



July/August 2014

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



Swogger & Hatcher Receive Community Partnership Development Award (CPDA) in Clinical Innovations

Marc Swogger, PhD and his team from Delphi Drug and Alcohol Council of Rochester, Carl Hatch-Feir, Jack Brennick, and Nicole Trabold, have been awarded this year's 2013-2014 CPDA of \$20,000. Marc has been working to develop research plans in close collaboration with the director and staff of Delphi, where group interventions are conducted for male perpetrators of intimate partner violence (IPV).

Intimate partner violence (IPV) is a major public health problem and the reduction of IPV relies, in part, on effective interventions for perpetrators. The collaborative research aims to generate effectiveness data for one of Delphi Drug and Alcohol Council's IPV perpetrator treatment programs. Moreover, the collaboration between the University of Rochester and Delphi will more broadly inform perpetrator treatment through attention to whether individual differences in propensity toward reactive vs. proactive violence require different interventions. In short, they are examining what works - and for whom - in IPV perpetrator intervention.

Psychiatry's CPDA is administered by the Office of Mental Health Promotion. These proposals are intended to pursue new collaborations that aim to improve the mental health of community populations and to help us reach beyond current capabilities in serving patients, families and community members. The goal is to promote innovative, community-faculty engagement in ways that can strengthen intervention or service outcomes. [Read about the award and past winners.](#)

DPACC Presents in a National Web Conference

Caroline Nestro and Marilyn Berger and Sandi Michaels, two members of the Department of Psychiatry Advisory Council of Consumers (DPACC) presented at a national University HealthSystem Consortium (UHC) web conference on June 2nd. The topic was Building a

Community-Oriented Events

Dept. of Psychiatry Volunteers needed for the Annual Women's Health Screening Fair at the Public Market on September 6th 9am to 1pm. Screenings include AIDS/HIV, breast health, cardiac health, dental, mental health, skin cancer screening, and more. To volunteer, please contact Caroline Nestro at caroline_nestro@urmc.rochester.edu

Rochester Out of the Darkness Walk raises awareness about suicide prevention and to help end the stigma associated with mental health. The walk will be held Sunday, September 28th at Genesee Valley Park. The walk begins at 1pm. Kim Van Orden has put together a team for Psychiatry. Email her at Kimberly_Vanorden@URMC.Rochester.edu.

Health happens where you live. Did you know?

Sunglasses are not just a fashion statement in the summer, but getting the right pair to protect your eyes and vision is important. Make sure the sunglasses you purchase clearly are labeled with 100 percent UV protection to minimize risk of damage from the sun's ultraviolet rays, comfortable and adjustable to properly fit your face and good coverage—you should be looking straight through the frame, not over or under it.

<http://www.urmc.rochester.edu/patients-families/health-matters/June-2014/Shopping-for-Shades-Check-Out-These-Specs>

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Successful Patient & Family Advisory Council for your Department of Psychiatry. UHC has over 120 medical centers that could potentially learn from DPACC on how to create and sustain an advisory council. There were over 70 listeners across the country that participated.

UHC was interested in DPACC presenting how the University of Rochester Medical Center (URMC) has built a successful patient and family advisory council to elicit patient/family input on improving the mental health services. Consumer-driven DPACC ideas are now relied on by psychiatric staff and serve as an evolving mechanism to enhance quality care. There are few hospitals with a successful Psychiatry advisory council. DPACC presented their background, staff representation, and the involvement of patients and family members. The presentation outlined the recruitment process, the meetings, and results. Meetings involve gaining insight about clinical care, educating department employees and future nurses and doctors, improving community health, and/or giving input to researchers for tool development and testing.

If you have a new project or program you would like to launch, ask yourself "What would DPACC say?" Also, contact Caroline Nastro if you would like to include an item on a future DPACC agenda.

2nd Annual Summer Grand Rounds Brown Bag Series "The Impact of Everyday Discrimination on Health: What We Can Do About It" has Begun

The 2nd Annual Summer Brown Bag Series began with great success. Dr. Emma Ciafaloni from the Department of Neurology kicked off the series with "Seeing Patients: Cultural Awareness in Academic Medical Centers and Why We Need It." She spoke about the cultures of our patients we treat here and realize we all have unconscious bias. It is important to focus on the patient and disregard all stereotyping; however, all cultures are not the same when it comes to how to treat an illness. In her presentation, she emphasized the integration of cross cultural education and culture sensitivity into professional training.



Past sessions included Dr. George Nasra and two members from the Department of Psychiatry's Advisory Council of Consumers (DPACC) Maria Monacelli and Elizabeth Freed spoke at last week's presentation on "Being the Object of Stigma: Personal Views on Prejudice and Mental Illness"; and Dr. Marcus Burrell held a discussion on the TED Talk: Mellody Hobson: Color blind or color brave?

The Brown Bag Series includes presentations about social circumstances in which we are born, live, and work. The presentations focus on everyday discrimination whether it affects your height, weight, skin color, accent, income, sexual orientation, abilities, health status, age or gender. The series' goals are to find and discuss what works and what what doesn't so we can all become agents of change in stopping the negative health outcomes of discrimination. To attend future sessions, they are held on at noon in room 1-304 in

Helen Wood Hall which include

- 7/31/14 - Dr. Seuss & The Damage of Otherness
- 8/7/14 - The Human Library: One Way to Explore & Dispel Bias
- 8/14/14 - The Landscape for Diversity in Academic Medicine
- 8/21/14 - Cross-Cultural Health Literacy
- 8/28/14 - Everyday Bias: Recognizing and Combating Racial Microaggressions

Submissions Sought

As we prepare to start a new school year, I will be working on a special story for September's Stepping Up – Stepping Out e-newsletter. We would like to acknowledge Psychiatry's employees who are continuing to pursue degrees in school this fall. Share news of your upcoming educational pursuits. If you will be continuing to work here or if you are leaving soon to focus on our education full time, send me an email at jessica_poweski@urmc.rochester.edu (only 4-5 sentences) about your plans for study this fall, and include a photo too if you like by September 9th so we can celebrate you.



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