



Happy Holidays!

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

8th Annual Celebration of Community-Academic Partnerships

The Department of Psychiatry would like to invite all faculty, staff & partners who are advancing community engagement in mental health. We ask that you connect with partners to celebrate the accomplishments of this past year, and we encourage everyone to [share recognitions of note](#) with us.



The Celebration will be held on Thursday, December 17th at the Hilton Garden in College Town, located at 30 Celebration Drive, Rochester. It will take place at 4:30 p.m.. Free parking is available in the [College Town Parking Garage](#).

To RSVP, please email Jenny Hernandez at Jenny_Hernandez@URMC.Rochester.edu or call (585) 275-3571.

High School Students Explore Diverse Careers in Psychiatry



On November 5th, twenty-one students donned their lab coats and made their way to the Department of Psychiatry to learn more about a myriad of health careers focused in the field of mental health. These students were from the [Health Careers Academy](#), a partnership program between Genesee Valley Educational Partnership and Genesee Community College aimed at helping bright, young high school minds gain insights into a multitude of health careers.

Community-Oriented Events

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

events: <https://www.rochester.edu/diversity/eventscalendar/>

Celebrating Our Stars with NAMI Rochester. Enjoy appetizers, music, raffles, a photo area and learn about the 2016 Rochester NAMI Walk! This kick-off event will take place at Village Gate (Upper Level) at 274 N. Goodman St., Rochester on Tuesday, December 1st from 5:30-7:30 p.m. Please RSVP to Kristina Mossgraber at kristina.mossgraber@namirochester.org or (585) 520-8380.

Seizing the Moment of Change is presented in honor of World AIDS Day to address healthcare equity in communities of color. Keynote by Rev. Dr. Marvin Minckle, president of Colgate Rochester Crozer Divinity School. There will be free HIV and Hepatitis C testing on-site. This event will take place on Tuesday, December 1st from 7-9 p.m. at Colgate Rochester Crozer Divinity School located at 1100 S. Goodman St., Rochester. For more information, please contact Jackie Dozier, of Trillium Health by email at jdozier@trilliumhealth.org or by phone at (585) 210-4126.

How to Survive a Plague will be screened in honor of World AIDS Day, followed by a candle light vigil. The film follows the lives of radical warriors who, fighting ignorance, indifference, and prejudice, worked to overturn the ways in which the government and medical research worked in the U.S. Closed captioning will be available. The movie screening will take place on Tuesday, December 1st in Dewey Hall 1101 at 6:30 p.m. The candle light vigil will follow on the Eastman Quad at 9 p.m.

A City Sings for the Season features uplifting and heartwarming selections of many cultures featuring children's voices, strings and Gospel choir. The event is free of charge, although the donation of food, clothing and personal care items will be accepted at the door. This event will take place on Sunday, December 6th from 3-5:15 p.m. in Sibley Building Atrium, located at 228 E. Main St., Rochester.

Tail Waggin' Tutors. On Wednesday, December 16th,

In order for students to be considered for the program they must have fulfilled all their high school requirements, maintained at least a B average and they must have completed chemistry with a 75% or above. During their time in the Health Careers Academy they also earn eighteen college credits.

The visiting students had a full schedule as they learned about the different career opportunities in the Department of Psychiatry, including medicine, psychiatric nursing, forensics, family therapy, substance abuse counseling and social work. At times the learning became more interactive; students participated in a privilege walk and mimicked social support networks to better understand how the different aspects of people's lives are all considered when dealing with mental illness.

A special thanks to those who shared the talents, drives, motivations and stories that led them to mental health careers: Ann Marie White, EdD; Robert Weisman, DO; Jenny Speice, LMFT, PhD; Kelly Lane, BS, CASAC; Marcus Burrell, MD; Abigail Timberlake-McCormick, MS, NCC, LMHC; Kevin Coffey, LCSW, PhD and Caroline Nastro, RN, MS.

We would also like to extend gratitude to our friends at Strong Recovery for providing Opioid Overdose Prevention Training to these future professionals.



Students receiving Opioid Overdose Prevention Training.

Creative Innovation: Building Synergy Through Arts, Sciences and Diversity

On Friday, November 13th, the annual diversity and research conference presented the University of Rochester community with a new challenge--moving from STEM to STEAM and incorporating the arts as an integral part of meeting the missions of higher education.

The conference began with the Dr. Christopher Edmin (pictured at right), Teachers College, Columbia University, delivering the keynote, "STEM With No Root Bears No Fruit: Techies, Fuzzies and New Possibilities".

