



May 2018

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

Frontiers of Public Health Approaches to Suicide Prevention: A Symposium to Honor Kerry Knox, PhD



On May 11th the Department of Psychiatry hosted the symposium "Frontiers of Public Health Approaches to Suicide Prevention" in honor of the life and work of Dr. Kerry Knox.

Kerry joined the faculty of the University of Rochester School of Medicine and Dentistry in 1997 (Department of Community and Preventive Medicine, or, CPM) and held joint appointments in Psychiatry and CPM from 2000–2006. Kerry shifted her primary academic appointment to the Department of Psychiatry in 2006 when she took the lead in developing the new Center of Excellence for Suicide Prevention at the Canandaigua Veterans Affairs Medical. She was promoted to Professor in 2015.

In 2000, Kerry began a fruitful NIH-funded research program evaluating the United States Air Force's suicide prevention programming beginning, working with Dr. Eric Caine. The products of that research have made long-lasting contributions to the field of suicide prevention.

From 2006–2012, Kerry served as Founding Director, Center of Excellence for Suicide Prevention, Department of Veterans Affairs (Canandaigua, NY). In that role Kerry led new initiatives including the SAFE VET program for suicidal veterans in emergency departments. Kerry returned full-time to her NIH-funded work in 2012 centered on Air Force suicide prevention. Several colleagues described her as deeply devoted to the Air Force, and that work as her greatest professional passion.

Kerry's untimely death on October 21, 2017 came following a brief illness. She is missed by those of us who were her University family and her community. The US Air Force motto exhorts us to "Aim high." That spirit is embodied in Kerry's work, which will have an enduring impact on the field of suicide prevention and the people affected by it.

Dr. David Satcher Community Health Improvement Awards Recognize Psychiatry Recipients

Community-Oriented Events

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

www.rochester.edu/diversity/eventscalendar/

- [The Reel Mind Film Festival](#) kicks off May 8th and continues with offerings almost every Tuesday through June 26th. There will also be a special music performance by our Chair, Dr. Lee's family on June 5th, followed by a screening of the documentary, [Alive Inside](#), which focuses on the effects of music on patients with Alzheimer's disease.
- [Un-Meeting: Addressing the Opioid Crisis through Translational Science](#) will take place on Saturday, June 2nd from 8 am to 3 pm at URM in the Saunders Research Building, located at 265 Crittenden Blvd.
- [Stop the Stigma Mental Health Awareness Concert](#) will take place on Saturday, June 9th in the Perinton Amphitheater, located at 1350 Turk Hill Rd., Fairport from 6-9:30 pm.
- [Bridge Art Gallery](#) is currently accepting submissions for its upcoming show, [Connecting Through Music](#). Artists of all ages are encouraged to submit 2D pieces which fit the gallery's frames (18"x20" & 20"x24" in both orientations). The submission deadline is June 14. For more information please email omhpromotion@gmail.com.

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

May was National Bike Month and May 18th was Bike to Work Day. [Biking in Rochester](#) isn't always easy, but with numerous trails and sunnier weather upon us it can be a great way to enjoy some fresh air and get a nice breeze. Biking to work can be a good way to wake up before a busy day, and physical exercise can be an effective way of [reducing stress](#) and maintaining overall mental health. People with disabilities can also look to [Disabled Sports USA](#) for tips on how to engage in a myriad

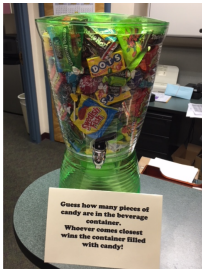


The 9th Annual [Dr. David Satcher Health Improvement Awards](#) were held on April 25, 2018. [Dr. David Satcher](#) gave a special grand rounds, "[Confronting Mental Health Disparities and Stigma: Challenges and Opportunities](#)," and engaged in a panel discussion with the recipients.

The Satcher Awards highlight faculty and staff individuals who significantly contribute to the health of the community through research, teaching, practice, and/or service programs. Many Psychiatry staff and faculty have received the Satcher Award and this year was no different, with Psychiatry being twice represented. Charles Brown, a chemical dependency counselor at Strong Recovery received the staff award while [Dr. Silvia Sørensen](#), associate professor with appointments in the University of Rochester's Warner School, as well as URMC's Center for Community Health and Prevention and Department of Psychiatry, received the Senior Faculty Award. Also pictured is Dr. Tiffany Pulcino, recipient of the Junior Faculty Award.

