



January 2017

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

Poverty and Mental Health



John S. Walker, Adjunct Associate Professor of Psychiatry, is teaching a new course

titled: "Poverty and Mental Health." This course will discuss some of the major issues of contemporary poverty and mental health. Topics will include post-incarcerative re-adjustments, post-traumatic stress and military veterans, the black church as a therapeutic center, the effect of music on depression and other forms of mental hygiene, historical and contemporary mental health issues and immigration, and domestic violence, child abuse, suicidal ideation and its impact on the poor black family. Wherever relevant, patterns of racism and substance abuse will also be discussed.

Pat Atkins, a recently retired administrator of psychiatry, registered for the course, stating: "I'm excited that the University of Rochester, particularly the Department of Psychiatry, is collaborating with the Rev. Dr. John Walker. He is legendary within the African-American community given his phenomenal success as an educator, preacher-teacher, and long-suffering community activist. I am excited that he has agreed to teach this course, and I know he will stretch each participant enrolled in this class."

This class has already started but there is still time to register through the [registration site](#). If you would like a copy of the syllabus, or to sit in on a lecture, please contact Jenny at Jenny_Hernandez@URMC.Rochester.edu or

Community-Oriented Events

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

7th Annual inspireDANCE Festival will begin with a free Student Kickoff Concert on January 25th at 8 pm in Spurrier Dance Studio. For a full list of events visit their [website](#).

Warner School of Education Presents: Why Teach? will take place on January 28th in LeChase Hall from 12-2 pm. Register at www.whyteachnow.com.

Chinese Students' Association: Spring Festival Expo will be January 28th from 2-6 pm in Wilson Commons Hirst Lounge.

Diversity Series Seminar: Health Care for Hindu, Sikh and Muslim Americans will take place on January 31st from 12-1 pm in Saunders Research Building 1-416. More details [here](#). RSVP to [Grace Fuller](#).

Breaking the Bubble Series: Scholarly Responses to Mass Incarceration will take place on February 6th from 7:30-8:30 pm in Brue Coffee Cafe, located at 960 Genesee St.

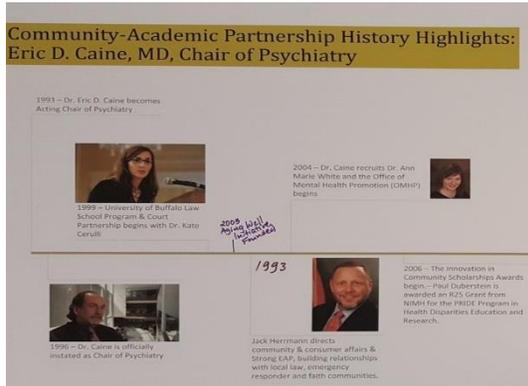
Health Happens Where You Live...Did You Know?

Climate change is a growing concern worldwide and it has adverse effects on people's health. According to the [National Institute of Health](#), climate change, because of the more severe floods and rainfall, can lead to contact with more water-borne diseases. In addition, because crops are more likely to be destroyed during extreme weather, it increases food insecurity, particularly for poorer Americans and people living in poorer countries. There is also the obvious concern with asthma and other respiratory issues which are exacerbated due to increased carbon dioxide concentration. However, there are some ways individuals can reduce their carbon footprint, following the old environmental advice: Reduce. Reuse. Recycle. Recycling is especially important for electrical waste (much of which can be recycled [at the university](#)).

For more information about climate change you can visit the [United Nations Environment Programme](#), which has many helpful resources including a [toolkit,suggestions for mitigation](#) and [publications](#).

call (585) 275-3571. Lectures may be uploaded to the Office of Mental Health Promotion website (details pending).

Community-Academic Partnerships Under Dr. Eric Caine



As Dr. Eric Caine's time as Chair of Psychiatry draws to a close, the Office of Mental Health Promotion would like to welcome department and community members to share their highlights of community-academic partnerships which were initiated or supported by Dr. Caine over the last 24 years. These highlights will be added to a timeline (partially pictured above) detailing glimpses of history and progress in the department. To add to the timeline, please email [Jenny Hernandez@URMC.Rochester.edu](mailto:Jenny_Hernandez@URMC.Rochester.edu).

Psychiatry Celebrates its Partners

On Thursday, January 12th the Office of Mental Health Promotion (OMHP) hosted the 9th Annual Community-Academic Partnership Celebration. Accompanied by the sounds of soft jazz playing in the background, faculty, staff and community partners enjoyed each other's company and celebrated in their 2016 achievements.

As part of the RSVP, attendees were asked to contribute words promoting mental wellness to decorate the walls, and they shared messages of



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strength and courage, love, support, spirituality and resilience.



