



March 2018

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

Dr. Jennifer West Receives 2017 Outstanding Psychologist Award



On Feb 8th the Genesee Valley Psychological Association celebrated the 2017 GVPA Outstanding Psychologist – Jennifer West, Ph.D. It was a wonderful tribute to an incredibly deserving psychologist! Jennifer is passionate about training the next generation of clinical psychologists and serves as the Associate Director of Clinical Psychology

Training and the Director of the Child and Adolescent Psychology Doctoral Internship track. Jennifer has provided clinical service in the Department of Pediatrics for the past 16 years!

During the dinner, former trainees and colleagues' accolades were presented via video and personal quotes. Jennifer gave a poignant and humorous talk about her journey from a one room school house in a small Vermont town to her outstanding clinical, educational, administrative and scholarly contributions to the field. It was clear that her family, especially her mother, and friends have had a tremendous influence on Jennifer's passion for child and adolescent psychology. Jennifer ended her narrative with

Community-Oriented Events

Don't forget to check the calendar for special university sponsored events:

www.rochester.edu/diversity/eventscalendar/

- **Introduction to NAMI'S Family-to-Family**, which aims to help family members understand and support their love ones with mental illness, takes place the first and third Thursday of the month from 6-7 pm in the Department of Psychiatry Family & Community Center (G.9271).
- **The Transgender Health and Wellness Conference** will take place on April 9th from 7:30 am to 3:30 pm in Class of '62 Auditorium, 601 Elmwood Avenue. Keynote speakers are Carolyn Wolf-Gould and Rev Moonhawk River Stone. Registration opens in late February. For any questions, email inclusion@urmc.rochester.edu.
- **The Opioid Epidemic and Community Resources** will be presented by Michael Mendoza and Jennifer Faringer, and will take place on April 9th, with a second presentation on May 14th, from 7:00 - 8:30 pm in Rochester Psychiatric Center Rehab Center Auditorium, 1111 Elmwood Ave. Registration Appreciated at 585-325-3145*100.
- **A Black Woman in a White Coat**, featuring Jenice Forde-Baker, will take place on April 12th from 8:00 - 9:30 am in Class of '62 Auditorium.
- **Emerging Issues: Alcohol and Substance Abuse by Youth and Young Adults** is the theme of the Finger Lakes Collegiate Task Force on Alcohol and Other Drugs' (FLTF) 2018 conference. It will take

characteristic generosity: "I share this award with my immensely talented colleagues at the U of R and the community who make our training program a place where emerging psychologists come to be challenged and nurtured... And, I couldn't succeed as a training director if it weren't for Linda Brown, our administrative assistant extraordinaire, who knows our training program inside and out and is such a tremendous asset and support to all of our faculty and our trainees."

Written by Wendi Cross, PhD. For the full announcement and a more complete description of Jennifer's career, please visit www.gypa.net/event-2018-02-08.asp.

Psychiatry In the News

Pop culture as well as local and national tragedies have sparked increased awareness about the need to have discussions about mental health. To that end, local media have been seeking the expertise of our colleagues in the Department of Psychiatry.



Patrick Seche, MS, CASAC being interviewed for WXXI's Second Opinion.

Below is a condensed list of recent media spotlights:

- Vincent Silenzio, MD spoke about teen suicide and social media on WXXI's Second Opinion with Karen Heller, which was taped March 9th.
- Patrick Seche, MS, CASAC discussed opioid addiction with Elissa Orlando on [WXXI's Second Opinion](#), taped March 7th (pictured above).
- Marc Swogger, PhD [published a review](#) suggesting Kratom warrants further research to treat opioid addiction in the [New York Times](#).
- Charles Brown, CASAC and Patrick Seche, MS discuss recovery and opioid overdose reversal training with [Rochester First](#).
- John S. Walker spoke to Martha Hope about opioids and mental illness on WRFZ 106.3 on March 7th.

place on Thursday, April 12th from 7:30 am to 4:30 pm at the RIT Inn & Conference Center. Please contact Chintana at cxphcc@rit.edu if you have any questions.

- **9th Annual Joseph Ryan Conference:** Navigating Through High Risk Pregnancy and Recovery will take place on April 13th from 9 am to 3 pm. Registration begins at 8 am. Breakfast and lunch will be served. The keynote speaker is Neil Seligman, MD. The conference will take place in Staybridge Suites, located at 1000 Genesee St. The registration deadline is April 6th. Please email Shannon O'Connor to register at Shannon1.OConnor@URMC.Rochester.edu Please include the subject line: "2018 Joseph Ryan Registration" in your email and if you need CASAC or SW CEU's. They are accepting only one registration per person.
- **A New Perspective on Challenging Symptoms of Schizophrenia, and What to Do About Them** will be presented by Steven M. Silverstein, PhD, Director of Research & Professor of Psychiatry at Rutgers. It will take place on April 17th from 6:30-8 pm in Rochester Psychiatric Center Rehab Center Auditorium, 1111 Elmwood Ave. To register, please call 585-325-3145*100 or visit www.mharochester.org/education.

