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Welcome Spring!

March 2015

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



National SARDA Conference: Shattering Stigma Success in Rochester

Schizophrenia and Related Disorders Alliance of America (SARDA) held its annual conference back in October. SARDA's goals are to educate individuals in mental health recovery,

caregivers, professionals and the general public about schizophrenia-related brain disorders and eliminate stigma. Attendees included individuals in



mental health recovery, caregivers, medical students, professionals and the general public listened to presentations given by Dr. Matcheri Keshavan, Dr. Steve Lambert, Don



Kamin, PhD, Catherine Cerulli, JD, PhD, Judge Jack Elliott, Tom Jewell, PhD, Caroline Nastro, MS, RN, and Margery Wakefield. Attendees gave

Community-Oriented Events

• **Reminder: 6th Annual Joseph Ryan Conference: Transforming the Delivery of Addiction Treatment** is March 27th from 9am-3pm at Staybridge Suites, 1000 Genesee Street, Rochester.

• ***Out in the Night*** film viewing will be held April 10th from 12-2pm in Helen Wood Hall Auditorium (1w304) with a discussion to follow. The documentary depicts the controversial case of "The New Jersey Four." Lunch will be provided, RSVP at <http://svy.mk/1wdnjinM>

• **Save the Date! Annual Diversity Conference** on River Campus will be April 17th from 9:15-5pm. Pulitzer-prize winning journalist Jose Antonio Vargas will give the keynote address. Register at <http://bit.ly/1A6rhPr>

• **2015 Monroe County's Got Dreams Celebration** is set for May 7th, 5:30pm-7:30pm at the Radisson Hotel - Rochester Riverside. In honor of Children's Mental Health Awareness Day, all are invited to come together with other youth, families, and service providers to celebrate the accomplishments of our local youth and families in the Monroe County's Children System of Care. The event is FREE but registration will be

positive comments following the conference:

"I was inspired by the conference...It was amazing to me that consumers like myself, family members and distinguished professionals could dialogue together against a common enemy – the illness of schizophrenia. It was really something".

"My son attended the conference (he has schizophrenia) and went home with a new perspective and put a plan into place to go to college!

Louise, Linda Stalters' assistant, commented, "I had a great

time there. I especially enjoyed the two morning speakers, two psychiatrists: Dr. Matcheri Keshavan, who spoke on the new advances in schizophrenia research, and Dr. Steve Lamberti, who discussed some hopeful advances in keeping patients with schizophrenia brain disorders out of the revolving door of psychiatric institutions and jail. Both speakers gave me a sense of hope. I am glad that someone (Dr. Keshavan) is trying to understand the neuro-biology behind this complex illness.

Maybe the next generation will have more precise diagnosis and treatment. And I have hopes that with Dr. Lamberti's research, there will no longer be incarceration of the mentally ill."



Psychiatry Celebrates 10+ Years of Fruitful Partnerships



Psychiatry's community partners joined with their faculty and staff colleagues for its 8th Annual Community-Academic Partnership Celebration on January 22nd to honor research, teaching, and service

accomplishments in advising our community mental health.

Partners celebrated included:

- Paley Studios
- Dazzle School of Visual & Performing Arts
- Bridge Gallery artists
- Department of Psychiatry Advisory Council of Consumers
- Greater Rochester Health Foundation

REQUIRED! Information how to register is coming soon.

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

Negative health effects of nontraditional tobacco products is an important area of research as new products form quickly and flood the market.

According to a study from the University of Rochester, e-cigarettes are a type of toxic substitute for tobacco products. Flavorings and aerosols harm lung cells since they create dangerous free radicals and potentiate inflammation in lung tissue.

One study from UR, published in PLOS ONE, "Vapors Produced by Electronic Cigarettes and E-Juices with Flavorings Induce Toxicity, Oxidative Stress, and Inflammatory Response in Lung Epithelial Cells and in Mouse Lung" can be seen here. <http://bit.ly/1BQU4NG>

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Community Launching "Strengthening the Black Family Program"

Catherine Thomas, Office of Mental Health Promotion's Interim Associate Director, and Melanie Funchess, Director of Community Engagement at the Mental Health Association are the instructors for this workshop series.

The Center for the Improvement of Child Caring (CICC) has implemented the country's first culturally-adapted parent skill-building program. It began developing in the 1970's because there was no existing parenting skill-building group for parents of African American children. The program has been successfully used with teenage African American parents and with African American parents of adolescents.

Rochester is launching another multi-session parent workshop series using the Effective Black Parenting™ curriculum. Training that provides the tools, options and techniques needed to be an effective parent, from an African American perspective.

Session 1: Mondays, 5:30pm–8pm

April 6-June 29, 2015 at Mt. Olivet Baptist Church, 141 Adams Street. Dinner is available.

Session 2: Saturdays, 9:30am–12pm, April 18-June 27, 2015 at Elim Christian Fellowship, 765 E. Main Street. Breakfast is

available.

To register, call 428-8395 or email jcampbel@libraryweb.org

Watch Out for the Relaunch of the Diversity Course

Psychiatry's Diversity & Cultural Awareness course will be relaunching in a couple weeks. Remember to get your credit hours in. Consider applying your attendance for any events that might meet the objectives for independent study credit hours in order to complete your cultural awareness training requirements (minimum of 3 credit hours) for the Department of Psychiatry



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