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June 2013

Stepping Out & Stepping Up is a monthly, community-oriented newsletter of the Department of Psychiatry.



Poleschuck & Cerulli Receive \$1.9 Million Grant from the Patient-Centered Outcomes Research Institute

Women who live in poverty experience high rates of depression, but typical treatment plans don't work well for many of them. Not only does this have a negative impact on their lives, it can also affect their children – who may experience related health and behavioral problems.

Supported by a \$1.9 million grant from the Patient-Centered Outcomes Research Institute (PCORI), Ellen L. Poleshuck, Ph.D. and Catherine Cerulli, J.D., Ph.D., associate professors of Psychiatry, will lead the three-year study. It was designed in partnership with a community advisory board, comprised of area professionals, advocates and students who are familiar with the challenges faced by women from under-served communities.

“The Ob/Gyn practices are their primary resource for both biomedical and behavioral health care, and they tend not to seek care in traditional psychiatric settings,” she says. “At the same time, Ob/Gyn practices struggle to adequately assess and treat women’s depression.” The PCORI study participants will be screened for a broad range of behavioral health and social problems, including depression and substance abuse. All participants will receive a screening report and referrals to help them address areas of concern. Half of the women will then be paired with a patient navigator.

“Many of these patients attribute their depressive symptoms to social concerns,” says Poleshuck. “Providers often try to convince patients to undergo treatment for

Community Oriented Events

Psychiatry Grand Rounds: "Unnatural Causes: Is inequality making us sick?"

Summer Brown Bag Film & Discussion Series. Thursdays Noon-1pm, Helen Wood Hall Auditorium (Rm. 1-304). [Click here](#) for more details and series topics.

Job Fair at the Community Learning Center (near Regal Cinema at The Mall at Greece Ridge), Thursday, June 27th from 10am - 2pm. Open to the general public. For a list of employers, call (585) 966-7299

4th Annual Saturday of Service program.

The College at Brockport is currently looking for opportunities to engage their incoming students in community service projects within the City of Rochester as a part of their program. [Click here](#) for more information

“Empower yourself, your ‘cheese’ is moving!” Conference & Resource Fair for People Living With HIV/AIDS. July 12, 2013 from 9am – 3:30pm at Unity Auditorium, 89 Genesee St. This 2nd Annual conference/resource fair is to help empower HIV/AIDS clients to take charge of their quality of life and to provide them with tools to reintegrate as a productive member of society. Contact Michele Boyd at mboydmichele@gmail.com or (585)410-9887 by June 30 to inform her on how your agency can participate.

Gates Chili Summer Feeding Program

provides FREE breakfast and lunch every weekday from July 8 through August 16, 2013 through the USDA Summer Food Service Program. Meals will be served at the Gates Chili Middle School. All children under the age of 18 are welcome. No income requirements or registration necessary.

depression, including medication, while sometimes missing relevant social concerns.”

Poleshuck says, because of this mismatch in expectations, many socio-economically disadvantaged women don't "buy-in" to their prescribed treatments. This leads to high dropout rates. Without adequate treatment, the depression typically worsens and can lead to other unhealthy behaviors.

Violence and Injury Prevention Bring Professionals to Learn About Suicide Research

The Injury Control Research Center for Preventing Suicide (ICRC-S) held its first suicide prevention Research Training Institute (RTI) in Rochester, NY. There were over 20 scholars representing several universities across the country including eight northeastern states.

The purposes of the RTI are to (a) provide both violence and injury prevention professionals and suicide researchers with a shared body of knowledge and skills in suicidology, public health and prevention, and relevant research methodologies, and (b) create collaborative links between the injury and violence prevention and suicide research communities so that the perspectives, knowledge, and skills of each inform the work of the other.

Attendees remarked they want to continue to collaborate among the professionals. One researcher commented, "get ideas for how we, as a whole, can move the field forward; get a multi-way conversation started



that we can continue to add as we move forward."

And The Award Goes To...

The Center for Community Health has announced that the partnership of Ann Marie White, Ed.D. Melanie

Transportation will not be provided. Meals must be eaten on site. Parents/guardians may purchase a meal at a nominal fee.

Breakfast: 7am - 9:15am

Lunch: 10:45am - 1:15pm

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

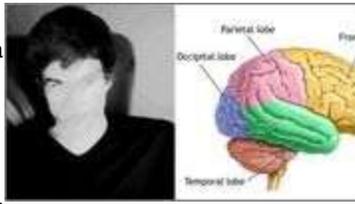
Broken heart syndrome is real. It is also called stress-induced cardiomyopathy or takotsubo cardiomyopathy and can strike even if you're healthy. Women are more likely than men to experience the sudden, intense chest pain that can be caused by an emotionally stressful event. [Read more here.](#)

Have a story? An event?

If you have a story or an event you would like to share, please submit it to:

Jessica.Poweski@urmc.rochester.edu

Funchess of the Mental Health Association, Dana Helmreich, Ph.D., Terri Lilly, NP, and Marcus Burrell, MD are being awarded \$1,000 from the Community Health Mini-



Grant Program to support their “My Teen is from Mars! Promoting Adolescent Health via Parent Awareness of Brain Development and Behavior” project. The project is an initial step of a community-based participatory research (CBPR) effort to develop, collaboratively with community members, a community-based curriculum about the brain, brain health and mental health, particularly the changing brain during adolescence and parental responses. The application was reviewed by three reviewers, two members of the Center for Community Health Interest Group and one community representative, and was judged to be of high merit.



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