



March 2013

Stepping Out & Stepping Up is a monthly, community-oriented newsletter created by the [Office of Mental Health Promotion](#).

Community Collaboration to Address the Designer Drug Problem: Joseph Ryan Conference Day

By: Taylor Brown, PhD, MS, CASAC

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The Joseph Ryan Conference, an annual one-day event, is made possible by the family of Joseph Ryan, a former patient of Strong Recovery some years back. We're in our 4th year and looking forward to presenting this year's theme, the growing and complex problem of designer drugs and their use, many of which are sold in local shops under misleading names. Users from a range of populations tap into this convenient resource for getting high, some with disastrous results. The chemical makeup and effects of these drugs are a wildcard for the user, since new versions are being created all the time. Bath Salts for example are a class of manufactured stimulants that can cause severe psychological and behavioral reactions, landing patients in emergency rooms and psychiatric wards. Patients are sometimes violent and aggressive, requiring restraint. Some patients suffer permanent neurological damage after just one use episode.

Our April 19, 2013 conference, "Not Treatment as Usual: Community Collaboration to Address the Designer Drug Problem", will involve representatives from the medical and mental health counseling fields, from the legal system, and higher education, from the addiction treatment community, and from the local faith community, in an attempt to converge audience and expert panel discussion toward collective solutions to the problem. The conference is generally well attended by staff members of the University and as well as people from the greater Rochester community. Last year we had more than 100 attendees. We expect to be at capacity (110) this year because of interest in the topic. Medical professionals, addiction treatment professionals and representatives from a range of community groups are invited. Seating is limited, so early registration is recommended. Contact Julie Achtyl by email at julie_achtyl@URMC.rochester.edu for information about registration or directions to the event. This year's gathering will be in the Helen Wood Hall Auditorium. Please visit our website to register and [for more information](#) about our speakers and the agenda.

Dr. Yeates Conwell recipient of the 2013 Dr. Satcher Award

The fourth annual Dr. David Satcher Community Health Improvement Awards distinguish individuals who have made significant contributions to community health in the greater Rochester region through research, education, clinical services

Community Oriented Events

I'm Still Left Here With The Pain: Exploring the Health

Consequences of Homicide on Families and Friends, a public discussion on March 28th 6-7:30pm at Cayuga Centers Monroe Youth and Family Center, a partnership with Psychiatry's Jeanna Mastrocinque, PhD. Call 585-546-1960 x 1506.

1st Annual NAMI Rochester Walk.

Join the Strong Behavioral Health Stigma Stompers. Saturday, May 4th. For [information and registration](#)

17th Annual Stroll for Strong Kids

& 5K event Join Strong Behavioral Health in fundraising efforts for [Unit 4-9000 Psych Pediatric](#)

The Rise of Post-Racial Politics and the Retreat from Racial Equity - A Talk by Tim Wise

a prominent anti-racist writer and educator. April 16th 7pm. Seymour College Union Ballroom; The College at Brockport. Questions? Call 585-395-5509

If All of Rochester Read the Same

Book author event for *Into the Beautiful North* by Luis Alberto Urrea. March 28th from 7:30pm-9pm at the Interfaith Chapel on University of Rochester's River Campus.

Finger Lakes Deaf Health Fair.

Saturday, April 20, 2013 from 10am-4pm at Rochester School for the Deaf, 1545 St. Paul Street, Rochester. [Register here](#). Contact FLDeafHealthFair@gmail.com.

[Click for more events & details](#)

such as The Reality Tour; Radical Practice Championing Human Rights; more opportunities at Writers & Books

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

Involvement in structured exercise shows promise in alleviating symptoms of mental illness such as

and outreach efforts. The awards reflect URMC's mission to continue to develop and expand university-community partnerships that support community participatory research and interventions to reduce health disparities and improve the community's health.



The awards are named in honor of the 16th Surgeon General of the United States, who completed his residency at URMC in the 1970s. Satcher has gone on to become a leading voice in the field of public health and has dedicated his career to improving public health policy.

Dr. Yeates Conwell was nominated by Ann Marie Cook, President/CEO of Lifespan of Greater Rochester, Inc. as well as Dr. Eric Caine, Chair of Psychiatry. The award recognizes his work with Eldersource, a partnership with LifeSpan and Catholic Family Center. Describing this work with Eldersource, Ann Marie Cook writes, "He took the time to understand our organizational culture and the needs of community-based providers".

depression and anxiety. Exercise can have a positive impact on mood, self esteem and self worth. [Read more](#) about the design of a current randomized control trial to test a tailored intervention approach on young people with depression.

Community-Partnership Development Award Grants to Develop Participatory Interventions or Clinical Innovations

Applications are due March 25th, [More information](#)

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Psychiatry's Bridge Gallery's Permanent Collection Grows through donations

The Bridge Art Gallery has blossomed throughout its first year with five shows and reaching more and more community artists. Artists John Kosboth, Renee Simoné-Lee, and Christina Savatxath donated a total of eight art pieces to help us begin a permanent collection in the Department of Psychiatry. We would like to thank them for their generosity and thank those who have exhibited in our

new gallery.

Artwork by John Kosboth, *Body's Dream Dance*



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