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## September 2013

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

### Hemingway Speaks to a Packed Auditorium

Actress Mariel Hemingway spoke to a crowded Helen Wood Hall Auditorium full of URMC employees and community members on mental health and suicide prevention. Hemingway is the granddaughter of Ernest Hemingway whose family has had seven members complete suicide. She spoke about the need for people in society to become more open and willing to speak about mental illness.



URMC's Center for the Study and Prevention of Suicide sponsored Hemingway's visit. She spoke openly about her struggles with depression. Mariel hopes her celebrity status can widen the conversations within communities. Hemingway said she spent years searching for answers before she found a path to happiness and stability. She was visiting Rochester for a screening of her documentary, *Running from Crazy*, that was shown as part of the Greentopia Festival.

Hemingway also spoke with a group of researchers from Psychiatry's Center for the Study and Prevention of Suicide over brunch. Dr. Kenneth Conner commented, "Her passion for the subject of suicide prevention was palpable, her genuineness in using her own story and name to advance this cause was clear, and her ideas about taking a holistic approach to prevention was refreshing." Dr. Vincent Silenzio said, "I was most struck by her deep empathy for those touched by suicide, either directly experiencing suicidal thoughts or behaviors, or indirectly by those affected by the suicide or mental health concerns of friends or loved ones." "She was very transparent and insightful about her own struggles and appreciative of the work we are doing in Psychiatry to alleviate the toll of suicide and related outcomes," concluded Dr. Kerry Knox.

### Community Oriented Events

- **Mental Illness Q&A Forum for the Latino Community.** This session will be held in Spanish, and it includes Strong Behavioral Health's Alma Guerra, MD. This Saturday, September 28th, 12:30-2:30pm, Anthony Jordan Center, 82 Holland Street, Rochester. There will be a light lunch provided. Sponsored by Strong Behavioral Health, the National Alliance On Mental Illness (Rochester), the Anthony Jordan Health Center, and SAMHSA. Free to attend.

- **Select Respect Symposium. "The Audacity to Heal: Our Rape Culture."** October 2nd 7-9pm. The College at Brockport in the Seymour College Union Ballroom. Free and open to the public. For registration and full conference schedule, [click here](#)

- **Seven Principles for Changing At-Risk Behavior and Cultivating Resiliency Among Youth** with Dr. Carl Bell, MD., Mt. Olivet Baptist Church, 141 Adams St, Rochester. A Community Forum is on Wednesday, October 2nd 6-8pm and a Provider Workshop is on Thursday, October 3rd 9:30am - 12:30pm. For more information and registration, [click here](#).

- **Turning Adversity into Opportunity.** 12th Annual NAMI Jessica Henderson Memorial Lecture. October 8th, 5:30pm (buffet reception), 6:15-8:30pm



## Psychiatry's Partners Teach Students About Community Engagement in Health

Two new opportunities to pass on the important academic tradition of community engagement were organized this fall. Community partners helped kick off a new undergraduate course in public health. This internship opportunity places students in their community agencies to advance public health practices. UR's Student Bridge for Community Engagement Committee, that Psychiatry participates in, also organized a workshop for all UR student trainees on September 20th.



Panelists: Ann Marie Cook, President, CEO of Lifespan and Reverend Lawrence Hargrave, Pastor of Outreach Ministries, Asbury First. Panelist not shown: Marcus Burrell, MD, URM graduate and former PRIDE fellow of Psychiatry.



Darryl Porter, Assistant to the Mayor, speaks with public health undergraduates about their importance to the City of Rochester.

## Successful Women's Health Fair

The Women's Screening Health Fair at the Market on September 7th was again a great success! Psychiatry was among many URM departments represented. We staffed a table to provide mental health screening and also gave out information on common mental disorders and resources available. Many thanks go to the following co-workers who volunteered to screen 32 public market goers around their mental health concerns:

Precious Bedell, MA • Nichole Butler, LCSW-R • Kevin Coffey, LCSW-R, Ed.D. • Cyndi Consaul, LCSW-R • Wyatt Hall, DWC Psychology Intern • Diana Julian, Sec IV • Erin Kohler, APR II • Kenya Malcolm, Ph.D. • Meredith Mey,

(lecture) at RCSD's School of the Arts on Prince St. Speaker: Antonio Lambert, Training Manager for Recover Resources.

• **July '64 Screening.** October 9th 4:30-6pm in URM's Class of '62 Auditorium. Filmmaker Carvin Eison will be present to lead discussion.

**For more events/details in the Rochester area [click here\[psychiatry.createsend1.com\]](http://here[psychiatry.createsend1.com])**

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

September is National Recovery Month. The goal is to promote the message that recovery in all its forms is possible. What can you do? Encourage citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

## Bridge Gallery Call for Art

The Bridge Gallery's next call for art is out. The theme is "Stillness & Dance." Submissions are due by October 7th. For more information, [click here.](#)

LMHC, NCC • Diane Morse, MD • Lorraine Ndusha, NPP •  
Esta Richter, RN • Karen Shingleton, APR II • Debra Wernle,  
RN

### **OMHP Has Moved**

Recently, the Office of Mental Health Promotion/The Bridge Gallery office has moved one floor up on the first floor. We are now located in 1.7260. See our website for directions.



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