After the keynote, attendees had the option of going to one of three concurrent breakout sessions:

Inspire: Jeffrey M. Lyness, MD and Alison Frontier, PhD presented on the ways art has been infused into Geriatric Psychiatry.



Book-loving dogs are coming to the Arnett Branch Library to listen to kids read stories. Reading to calm, trained dogs who love to listen is a great way for kids to build confidence reading out loud! Arnett Library is located 310 Arnett Blvd. and the event will take place from 4-5 p.m. For questions, please call (585) 428-8214.

Do the Right Thing Ceremony. The Do The Right Thing Award program recognizes youth for their positive behavior, accomplishments and good deeds by distinguishing school-age children who strive to make good choices, do well in school, give back to their communities, or demonstrate "turn-around" behavior. Students are celebrated at a public, bi-monthly ceremony in the atrium of the City Public Safety building located at 185 Exchange Boulevard. The next ceremony is on Thursday, December 17th 10:30 a.m. to 12:30 p.m.

New Year's Eve Celebration. New Year's Eve is right around the corner. There will be FREE festivities inside the Joseph A. Floreano Rochester Riverside Convention Center on 123 E. Main St.! Entertainment will be provided by DJ "Jimmy C", and activities include giant inflatables, a photo booth, air brush tattoos, caricature artist, magician and much more! The celebration is 7-10 p.m. on Thursday, December 31st. For questions, please call (585) 428-5990.

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

The holiday season offers a great excuse for loved ones to get together over delicious food. However, some people may experience increased feelings of loneliness during this time. If the holiday season has you down, consider volunteering or trying something new that you had been putting off. If you are not having increased feelings of isolation, consider inviting an extra friend who may be spending the holidays alone to your next holiday get-together.

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Inquire: Stephanie Brown Clark, MD, PhD and Susan Daiss, MA, MDiv discussed how experiential learning can be used to examine diversity in Art and Healthcare.

Investigate: This panel focused on arts-infused methods for transdisciplinary research and its connection to diversity. Panelists included Ann Marie White, EdD; Nancy Chin, PhD, MPH; Melissa Pfohl Smith, MFA, BS; Vincent Silenzio, MD, MPH and Marcus Burrell, MD.

The conference concluded with a special creative performance by guests: BIODANCE, Creative Wellness Coalition of Mental Health Association, Inc. and Kauffman Entrepreneurial Scholars.

Rochester Community Works Together to Heal After Trauma

In the aftermath of a tragic mass shooting at the Boys & Girls Club this August, the Rochester community continues to press for changes that can address the trauma, violence, and poverty persistently experienced in our communities.

Members of the Department of Psychiatry continue to support and join its community partners in raising awareness about these pressing public health concerns, including its relationship to race and mental health.

To foster healing and social change and to advance learning on these topics, several reports, guides, and forums have been presented to the Rochester community this fall by local agencies, including:

- The Rochester-Monroe Anti-Poverty Initiative (RMAPI), convened by the United Way, recently published its [report](#).
- A [community directory of racial justice engagement opportunities](#) published by ACT Rochester, an initiative of the Rochester Area Community Foundation.
- *I'm Not a Racist...Am I?* Film viewing with facilitated discussion, organized by Facing Race Embracing Equity (FR=EE) (for more information see [media coverage](#)).
- Healing the Hurt community forums on recovery from violence, with recent presentations by Psychiatry's Kevin Coffey and Marcus Burrell (for more information, see new media coverage "[Cousin of Murder Victim Wants to Heal Community's Hurt](#)" and "[URMC Psychiatrist Talks About Healing After Trauma](#)").



- Mental Health Association of Rochester's special series of presentations this fall (e.g., *Life for Me Ain't Been No Crystal Stair*; *Hope in the Millennial Generation*) about the impact of trauma, racism, and poverty including culturally appropriate ways to address these issues as well as resilience in the Black community. Mrs. Melanie Funchess (pictured at left) has led sessions that have included presentations from Psychiatry's research fellow, Marcus Burrell (pictured above).

- *Renewing of the Mind (ROM)* workshops including ones on family violence, with fall presentations by Dr. David Skiff, Ms. Lorna Deacon-Nicholson, and Dr. Rev. John Walker. This monthly learning series to promote community action in mental health topics is for members of faith communities and is organized by URMC and the Department of Psychiatry (Aging Well Initiative and the Office of Mental Health Promotion), Finger Lakes Health Systems Agency, the Interdenominational Health Ministry Coalition, Mental Health Association, and Trillium Health.



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