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September 2015

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

Back to School!

We would like to recognize our Psychiatry friends and colleagues continuing their education and pursuing degrees. Some will continue to work in our department while others are moving on to focus on their education full time. Let's congratulate them on their achievements and continue to encourage them in their future endeavors.

Jennifer Agor, LCSW currently works as a Primary Therapist at Strong Ties and she will be pursuing her PhD in Counseling and Counselor Education at the Warner School.

Chun Wang is joining us as a visiting scholar from Nanjing Brain Hospital in China. He would like to do a program or training in suicide intervention, trauma and PTSD, and he is also interested in Cognitive-Behavior Therapy.



Stephanie Bartlett, MS, FNP-BC has been a Family Nurse Practitioner for almost eleven years. A current member of the Comprehensive Psychiatric Emergency Program, Stephanie began her work in the Department of Psychiatry as a psychiatric technician on 2-9200. She has worked in both inpatient and outpatient environments as well as in the community. Her desire to go back to school stems from the significant need for more mental health providers necessary to meet the current volume of mental health issues in our community. She will be continuing her education

Community-Oriented Events

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

Altering the Journey of Our Families: Trauma, Poverty and Mental Health – Where Do We Start? In support of the Anti-Poverty Initiative, a bold, aggressive and innovative collaborative with a vision of eliminating childhood poverty, this seminar offers an integrated learning opportunity highlighting the connections between family exposure to poverty and trauma, the interrelationships that exist between them and the power of these factors to impact mental health. It will further explore the implications of race and “place” (urban, suburban and rural) on poverty. Join in to learn about strategies that can be employed to enhance resiliency and mental wellness in an effort to minimize the impact of poverty and trauma on mental and physical health. This seminar will take place October 1st from 8:30 a.m. to noon but arrival and check-in begin at 8 a.m. It will be held at Mt. Olivet Baptist Church, 141 Adams St., Rochester. Registration requested by September 25th by phone to: 325-3145 ext. 100 or through the website at <http://www.mharochester.org>.

Out of the Darkness is a walk to raise funds and awareness for suicide prevention. The walk will be held at Genesee Valley Park on September 27th. The walk is from 1-4 p.m. but registration begins at 11 a.m. To walk with the Department of Psychiatry, please contact Kim Van Orden by email

at kimberly_vanorden@urmc.rochester.edu. To register, go to GVP on the day of the walk or visit <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=3181>.

Hispanic/Latino American Heritage Family Day at the MAG. All ages are invited to celebrate Hispanic Heritage Month with family art activities, music and dance performances, tours, and storytelling. Suggested donation \$5 per family. The event will run September 27th from 12-5p.m. at the Memorial Art Gallery, located at 500 University Avenue, Rochester.

at UR SON for her Postmaster's Certification.

Jennifer Cole, RN II is currently an RN Complex Medical Care Manager at Medicine in Psychiatry Service. She has been accepted to UR SON, RN to BSN completion program and has already started her genetics coursework and will be matriculated in January.



She hopes to further her education to build up patient outreach and maintenance in communities. She is a strong believer that helping people maintain better health is arguable as important as healing after illness is present.



Catherine Haynes is an Outpatient Access Specialist working on her degree in Psychology from the University of Phoenix. Her goal is to become a Medical Social Worker and complete her Master's from the University of Rochester.

Chris David is attending Monroe Community College full time to finish his Business degree while simultaneously continuing his work at Strong Ties as a full time Outpatient Access Specialist.



Carolyn McCarroll, RN is a full time RN on 3-9200. She started graduate school this Summer at SUNY Brockport in the Health Care Management Program, part of the Masters of Public Administration degree. She hopes to broaden her knowledge of the health care system.

