



May 2017

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

2017 Community Awards Celebration

The [Mental Health Association](#) held the 2017 Community Awards Celebration on May 3rd at the Monroe Country Club, where two doctors from the Department of Psychiatry were recognized.

Mental Health Practitioner

Award: David Garrison, MD, is the Medical Director of Inpatient Child and Adolescent Psychiatry at the University of Rochester Medical Center and Associate Professor of Psychiatry.



The Mental Health Practitioner's Award is presented to a mental health practitioner in the community who has devoted his or her career to interacting with clients through the development of therapeutic relationships. The recipient will be someone who provides hands-on care and support with the goal of helping clients reach their personal goals. This person instills dignity, hope and courage, thus empowering the individual to achieve and maintain mental wellness. It is given to a person who embodies empathy, strength, concern and a positive attitude – to help other in their recovery.

Community-Oriented Events

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

www.rochester.edu/diversity/eventscalendar/

- **Breaking the Mold of Who Goes to and Succeeds in College** will be held Thursday, May 25th from 9-10 am in the Interfaith Chapel Sanctuary. Keynote speaker, Dr. Shaun Harper, is the founder of the Center for the Study of Race and Equity in Education at the University of Pennsylvania and a leading scholar in higher education access and success. All are welcome. The event will be ASL interpreted. Please [RSVP online](#).
- **[Excellence Through Equity: Creating Schools that Serve All Children Well](#)** will take place on Thursday, June 1st at 6 pm at East High School, located at 1801 East Main Street. Pedro Noguera will speak on "Excellence Through Equity in Rochester Area Schools" and will be followed by a panel discussion of distinguished guests including: Rochester Mayor Lovely Warren, Vice Chancellor Board of Regents T. Andrew Brown, East Upper School social studies teacher Gloribel Arvelo-Park, East Lower School parent Natasha Green, and Warner School Professor Joanne Larson. The evening event will also feature opening remarks from Joel Seligman and East Superintendent Shaun Nelms. Sponsored by the Warner School of Education. Open to the public. To request special accommodations, call (585) 210-9754 or e-mail urcues@warner.rochester.edu.

John Romano Award: J Steven Lamberti, MD, has many titles, including Director of the Severe Mental Disorders Program, Director of the Schizophrenia Treatment Laboratory and Director of the Strong Ties Community Support Program. He supervises residents at Strong Ties and teaches the PGY-3 “Severe Mental Disorders” seminar and practicum. Dr. Lamberti received the John Romano Award.



The John Romano Award honors a person, group, or organization whose contributions have enhanced the lives of individuals with mental illness, their families, and their communities. This award is named after Dr. John Romano; a noted physician, psychiatrist, healer, teacher, writer and mentor, Dr. Romano was above all one whose enlightened compassion provided hope and encouragement to individuals with mental illness and to their families.

“Having known both Drs. Romano and Lamberti well, I am quite confident that Dr. Romano would share my enthusiasm [patient care] drives everything that [Dr. Lamberti] does.”

- From the award nomination submission

**Information and Award descriptions were taken from the [program](#) and can be found on the Mental Health Association's [website](#).*



5th Annual NAMIWalks Rochester

The annual [National Alliance of Mental Illness \(NAMI\)](#) Walk took place on Saturday, May 6th.

The walk was a huge success! According to Kristina Mossgraber, who organized the walk, this year saw a record-breaking number of teams, 75, up from 52 last year, and raised over \$96,000 for NAMI's programs and support offerings.

Jessica Bathrick, Michele Herrmann, Donna Koperski and Mary Jo Newcomb

Know?

The [CDC](#) recommends regular physical activity throughout the week; specifically, at least 150 minutes of moderate aerobic activity per week or 75 minutes of vigorous aerobic activity, or a mix of both. Aerobic activity should be done in at least 10-minute episodes. They also recommend moderate or high-intensity muscle workouts for all muscle groups at least two days a week.