To learn more about Brown and Sørensen's work improving community health, check out the [Newsroom](#).

Celebrating Psychiatric Mental Health Nurses



The [American Nurses' Association](#) endorses National Nurses Week every May 6-12. An annual celebration of excellence in nursing practice, 2018's theme was: "Nurses Inspire, Innovate, & Influence." Psychiatric Mental Health Nursing celebrated with several fun contests, prizes, and the second annual sock drive competition. The Sock it to Me Trophy was awarded to 3-9200 for collecting 245 pairs of socks. The department collected close to 400 total pairs of socks for the [House of Mercy](#).

Deborah Hale, BSN, RN, nurse manager of 3-9200 Geropsychiatry unit and ECT clinic, was recognized at the 36th annual University of Rochester Medical Center National Nurses' Week awards ceremony with the Excellence in Nursing Leadership Award. Deb's leadership is evident in her care of patients and care of her staff. Her unit's Tier 1 status, which signifies the highest level of staff engagement, validates the success of her leadership. In the award nomination letter, Deborah was recognized as "...adept in her management of both inpatient and outpatient needs... (and) an excellent role model... Her motto is, 'Patients and family first. Medicine of the highest order.'" It went on to say: "Deb has created a culture of excellence, and she inspires her staff to be ever better." Congratulations!

Magnet accreditation, awarded by the American Nurses' Credentialing Center (ANCC), is the highest honor that a nursing organization can receive. Strong Memorial Hospital (SMH) achieved Magnet designation in 2004, 2009, & 2013. Magnet is about the best nurses, best practice, best environment, and best outcomes for patients. SMH nursing hosted four ANCC Magnet appraisers May 21-24 to demonstrate excellence as we soar for our 4th Magnet designation in 2018!

Walking for Mental Wellness

The Annual National Alliance on Mental Illness (NAMI) Walk took place on Saturday, May 5th. Donning their purple shirts and holding a new banner, several teams represented the Department of Psychiatry, including Psych

of sports, including [biking](#). Anyone looking for more of a challenge can take part in the [duathlon](#) happening June 2nd, which will benefit [I AM ISIAH](#), a community organization dedicated to suicide prevention.

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Ambulatory Nurses, Unit 2-9200, Unit 3-9000, Department of Psychiatry Advisory Council of Consumers and Office of Mental Health Promotion, Adult Partial, Strong Recovery, Child and Adolescent Inpatient, Comprehensive Psychiatric Emergency Program, Strong Ties Care Management and Mobile Crisis.



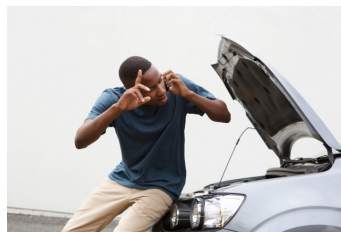
Team Psych Ambulatory Nurses was the biggest fundraiser, with over \$2,500 raised! Cassie Lewis, part of the Psych Ambulatory Nurses team, was the most successful individual fund-raiser, contributing slightly more than half her team's total at over \$1,300! Combined, the teams raised over \$8,700 and had more than 80 registered participants in addition to family and friends who joined on the day of the walk. The Department of Psychiatry also made a \$500 donation, bringing the total contributions to over nine thousand dollars, a significant increase from last year.

Reflecting on the walk, Mary Jo Newcomb, who organized the Psychiatry teams, said: "We now have a friendly competition among teams which is exciting. It definitely created a nice comradery to walk together... We unveiled our brand new banner which was carried by staff members' children, Sophie Getman (Cassie Lewis) and Ava and Anthony Inclema (Laura Inclema)."

After another successful NAMI Walk, Psychiatry is gearing up for the next event—the 22nd Annual [Stroll for Strong Kids 5k and Walk](#), taking place on Saturday, June 2nd. Staff are encouraged to join team [Behavioral Health and Wellness](#), led by Danielle Clabeaux. As a reminder, donations can be allocated specifically to Child and Adolescent Psych to benefit our child and adolescent programs.

