



February 2014

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

Focusing on Mentoring with Dr. Crawford



Dr. Kermit Crawford was our guest speaker for this year's Department of Psychiatry's MLK Day Grand Rounds, a special Grand Rounds that traditionally includes community partners and interested community members. His presentation was entitled, "Mentoring: Meeting the Challenge of the New Millennium".

Dr. Crawford is the Director of the Center for Multicultural Mental Health and the Center for Multicultural Training in Psychology at the Boston University School of Medicine. He joined us for a full day and spoke with trainees, faculty, staff & community members in a variety of forums. While there were many key "take home" points, his emphasis on the importance of mentoring, especially for people of color and women, sends a universal message that their success is important not only for their own career path but for the health of our community as well.

If you missed his presentation, it will be available on the upcoming Cultural Diversity and Awareness Blackboard course.

Meet the Psychiatric Mental Health RNS in Ambulatory Settings - Part 2 By: Carole Farley-Toombs

Registered Nurses have had a long term presence in the Partial Hospital programs and Strong Recovery. **Esta Richter**, RN and **Fran McCarthy**, RN in Adult Partial, and **Mary Jo Newcomb**, RN, **Martine Peters**, RN and **Jeannine Ottman**, RN in the Child and Adolescent Partial Program provide groups and nursing clinics and support providers in their respective areas. The name **Eller Ross**, RN, Nurse Leader, is synonymous with Strong Recovery and the Methadone Maintenance Treatment Program where she is joined by **Patricia Krakowiak**, RN and **Kim Ehrhart**, RN. **Patti**

Community Oriented News

TED Talk on February 22nd 4pm at 321 Morey Hall on the University of Rochester River campus. Celebrate Black History Month with an engaging TED Talk and discussion. Open to the public. Dinner will be served.

www.rochester.edu/diversity/affinity/mml

Maternal Depression: Instilling Hope on March 4th 6:30-8pm at Cornell Cooperative Extension, 249 Highland Ave. Maternal depression takes a toll on a mother's well-being, livelihood, attitude and outlook on life. Join us to learn about effective, evidence-based treatments that provide hope for women and families touched by maternal depression. Register at mharochester.org. There is a \$10 fee.

Women's Health and Well-being Through Integrative Medicine on March 22nd 8-5pm at TWIG Auditorium, Rochester General Hospital. Contact Ginny Ruderman at (585) 473-7573 for more information and registration.

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

February is Teen Dating Violence Awareness Month. It is important to talk with teens about healthy relationships. Any teen or young adult can experience violence. Dating violence includes physical abuse, verbal or emotional abuse, sexual abuse, and/or digital abuse

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Anuskiewicz, RN, Nurse Leader, provides day to day clinical patient flow oversight and clinical services in the Medicine in Psychiatry Outpatient Clinic where she is joined by **Hollie Ortiz**, LPN and **Dahlia Falu**, RN whose primary role is the Care Management for a cohort of patients. While not providing direct clinical care, **Lisa Cordy**, RN has just joined the Department's Clinical Risk Management and Quality Improvement Team to assist us all in staying on track with a proactive and meaningful incident management process.

Inpatient units and CPEP will always rely on the 24/7 expertise of its psychiatric nursing staff to maintain a healing, safe and clinically therapeutic environment for those patients with the most acute symptoms requiring that level of care. But as the landscape continues to evolve the nurses in ambulatory sites will play key roles in developing a more systematized approach to 'holding' patients safely within community settings.



Cultural Diversity and Awareness Course Re-Launch Planned

Psychiatry's Diversity & Cultural Awareness Leadership Team is proud to re-launch the popular Blackboard diversity course for 2014 with new articles and lectures added. Since the course has been so successful, the Department of Neurology has asked to join forces with Psychiatry to open the course up to their faculty, staff and trainees. Dr. Emma Ciafaloni, MD and Dr. Bob Holloway, Chair of Neurology, are enthusiastic partners in this effort. Grace Fuller, Coordinator and Dr. Linda Chaudron, Associate Dean for Diversity have provided enthusiastic support to begin to share the course across departments through their roles in the Office for Diversity at the URM. Enrollment instructions for the 2014 course will be arriving in your email soon so you can start earning your 3 credit hours.



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