



March 2017

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

NAMI's Family to Family Hosted in the Department of Psychiatry's NEW Family & Community Center

The Office of Mental Health Promotion (OMHP) has kicked off community programming in the new Family & Community Center with its inaugural event, "An Introduction to [National Alliance on Mental Illness](#) (NAMI) and their [Family-to-Family Program](#)" on Thursday, March 15th from 6-6:45pm in room G-9271. Families visiting their loved ones on our inpatient units took a short elevator ride down to our OMHP for light refreshments and an introduction to what NAMI offers.



Although the OMHP has held several community-centered events in the last several months, this is the first time a community organization has hosted an event here, encouraging families and patients to engage with a valuable community service after leaving the hospital. This is part of a new approach being taken on by Psychiatry through OMHP to connect patients and families to much-needed but little-known services before they're even discharged. Family-to-Family is a course designed to help all family members understand and support their loved one with mental illness while maintaining their own well-being.

The OMHP will also be piloting some programming hosted by the [Mental Health Association \(MHA\)](#) in April. This programming includes:

Community-Oriented Events

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

STEP Information Sharing Conference: Building a Trauma-Informed Judicial Response to Youth Intervention is aimed to encourage educators and community partners to share crisis intervention information to reduce the impact of trauma, build resilience, and over time reduce traumatic incidents. This will take place March 30th from 7-9 pm in Hilton Garden Inn at College Town. To register you can visit <http://conta.cc/2IHaaYS>. For more information you can email [Mike Bleeg](#).

Breaking the Bubble Series: 'Belief in Rochester' with Mayor Warren will be Monday, April 3rd from 7:30-8:30 pm in Brue Coffee, located at 960 Genesee Street.

Faith and Medicine Conference: Working Together to Eliminate Healthcare Disparities will take place April 29th from 8:30 am - 2 pm. You can register [here](#), and there is a fee of \$20 (early bird \$15). There is also a free pre-conference on the 28th from 5:30-9 pm presented by CEI, which will count for 2 credit hours for healthcare clinicians. Sessions include "HIV and Mental Health" and "Naloxone: Preventing Opioid Overdose in the Community." Free dinner is included, and people can register [here](#). This conference will take place at Lexington Hotel at 911 Brooks Ave. Anyone interested can also register by calling (585) 308-1088.

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

If you're reading this—congrats on the improved mental health! As many of us suspect, reading is linked to increased intelligence, but it has many other potential benefits for your mind as well. Reading for an hour a day [may decrease risk for Alzheimer's](#). Reading also [enhances memory](#), [improves empathy](#) and can [help reduce stress](#). The neural pathways created as a result of reading translate to a healthier brain and a healthier life.

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- Two workshops on “Community Resources” on April 10th & 24th from 1-2 pm for outpatients as well as for faculty and staff in Psychiatry to learn about services that may help patients and families outside of our hospital walls.
- Two workshops called “A Positive Twist” (a creative thought-sharing and activity group) on April 21st and 28th from 10:45-11:45am for outpatients to test the waters of what the MHA provides to help continue their recovery.



For more information contact the Office of mental health Promotion at 275-3571 or email [Jenny](#).

Winter Discussion Series: Live Performance!



The Diversity and Cultural Awareness Leadership Team (DCALT) and the Office of Mental Health Promotion (OMHP) are continuing to provide a safe space for discussions around issues of diversity.

As a special iteration, Amen Ptah, Sr. Health Project Coordinator in OMHP, will be doing a live performance of his spoken-word piece "[I'm Not Feeling Well](#)" on April 17th.

Discussions will be held in the OMHP Room G-9271 OR units and programs can host their own discussions with support from a DCALT member (for this option please reach out to [Caroline Nestro](#)). Discussions will be based on TED Talks/short videos we will watch together, and take place on Mondays in April beginning at noon. Most sessions in April will be 30 minutes long to accommodate hourly staff. There will be an additional 30 minutes for those who can stay longer. Please encourage hourly support staff to attend.

Schedule:

- *April 3rd - [How to Overcome Our Biases? Walk Boldly Toward Them](#) (17:49)
 - April 10th - TBD
 - April 17th - [I'm Not Feeling Well](#) (4:42) ***LIVE***
 - April 24th - TBD
- *Hour-long discussion.

Share Your Experience with Psychiatry's Artist-in-Residence

Originally published in Career Stories @ URBEST and written by Rachel Walker. Edited for clarity.

At the start of 2017 many may have noticed some changes—including that one of the



Microbiology conference room was converted into an art studio for use by our new Artist-in-Residence Charmaine Wheatley. During her time at the University of Rochester, Wheatley will be focusing on reducing social stigma in two areas: mental illness and HIV/AIDS.

Artistry runs in Wheatley's family. Her father was a sign painter, and she took his artistic leanings further. First, she attended Nova Scotia College of Art & Design where, along with artistic techniques, she developed her critical thinking skills. She then studied at Cooper Union and has subsequently served as an Artist-in Residence for various organizations since 2006. She has produced a diverse portfolio of drawings, watercolors and live performance pieces. She has also published four books. Wheatley enjoys representing the unknown, and submerging herself into a different environment helps to challenge her perspective.

Wheatley will be focusing on reducing stigma for those who live with mental illness and individuals with HIV/AIDS by creating a panoramic view of these communities through interviews and connecting with patients, family members, scientists, healthcare providers and graduate students studying these topics. During these conversations, Wheatley will create portraits of individuals using watercolors, pens and perhaps oil on canvas. She will be using space in the Psychiatry Department (Room G-9309) along with the Microbiology and Immunology Department (Room 2-11005C). This project will also include outreach with the Mental Health Association, and other communities may become involved during her time here.



While these interviews are largely a personal connection, Wheatley may participate in more public engagements. Some possibilities include

giving talks to raise awareness about the project, managing exhibitions of her work, and potentially creating printed reproductions of her art. Wheatley has done similar work in her previous residencies. In fact, it was during a previous showing of her artwork at the Isabella Stewart Gardner Museum in Boston

that Stephen Dewhurst discovered Wheatley's work and initiated this project. Since then, selected portraits from this series have been installed in the Gardner's Contemporary building.

Her Artist-In-Residency and initiatives here have several sponsors, including the Center for AIDS Research, the Department of Psychiatry, the Division of Medical Humanities and Bioethics, URBEST, the Office of the SMD Vice Dean for Research, the School of Nursing, as well as programmatic support from the Memorial Art Gallery, the Neuroscience Program, and the Department of Art and Art History.

Charmaine will be doing mental health portraits through the end of June, after which point she will shift her focus to people living with HIV/AIDS. She is specifically looking for people in the community who are living with mental illness,



whether they have a mental illness themselves or they live with someone who has a mental illness. To learn more about this project, please scan the QR code to the right or visit www.bit.ly/cwartistinresidence2017, or leave a message at (585) 275-8872.

Pictures credited to Amanda Lai, Studio Assistant working with Charmaine in the Office of Mental Health Promotion.



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