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September 2014

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

Women's Health Screening Fair at the Public Market

The 6th Annual Women's Health Fair brought more than just women this year.

Volunteers from Strong Behavioral Health screened 40 women and one man! They all had fun participating.



Thank you to our volunteers:

- Lorraine Ndusha PMHNP
- Anne Smith, LMSW
- Xin Quan, MFT Trainee
- Amy S. Lyons, MS LCAT
- Cyndy Consaul, MCT
- Diane Morse, MD
- Patricia Molloy
- Cathy Peters, PMHNP
- Danielle Snyder, MCT
- Junior Dillion, RCMCT Trainee
- Sean Powers, Adult Amb. Trainee



Back to School!

School is back in full swing and we would like to acknowledge our Psychiatry co-workers who are working to pursue their degrees (whether continuing to work here or leaving to focus on their education full time.) Let's all continue to encourage them in their journey.

Community-Oriented Events

Rochester Out of the Darkness Walk raises awareness about suicide prevention and ending 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.

Sibling Empowerment Group is a three part workshop geared toward families with an autistic child. The group is led by Jen Hackett, a special education teacher, and Sandi Krajewski, a school psychologist. Both have extensive experience working with children with Autism Spectrum Disorders and their families. Workshops are held Thursday, Sept. 25, Oct. 2, and 9 from 6:00-7:30pm at the Camp Puzzle Piece Center, 1180 University Ave.

Hispanic/Latino Heritage Family Day is Sunday, October 5th from 12-5pm at the Memorial Art Gallery, 500 University Ave. All ages are invited to celebrate and enjoy art activities, music, and dance performances. For more information, visit <http://mag.rochester.edu/plugins/acrobat/publicprograms/Hispanic-Latino-FD-10-5-14.pdf>

C.A.R.E. for Kids: Building Competent and Caring Children is an interactive presentation by Amy Banks MD on October 8th 6-8pm at The Strong Museum. This presentation is geared toward parents, educators, as well as child and family care providers about the science of relationships and building healthy connections with our children. Sponsored by the Mental Health Association. No registration fee. For more information, call (585) 325-3145 ext 113.

Four Ways to Click: Using Brain Science to Build Strong, More Rewarding Relationships is a seminar for mental health practitioners by Amy



Mary Zagari K. MacLeod, LCSW, ACSW, CGP, ACS is currently a full time employee at Strong Ties as a Primary therapist. She has worked at Strong Ties for 5 years and previous to this she worked as a Medical Social Worker at Strong since 1995. Currently, she is planning to begin work on her dissertation this winter for her PhD in counseling and human

development at the Warner School of Education at the U of R. She has attended classes part time for the past 6 years. Her area of interest is exploring wellness factors within the gerontology population. She has an article in press for publication called *Etiology and Management of Elder Self-Neglect in the Adultspan Journal*. She hopes to graduate by 2016.

Victoria Pietruszka is attending Drexel University full time this fall to study in their JD/PhD in clinical psychology program in Philadelphia. Under the mentorship of Dr. Kirk Heilbrun, She will be focusing on forensic psychology and topics such as alternatives to incarceration, mental health and risk assessments, and recidivism.



Victoria worked under Kate Cerulli in the Laboratory for Violence and Victimization.

Allison Murray RN, BSN, BA is a Registered Nurse Level III 2-9200. She has two more semesters in the Family Mental Health Psychiatric Nurse Practitioner program at the School of Nursing. This fall she is studying Group Psychotherapy and will be on the clinical side at the Strong Adult Partial Hospitalization Program.