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

As many of us approach a holy season, it's important to recognize the role faith and spirituality plays in many people's lives and health. According to [Dr. Puchalski](#), spirituality can improve mortality, coping and recovery. Holidays also give people a chance to congregate with their communities in a festive and joyful environment. The connection between spirituality and medicine will be highlighted at the 6th Annual [Faith and Medicine: Working Together To Eliminate Health Disparities Conference](#).

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If you are asked to give an interview, please make sure to let Psychiatry's Public Relations Associate, [Christine Roth](#), know as she can assist with preparation and highlight the work Psychiatry is doing. Please also forward links or information to where interviews are published.

University Diversity

The University of Rochester has been working to improve on its diversity [mission](#).

Some of these efforts include:

- The Department of Psychiatry's Diversity and Cultural Awareness Leadership Team's (DCALT) recent survey had 348 respondents who provide direction on upcoming diversity & cultural awareness content for MyPath. This survey was part of Lindsay Sycz, MA, Clinical Psychology Doctoral Intern's Leadership Project. She will be showcasing the survey results on a poster during trainee poster day.
- Another important effort is the university's recently formed [Commission on Women and Gender Equity in Academia](#), which drafted a [response to the White report](#). The commission's committees are seeking input in with respect to: [Mentoring and Equity](#), [Onboarding Retention and Advancement](#), [Sexual Harassment](#) and [Governance](#).
- The [2018 Diversity Conference: Overcoming the Invisible](#) will take place on Friday, April 13th. The keynote speaker for this year's conference is Ana Navarro. The keynote will be followed by breakout sessions and a poster session. For details, please check the diversity conference [webpage](#).
- The university is hosting pilot employee training, titled: "[Racial Equity Learning Series: Understanding the System of Racial Inequity](#)." The last session is on April 24th and is titled: "Building a Steady Wisdom that Informs Our Moral Compass." UR employees can register via MyPath.



Psychiatry Grand Rounds to Feature More Visiting Scholars

The Department of Psychiatry's Spring Grand Rounds features a myriad of scholars, including several professors

from other universities. These Grand Rounds speakers also contribute to our community mission through their discussions of community health and through meetings with community members.

Recent and upcoming Grand Rounds lectures include:

- *Pain and Pleasure: Common Physiology, Anatomy and Clinical Applications* by Paul Geha, MD, Assistant Professor, Yale School of Medicine and The John B. Pierce Laboratory on **March 21st** Class of '62 Auditorium (G-9425)



- *Trans* Suicide Research and Prevention* by Megan C. Lytle, PhD, Assistant Professor of Psychiatry on **March 28th** in Class of '62 Auditorium (G-9425)

- *Disrupting the Single Story About Male Behavioral Health Disparities* by Wizdom Powell, PhD, MPH; Director, Health Disparities Institute, University of Connecticut Health on **April 4th** in Upper Auditorium (3-7619). This Grand Rounds is followed by a Community Counts breakfast, which is attended by members of the community and the department, and is hosted by the Office of Mental Health Promotion. For more information, please reach out to [Jenny Hernandez](#).



- *FairStart: Establishing, Evaluating, and Refining a Comprehensive School Mental Health System (CSMHS)* by Melissa Heatly, PhD, Senior Instructor in Psychiatry; Linda Alpert-Gillis, PhD; Deb Miles, Fairport Central School District on **April 11th** in Class of '62 Auditorium (G-9425)



- *Eye To Brain: What Changes in Vision Tell Us About Schizophrenia* by Steven M. Silverstein, PhD, Professor of Psychiatry, Division of Research - Rutgers University Behavioral Health Care on **April 18th** in Class of '62 Auditorium (G-9425). This Grand Rounds is part of the Shoolman Lecture, a community-oriented lecture which is accompanied by a community presentation. For more information about the community lecture, please check the sidebar ("A New Perspective on Challenging Symptoms...") or visit the Mental Health Association's [website](#).
- *Non-pharmacological Approaches to Address Pain, Prescription Opioid Misuse, and Suicide Risk in Patient Experiencing Chronic Pain* by Lisham Ashrafioun, PhD, Senior Instructor in Psychiatry on **May 9th** in Class of '62 Auditorium (G-9425)

For questions or to request interpreters, please reach out to [Marylee Gramlich](#). For updates, check out [Psychiatry's Grand Rounds page](#).



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