



June 2017

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

Innovation Grant Awarded to Support "Building Bridges to Community Peer Services"

Anne Smith, LMSW, Executive Director of the Family Institute for Education



and Mary Jo Newcomb, Health Project Coordinator in the Office of Mental Health Promotion, RN III, recently applied for and received the Innovation Grant.

Per their proposal, the project, "Building Bridges to Community Peer Services," has the objective of connecting individuals who are receiving care at the URMC's Mental Health & Wellness inpatient and outpatient services and their family members to community peer resources for ongoing, strengths-based support in their recovery trajectories.

Their hope is that by providing an opportunity for our patients and their family members to "try out" a resource on-site where they or their loved one is

Community-Oriented Events

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

www.rochester.edu/diversity/eventscalendar/

- **Rochester Jazz Fest** will take place from June 23rd to July 1st at various location in downtown Rochester. For more information, visit their [website](#), and be sure to check out the list of [free concerts](#) happening all throughout the festival.
- **Corn Hill Arts Festival** will be on Saturday, July 8th and Sunday, July 9th. For directions and a full list of events check out their [website](#). They also offer [ASL interpreting](#) upon request.

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

Stress management is an important part of holistic health which has many implications for a person's well-being, including their physical wellbeing. Stress can be helpful in some situations, but stress can also lead to poor sleep and aches and pains according to the [American Heart Association](#). However, the University of Rochester does offer resources to employees wishing to manage their stress and can be found on their [Stress Management](#) page.



receiving care, a “warm hand-off” to the community resource can occur and this will facilitate a connection and engagement in the community. Over a

six-week period, they have piloted several sessions with our partners at the [Mental Health Association](#) (MHA) and the [National Alliance on Mental Illness](#) (NAMI) and would like to continue this pilot to hone their marketing/outreach processes for improved attendance, create an evaluation tool and provide light refreshments at the sessions.

This type of program takes our partnership with these organizations to a new level where we are collaborating with them to create a bridge for community members at our organization to utilize the beneficial services that they offer in the community.

If this pilot program is successful in creating the bridge to ongoing support, Anne and Mary Jo will apply for additional grants to continue and expand this pilot.

The top right picture features Anne Smith (center) and the middle left picture features Mary Jo Newcomb (left) and Caroline Nestro (right). Both pictures were taking at the Rochester NAMI Walk.

Keep Your Eyes Peeled for the Summer Brown Bag Diversity Series

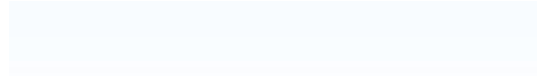
The Department of Psychiatry’s 5th Annual Summer Brown Bag Series will again take place from 12-1pm at the School of Nursing’s Auditorium every Thursday in July and August. The theme for this summer is,



“Historical Trauma and Community Resilience: What Clinicians and Community Members Need to Know.”

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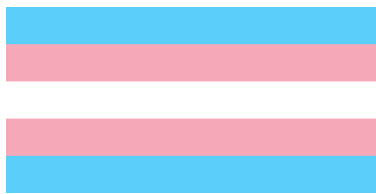
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Mark your calendars! We hope to see many of you there and as always, community members are invited as well.

It Takes a Village

Special thanks to Linda Chaudron, Associate VP and Sr. Associate Dean for Inclusion and Culture Development; Mary Jo Marlowe, Director of Patient Access in Ambulatory Care; Sean McMahon, Associate Quality Officer; Michael Furness, Patient Financial Services; Sally Deming, Medical Records and Diane Koretz, ISD Revenue Cycle Team for helping Caroline Nestro and Amanda O’Hearn to facilitate the removal of the “female” and “male” designation field from the encounter forms that patients bring to providers for appointments in the Department of Psychiatry.



Dr. O’Hearn was made aware of the issue by one of her patients who felt invalidated seeing the wrong sex on that

form after the patient had gone through all the legal hoops of changing his name and driver’s license, insurance, etc. to reflect his gender identity. Our co-workers noted above were able to get the green light to remove the ‘sex at birth’ field from the encounter forms. We appreciate the leadership that understood the importance of this for our transgender patients. Great teamwork!

Psychiatry Strolls for Strong Kids

On June 3rd, the Department of Psychiatry participated in the 21st Annual Golisano Children's Hospital Stroll for Strong Kids & 5K Run. With over 40 participants, including faculty, staff and family, team Strong Behavioral Health raised over \$3,000!

Danielle Clabeaux of Strong Recovery was again the force behind Psychiatry's success, organizing the coin jar fund-raising competition and group T-shirts.

This year's coin jar competition raised \$550! Strong Recovery again raised the most money, at \$97.84, and went the extra mile by raising an additional \$125 through their Jeans Day fund-raiser.



Psychiatry also offered behavioral health information and fun activities for families in our region at the Behavioral Health Station. Several people worked together to run the table, including docs, staff and members of the Family Advisory Board.

Rochester Academy of Medicine Awards Ceremony

On Tuesday, May 16th, several colleagues in the Department of Psychiatry were recognized by the Rochester Academy of Medicine for their distinguished service to Rochester.

Cathy Peters MS, RN, PMHNP-BC; Deborah Hale BS RN-C; and Korry Stevens LMSW in Psychiatry, as well as Mark Nickels, MD and Christina Cheyne MS, RN, are part of the Left Ventricular Assist Device (LVAD) team. LVAD was awarded the Interprofessional Paper Prize Award for their paper: "The Value of Interprofessional Healthcare: The Psychiatric Hospitalization of a Left Ventricular Assist Device (LVAD) Patient."



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