



## August 2018

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

### Theater of the Oppressed Comes to Psychiatry

In keeping with the spirit of using the summer to focus on issues of diversity, the Department of Psychiatry's Diversity and Cultural Awareness



Leadership Team (DCALT) has once again held a series of diversity workshops, but this time with a twist. This year, twenty-five participants are addressing oppression and bias through the use of games and role-playing.

The role-playing gives participants a chance to encounter common scenarios of bias and discrimination, think through solutions, and re-write the script so they are better prepared to act when they happen in real life. This humanities-centered approach takes bystander interventions beyond discussions and couples existing policies with action. Because the role-playing is based on real scenarios encountered by members of the workshop, the results are realistic interventions rather than the feelings of moral distress

### Community-Oriented Events

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

[www.rochester.edu/diversity/eventscalendar/](http://www.rochester.edu/diversity/eventscalendar/)

- [Kids Create Dates](#) take place every Saturday at MAG for \$10. All tools are supplied. The next session will take place on August 25<sup>th</sup>.
- [Physical Activity & Mood](#) will take place August 27<sup>th</sup> from 12-12:45 pm in the Louise Slaughter Conference Room (1-9555). To register, click [here](#).
- [Dog Days of Summer PET Therapy Calendar Meet & Greet](#) is happening in front of the Friends of Strong Gift Shop at various times August 24-27.
- [Racial Equity: Half Lies, Half Truths and Framing an Issue With a Racial Equity Lens](#) takes place August 28<sup>th</sup> from 11:50 am-12:50 pm in Helen Wood Hall 1W150. For questions, contact [yvette\\_conyers@urmc.rochester.edu](mailto:yvette_conyers@urmc.rochester.edu).
- The [Community Engagement Symposium](#) will take place on September 6<sup>th</sup> from 12-3:30 pm and 14<sup>th</sup> from 8:30-11:30 am. To register, click [here](#).
- [2018 Thrive Conference](#) will feature workshops for Christian millennials 21-35 around topics such as finances, love and sexuality, and racism. It takes

that often accompany inaction in situations of bias and discrimination.

Caroline Nestro, one of Psychiatry's participants and leader of DCALT, mentioned that the Theater of the Oppressed workshops: "...has provided an opportunity for department members and others to learn about the varied experiences, perspectives, and responses to everyday discrimination in the work setting. Replaying scenes has allowed us to 'try on' alternate responses to learn ways we might respond when confronted with a situation at work."

To learn more about Theater of the Oppressed in the University of Rochester, please read: "[Theatre and Medicine: An Unlikely Pairing Addresses Oppression and Bias.](#)"

## Psychiatry Welcomes New Residents and Fellows

The Department of Psychiatry recently welcomed new [residents](#) and fellows. Among the first year residents are Drs. Christopher Fragassi, Jeu-Hee Hahn, Howard Lam, Eric Lesch, Jacqueline Quezada, Virginia Ramos, Irina Statnikova and Joshua Wortzel.

Fellows include Drs. Maura Hanna and Julie Fudge in the [Forensic Psychiatry Fellowship](#), Dr. Azka Munawar in the [Geriatric Psychiatry Fellowship](#) and Dr. Khushminder Chahal in the [Consultation Liaison Psychiatry Fellowship](#). Additionally, Drs. Maura Tappen and Mark Messih are part of the first year program in the [Child Psychiatry Fellowship Program](#).

As our new colleagues are beginning their time with us, our fourth year residents are preparing to venture out and find new opportunities following their passions. Reflecting on her residency program here, Dr. Emily Justin, Chief Resident, mentions: "I am currently in my 4<sup>th</sup> year of residency and have been pleased, overall, with the education I have received from the general psychiatry program at University of Rochester. As an intern, I was just



place September 8<sup>th</sup>. If interested, please register [here](#) by August 25<sup>th</sup>.

- [Connecting Through Music Bridge Art Gallery](#) reception on September 12<sup>th</sup> from 4:30-6 pm in the Romano Room (1.9041) on the first floor of Psychiatry.
- The [Rochester Out of the Darkness Community Walk](#) will take place on September 23<sup>rd</sup> from 1-3 pm with registration beginning at 11 am. Money raised will benefit the [American Foundation for Suicide Prevention](#).

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

Art and music can serve as an important part of [therapy](#) and overall wellness. Art and music give people a means to [process emotions](#) as well as calm neural activity, which may reduce feelings of anxiety, etc. Artistic expression can have [significant health effects](#), including improvement with mood disturbance and stress symptoms. One way to engage in the arts locally is to attend the [Bridge Art Gallery's](#) upcoming [reception](#), *Connecting Through Music*, on September 12<sup>th</sup>.

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happy that I had finally decided on a specialty and I was going to be a psychiatrist. I hadn't thought about all the other decisions I still had yet to make about what I wanted to do within the field of psychiatry. Throughout my 4 years of residency, I've felt that the University of Rochester program has helped me make this decision by exposing me to a multitude of different clinical experiences within the ever-growing practice of psychiatry. I am fortunate for all I have gained through my time in the general psychiatry program, both personally and professionally, and look forward to staying at the University of Rochester for my geriatric psychiatry fellowship."

## Volunteer of the Month



Maria Monacelli, a long-time member of our [Department of Psychiatry Advisory Council of Consumers \(DPACC\)](#), was recognized as the [Out Alliance's August Volunteer of the month](#). She is featured on the

[August edition](#) of the [Empty Closet](#) for her work with [Rochester Pride](#).

Maria contributed to a myriad of Pride efforts, including making sure "the 24-foot moving truck got filled with Festival decorations, moving barricades to create the local beverage tent, setting up the couch in the VIP section, [and] reloading everything back in the truck on Sunday night..."

Maria's passion and commitment to her peers was evident during Pride and it is evident every month at DPACC meetings. She is truly an asset to those around her and to this department. Congrats!

## Exploring Wholeness and Healing in African American Literature

The Office of Mental Health Promotion (OMHP) partnered with the Division of Medical Humanities and Bioethics to provide medical students with a special course titled: "Healing, Health and Wholeness

in African American Religion and Literature."

The course is taught by Dr. James H. Evans, Jr., a long-time partner of OMHP and nationally known scholar and author. Dr. Evans was the first black president of the Colgate Rochester Crozer Divinity School, and he remains the Robert K.



Davies Professor of Systematic Theology. Dr. Evans' current efforts embody the university's mission on all fronts. He sits on the University of Rochester's IRB, works as part of the Clergy Mental Health Consultation group, is the community preceptor for an undergraduate community engagement class, and is the pastor of St. Luke Tabernacle Community Church which partners with the university to provide medical services to members of the community.

This course examines the themes of healing and health in African American literature. It also explores the intersections between the cultural and clinical ideas of health and wholeness and how indigenous forms of religion help shape and ground these ideas.

The main objectives of this course are:

1. to provide the students with a way of seeing the experiential and cultural dimensions of health as expressed in the African American community through its literary tradition
2. to complement the clinical learning for which first and second year medical students are responsible, and
3. to provide an opportunity to explore the themes of health and wholeness from the perspective of the humanities.

Although the class is primarily for medical students, Dr. Evans has opened it up for community members.



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