



August 2013

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

Partnership with NAMI Blooms

Donna Leigh-Estes, who manages the NAMI Rochester Education, Support and Criminal Justice Advocacy Programs and Judy Watt, a NAMI past President and Volunteer (who has also retired from a long successful career as a Psychiatric Nurse Manager at The University of Rochester Department of Psychiatry and Monroe County Department of Mental Health) have recently been presenting to a number of Nursing Units and services within the Department of Psychiatry. The message has been simple: NAMI Rochester provides Information, Support, Education and Hope for Individuals, Families and Friends living with any mental illness.

What many people may not know is that the educational programs and support groups NAMI offers are provided at no cost to those who attend. Currently, NAMI Rochester is accepting enrollment into their 12 - week, Family to Family Education Course in Rochester, which begins in September. This course is for Family members or friends, of individuals living with mental illness. Also beginning in September is NAMI Basics. This is a 6 week Education Course for parents or caregivers of children and adolescents living with mental illness.

Much of the information about the programs and support groups can be found on the NAMI Rochester website at www.namirochester.org, or by calling 585-423-1593. If you would like to schedule and in-service for your department, please contact Donna Leigh-Estes by email at donna@namirochester.org; or at 585-423-1593.

Wrap up of Unnatural Causes

The Department of Psychiatry's Diversity and Cultural Awareness Leadership Team just wrapped up our first Summer Brown Bag Film & Discussion Series that



took place at noon through July & August. The film series, "Unnatural Causes: Is inequality making us sick?" explores how population health is shaped by the social and economic conditions in which we are born, live and work. Through portraits of individuals and families across the United States, the series reveals the root causes and extent of our alarming health inequities and searches for solutions. Along the way it confronts the inadequacy of conventional explanations like genetics, individual behaviors or even access to quality health care."

Community Oriented Events

5th Annual Women's Health Screening Fair. September 7, 2013 9am-1pm at the Rochester Public Market, 280 N Union St. Organized by the University of Rochester Medical Center and the City of Rochester.

Working Through Trusted Community Partnerships to Promote Mental Wellness Webinar. Friday, September 13 11:30-7pm EST in the Saunders Building Rm 1402. If you are interested in joining the discussion on a successful community/academic partnership that led to increased community capacity in depression care, consider attending one or more of the workshop segments. RSVP to Jessica Poweski (275-3571) by September 10th. [View the agenda](#)

Mental Illness Q&A Forum. There will be a special Latino-focused presentation on mental illness in this question and answer session held in Spanish by some of our local mental health professionals including Strong Behavioral Health's Alma Guerra, MD. Saturday, September 28, 2013 12:30pm -2:30pm Anthony Jordan Center 82 Holland Street, Roch, NY 14625 RSVP by September 20, 2013 to Leticia Serrano at (585) 423-2878. There will be a light lunch provided.

Sponsored by Strong Behavioral Health, the National Alliance On Mental Illness (Rochester), the Anthony Jordan Health Center and SAMHSA

Community Engagement Workshop. Friday, September 20, 2013 1-5pm in the Class of '62 Auditorium, School of Medicine & Dentistry. This is a one-day interdisciplinary workshop organized by the UR Bridges Committee to instruct students on how to develop relevant and appropriate community-engaged projects that are evidence-based, measureable, and sustainable. For more information, contact: Theresa Green, PhD, MSA, MBA, Director of Community Health Education and Policy, Center for Community Health, 585-224-2063 theresa_green@URMC.rochester.edu

Seven Principles for Changing At-Risk Behavior and Cultivating

(<http://unnaturalcauses.org/>). Each session was well attended and we attribute this to our co-sponsors of the series who helped to advertise and draw attendees from across the University and Med Center. Thanks go to our partners in: Human Resource's Organizational Development & Staff Diversity Office; The Intercessor's Office; SMH Nursing's Diversity Task Force; The University of Rochester School of Nursing; and The Center for Community Health.



Brief pre and post segment surveys indicate that many attendees' beliefs regarding the determinants of health had shifted after viewing the series with an increased appreciation for the impact of neighborhoods, race

and poverty on health. A mid-series luncheon was held with community members and co-workers to generate ideas about ways we could help our Medical Center colleagues to address community inequities that result in poorer health. Jane Sutter, Democrat & Chronicle Editor of Community Partnerships and Niche Content joined us for lunch and later blogged about the lunch discussion on the D&C website

<http://blogs.democratandchronicle.com/unite/>.

