



April 2016

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

Please Come to Our Young Artist Extravaganza!



On Tuesday, May 17, there will be an opportunity to see and experience the creative talents of local young filmmakers and artists at a film festival and art reception hosted by the Office of Mental Health Promotion (OMHP), within the URM Department of Psychiatry. This [visual artist extravaganza](#) will take place from 5:30-8 pm and is free and open to the public. Films will be showcased in the University of Rochester School of Nursing Auditorium. The screening will be followed by an art viewing and reception in the Bridge Art Gallery space on the first floor of the Department of Psychiatry.

The community partnered media education program, Raising 100,000 Voices, will showcase several films produced by local young people. The films provide a personal and realistic glimpse of what it's like growing up in Rochester, and tackle complex social issues such as homelessness among LGBT youth, and human trafficking. There are also multiple films focused on education to inform both teachers and students how to be successful inside and outside the classroom. This is the pilot year of the decade-long project and has been adapted for online learning in addition to providing students with web-based and in-person creative guidance. Collaborating organizations this year include Rochester City School District School 39, Monroe County Youth on the Move, the Dazzle School of

Community-Oriented Events

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

The 7th Annual Dr. David Satcher Community Health Improvement Awards will be held from noon to 1 p.m. in the Helen Wood Hall Auditorium on Friday, April 29th. Lisa A. Cooper, MD, MPH, a professor at Johns Hopkins University School of Medicine and Director of Johns Hopkins Center to Eliminate Cardiovascular Health Disparities, will present, "From Health Disparities to Health Equity: Building Relationships in Healthcare Systems and Communities." To register for this event, please visit www.event.urmc.edu/satcher.

Got Dreams? Celebration for the Monroe County Children's System of Care will be held on Thursday, May 5th from 5:30-8 p.m at the Radisson Hotel Rochester Riverside, located at 120 East Main St.

BeWell 2016: A day of Yoga, Health and Family Fun. On June 4 at St. John Fisher College Football Field, 2690 East Avenue. Check-in begins at 9:30am. Children 12 and under are free and Early Bird pricing(\$15) available until May 1. If you have any questions, please contact Christin at the Mental Health Association at (585) 325-3145

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

With the recent norovirus outbreak we should be taking extra steps to properly prevent infection. Hand hygiene is an important place to start. Alcohol-based hand sanitizers can be used in addition to soap and water, but they shouldn't replace hand washing. If you are infected, it is recommended not to prepare food for others until two days after symptoms stop to avoid spreading the virus. Stool and vomit can carry the virus, so try to wash and disinfect contaminated clothes and surfaces immediately. For more information check the website for the [Centers for Disease Control](#).

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Visual and Performing Arts, and Oswego BOCES. To date, over 40 local organizations have participated, creating more than 250 films.

“This is a powerful community education project that gives youth a voice through their films,” says Ann Marie White, Ed.D., director of the OMHP and assistant professor of Psychiatry. “Not only do these young adults learn videography, but the project allows them to document the strengths and challenges they face every day on their journey to becoming healthy young adults. Their goal is that these films will help to bridge the generation gap, and inform and enhance the health-related services and programs available to youth in our community.”

Also on May 17, The Bridge Art Gallery, sponsored by the OMHP, will hold a reception to celebrate the two-dimensional works of high-school-age Rochester-area artists and photographers that were submitted and accepted to the gallery earlier this year for its show, *Transformations*. The art includes works on paper, un-stretched canvas and Masonite. For questions, contact omhpromotion@gmail.com or visit the [Bridge Art Gallery's Facebook page](#).

2016 Diversity Conference Connections



The 7th Annual Diversity Conference was held on April 8th. After a thought-provoking

keynote, delivered by [Shaun King](#), Senior Justice Writer for the New York Daily News and Prominent Black Lives Matter figure, conference-goers had the opportunity to attend several breakout sessions. One of these sessions, "How Can We Work Together to Bridge the University of Rochester and the Rochester Community through Our Work, Scholarship and Play", led by Dr. Ann Marie White, Cathy Thomas and Kate Cerulli, focused on building new connections with and between those who attended the session. Over sixty persons registered for the session and agreed to stay in contact. They plan to meet again on May 12th to build systems supports maps and continue bridging the gap between the Rochester community and the University of Rochester.

Psychiatry Walks for Mental Wellness
Spring brings renewed energy to Rochesterians.



Fortunately, the University of Rochester's Stroll Strong for Kids 5K Run and the National Alliance on Mental Illness' (NAMI) NAMIWalks provide a great opportunity for us to stretch our legs and enjoy a brisk walk (or run).

The Department of Psychiatry is showing strong representation this year at both events. Karen Dickinson, MS, LMHC, CASAC, is coordinating Strong's presence at NAMIWalks and has been successful in recruiting four teams from the department, including her own Strong Recovery team, Unit 2-9200, headed by Michelle Gilbert; Unit 1-9200, headed by Melissa Huntzinger and Psych Ambulatory Nurses, headed by Jennifer Cole. You will see these teams showing their URMC pride in navy blue shirts at the Walk.

NAMIWalks will take place on Saturday, May 7th at Village Gate. The Walk starts at 10:30 am but check-in starts at 9 am. **To donate to any of the teams, visit the [NAMIWalks website](#). You can also [register](#) for the walk online.**



The Stroll Strong for Kids 5K is celebrating its 20th year on June 4th.

Danielle Clabeaux, BA, CASAC, Chemical Dependency Counselor in Strong Recovery, has once again taken charge in the

Stroll's efforts to raise funds supporting our child and adolescent psychiatry programs. This year's goal is to raise \$400,000, and one way folks are working toward that goal is with the Annual Coin Jar competition. Currently, Strong Recovery, Unit 2-9200, Psych Nursing, Clinical Administration, Unit 4-9000, Psych Research, Public Safety, C & A Outpatient and Unit 3-9000 have taken part in the challenge. **If you would like to join the Strong Behavioral Health team you can [register](#) online.**



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