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January 2016

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

Psychiatry Celebrates Its Partners

The Department of Psychiatry held its 8th Annual Community-Academic Partnership Celebration on Thursday, December 17, 2015. Partner agencies across Monroe County were represented as they gathered together to learn about each other's work and achievements in 2015. A well-attended event, every seat at the Hilton Garden ballroom was taken. Marcus Burrell, MD, described the celebration as "organic". Psychiatry Chair Eric Caine, MD, had the following to say: "It is gratifying to see so many here this evening and to see our partnerships growing. All of us seek to better the lives of individuals and families in our local communities. Rochester and Monroe County together have extraordinary potential, but we must overcome the barriers that separate and isolate many persons and families, neighborhoods, villages, and towns. I am extremely gratified to have this opportunity to recognize your contributions to improving the lives of those whom we serve together. Thank you!"

Register Now for Renewing of the Mind

Renewing of the Mind is starting its third year of classes. Similar to the first year, class-goers will learn about various mental health topics inclusive of faith perspectives.



Community-Oriented Events

Don't forget to check the calendar for special university-sponsored events:<https://www.rochester.edu/diversity/eventscalendar/>

Intersectionality Colloquium: The Laboratory of Interpersonal Violence and Victimization (LIVV) and the Susan B. Anthony Center are hosting a monthly series of interdisciplinary dialogues focused on the ways in which various oppressions intertwine and impact people's personal identities and position in the world. Dr. Ellen Volpe will discuss the intersection of race, poverty and trauma among youth in community based settings. This dialogue will take place on Thursday, January 28th from 2-3 p.m. in the Rivas Room (1-9031), located in the Department of Psychiatry.

Project Cradle Care: Pathway to Success intends to educate expecting and parenting teens on prenatal care and introduce them to helpful resources in the community. Guests will receive baby items to bring home and dinner will be served. This event will take place on Friday, February 5th from 3:30-6:30 p.m. at Rochester City School District, located at 30 Hart Street.

Films, Facts and Fallacies about Mental Health is a series of films and informational programs about homelessness, mental illness and autism in adults. Nicholas Coulter and Andy Carey will lead a panel discussion on homelessness and mental illness on Monday, February 8th starting at 6 p.m. at the Rochester Psychiatric Center's Rehab Center Auditorium, located at 111 Elmwood Ave. To find upcoming series events, please visit the [Mental Health Association](#). To register, call Tammy at (585) 325-3145 x100.

2016 African American History Seminar Series will hold several sessions around the title: "Say What?... If,

Graduates of the 2014 class also went on to develop action plans. In January 2016, participants developed system support maps including ones to address wellness in the Mt. Hope neighborhood (pictured above). We invite clergy and lay members of faith communities to join us in 2016. This class is for anyone in faith ministries with a heart for health. To register, call (585) 275-3571 or email RenewingoftheMindRochester@gmail.com. Members of the UR community are invited to join. Classes begin February 27th.

Dr. Martin Luther King Jr. Grand Rounds



EMPOWERMENT THROUGH INVOLVEMENT

The Department of Psychiatry's Dr. Martin Luther King Jr. Grand Rounds will be held on Thursday, January 28th in the Class of '62 Auditorium (G-9425). This year's session is titled, "Is the Dream of Justice and Equity for the Children of Rochester Still Deferred?", and will focus on Dr. King's dream of child equity. The goals of this event are: to inform university-members about the context in which Rochester kids grow up, to better aid us in our allyship; to provide a constructive critique of current community responses to the intersecting issues affecting the mental health of children and families in Rochester; and to provide an understanding of what we as university representatives and individuals can do to address the issues affecting our community. The event will kick off at noon with spoken word poetry followed by the keynote at 12:10 p.m. and our discussant at 12:50 p.m.

The spoken word poem will be delivered by native Rochesterian Amen Ptah, BS, AA. Amen is the Digital Media Specialist and



When and How to Respond." The events are dedicated to increasing skills and confidence regarding when and how to respond and readdress biases. Discussion leaders are Brenda D. Lee, MEd and Adrienne Morgan, PhD. Sessions will take place on Tuesdays in February (5, 12, 19, 26) from 12:30-1:45 p.m. in room 2-7520, except February 12th which will be held in the Ryan Case Method Room (1-9576). All are welcome. Medical students can register in MedSIS, all others do not need to register.

2016 Tana Grady-Weliky, GD, Lecture on Women and Diversity in Medicine: Eliminating the Gender Leadership Gap in Academic Medicine: 50/50 by 2020. Dr. Hannah Valentine will present an overview of research-driven approaches to enhancing diversity. This talk will be held on Tuesday, April 5th from 12-1 p.m. in the New Adolph (Lower) Auditorium (1-7619) at URMC. To register, please contact Grace Fuller at grace_fuller@urmc.rochester.edu.

University of Rochester's 7th Annual Diversity Conference: #URDiversity-What Do You Stand For? The Diversity Conference will take place on Friday, April 8, 2016. The call for posters submission deadline is Monday, March 28th. The call for Workshop Proposals submission deadline is Tuesday, February 2nd.

