



February 2016

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

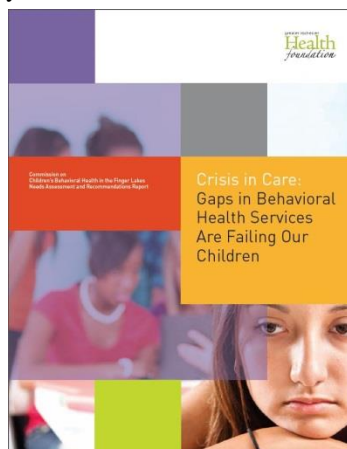
Know a High School Artist?



The Bridge Art Gallery is holding its fourth high school show, *Transformations*. The gallery is looking for 2D works, including works on paper, unstretched canvas or masonite. These works will be displayed in locked frames on the first floor of the Department of Psychiatry. For details and the submission form, please visit the gallery [website](#). Questions can be directed to omhpromotion@gmail.com or by calling (585) 275-3571. To submit pieces for consideration, artists should email the completed submission form and a digital copy of the pieces they are submitting to omhpromotion@gmail.com by Friday, February 26.

Greater Rochester Health Foundation Report

As part of an effort to address mental health concerns in the Finger



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. Henrika McCoy, MSW, MJ, PhD, LCSW, will discuss the intersection of mental health and juvenile delinquency. This dialogue will take place on Thursday, February 25th from 2-3 p.m. in the Napatow Conference Room (1-9545).

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

Films, Facts and Fallacies about Mental Health is a series of films and informational programs about homelessness, mental illness and autism in adults. *Dad's in Heaven with Nixon* will be shown on Monday, March 14th starting at 6:30 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.

Third Thursday Performing Art and Culture Series continues on March 17th, featuring the Billy Petito Jazz Quartet in the Sarah Flaum Atrium from 5-6 p.m. Faculty and staff are welcome.

Fear and Democracy: Reflections on Security and Freedom is part of an [annual lecture series](#) presented by Phi Beta Kappa. Ira Katznelson, a writer and political scientist from Columbia, will be presenting on issues of security

Lakes Region, the Greater Rochester Health Foundation hired a team from the Department of Psychiatry to develop a white paper, led by Dr. Michael Scharf. This team spoke with providers, schools, parents and court personnel to get a comprehensive look at children's needs and strengths in the 9-county Finger Lakes area. Team members, including the Department of Psychiatry's Office of Mental Health Promotion and Laboratory for Interpersonal Violence and Victimization (LIVV), and the Mental Health Association's Melanie Funchess, held a Community Counts seminar on February 9th to disseminate the key themes shared by community members and court staff.

Dr. Kate Cerulli, Director of LIVV and the Susan B. Anthony Center, pointed out during the session: "It was remarkable that the community focus groups with family members and patients revealed similar themes as those held with court officials: we need more training for all professionals working with families, we need more access to care, and we need providers that reflect the populations they serve." Many of the barriers that were identified by both community partners and the courts were culturally centered (e.g., mostly white professionals serving diverse Finger Lake region youth), as well as lack of access prior to crises (little opportunity to prevent mental illness and promote mental wellness).



Language differences were another issue pointed out by those interviewed, and the difficulties didn't end simply by learning a new language. Melanie Funchess (pictured at left) added: "Just because you speak Spanish or ASL that doesn't mean you understand Latino or deaf culture." Having an

understanding of diversity is still a key part of reaching vulnerable populations.

Recommendations included: drawing from local educational pipelines to coordinate mental health professional training, meeting children and families where they are to build rapport and collectively combat stigma, and having on-site mental health liaisons at the courts.

The Greater Rochester Health Foundation also held a forum on January 28th to present the findings and receive additional input for the Commission's ongoing efforts. For a link to the Commission's report, visit the [Greater Rochester Health Foundation's website](#).

(Correction: A previous version identified Dr. Michael Shay as the lead in this effort. The leader was Dr. Michael Scharf.)

surveillance on Wednesday, March 23rd from 5-7 p.m. in the Hawkins Carlson Room, located on River Campus's Rush Rhees Library.

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 URM. 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 such busy schedules, it's easy to sacrifice sleep for work or time spent with loved ones. However, even short amounts of sleep can have great benefits. A full sleep cycle is about 90 minutes, during which people go through deep, REM sleep, and getting REM sleep can help with solving creative problems. Shorter naps have great benefits as well. Naps that result in slow-wave sleep, those that last roughly 30-60 minutes, can improve memory and decision making skills, and even 15-20 minute naps can improve alertness. The key to a good nap is timing. Napping for too long or waking during the wrong part of the sleep cycle can make nappers groggy and undermine the benefits of a good nap. Napping too late can disrupt regular sleep cycles. BUT—taking a well timed nap in the middle in the day can leave a person feeling gloriously refreshed for several hours.

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NIH BSSR Lecture Series: *To Tweet or Not to Tweet*



Dr. Ann Marie White, Director of the Office of Mental Health Promotion in the Department of Psychiatry, and Melanie Funchess, Director of Community Engagement, Mental Health Association, were invited to present their research applying CBPR to advanced data science on community mental wellness. The NIH's Behavioral and Social Sciences Research (BSSR) Lecture Series on Thursday, February 11., reached over 300 registered attendees. Their presentation was titled: "[To Tweet Or Not To Tweet: Community-Based Participatory Research Approaches To Advance Wellness And Violence Prevention Via Social Media](#)". During the lecture they described ways to develop tools to sense mental health protective factors in the community using social media, as well as how to use this information with community networks working to address the issues identified. You can follow the Mental Health Association on Twitter [@mharochester](#).



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