



April 2017

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

Dr. Robert Weisman Recognized with Dr. David Satcher Community Health Improvement Award



The 8th Annual Dr. David Satcher Award Ceremony was held on April 11th. President Seligman and Dr. Nancy Bennett presented the awards. The special Grand Rounds was delivered by Nicole Redmond, MD, PhD, MPH, who is the Medical Officer of National Heart, Lung, and Blood Institute (NHLBI).

Robert Weisman, DO, received the Senior Faculty Award. Weisman is well-known as a clinician, teacher and mentor who has dedicated his career to providing access to mental health services for the underserved in our community.

Much of his work has focused on reducing health inequities through his direction of the Forensic Psychiatry Fellowship, which he created in July 1994. He has also worked in the University Community Partnership to provide mental health care to homeless individuals, venturing out into the community to meet patients in their own environment.



Community-Oriented Events

Don't forget to check the calendar for special university sponsored events:

www.rochester.edu/diversity/eventscalendar/

- **Annual Leadership Panel: University Leaders and Community Leaders.** Join Young Leaders @UR to participate in a discussion with University leaders to hear about their role both as leaders at the University as well as in the Rochester community and beyond on Tuesday, April 25th from 4-5:30 pm in the Simon School of Business Eisenberg Rotunda. Check out their [registration](#).
- **Faith and Medicine Conference: *Working Together to Eliminate Healthcare Disparities*** will take place April 29th from 8:30 am - 2 pm. You can register [here](#), and there is a fee of \$20 (early bird \$15). There is also a free pre-conference on the 28th from 5:30-9 pm, which will count for 2 credit hours for healthcare clinicians. Sessions include "HIV and Mental Health" and "Naloxone: Preventing Opioid Overdose in the Community." Free dinner is included, and people can register [here](#). This conference will take place at Lexington Hotel at 911 Brooks Ave. Anyone interested can also register by calling (585) 308-1088.
- **[Excellence Through Equity: Creating Schools that Serve All Children Well](#)** will take place on Thursday, June 1st at East High School, located at 1801 East Main Street. Pedro Noguera will speak on "'Excellence Through Equity'" in Rochester Area Schools" and will be followed by a panel discussion of distinguished guests including: Rochester Mayor Lovely Warren, Vice Chancellor Board of Regents T.

In 2012, he initiated “Public and Community Psychiatry,” an educational seminar that emphasizes the need for health care providers to understand and collaborate in order to meet the needs of underserved population for psychiatric treatment.

Weisman is a faculty preceptor for third-year psychiatric residents and provides supervision for year-long outreach rotations for the former Project Link and New York State ACT/FACT, which provides an integrated approach for community mental health service delivery. Weisman himself formed a program with the Rochester City Courts Criminal Division that has decreased arrests of individuals with mental health problems, decreased stays in the hospital and improved quality of life for an underserved population.

In addition, Weisman organized a workshop about understanding and managing the risk of violence in the community from individuals with severe mental disorders for law enforcement officials and others engaging with our patients in the community.



Originally published in [UR Newsroom](#).

Telepsychiatry Program Receives 2016 Excellence Award

On January 17th, the Department of Psychiatry's Telepsychiatry Program team was recognized with the 2016 Excellence Award.

The Excellence Awards are among the highest honors given, and are the only institution-wide patient-care awards honoring staff members working among the

Andrew Brown, East Upper School social studies teacher Gloribel Arvelo-Park, East Lower School parent Natasha Green, and Warner School Professor Joanne Larson. The evening event will also feature opening remarks from Joel Seligman and East Superintendent Shaun Nelms. Sponsored by the Warner School of Education. Open to the public. To request special accommodations, call (585) 210-9754 or e-mail urcues@warner.rochester.edu.

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

Snacking can be a necessary part of a busy and active lifestyle, but not all snacks are created equal. For example, fruit flavored yogurts and some energy and granola bars are prone to have a lot of sugar. On the other hand, unflavored Greek yogurt with fruit can make for a protein-rich and healthy snack. By the same token, granola bars with whole nuts and natural sweeteners like honey and dark chocolate tend to be healthier than those with other added sugars. As with most foods, by taking the time to make homemade granola bars you can also control the health content while making a snack that's uniquely designed to your tastes. Shop around, compare nutrition labels and look up some recipes to make the most of your snacks.

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Medical Center's many divisions, and they recognize the dedication, service and outstanding patient care, with numerous examples cited of their extraordinary efforts.



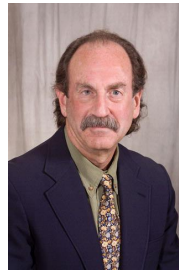
In 2014, the Telepsychiatry Program was initiated in response to escalating healthcare costs, launching a telementoring program in Geriatric Mental Health, titled Project ECHO®GEMH. Project ECHO®, the first in New York state, integrates behavioral health specialists into underserved primary care practices, providing the



primary care clinicians with mentoring and feedback from the specialists. Program findings show that ECHO® GEMH is effective in improving the primary care clinicians' ability to deliver high-quality mental health care to older adults, decreasing emergency room visits and costs. The program led to improvements in clinician knowledge and confidence, encouraged



treatment changes, increased access to interdisciplinary support and improved health outcomes for patients with multiple health challenges. In December 2015, ECHO® GEMH expanded into long-term care, providing telementoring to clinicians in more than 50 skilled nursing facilities across 13 counties. The Telepsychiatry Program also provides video consultation telemedicine and plans to expand this service to another 30 skilled nursing facilities in early 2017.



These efforts put the Department of Psychiatry and URMC at the forefront nationally for its innovative efforts to extend clinical expertise and take down walls that impede access to care.



The Telepsychiatry team includes Eric Caine, MD; Yeates Conwell, MD; Lauren Farberman-Allen, Administrator, Carole Farley-Toombs, Clinical Administrator; Steve Fason, A/V Manager; Michael Hasselberg, PhD; Jennifer Richman, MD and E.J. Santos, MD.

This article was originally posted in the [UR Newsroom](#).
Posted here with slight edits.

Mental Health Association On-Site Workshops

The Office of Mental Health Promotion (OMHP) is hosting more workshops in partnership with the [Mental Health Association](#) (MHA).



The Mental Health Association promotes lasting mental wellness in our community through a diverse spectrum of educational programming, service referrals, and individual assistance to those seeking to find—and maintain—wellness.

Their services are available to everyone who needs them: no referral, diagnosis, or insurance necessary. MHA is another resource for a multitude of people, including those who may need additional help in the form of support groups, people who need a creative outlet, people who need help navigating the difficult healthcare system, and those who are on the road to recovery and need help but are better served outside a hospital setting.

Workshops:

Community Resources on April 24th from 1-2 pm for outpatients as well as for faculty and staff in Psychiatry to learn about services that may help patients and families outside of our hospital walls.

A Positive Twist (a creative thought-sharing and activity group) on April 28th from 10:45-11:45am for outpatients to test the waters of what the MHA provides to help continue their recovery.

Please encourage patients and family members to attend. Workshops will be held in the Family and Community Center in room G9271. For more information contact the

Office of mental health Promotion at 275-3571 or email [Jenny](#).



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

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