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May 2015

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

Raising 100,000 Voices Celebrated its Tenth Year

Bullying, smoking, school lunches, and living in foster care are just a few topics young filmmakers from the Raising 100,000 Voices project tackled in their own video productions. Raising 100,000 Voices, a project that encourages youth to express, through video, issues about growing up in Rochester, presented the tenth premiere screening of their mini-documentaries at the Little Theatre. As part of the program, the filmmakers were encouraged to invite community leaders best positioned to address the issues presented in their videos. Among those in



attendance were Superintendent Bolegn Vargas, School Board President Van White, Elaine Spaul, Executive Director of the Center for Youth and Rochester City Council Member; Dave Putney, Director of the Office of Men Health; and Jermayne Myers,

Rochester's Executive Staff Assistant to Mayor Warren. In recognition of 10 years, Mr. Myers presented Ann Marie White and Shelley Figueroa with a certificate signed by Mayor Warren.

The Raising 100,000 Voices project is a national outreach effort designed to help understand the needs of the community from the point of view of those emerging into adulthood. The program has compiled over 229 films since 2005. The University of Rochester Medical Center and WXXI partnered with



Community-Oriented Events

- **Race and Trauma: Race-based Traumatic Stress and Psychological Injury Webinar** will be held May 28th from 12-1:30pm. During this webinar, Dr. Robert T. Carter will discuss race-based traumatic stress, ways of working with participants who have experienced racism, and implications for the assessment of trauma beyond the DSM-5. Sponsored by The Community Technical Assistance Center of New York and the McSilver Institute for Poverty Policy and Research at the New York University Silver School of Social Work. Register here <http://www.mentalhealthnys.org/login/login.cfm?EventSID=415>

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

High school graduation is just around the corner and teens will be transitioning into college, the military, or jobs. It is important to support teens emotionally in the transition year. See www.transitionyear.org for parent and teen resources and information.

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several youth agencies.

This year including: Western Regional Corps, 209th Regiment; Dazzle School of the Visual and Performing Arts; RCSd School #39; RCSd School #52; ImagineYOU; URMc's Office of Mental Health Promotion, and Monroe County Youth on the Move.

Dr. Satcher Presents Community Health Awards



Precious Bedell, MA, received a 6th Annual Dr. David Satcher Community Health Improvement Award. Dr. David Satcher, a URMc alumnus, has served as Surgeon General, Assistant Secretary for Health in the Department of Health and Human Services, Director of the Center for Disease Control, and a member of the World Health Organization Commission. Dr. Satcher himself recognized the awardees' contributions with his mission in improving community health through research, education and outreach programs.

Ms. Bedell is the Project Health Counselor and Community Health Care Worker for Psychiatry's Women's Initiative Supporting Health (WISH) Program. Her efforts are directed at the intersecting issues of incarceration, race and community health. She helps women who are currently or formerly involved with the justice system by linking them to medical and mental healthcare.

Dr. Eric Caine, Chair of the Department of Psychiatry wrote in her nomination letter, "It has been especially gratifying to watch Precious become a recognized and valued member of the Department's community. This is a testament to her adaptability and commitment, as well as the openness of those around her to eagerly work

with a new staff member who brings diverse, important experiences, knowledge, and her unique skills to advance our common missions."



Dr. Diane Morse, WISH Director, stated, "Precious is a great speaker and genuine person who knows how to make friends with diverse people...She is well-respected and known in the community. In research and staff meetings Precious willingly enlightens and learns from a broad range of students, staff, and faculty...She clearly promotes inclusion and diversity."

Please join us in celebrating Ms. Bedell's achievements in community health.

Stomping Stigma with NAMI



NAMI's 3rd Annual Walk at the Village Gate attracted more than 700 walkers on May 2nd. They raised \$100,784. Each year, NAMI's Rochester Walk raises awareness and funds to support the mission of NAMI Rochester. URM and its Strong Behavioral Health staff were well represented.

stomp out the stigma of mental illness: Karen Dickinson, Patricia Seche, Rita Moore, Danielle Clabeaux, Michelle Medina, Alma Smith, and Melissa Ribaldo.

NAMI Rochester provides education, support and advocacy to individuals and families living with mental illness. The honorary chair for this year's walk was Veterans Outreach Center Executive Director Todd Baxter. (Photo at right is Melissa Ribaldo, URM Marketing Manager, with her daughter)



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