



December 2013 - Happy Holidays

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

Renovations Complete of Strong Behavioral Health

By: Glenn Palmer



The Department has recently completed a long anticipated renovation of the Main Reception and Waiting Area on the ground floor. With careful input from our consumers and staff, the primary reception area and waiting

area for our ambulatory services have undergone massive renovation. As patients enter they are drawn into a newly designed reception area. The designs were aimed at improving the patient experience while

providing staff working in the area with a thoughtful and ergonomically sensitive workplace. The waiting area has new furniture, wall coverings, and flooring. A TV has been added that will eventually run educational videos periodically. Two computer kiosks were added to eventually optimize with internet links for disease education, local resources, and access to things like myChart, the patient portal into their electronic record. Patient and staff feedback has been very enthusiastic.



How to Really Win at Beer Pong

Charles Brown, Chemical Dependency Counselor at Strong Recovery, recently spoke to a group of students at Monroe Community College about drinking responsibly and partying safely. Partnering with Sue George, MCC Student Health Services, and Gwenn Voelckers, Director of Health Communications and Outreach at the Center for Community

Community-Oriented Events

Bridge Gallery Stillness & Dance Reception. January 8th 5-6:30pm on the first floor of Psychiatry. Meet some of the artists while enjoying some refreshments. Open to the public.

Renewing of the Mind. A class for people with a heart for health ministry. This class is developed in partnership with the Office of Mental Health Promotion and the Aging Well Initiative of the University of Rochester Medical Center, Interdenominational Health Ministry Coalition, Mental Health Association of Rochester, Finger Lakes Health Systems Agency, and Trillium Health. The class will be located at the Finger Lakes Health Systems Agency on the second Saturday of the month 9-11am. Registration is required by calling (585) 275-3571.

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

With the holidays and parties in full swing, unhealthy foods are everywhere. One easy solution to combat high blood pressure is to put the salt shaker down. This combined with more fruits and vegetables and exercise can help your blood pressure go down. [View Dr. Teeler's, Highland Hospital cardiologist, tips.](#)

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Health helped to make this a successful presentation.



Charles brought an engaging, animated presentation style that hit just the right cord. It was clear from student participation that they were listening and learning. He brought an “expert” along to further illuminate key points and

drive home the consequences of drinking.

More than half of the students handed in the evaluation sheet for the presentation. One student commented, "A lot of great points were made about drinking responsibly. Makes me think logically about drinking and using drugs before I choose to do it." Another pointed out, "It is not cool to drink at every party."



Sörensen Achieves Fellow Status

The council of the American Psychological Association has voted Silvia Sörensen, PhD to have Fellow Status.

Fellow status is an honor bestowed upon APA members who have shown evidence of unusual and outstanding contributions or performance in the field of psychology. Fellow status requires that a person's work has had a national impact on the field of psychology beyond a local, state or regional level. A high level of competence or steady and continuing contributions are not sufficient to warrant fellow status. National impact must be demonstrated. The Fellows Committee's recommendations are based on criteria established by the nominating division, in this case, Division 20: Adult Development and Aging.



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