Dalia L. Falú, RN is registered for Adv. Pharmacology in the Family Nurse Practitioner Program at U of R School of Nursing (SON.) As a graduate from the SON's

Banks MD on October 9th 8:30am-4pm at the Monroe Golf Club, 155 Golf Avenue, Pittsford NY 14634. Registration is \$100 (includes lunch). Renewal CASAC units available as well as CE's and CEI's. For more information, call (585) 325-3145 ext. 113

2014 Stanton/Anthony Luncheon and Conversations Children in Crisis: Reclining Their Biopsychosocial Health will be held on October 17th 11:15-3 pm. (Pre-event: Meet and Greet local children's services providers 11:15am-12pm, Luncheon 12-1:30, Panel Discussion 1:30-3pm; UR Interfaith Chapel). Register for the luncheon at: www.rochester.edu/SBA or contact Kirsten Buscetto, 585-275-8799 kbuscetto@ur.rochester.edu

Grant Writing Training on October 25th from 9:30-2pm at the Rochester Educational Center at the College of Brockport. The training is designed for new and experienced individuals, churches, community and non-profit organizations. Registration is \$199 before October 17th and \$235 after. Register at www.globalpartnersff.com

Disability Studies Cluster Symposium will be held at the School of Nursing on November 14th. This is University of Rochester's first-ever Disability Studies Cluster Symposium, titled "Complicating Normalcy: Disability, Technology, and Society in the Twenty-First Century." The symposium is being organized around the documentary *FIXED: The Science/Fiction of Human Enhancement*. This film explores the meaning of "disability" and "normalcy" in contemporary times. The film examines technological and pharmacological advances designed to "fix or enhance the human body." It explores the bioethical implications and social tensions that arise from scientific advances. The symposium will feature posters, sessions, workshops, and networking opportunities. Check back for more information or visit www.warner.rochester.edu/. Questions? Contact Julia White at jwhite@warner.rochester.edu.

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

It's back to school for many including adults. Education is a main social determinant in health and wellness. Yet, the life expectancy for those with and without a college education has widened over time. Similarly, early childhood education can instill lifelong beliefs and behaviors that promote good health outcomes. Unfortunately, our system of mass public

Accelerated Program, she is looking forward to learning from A. Karch and all of her experience. She currently practices as a Nurse Care Manager at MIPS. She would love to continue to work with our patient population with a medical focus in the future.

Hillary Harter, Nurse Leader, will be completing her RN-to-BSN program at the School of Nursing in December.

Karen Schuster, a staff nurse and safety nurse on 2-9200, will complete her RN-to-BSN program in December from the School of Nursing.

Michael Satter, an Evening Charge Nurse on 2-9200, will complete his UofR School of Nursing RN-to-BSN program in December.

Jenny Lindstrom, a night staff nurse, will complete her RN-to-BSN program next summer from the School of Nursing.

Kelly Elliott, a day charge nurse on 2-9200, will begin RN-to-BSN program this fall at the School of Nursing.

Kris Young is taking prerequisite classes at MCC in preparation for the UR SON Accelerated BSN program.

Chris David is at Monroe Community College this fall to start his degree in Business. It is an online degree so he will continue to work at Strong Ties as an Outpatient Access Specialist full time while attending school full time.



Michelle Houser will be starting the Radiology Tech program at Monroe Community College in September. It is a highly competitive program that only accepts 30 students every fall. It's a two year program so she will graduate in June of 2016. She will be going to school full time and working part time at Strong Ties as an Outpatient Access Associate where she has been since June 2013.



Andre Brown, a Sr. Psych Technician, will begin classes at

education does not work equally well for everyone and education. Read more from the North Carolina Medical Journal. http://www.ncmedicaljournal.com/wp-content/uploads/2012/09/NCMJ_73505_Final.pdf

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Roberts Wesleyan College in the spring.

Rob Brown has been taking classes at Genesee Community College in preparation for nursing school.



Growing the Next Generation of Community-Based Researchers

U of R's Office for Faculty Development and Diversity is planning this upcoming half-day conference. The conference features a keynote from a leader in community-based participatory research: Dr. Barbara Israel, PhD, Professor in the School of Public Health at the University of Michigan and Principal Investigate of the Detroit Community-Academic Urban Research Center. There will be three breakout sessions that will showcase successful patient centered outcome research, provide an overview of research support services, and introduce system dynamics research methods. The day will end with a poster session providing a platform to develop and network.

Register here

<http://www.rochester.edu/diversity/faculty/researchconference.html>



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