Call for Health Fair Exhibitors

The Clergy Mental Health Consultation (CMHC) is a partnership of the Department of Psychiatry with various faith communities seeking to improve mental health in faith communities. To that end, CMHC is hosting a community health fair, titled: "[Under the Hood: A Community Health and Wellness Celebration](#)." We are inviting community and health vendors interested in providing information and health monitoring services. To participate as an exhibitor, please contact Jenny at Jenny_Hernandez@URMC.Rochester.edu or by calling (585) 275-3571.



The community health fair will take place on June 30th from 10 am to 2:30 pm at St. Luke Tabernacle Church, located at 1261 Dewey Ave. The event is free for community members and exhibitors.

Injury Control Research Center for Suicide Prevention

The [Injury Control Research Center for Suicide Prevention](#) (ICRC-S) once again held the Research Training Institute (RTI) on the week of May 7th.



The RTI is a five-day series of interactive workshops, presentations, mentoring and small group sessions designed to promote collaboration between suicide prevention researchers and those involved in suicide prevention practice. Faculty include staff from URMC's Department of Psychiatry and other experts in the suicide prevention

research field. The RTI's core objectives can be boiled down to: creating a shared body of knowledge for injury prevention professionals and researchers, and creating collaborative links to develop implementation plans for new research that will increase our understanding of suicide prevention.

This year's RTI hosted 24 scholars who made up eight teams from Alaska, Arkansas, Colorado, Georgia, Hawaii, Indiana, Maryland and Oklahoma. Their projects focused on topics such as reducing suicide rates among veterans, suicide prevention in Cherokee Nation and tablet as well as smartphone-based suicide prevention in military primary care.

For more information about ICRC-S please check out their website at www.suicideprevention-icrc-s.org.

Learning About Patient & Family Advisory Councils

The [NYS Partnership for Patients](#) held two conference days entitled: "Leveraging Patient and Family Advisory Councils to Improve Care." The first conference day took place in Rochester and featured Psychiatry's own Dr. Caroline Nestro who discussed our nationally recognized [Department of Psychiatry Advisory Council of Consumers](#) (DPACC). Caroline, along with Jackie Beckerman, Chief Patient Experience Officer for UR Medicine, were invited to be panelists after Dr. Bev Johnson, President and CEO of the Institute for Patient and Family Centered Care, visited the university and met members of our DPACC and the Medical Center Patient Advisory Council. Dr. Johnson was seeking advisement regarding best practices for starting and maintaining successful Patient Advisory Councils.



Albert Paley's *Portal* Leaving Psychiatry Atrium

The Department of Psychiatry's atrium was home to Albert Paley's *Portal* for several years. With thousands of patients, their family members, employees and trainees passing through our halls each year, the atrium is the first impression many get of our department. Our patient care entry area is the furthest from the Medical Center's "main lobby." Because of this, the aesthetics of our department are an important part of reducing stigma and creating a welcoming, serene and dignified environment for all who enter.

Through the efforts of a long-time administrator and after much excitement, the Paley Studio crew installed *Portal* in 2014. Now, four years later and long after the loan period was supposed to have ended, *Portal* has left Psychiatry for its new home in Stowe, VT after unsuccessful attempts to secure a local donor. Although sad to lose the stateliness and beauty of *Portal*, which has contributed significantly to the atrium's aesthetics, Psychiatry will continue to look for ways to maintain a dignified and welcoming entry way.



Mental Health Awareness in May

May marked Mental Health Awareness Month. The University of Rochester Medical Center joined these efforts by lighting up green in May. Many community organizations are also taking part in awareness efforts including the [American Foundation for Suicide Prevention](#) having a [#RealConvo](#) about suicide prevention, the [National Association on Mental Illness \(NAMI\) Walk](#) held on May 5th as well as NAMI's NYS Ribbon Awareness Campaign.

In addition, National Children's Mental Health Awareness Day occurred on May 10th. Every year the Substance Abuse and Mental Health Services Administration (SAMHSA) releases [resources](#) for this day, including a [resource list](#) for child trauma informed care.



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