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

With an increasing reliance on technology, many people are turning to apps to keep track of their health by recording meals, steps taken and even quality of sleep. Many new smartphones and even Smart TVs have built-in health apps such as Health in iPhones and S Health in Samsung devices. The S Health app even comes with a heartrate, stress and SpO₂ sensor in newer phone models. Other free apps include Google Fit and LiveStrong, both of which can also be tracked online for those without smartphones. There are other simpler things to help us make healthier choices. For example, simply typing in two foods, i.e. "spaghetti vs lasagne", in Google will give a side-by-side comparison of the nutritional value of each food, letting you take healthier decisions one small step at a time.

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Program Coordinator of Central Library Rochester, Monroe County Telecounselor at 2-1-1/Lifeline, and founder of APVisuals, a local multi-media small business.

A decorated scholar, Amen has received the College of Brockport's Diversity Engagement Award and consecutive certificates of acknowledgement for Excellence in Media Production. He is currently positioning himself for a PhD in Psychology. However, Amen's journey began very differently, with him having to survive a plethora of difficulties growing up in the "inner city". Although he ran the streets and faced life circumstances that landed him in prison, his resilience and ability to persevere enabled him to transform his challenges into steps toward personal evolution. Life taught Amen that struggle builds character, and pleasures must be sacrificed for a much greater purpose. After several trials of trauma and near death experiences, Amen was able to weather the storm and find his way.

Amen adds the following: "My experiences didn't break me, they broke me open. Once the spirit of the ancestors spoken I realized I was chosen. And like the lotus rising from unclean water to blossom as a pure, uncontaminated flower, I emerge focused and driven; resurrected with a fighter's courage; spiritually nourished and equipped with the universe's omnipotence."

Amen will be followed by keynote speaker, Jackie Campbell, MS, BS, AA. Jackie is the Alliance Director at ROC the Future, The Children's Agenda. Before her role as Alliance Director, Jackie spent 23 years working for the City of Rochester's Department of Recreation and Youth Services, serving various roles such as Assistant Commissioner of Youth Services and Youth Services Manager for the Rochester Public Library. In addition to her many roles, she has also been involved in multiple efforts supporting the engagement of women, parents and families including: the Black Women's Leadership Forum; Facing Race, Embracing Equity; the Black Male Achievement Coalition, the Parent Leadership Training Institute, Strengthening the Black Family and the Prime Time Sister Circle program. Her direct work with children and youth include leading the Pillars of Hope



Program, which recruits and supports adult African American and Latino role models to work with 5th and 6th grade students in city schools. Additionally, she is a Rites of Passage Program Elder, working with young females to improve their sense of self-identity, self-efficacy, and self-esteem.

Jackie takes to heart the spiritual adage, that to whom much is given, much is expected. As an active and engaged member of the community, she understands the power of relationships to transform a community, and continually seeks to be the change that she hopes to see in the world.

Tony Kinslow, JD, MA, BA, Associate Vice President of Human Resources for the University of Rochester, will end the series as a discussant. He stepped into his role in May 2015, but has many years of experience in education



and healthcare, serving organizations such as Vanderbilt, Cal Tech and Cleveland Clinic. Currently, Tony is responsible for the HR functions of New York State's 8th largest employer, with over an incredible 23,000 full-time employees. He is now retired from the Air Force and has two sons, one in college and one who has just complete graduate school.

Bridge Art Gallery Hosts 14th Reception



On January 13th, the Bridge Art Gallery held a reception for its fourteenth show, *Yesterday, Today, Tomorrow*.

Patrick Seche, MS, CASAC, Director of Strong Recovery, shared his thoughts and highlighted the collaborative and restorative opportunities the gallery provides. As Patrick pointed out, many patients, including those of Strong Recovery, have created pieces and submitted to the gallery and in return showcased their talents in what for many is a therapeutic act.

Renee Reid, Sr. Accountant in the Department of Psychiatry, commented on how the gallery beautifies

the space and makes it a warmer environment to work in. She added: "We used to be known as the hallway with ugly pictures." For reference, Renee is pictured below both before and after the installation of the Bridge Art Gallery.

The Bridge Art Gallery would like to thank those who attended the reception and the artists who submitted pieces. They would also like to recognize the Top Juror's Picks: *The Tree of Life* by Liangwei (Jerry) Huang (Best in Show, pictured above); *Pendulum* by Tina Bonneau; *Past & Present: Tree of Life* by Mark Bangs; *Yesterday, Today and Tomorrow (Let Tomorrow Go)* by Grace Marullo, *Reflection* by Tito J. Seegler and *On The Shoulders Of Those Before Us* by George Getman. George was joined by his wife, Cassie Lewis-Getman, a nurse on the 2-9200 unit, at the reception.



Renee Reid is pictured in the Psychiatry waiting area before the Bridge Art Gallery was installed. Date unknown.



Renee Reid stands in the Psychiatry waiting area, now a part of the gallery, in January 2016.



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