



## August 2016

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

### 2016 Suicide Research Training Institute



During the week of April 18<sup>th</sup> the Injury Control Resource Center for Suicide Research (ICRC-S) held the third Suicide Research Training Institute (RTI). Funded by the CDC, ICRC-S is a collaboration between the Center for the Study and Prevention of Suicide at the University of Rochester Medical Center (URMC) and the Center for the Study and Prevention of Injury, Violence and Suicide at Education Development Center. The goal of ICRC-S is to draw suicide prevention directly into the domain of public health and injury prevention and link it to complementary approaches to mental health. ICRC-S emphasizes the connections between injury prevention professionals, suicide prevention professionals, and researchers to advance an inclusive approach to suicide prevention.

The first RTI began in 2013 with RTI attendees revealing a preference for a team-based, mentorship-intensive, community-building, protocol-focused model which later became the leading model for the 2014 and 2016 institutes. The 2016 RTI is a part of a two-year initiative where researchers together with injury control practitioners engage in a 5-day workshop series dedicated to suicide prevention and its study from a public health perspective.

The RTI's objectives were: to provide both violence and injury prevention professionals and suicide researchers with a shared body of knowledge and skills in suicidology, public health and prevention, and relevant research methodologies; to create collaborative links between the injury and violence prevention and suicide research communities so that the perspectives, knowledge, and skills of each inform the work of the other; and to develop implementation plans for new research projects that will add to the knowledge base for suicide prevention. The 2016 RTI engaged a diverse range of scholars including 22 scholars

### Community-Oriented Events

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

events: [www.rochester.edu/diversity/eventscalendar/](http://www.rochester.edu/diversity/eventscalendar/)

**The Promotion Process and Earning Tenure** is hosted by Provost Clark and a diverse panel of administrators and provides an overview of the school-specific promotion and tenure process along with tips from those who have recently gone through the process. It will take place Wednesday, September 28<sup>th</sup> from 11:30 am to 2 pm.

### Susan B. Anthony Breakfast and Conversation

**2016.** The discussion will focus on youth homelessness and human resiliency in the face of adversity. There will also be a screening of *If These Walls Could Talk*, a documentary about the struggles and opportunities of Rochester's homeless youth. Film director Matthew Spaul will speak before the film and D. Watkins, bestselling author, will give a keynote about American culture and race and the empowering effects of education and art on youth. This event will take place on Friday, October 7<sup>th</sup> from 8-10 am in the Interfaith Chapel at the River Level. Tickets for the public are \$25, \$15 for students and \$200 for a table of eight. For more information or to purchase tickets, visit the Susan B. Anthony Center's [website](#).

### Spreading Wellness Around Town (SWAT) Youth

**Council** is a group of youth who have had personal experience in one or more of the child-serving systems – Mental Health, Juvenile Justice, Child Welfare, Public Schools. They meet every Monday (except the 3<sup>rd</sup> Monday when they have open house) from 4-6 pm. To become a member, contact Bianca Logan at (585) 753-2638. SWAT Youth Council is open to youth ages 14-24.

**MHA.** Check out the [Mental Health Association's calendar](#) for a list of upcoming events and support groups.

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

With summer vacation ending and classes starting it can be hard to re-adjust to a regular, busier routine. Take time to take care of yourself by eating

and 27 faculty in a total of 9 teams. Teams came from nine different states, including Kentucky, California, Connecticut, Texas, Maryland, Ohio, Minnesota, Washington and of course New York. Two teams were supported by the Veteran's Affairs (VA) Center of Excellence grant.

breakfast, drinking plenty of water and limiting junk food and caffeine.

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### **2016 Rochester Out of the Darkness Community Walk**

The American Foundation for Suicide Prevention (AFSP) Rochester Out of the Darkness Community Walk will take place on Sunday, September 25<sup>th</sup> with registration starting at 11 am and the walk taking place 1-3 pm in Genesee Valley Park. Team Walking Strong already has 24 members and a goal of \$3,000!



The overall goal for the walk is \$120,000 which would contribute to AFSP's work of offering education about suicide, promoting policies and legislation to impact

suicide prevention, funding scientific research, and providing survivors with resources.

Participants who raise more than \$150 will receive a free T-shirt. AFSP is already a quarter of the way to reaching their goal! To donate or register to walk, please visit the [AFSP website](#).

### **LRNG Rochester Launches Online Learning Pilot**

LRNG Rochester, led by the Rochester Public Library (RPL), concluded their summer pilot by hosting a showcase on Friday, August 19<sup>th</sup> at Central Library. This showcase featured the XPs, playlists and badges that were created during the pilot by RPL as well as local and national partnering organizations, including the University of Rochester, RIT, Gap, WE, One Summer Chicago, and many more.

The City of Rochester joined LRNG earlier this year and became one of eight cities to win the 2016 LRNG Cities Challenge, sponsored by the Fossil Foundation. RPL hopes to use this summer pilot to develop a year-round learning ecosystem that combines in-school, out-of-school, employer-based and online learning experiences.



Raising 100,000 Voices became part of the LRNG platform this summer and connected with almost 30 students in the Oswego Migrant Education Tutorial and Support Services (METS) Summer Program to create videos for Raising's Summer iteration. Coming from a large migrant community, several films focused on the hardships of immigration, culture and a love of soccer.

This was the first time most of the students and leaders edited videos. They received instructional support from the Office of Mental Health Promotion. Their teachers and group leaders, Jodi Hyland-Haak, Katherine Figueroa, Charlotte Miller, Wilmer

Jimenez and Messias Washington, worked tirelessly to help these youths successfully navigate the video editing process. Students also presented their videos at an open house in Sodus, NY on Tuesday, August 16<sup>th</sup> and at the showcase for the LRNG pilot on August 19<sup>th</sup>. Check out our [YouTube channel](#) to find past videos and come back later to find the summer videos.

All City youth are eligible to enroll and simply need to sign up at [www.lrng.org/rochester-ny](http://www.lrng.org/rochester-ny)

To learn more about LRNG or participate, please contact Amen Ptah, RPL Digital Media Specialist at (585) 428-8172 or [Amen.Ptah@libraryweb.org](mailto:Amen.Ptah@libraryweb.org).



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