



July 2017

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

Celebrating Dr. Eric Caine's Time as Chair

On Friday, June 16th, Medical Center leaders and the Department of Psychiatry joined together in celebration of Dr. Eric Caine's time as Chair of the Department of Psychiatry.

Dr. Caine has served as Chair since 1996, after three years of



serving as the Acting Chair of Psychiatry. His many notable accomplishments include being a strong advocate of community-engaged and public health practices, especially in the realm of preventing suicide. He has championed incorporating diverse cultural traditions and art to fight stigma and make the department more broadly welcoming.

During his many years here Dr. Caine has built many strong relationships and promoted multi-disciplinary approaches to care, as evidenced by all the leaders who spoke at his celebration, including URM CEO Dr. Mark Taubman, Strong Memorial Hospital's Steve

Community-Oriented Events

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

www.rochester.edu/diversity/eventscalendar/

- **Kickoff to Overdose Awareness Month:** There will be a candlelight vigil to bring awareness to addictions overdose on Friday, August 4th beginning at 7 pm at Maplewood Rose Garden at the corner of Driving Park and Lake Avenue. Please bring a candle and a picture of a loved one you may want to share. For questions please email russell317@frontiernet.net or sang14606@hotmail.com.
- **Summer Grand Rounds:** The theme to this year's Psychiatry's Summer Grand Rounds is: "Historical Trauma and Community Resilience: What Clinicians & Community Members Need to Know." The series takes place Thursdays in July and August from noon-1 pm in the Helen Wood Hall Auditorium. The full schedule can be found [here](#).

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

Sometimes juggling life and work can be overwhelming. The Employess Assistance Program at the University of Rochester can get employees and their family members connected to counselors, refer them to services or give resources for achieving a good work-life balance. To get connected,

Goldstein (President and CEO), Dr. Kathy Parrinello (SMH's COO), Dr. Brad Berk, and Drs. Deborah King and Yeates Conwell of Psychiatry. Dr. Caine's children were also able to fly in to take part in the celebration and hear their fathers' many accolades.

Unlike his famously long emails, Dr. Caine described the celebration as, "Wonderful and warm!"

check out their website:

www.urmc.rochester.edu/eap.aspx.

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Psychiatry To Unveil Family Respite Room



Thanks to months of hard work by the Department of Psychiatry's Advisory Council of

Consumers (DPACC), Psychiatry administration and support from Friends of Strong, the Department of Psychiatry will soon be unveiling the Family Respite Room, part of the Office of Mental Health Promotion's Family and Community Center.

This was an important initiative for DPACC as they felt there needed to be a place for families and friends to have a



quiet place to step away or wait when they were supporting someone in our inpatient units.

The Family Respite Room has new furniture and will have a soft opening later this summer.

The Opioid Crisis: A Community Discussion

With hundreds of drug overdoses happening across the country every week, the opioid epidemic has been deemed a public health emergency. However, the conversations surrounding this epidemic are complex and involve input from many different perspectives.

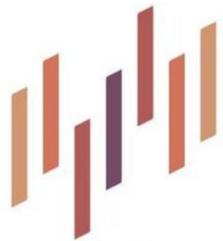


**Rochester
Public Library**
www.libraryweb.org

The Rochester
Public Library
and Gates
Public Library
will host a

panel discussion series with representatives from local law enforcement, experts in physiology and psychology, and advocates of the addiction community. Each panelist will share the challenges they face within their field, what they're doing to address these challenges, and what changes they'd like to see happening in our communities.

Light refreshments will be provided. Registration is encouraged but not required. To register, please call (585) 428-8397.



gates public library

The first session took place in June during the Jazz Fest and featured Dr. Ann Marie White, director of the Office of Mental Health Promotion. There are still two discussion sessions left:

- July 31 from 7-8 pm in Gates Public Library, located at 902 Elmgrove Rd., Rochester, NY 14624. For questions or accommodations please call (585) 247-6446. Note: Charles Brown of Strong Recovery will be part of this panel discussion.
- August 17 from 7-8 pm in Sully Branch Library, located at 530 Webster Ave., Rochester, NY 14609. For questions or accommodations please call (585) 428-8397.



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