



June 2018

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

Trainee Poster Day



Trainee Poster Day took place on June 5th across Psychiatry's first floor conference rooms. It featured posters from 38 trainees, each with a different level of expertise in mental health and wellness.

Trainees tackled difficult topics, many relating to caring for a diverse group of patients, including

caring for deaf individuals, understanding self-esteem in African American adolescents, creating more inclusive LGBTQ spaces, and understanding the cultural and diversity training needs of the department. Addiction was another focus for a lot of the posters, with topics ranging from withdrawal to supporting families with adolescent opioid addiction.

For her poster, Lindsey Sycz (pictured above), MA, a psychology intern, analyzed the Department of Psychiatry's diversity and cultural awareness training needs and suggestions. Speaking on the process leading up to the annual celebration she said: "It has been a joy and an inspiration to work with Caroline and the Diversity and Cultural Awareness Leadership Team (DCALT) on this project. We wanted to better understand the Department's needs and I believe that our findings can truly shape future trainings and projects within the realm of diversity, inclusion, and cultural awareness. I appreciated everyone's thoughtful comments and questions during poster day, and look forward to seeing what DCALT will take on next."

Community-Oriented Events

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

www.rochester.edu/diversity/eventscalendar/

- **Under the Hood:** A Community Health and Wellness Event will be taking place on June 30th, from 10 am to 2:30 pm at St. Luke Tabernacle, located at 1261 Dewey Ave. Food, music and fun will all be present!
- **Roc Pride 2018** takes place on Saturday, July 21st on Alexander St. between East Ave. & Monroe Ave. Line up begins at noon. University employees are encouraged to walk with the University of Rochester. To get a free T-shirt, please [register](#) by July 6th.

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

[Mindful eating](#) can be a good way to enjoy the food that nourishes us and generally be more aware of the nutrition of our meals. Generally speaking, [mindful eating](#) is about being aware and present when eating and eating according to our bodies' cues around hunger, etc. This can lead positive feelings of satiation and prevent negative feelings from overeating, making meals overall more enjoyable.

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Psychiatry Strolls for Strong Kids

Psychiatry participated in the 22nd Annual Stroll for Strong Kids & 5k Run on June 2nd. The team, led by Danielle Clabeaux, raised over \$3,300! Of that, \$1,322 was raised in the 2nd Annual "Shop LuLaRoe for A Cause" fundraiser and \$450 was raised by the 7th Annual Coin Jar Competition, which Strong Recovery won for the fifth time.



In addition to the many walkers, Psychiatry enjoyed the presence of Pediatric Mental Health & Wellness' Family Advisory Board members, who for the 4th year designed and ran our Mental Health & Wellness Activities Station which had children engaged in fun wellness activities. Our "Space" themed yoga cards for families to take home were a big hit.

Another big hit was the dunk tank, which featured Dr. Michael Scharf, Chief of the Division of Child and Adolescent Psychiatry, and Dr. Patrick Brophy, Chair of Pediatrics, going under in the dunk tank!

Psychiatry In the News

Faculty and staff in the Department of Psychiatry are frequently asked to contribute to education around their areas of expertise. They provide information and understanding about a myriad of mental health topics and are featured in local and national media. Recent examples include:



- Dr. Yeates Conwell discussing elder mental health in a [New York Times article](#) published May 25th.
- Drs. John Walker and Ann Marie White discussing the upcoming [Under the Hood](#) health fair on June 20th on 106.3FM WRFZ's Real Talk with Martha Hope.
- Amen Ptah's article: "Mental Health, the Stigma, Labeling and Disparities in the African American

Community" in *Rochester Woman Online's*
[March 2018](#) edition.

- Charmaine Wheatley, Artist-in-Residence,
discussed stigma on 100.9FM WXIR on Spilling
The Tea with Chasmar & Jazzelle on March 31st.



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