14th Annual Jessica Henderson Memorial Event



Credit to the National Alliance on Mental Illness (NAMI) <http://namiroc.org/about/henderson-event/>
"Jessica Henderson lost her battle with bipolar disorder at the age of twenty-one. With the help of the National Alliance on Mental Illness Rochester, Jessica's parents established a lecture series in

Celebrate Recovery by attending the viewing party of *THE ANONYMOUS PEOPLE*, a feature documentary film about the over 23 million Americans living in long-term recovery from addiction to alcohol and other drugs. The viewing will be Tuesday, September 29th from 10:30 a.m.-12:30 p.m in the Class of '62 Auditorium in the Medical Center.

Food Truck Rodeo. Enjoy the local street food, local bands at the Rochester Public Market. Over thirty vendors will be in attendance. The rodeo will be held at 280 N. Union St. on Wednesday, September 30th from 5-9 p.m.

Films, Facts and Fallacies About Mental Health Series, presented by the Mental Health Association, will be hosting a presentation and panel discussion about schizophrenia led by URM's own Steven Lamberti, MD., Professor of Psychiatry and Director of the Severe Mental Disorders Program. A family member and an individual in recovery will also be a part of the panel. It will be held on October 12th at 6:30 p.m., at the Rochester Psychiatric Center, 1111 Elmwood Ave. The presentation is free, but registration is required by calling Tammy at (585) 325-3145 x100. For more information, please visit <https://www.mharochester.org/Default.aspx?RD=3486>

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

Your "heart age" is one measure of your risk factors for heart attack and stroke. There are many risk factors you can control to help reduce your heart age, such as smoking, high cholesterol and obesity. It's never too early to start taking care of your health. For more information visit the Center for Disease Control at <http://www.cdc.gov/vitalsigns/heartage/index.html>.

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2002, to offer hope to all people affected by mental illness, to increase community awareness, and to erase stigma."

Special Guest Speaker: Kevin Hines

"Kevin Hines is an award winning speaker, author (*Cracked, Not Broken*), and mental health advocate who reaches audiences with his story of an unlikely survival and his strong will to live. At age 19, two years after he was diagnosed with Bipolar



Disorder, Kevin attempted to take his own life by jumping off the Golden Gate Bridge. He survived the fall and now shares his message of learning to live mentally well in the face of mental illness.

Kevin's story is a remarkable testament to the strength of the human spirit and a reminder to us to love the life we have."

This event will be held on October 20th at School of the Arts located at 45 Prince Street, Rochester. The program begins at 6:00 PM but doors open at 5:30 PM.

The Department of Psychiatry is proud to be a Bronze Level Sponsor of this event on behalf of our Department of Psychiatry Advisory Council of Consumers (DPACC). Earlier this year our Department also sponsored NAMI Walks in an effort to support NAMI's mission and the tremendous work they do for our community.

Opioid Overdose Prevention Training

"There were a reported 1,818 drug-related deaths in 2008. For opioids (prescription pain medication and heroin) there were 9,135 emergency department visits and 21,202 hospital admissions reported for 2008." -NYS DOH

Locally, opioid related deaths are a growing trend. According to the Monroe Medical Examiner's Office, in 2011 there were less than 20 heroin related deaths in Monroe, Livingston, Genesee, Steuben, Ontario, Chemung and Orleans Counties, but that number reached almost 100 in 2014.

Strong Recovery is making a difference by offering training to patients, families, medical personnel, and



community members interested in helping save lives. The majority of overdoses are witnessed. The hour-long training will equip those who complete it with the tools necessary to recognize an overdose and the proper steps to follow after an overdose while waiting for first responders arrive. As part of the training attendees will be provided with a FREE overdose prevention kit containing Naloxone (Narcan), a prescription medicine used by emergency responders to help save suspected overdose patients.

Trainings will be the 1st Tuesday of the month at 5:30 PM in Room G-9266 at 300 Crittenden Blvd. To register, please contact Michele Hermann by phone at (585) 275-1829 or email at Michele_Hermann@URMC.Rochester.edu.



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Call (585) 275-3571 for more information, or [visit us online](#).

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