

## Stepping Out & Stepping Up

Stepping Out & Stepping Up is a monthly, community-oriented newsletter of the [Department of Psychiatry](#).

### **The Department of Psychiatry's Diversity & Cultural Awareness Journey**

Join the march! Ten years have passed since our Department had its Cultural Competence and Diversity consultation with Dr. Joseph Ponterotto, Ph.D. from Fordham University. For those of you who were affiliated with the Department at that time, you may recall that Dr. Ponterotto spent two days with us leading focus groups, conducting individual interviews with staff, faculty and consumers, taking tours of our programs, reviewing our policies and strategic plans and then provided us with recommendations that we have worked to follow in our ongoing development. In our last



"Community Counts" lunch and discussion

[Read More](#)

### **Community Partner Catherine Mazzotta Joins Psychiatry Faculty**

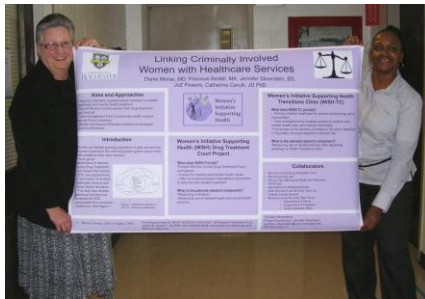
Dr. Catherine Cerulli, Associate Professor of Psychiatry writes, "There are moments in a researcher's life when they are working with a community partner and ask: 'Why did I bother getting a PhD? She knows so much more than me.' I immediately knew after working with Cathy on a project that she was so insightful regarding intimate partner violence that she



would keep me busy for a lifetime - with a portfolio of research. I was right. I finally told her she needed to conduct her own studies. I couldn't keep up anymore. And she has."

Catherine Mazzotta, LCSW-R is the new Director of Strong Ties, an outpatient and day treatment program that helps adults and helps their families recover from mental illness. [Read More](#)

### **WISH: Serving a Growing Group of Medically Underserved Women**



Women are unfortunately a fast growing population in jails and prisons. Women involved in the criminal justice system report more health problems than other women. The Department of Psychiatry has

developed a specialized response with the Women's Initiative Supporting Health (WISH) Drug Treatment Court Project to assess medical and mental health needs and offer an evidence-based motivational intervention to help link with needed treatment. WISH has also created a transitional clinic as a primary medical healthcare for women returning to the community from incarceration. The clinic provides care management to increase access to medical care, mental health care, and medical information. Participants will also have full access to the services provided in the clinic located at the Medicine in Psychiatry Service which is adjacent to Strong Ties.

### **Injury Control Research Center for Suicide Prevention - Call for Researcher Applications**

The ICRC-S will be holding its first suicide prevention Research Training Institute (RTI) in Rochester, NY from May 20th to May 24th. [Read the announcement](#)

### **Community-Oriented Events**

#### **• The Hidden Effects of Trauma on Our Lives: Historical and Present Trauma in Communities of Color**

on Thursday, February 28, 2013, 10 a.m.—Noon at: Mt Olivet Baptist Church, 141 Adams Street, Rochester. No cost. Please call (585) 325-3145 to register

#### **• Transgender HealthCARE:**

**Transitioning, Transcending and Teaching our Community** Friday, March 1, 2013 7:30am—4:15pm. [Click here](#)

for more information

#### **• GED High School Equivalency Preparation classes** begin in March.

School Sisters of Notre Dame sponsor class to prepare young adults 19+ for their GED. Classes will be at 71 Parkway, Rochester NY.

Call (585) 254-5110 for details. \$25 registration fee (financial aid available)

**• Protect the Hood** is a new community movement that helps improve the quality of life for children, working families, and residents that reside in neglected neighborhoods.

Founder/Director Sabrina Johnson invites you to learn more [here](#) or call (585) 406-5772

#### **• Celebrating Our Living Legends**

is a dinner celebrating three of the most influential African Americans in Rochester and their journeys: Dr. Alice Holloway Young, Mrs. Nelli Mitchell Chappelle and Mr. Charles Price. Dinner is Saturday, March 2nd at the Salvation Army Auditorium at 6pm.

The projects are headed by Diane Morse, MD, with participation of Precious Bedell, MA, Jennifer Silverstein, BS, JoZ Powers, and Catherine Cerulli, JD PhD. For more information, contact Precious at 585-512-0456 or [precious\\_bedell@urmc.rochester.edu](mailto:precious_bedell@urmc.rochester.edu)

**Just In Press - Community partners author manuscripts**

Psychiatry's community partners, Sr. Sheila Briody and Bishop Herman Dailey, have co-authored an article with faculty telling the story of our PRIDE fellowship program (Paul Duberstein, PI). The peer-reviewed manuscript will appear in the International Public Health Journal later this year. It is also now available as a chapter in [Building Community Capacity: Case Examples from Around the World](#) by NOVA Publishers

Donation is \$35. For Ticket Information Call: Roger or Joyce Miller (585) 473-5645

**Health Happens Where You Live: Did You Know...**

Research in Psychiatry show that being neurotic and conscientious can be a good health combo. High levels of conscientiousness and neuroticism points to people who are high functioning in society, very organized, goal-oriented, planners, and more likely to be reflective.

[Read more.](#)



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