May 2014

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

**Fifth Annual Dr. David Satcher Community Health Improvement Awards Presented to Caroline Nestro, R.N., M.S.**

This URMC community health improvement award distinguishes individuals who have made significant contributions to community health overall.

Caroline Nestro, Associate Director of the Office of Mental Health Promotion received the award for her commitment to leading the Department of Psychiatry’s diversity and inclusion, cultural competence, and patient-centered activities, while actively participating in institution- and community-wide diversity initiatives. She has worked on several projects that use film, literature, and the arts to open discussions and raise awareness about lingering stigmas related to mental health, health inequalities, and Rochester’s history, with a focus on race relations.

Adewale Troutman, MD, MPH, MA, CPH at the University of South Florida (shown above furthest right) spoke on “Health Equity and Social Justice—Not Just a Walk in the Park,” preceding the awards ceremony.

Read the full press release [here](http://www.urmc.rochester.edu/news/story/index.cfm?id=4073).

**Bedell Advocates Pass the New 'Ban the Box' Ordinance**

Rochester City Councilman Adam McFadden thinks many employers use the check box on job applications to illegally discriminate against perspective job seekers. After a big community initiative, he sponsored a recently passed Rochester City Ordinance to ban the question until after an applicant makes it to the interview process. "Put the people to work, give them a livable wage, and watch the crime rate go down. Don't put people to work, don't give them any resources or access to anything and watch the crime rate go up. It's very simple," the Councilman says.

Rochester is the third city in New York State to 'Ban the Box,' a movement that has affected state, county, and city policies around the nation. McFadden says the new law will protect employers from a widespread illegal practice. The new law does allow employers to conduct...
background checks and to consider whether specific crimes committed in the past have a bearing on the job sought.

Precious Bedell, MA, is a Project Health Counselor and Community Health Care worker at Woman Initiative Supporting Health. She is also a 2014 recipient of a scholarship for Academic Consortium on Criminal Justice Health. She says that job came as a blessing after many years of unemployment and underemployment based on a past felony conviction. Bedell is not the only one that says the wealthier a person is, the less likely they’ll be arrested for committing an offense that would land a poor person in jail. And race is also a factor.

"A white boy’s prank is a poor boy’s felony," says Bedell. "And it’s not just a black boy or an African American boy or a Latino, because our jails are beginning to fill up with poor white people, especially poor white women."


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**Optimizing Diversity in Our Community Partnerships**

Community partners are important to the success of the medical center and how we continue to grow and create new relationships with our community.

Over the past few months, the Office of Mental Health Promotion (OMHP) has been interviewing community partners to help create guidelines for optimizing and sustaining diversity in partnerships. There were a few key themes that kept emerging among community partners that will be discussed at OMHP's Community Counts luncheon in May. A brief educational video capturing some key themes was already shown at the Department of Psychiatry's Community-Academic Partnership celebration, "I Don't Care What You Know Until I Know That You Care" in December.

Areas of strength and improvements have been noted. For instance, one community partner commented, "There needs to be trainings and conferences on how to partner and nurture partnerships. The medical center needs to realize they will not have much luck creating relationships if they just go in and 'use' partners to get their R01 or NIH grants."

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**Stroll for Strong Kids**

By: Catherine Maliszewski, M.A.
Pre-Doctoral Psychology Intern
Child and Adolescent Track

The Stroll for Strong Kids is an annual, family-friendly event where participants can choose to run in the 5K race, walk with family and friends, or both. Danielle Clabeaux created Team Strong Behavioral Health in 2011 to raise funds to support our Child and Adolescent Inpatient Unit. This money was put towards improving the children's unit and purchasing supplies, toys, and games for the kids to enjoy during their hospitalization. This year Cathy Maliszewski (Pre-Doctoral Psychology Intern) and Dr. Linda Alpert-Gillis teamed up with Danielle and her team to expand participation, enhance awareness, reduce stigma, and include the families and children we serve. The money raised by Team Strong Behavioral Health will now be shared with all of our Child and Adolescent services. Additionally, in celebration of Child Mental Health Awareness Month, a “Behavioral Health Station” at the event was created to promote awareness of children’s mental health issues, positive coping and emotional wellness, and to share information about our services.

This year, the Behavioral Health Station offered fun coping skills
activities including Bubble Breathing, Arts & Crafts Activities, and Mindfulness/Relaxation Exercises. Team Strong Behavioral Health looks forward to celebrating Child Mental Health Awareness Month annually in conjunction with The Stroll for Strong Kids! If you would like to join Team Strong Behavioral Health on Saturday May 31st, please visit this website to register.

http://www.helppmakemiracles.org/index.cfm?fuseaction=donorDrive.team&teamID=22409