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at the URM Department of Psychiatry T-shirt table

The Department of Psychiatry was well represented with over 70 walkers registered from 9 different teams, including Unit 3-9000, led by Jessica Bathrick; Team 2-9200, led by Michelle Gilbert & Holly Long; SBH Care Management & Ambulatory PMH Nurses, led by Jennifer Cole; Strong DPACC & OMHP, led by Mary Jo Newcomb; Strong Recovery, led by Michele Herrmann; Unit 1-9200, led by Melissa Huntzinger; Mobile Crisis Team, led by Ashley McNulty; Strong Ties/Partial Hospital Team, led by Heather Muxworthy; and Strong Behavioral Health Adult Ambulatory, led by Linda Harrison. The top fundraising team was Unit 3-9000, raising \$1,615, and the top individual fund-raiser was Mary Jo Newcomb, who raised \$535!

Psychiatry was able to raise a combined \$7,300 in support of NAMI's work offering education programs, advocating for resources to support those with mental illness, answering the [NAMI HelpLine](#), and hosting public awareness events.

It's not too late to donate! [Team pages](#) are still active, for those who wish to [donate](#) and help NAMI or a team from the Department of Psychiatry reach and surpass their fundraising goal.

Among those on stage are Hannah Brown, Anne Smith, Director of Executive Director of the Family Institute for Education (raised fist) and Kristina Mossgraber (holding the mic), Special Events Coordinator for NAMI and URM DPACC member.

Renewing of the Mind Reaches New Congregations

Renewing of the Mind (ROM) is a class dedicated to helping clergy and lay ministers tackle the difficult topic



of mental health advocacy in their respective communities by providing mental health education through the lens of faith.

To that end, ROM has held monthly classes to cover different topics related to mental wellness, such as alcoholism & substance abuse, anxiety disorders, bipolar disorder, depression, domestic violence, post-traumatic stress disorder, grief, suicide and the referral process, among others.

Equipped with this new knowledge, graduates from the last class series decided to tackle stigma and mental wellness in the own congregations by hosting a day of mental wellness workshops.

Roberta Carter worked with ROM leadership to host the Mental Health Awareness Workshop: "We Can Change the Stigma," on March 25th in her congregation, Redeem Bethel C.O.G.I.C. Community Fellowship



Center, in Williamson, NY. Specifically, attendants learned about anxiety disorder and post-traumatic stress disorder

from Rev. Dr. Weldon Thomas (pictured on the right) of New Bethel Methodist Episcopal Church, and about addictions from our own Charles Brown of [Strong Recovery](#).

Ms. Roberta Carter had strong motivation to continue to advocate for mental wellness, stating: "Hosting the Mental Health Awareness Workshop at Redeem Bethel COGIC was very beneficial to the attendees. Basically, I wanted to host the workshop to make members of my congregation aware of what constitutes 'mental illness' and how we can help those who are struggling."

Those in attendance also had very positive reactions, making comments such as: "I will never look at depression the same way again!" and "I am so glad you hosted this workshop; our daughter is currently struggling with mental illness and attending this workshop gave us insight to caring and obtaining resources to assist her."



Similarly and a little closer to home, on April 22nd Edwina Daniels and Rita Carter of Church of Love Faith Center hosted: "Removing Stigma from Mental Health." Charles Brown (pictured on the left)

was again asked to share his expertise on addiction, and was joined by UR's Anne Smith, discussing family support around the issue of serious and persistent mental illness; and by Rev. Sebrone Johnson, Sr. Pastor of Greater Harvest Church, discussing the topic of grief/bereavement & suicide.

Ms. Daniels also felt discussion and awareness around mental wellness are vital, adding: "It was very important to host a mental health workshop at our church. Mental illness, depression and grief aren't talked about or really dealt with in depth. I'm thinking we will do another one later this year. My thanks to Renewing of Mind for everything that was done to help us put on the workshops. They were a success."

Several organizations contribute to ROM, including the [Interdenominational Health Ministry Coalition](#), the [Mental Health Association of Rochester](#), [Common Ground Health](#) (formerly Finger Lakes Health Systems Agency), [Trillium Health](#) and the University of Rochester's [Office of Mental Health Promotion](#) and the [Aging Well Initiative](#).



SMH Goes Green for Mental Wellness

Strong Memorial Hospital now has the ability to light up in different colors to promote awareness of various health causes. The first week of May, the hospital lit up green to promote Mental Wellness.



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