The series 1st segment was launched by Dr. Eric Caine, Chair of Psychiatry and the following sessions were facilitated by esteemed co-workers: Stanley Byrd, HR; Laura Robinson, Strong Center for Developmental Disabilities; Pat Atkins, Institute for the Family; Precious Bedell, Women's Initiative Supporting Health; Ann Marie White & Caroline Nastro, Office of Mental Health Promotion (OMHP); Nancy Chin, Dept. of Public Health Sciences; Adrienne Morgan, The Center for Advocacy, Community Health, Education and Diversity; Harriette Royer, University Intercessor; Rita Pelusio, School of Nursing; and Beth Danehy, EAP. Jessica Poweski and Adam Broitman from our OMHP were instrumental in advertising, attending to the details of the series and collating attendee responses.

RPC Inpatient Services To Become a Forensic Center of Excellence

The New York State Office of Mental Health (OMH) is launching a 3 year plan to transform state-funded mental health care. Fifteen Regional Centers of Excellence (RCE) will be established across the state beginning in July 2014. Locally, The Rochester Psychiatric Center (RPC) on Elmwood will transition to one of 5 Regional Forensic Centers of Excellence across the state and will operate 55 forensic inpatient beds in 2015-16 and 155 beds by 2016-17. RPC's current long-term adult inpatient units will be moving to Western Lakes RCE in Buffalo and the Empire Upstate RCE in Syracuse. Community and outpatient services will be operated by the Western Lakes RCE and will still have a location in the Rochester area.

NYS OMH reports the 3 year transition period will allow for, "community-level planning and priority setting, staff training as well as establishment of support services in the community." The New York Association of Psychiatric Rehabilitation Services, Inc., (NYAPRS), a statewide coalition of people who use and/or provide recovery oriented community based mental health services, is generally supportive of this plan but is very concerned about the reinvestment issue, that is, they want assurances that the funds saved will be reinvested into needed, effective community nonprofit services. "Our organizations



Resiliency Among Youth with Dr. Carl Bell, M.D. Mt. Olivet Baptist Church, 141 Adams St, Rochester, NY 14608. A Community Forum on Wednesday, October 2, 2013 6-8pm and A Provider Workshop on Thursday, October 3, 2013 9:30am - 12:30pm. For more information and registration, [click here](#).

Health Happens Where You Live...Did You Know

Students will soon be returning to school when snacking during the day and after school increases. Remember to encourage healthy choices by keeping tasty fresh fruit and vegetables within their reach and motivate physical activity after school.

Bridge Gallery Call for Art

The Bridge Gallery's next call for art is out. The theme is "Stillness & Dance".

Submissions are due by October 7th. Click [here](#) for more information.

welcome these proposals to reconfigure state dollars and staff in a way that maximizes state resources to meet our communities' most pressing needs, while at the same time creating state of the art regional psychiatric facilities that are among the nation's best." Read the [OMH Regional Centers of Excellence report](#).

Research Ethics at the Fore: Protecting More than Individuals but also Groups in Research

The National Institutes of Health recently announced in Nature that it has reached an understanding with the family of the late Henrietta Lacks to allow biomedical researchers controlled access to the whole genome data of cells derived from her tumor, commonly known as HeLa cells. The understanding reached with the Lacks family respects their wishes to enable scientific progress while ensuring public acknowledgement of the enormous contribution made by the late Henrietta Lacks. The understanding gives the Lacks family a seat at the table in reviewing applications for controlled access to Henrietta's whole genome data. The new policy will give the Lacks family the ability to have a role in work being done with the HeLa genome sequences and track any resulting discoveries.

Henrietta Lacks, an African-American woman who was 31 at the time of her death, was being treated for cervical cancer at Baltimore's Johns Hopkins Hospital in 1951. Cells were extracted from the biopsy of her tumor sample for use in research without her knowledge or consent. At the time, there were no federal regulations or restrictions on the use of patients' cells in research.

These cells have already been used extensively in scientific research and have helped make possible some of the most important medical advances of the past 60 years. To read the press release from NIH, click [here](#).



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