



July 2016

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

LRNG Rochester Launches Online Learning Pilot



LRNG Rochester, led by the Rochester Public Library (RPL), is running a summer pilot program until August 18th to provide city youth ages 13-24 with a variety of innovative learning opportunities designed to

build on their interests and help prepare for future success in college and career.

The City of Rochester joined LRNG by becoming one of eight cities to win the 2016 LRNG Cities Challenge, sponsored by the Fossil Foundation. RPL hopes to use this summer pilot to develop a year-round learning ecosystem that combines in-school, out-of-school, employer-based and online learning experiences.

Participating youth that enroll in LRNG will have access to high-quality online content, including learning experiences called “Playlists” that are designed by the national LRNG team and partners such as EA, Best Buy, Fossil, Gap, #YesWeCode and [We.org](#). Examples of playlists available to youth include “Code Switching”, “Soft Skills for Success”, “Be Payday Ready”, and “Your Career Digital Footprint.” Additionally, RPL has designed multiple playlists to help youth develop skills in film and music production, with learning experiences such as “Treats for your Treatment”, The Perfect De“Script”tion, and “This is How the Story Boards”. Additional learning experiences will be added throughout the summer, with a mix of online and in-person opportunities facilitated by RPL staff and partners. RPL is also working with community

Community-Oriented Events

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

Sankofa & Latino Professional Alliance presents the 7th Annual Family Cookout 2016. Enjoy food, games and line dancing while you network. It takes place at Genesee Valley Park (Riverbend Shelter) on August 4th from 4-7:30 pm. This event is free for staff, family and friends but interested participants are asked to RSVP to sankofa@urmc.rochester.edu required.

Puerto Rican Festival will take place Friday, August 5th to Sunday, August 7th at Frontier Field's VIP Lot. For ticket information and a complete line-up visit their [website](#).

The 2016-2017 Diversity Seminar Series will feature Augustus A. White, III, MD, PhD, who will be delivering the lecture, "What Martin Luther King, Jr. Would Want Us to Know About Health Care Disparities." This session will take place in Napatow Room (1-9545) from 12-1 pm on Thursday, September 1st. To register, please contact [Grace Fuller](#). For a list of other sessions, please visit the Office for Inclusion and Culture Development's [website](#).

The David T. Kearns research symposium will take place on Friday, July 29, from 9 am to 2 pm in Goergen Hall. The Ronald E. McNair Scholars and Xerox Engineering Research Fellows will present their final projects of the summer. The Xerox poster session is from 9-10:30 am in the Munnerlyn Atrium, followed by the McNair presentations in Sloan Auditorium from 10:30 am to 1:30 pm. For more information, contact stephon.hamell@rochester.edu.

NAMI's support group schedule is available on [their website](#).

The Mental Health Association hosts many [Life Skills classes](#) each month.

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

Summer weather calls for Summer fun! Take advantage of the long days and take a trip to the

partners such as the University of Rochester, Monroe Community College, and RIT to develop additional playlists focused on topics such as Video Voice, Urban Planning, and Game Design.



Youth who complete playlists are eligible to earn “digital badges”—essentially credentials—to be added to their online profiles that will eventually be recognized by participating employers. The long-term goal of LRNG Rochester is that badges will eventually be recognized by a growing number of participating employers and colleges, which is already happening in other LRNG cities such as Chicago and Pittsburgh.

On August 19th, participating youth will have the opportunity to showcase their learning to the community at a Talent Showcase at RPL. RPL will be reaching out to youth at all branch libraries, along with City R-Centers, and the City’s Summer of Opportunity Program to encourage participation this summer. All City youth are eligible to enroll and simply need to sign up at www.lrng.org/rochester-ny. To learn more about LRNG or participate, please contact Amen Ptah, RPL Digital Media Specialist at (585) 428-8172 or Amen.Ptah@libraryweb.org.



Rochester Public Library

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Summer Grand Rounds

The Department of Psychiatry is hosting the 4th Annual Summer Brown Bag Series. This year's Series are titled: "The Health Impact of Everyday Actions & Interactions: What We Can Do To Make a Positive Difference." They were kicked off on Thursday, July 7th with a presentation on cultural humility by Dr. Kristin Hocker. More interactive than traditional Grand Rounds, the Summer Series have included a lot of discussion and personal reflection among attendees and even a privilege bead activity in which participants were asked to create jewelry to take with them. The jewelry was a symbol to always be aware of the ways in which privilege affects personal opportunities and lack of privilege can mitigate those opportunities for others.

beach. Consider skipping the gym in favor of a scenic bike ride or a nice jog around the river. If you're having a cookout, make sure to pack plenty of fruit to fill your plate as you enjoy your seasonal treats.

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There are still many sessions left before the end of summer, including *The Gardener's Tale – An Allegory to Help Us Understand the 3 Levels of Racism, Race Conscious Leadership, The Intersection of Racism, Micro-aggressions and Trauma and Thriving Amidst Bias: The V.A.A.R. Mantra*. These Grand Rounds take place every Thursday from 12-1 pm in Helen Wood Hall Auditorium from now until August 25th. For a full schedule check out the [Office of Mental Health Promotion's website](#).

Raising 100,000 Voices

In 2016, Raising 100,000 Voices, with leadership from UR Psychiatry and the Bridge Art Gallery began a new chapter embracing digital and online environments that permeate young people's learning in life. Together with Dazzle School of Visual & Performing Arts, Rochester City School District School No. 39, Monroe County Youth on the Move and Oswego BOCES, we piloted a new approach to employ online digital video creation and will continue to expand this with a summer offering as part of the LRNG platform.

In its eleventh program year, over 242 films have already been produced and screened since the initiative launched. We are proud, this year, to have hosted this new group of teens to join some returning filmmakers in producing their own video projects using online learning platforms.



This year's showcase was held on May 17th in Helen Wood Hall Auditorium. Films included topics ranging from dancing and art, to tips for students and teachers to be successful as well as different facets of youth homelessness, including information about fostering, human trafficking and the special challenges of LGBTQ youth. The showcase was attended by many community leaders including Dr.

Ray Giamartino, Jr., Chief of School Transformation from Rochester City School District (RCSD); Brittaney Wells, Executive Staff Assistant for Mayor Lovely Warren; David Putney, Director of Monroe County Department of Human Services; Paul Allen, Chair of the Board of Directors for ImageOut and Health Program Coordinator at URMC; Isthier Chaudhury, Assistant Director of International Admissions at UR and Amen Ptah, Digital Media Specialist and Program Coordinator for ImagineYOU, Rochester Public Library. Oswego BOCES will be completing their videos this Summer. For more information about this project please make sure to visit the [Raising 100,000 Voices webpage](#).



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