Phyllis Jackson, Project Manager of the Community Wellness Initiatives with Finger Lakes Health Systems Agency,

described her experience by saying: "I attended the annual partnership celebration at the new [OMHP] behavioral health space at Strong Memorial Hospital. I look forward to this event [every year] because it brings together people, from various sectors of life and professions, who are committed to learning, educating, supporting and helping, in the healing, those who are living with or have experienced mental health disorders. The attendees included those who are, at the present time, in the process of reaching for and taking hold of that healing right now."

"I, and I think all in attendance, was uplifted as each person spoke about the word they took out of a basket [filled with soothing words and quotes people had contributed as part of their RSVP]: Joy, peace, love, laughter, smiles, oneness, health is a spiritual matter, are just a few. These words that give encouragement, hope, comfort, a sense of not being alone and a 'yes I can,' 'yes I will,' shot of iron in their souls, will be posted on the walls of this 'Gracious space.' How marvelous!"

"I came a bit harried and hurried after a long day. My mind and body tired and a bit weary. I left, at peace and, in a strange way, rested in my body and mind. Weariness gone. In that 'Gracious space,' in the presence of healers, I had exhaled and let go of all that stuff. I heard the sound of the many angels' wings in the room and as I inhaled and my mind and body took flight on the wind of unity and support and love beneath those wings. Thank you Dr. Ann Marie White, Dr. Eric Caine and all the partners who have created and sustain this wonderful 'Healing and Gracious Space.' Count me in for next year!"

Dr. Caine added: "The Partnership Celebration annually inspires me by bringing together our many talented, creative, and committed partners who are dedicated to working together to make Rochester, Monroe County, and our region a better place to live."

Black History Month

February marks Black History Month, and various departments and student-run organizations at the University of Rochester are hosting events to celebrate. A brief snapshot of proposed events is presented below, but be sure to check out the university's [diversity page](#) for updates.



January 26-31

— **January 26. Community Action Fair** from 4-8 pm in the Stardust Ballroom Edgerton R-Center at 41 Bakus St. — **Dept. of Psychiatry's Dr. Martin Luther King, Jr. Grand Rounds**, titled: "Martin Luther King: Awareness & Challenges to Moral Vision." It will take place from 8-9 am in Helen Wood Hall Room 1W-509. — **January 27. Martin Luther King, Jr. Commemorative Address** at 6 pm in Strong Auditorium. — **January 31. Community Counts Luncheon**, titled: "HIV/AIDS and the Black Church." Other discussion sessions include: "Historical Ramifications of Populism I: Media Representations of its Message and Meaning Relative to the Election of Donald Trump" on February 27; "Historical Ramifications of Populism II: Its Impact on the Social Direction of Black People in the South" on March 31; "Richard Wright: The God that Failed" on April 24 and a final topic TBD on May 31. All sessions will take place in G9271. The January session will be from 11am - noon, the rest from 12-1 pm. To RSVP

email [Jenny Hernandez@URMC.Rochester.edu](mailto:Jenny.Hernandez@URMC.Rochester.edu).

February 1-10

— **February 4.** Presentation of Frederick Douglass Medal from 11 am - 1:30 pm in the Memorial Art Gallery Ballroom. More information on the [SBA website](#). — **February 5. Gospel Brunch** from 1-3 pm in the Eisenberg Rotunda in Schlegel Hall. Tickets are \$10 in advance, \$15 at the door. RSVP [here](#). — **Black Film Series** Sundays in February at 7 pm at Douglass Leadership House, located at 575 Fraternity Rd. — **February 10. The W. Kamau Bell Curve: Ending Racism in About an Hour** will take place in the Douglass Ballroom at 7:30 pm. W. Kamau Bell is a critically acclaimed comedian. Tickets are \$5 for undergrads, \$10 grad/faculty/staff and \$15 for the general public.

February 11-23

— **February 18. 19th Ward Community Association Annual Ice Skating Party** will be from 1-4 pm in the Genesee Valley Park Ice Rink. The event is free and open to all residents. — **February 19. Exhibition *Meleko***

Mokgosi: Pax Kaffraria at the Memorial Art Gallery. Ends May 7. Artist talk on February 24 at 3 pm in Rush Rhees Library in Humanities Center Conference Room D. —**February 20.**

Taste of Africa, a student-led showcase of Africa, including various aspects of African culture, such as customs, pop culture, sports, cuisine and more. It will take place in Gleason Hall 318/418 from 11:30am-1 pm.

February 24-26

—**February 24. Film**

screening: *Disgrace* (2008). It will take place in the Gowen Room in Wilson Common at 5 pm. Event is free and open to the public. —**February**

25. Symposium *Imagining Histories, Performing Identities: Post-colonial African Art in Context.* It will take place from 1-4:30 pm in the Memorial Art Gallery; free with museum admission. —**February 26. Black History Month Family Day: Identities in Motion** at the Memorial Art Gallery from 12-5 pm. Suggested donation is \$5.



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