu/news/story/index.cfm?id=4073>.

Pictured above from left: Nancy Bennett, M.D., director of the Center for Community Health; partners Rev. Dr. John Walker of Christian Friendship Missionary Baptist Church, Jackie Dozier of Trillium Health, Marilyn Berger from the Department of Psychiatry Advisory Council of

Consumers, Caroline Nestro, and Adewale Troutman.



Bedell Advocates Pass the New 'Ban the Box' Ordinance

Rochester City Councilman Adam McFadden thinks many employers use the check box on job applications to illegally discriminate against perspective job seekers. After a big community initiative, he sponsored a recently passed Rochester City Ordinance to ban the question until after an applicant makes it to the interview process. "Put the people to work, give them a livable wage, and watch the crime rate go down. Don't put people to work, don't give them any resources or access to anything and watch the crime rate go up. It's very simple," the Councilman says.

Rochester is the third city in New York State to 'Ban the Box,' a movement that has affected state, county, and city policies around the nation. McFadden says the new law will protect employers from a wide-spread illegal practice. The new law does allow employers to conduct

Community-Oriented News

Second Community Summit on Race: Building Partnerships to Dismantle Racial Inequities

will be held Saturday, May 31st from 9am to 2:30pm at Asbury First Methodist Church, 1050 East Avenue. The Facing Race, Embracing Equity (FR=EE) movement is building. The event is free but registration is required. Refreshments, including a light lunch, will be provided.

<http://faceraceroc.org/summit14/>

Understanding and Parenting the Challenging Child.

Based on Dr. Ross Greene's best-selling books *The Explosive Child* and *Lost at School*. Sessions held Monday 6/2, Monday 6/9, & Monday 6/16 at The Mental Health Association 320 North Goodman Street, Suite 202 Rochester, NY 14607 from 10am - 12pm (Light refreshments served). Registration Required: (585) 325-3145 x 137 by Thursday 5/28.

10th Annual Men's Health Day

sponsored by UR Medicine will be held June 13 at Mario's Italian Steakhouse at 2740 Monroe Avenue in Rochester. It runs from 11AM to 2:30PM, includes lunch, and is free and open to men 45 and older. Capacity for the event is limited to 250 persons and early reservations are encouraged. To register, call (585) 275-8762. For more information, visit

www.menshealth.urmc.edu

Of Two Minds explores the extraordinary lives, struggles and successes of three unique and compelling people - artist/architect Carlton Davis, journalist Liz Sikol and stylist Cheri Keating - living with Bipolar Disorder in America

background checks and to consider whether specific crimes committed in the past have a bearing on the job sought.

Precious Bedell, MA, is a Project Health Counselor and Community Health Care worker at Woman Initiative Supporting Health. She is also a 2014 recipient of a scholarship for Academic Consortium on Criminal Justice Health. She says that job came as a blessing after many years of unemployment and underemployment based on a past felony conviction. Bedell is not the only one that says the wealthier a person is, the less likely they'll be arrested for committing an offense that would land a poor person in jail. And race is also a factor.

"A white boy's prank is a poor boy's felony," says Bedell. "And it's not just a black boy or an African American boy or a Latino, because our jails are beginning to fill up with poor white people, especially poor white women."

Read the full article by WXXI <http://wxxinews.org/post/new-ban-box-ordinance-aims-help-more-locals-find-work>

Optimizing Diversity in Our Community Partnerships

Community partners are important to the success of the medical center and how we continue to grow and create new relationships with our community.

Over the past few months, the Office of Mental Health Promotion (OMHP) has been interviewing community partners to help create guidelines for optimizing and sustaining diversity in partnerships. There were a few key themes that kept emerging among community partners that will be discussed at OMHP's Community Counts luncheon in May. A brief educational video capturing some key themes was already shown at the Department of Psychiatry's Community-Academic Partnership celebration, "I Don't Care What You Know Until I Know That You Care" in December.

Areas of strength and improvements have been noted. For instance, one community partner commented, "There needs to be trainings and conferences on how to partner and nurture partnerships. The medical center needs to realize they will not have much luck creating relationships if they just go in and 'use' partners to get their R01 or NIH grants."



Stroll for Strong Kids

By: Catherine Maliszewski, M.A.
Pre-Doctoral Psychology Intern
Child and Adolescent Track

The Stroll for Strong Kids is an annual, family-friendly event where participants can choose to run in the 5K race, walk with family and friends, or both. Danielle Clabeaux created Team Strong Behavioral Health in 2011 to raise funds to support our Child and Adolescent Inpatient Unit. This money was put towards improving the children's unit and purchasing supplies, toys, and games for the kids to enjoy during their hospitalization. This year Cathy Maliszewski (Pre-Doctoral Psychology Intern) and Dr. Linda Alpert-Gillis teamed up with Danielle and her team to expand participation, enhance awareness, reduce stigma, and include the families and children we serve. The money raised by Team Strong Behavioral Health will now be shared with all of our Child and Adolescent services. Additionally, in celebration of Child Mental Health Awareness Month, a "Behavioral Health Station" at the event was created to promote awareness of children's mental health issues, positive coping and emotional wellness, and to share information about our services.



This year, the Behavioral Health Station offered fun coping skills

today. Through a combination of intimate verité and revealing interviews, the viewer experiences what it feels like to be Bipolar - from exquisite feelings of grandiosity and sensuality to the depths of despair and depression. It will be held on June 10th at 7pm at Cinema Theatre, 957 Clinton Avenue, Rochester. Q&A to follow with Academy Award winner Doug Blush and Carlton Davis. Part of the Reel Mind Theatre & Film Series.

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

As we honor and remember our veterans this Memorial Day, we can continue to honor them by teaching our youth the importance of the American flag, through primary accounts of military history, and its role in protecting our democratic institutions. Capturing these accounts and sharing them with our children is crucial to honoring the memory of our heroes.

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activities including Bubble Breathing, Arts & Crafts Activities, and Mindfulness/Relaxation Exercises. Team Strong Behavioral Health looks forward to celebrating Child Mental Health Awareness Month annually in conjunction with The Stroll for Strong Kids! If you would like to join Team Strong Behavioral Health on Saturday May 31st, please visit this website to register.

<http://www.helpmakemiracles.org/index.cfm?fuseaction=donorDrive.team&teamID=22409>



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