



## September 2017

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

### Psychiatry Welcomes Dr. Hochang Benjamin Lee as New Chair

Hochang Benjamin (Ben) Lee, M.D., was installed as the new John Romano Professor and Chair of the Department of Psychiatry on September 12<sup>th</sup> during the opening academic school year convocation.

Dr. Lee was founding director and chief of Yale's [Psychological Medicine Service](#). He also directed Yale's [Psychological Medicine Research Center](#), which develops strategies to deliver psychiatric services to medical and surgical inpatients and prevent the onset of neuropsychiatric issues after major surgeries.

He succeeds previous John Romano Professor and Chair of Psychiatry Eric Caine, M.D., who has stepped down after leading the department for nearly 25 years. Caine will remain on the faculty and continue his nationally-funded research in suicide prevention.

[Mark B. Taubman, M.D.](#), URM CEO and School of Medicine and Dentistry dean, said Lee's ability to work well with other clinical departments to address behavioral health conditions "will further the department's collaborative philosophy and its mission



### Community-Oriented Events

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

[www.rochester.edu/diversity/eventscalendar/](http://www.rochester.edu/diversity/eventscalendar/)

- **Decoding the Tablecloth**, written and performed by Gabriela Kohen and directed by Connie Grappo, this play explores the psychological impact of trauma over five generations in Kohen's family as well as her experiences as an immigrant girl growing up Jewish and Latina in New York. From pre-Holocaust Poland, to the tango halls of Argentina, to disco-era Brooklyn, Gabriela portrays over twenty characters as she weaves her family's struggle to belong with their unique cultural identity and oral history. For more information or to purchase tickets visit [www.jccrochester.org](http://www.jccrochester.org).
- **Dealing with Loss and Trauma: Developing the Skills of Grief, Grace and Gratitude**, with presenter Theo Munson, author of *Finding Your Way Through Grief*, will take place on Tuesday, October 3<sup>rd</sup> from 6-7:30 pm at 220 Avenue D. This event is free. To register, email Mona Isler at [ramona918@gmail.com](mailto:ramona918@gmail.com) or call (585) 727-7736 by September 29.
- **Rochester Scleroderma Patient Education Forum** will be on Saturday, October 14<sup>th</sup> from 11 am to 4 pm at The College At Brockport Rochester Educational Opportunity Center (REOC), located at 161 Chestnut Street in Rochester, NY. For a full agenda or to register please visit their [website](#).
- **The Bridge Art Gallery** is accepting submissions for the show, *Stronger Together*, through October 16<sup>th</sup>. For more details or for a submission form please visit the [Bridge Art Gallery website](#). For



to improve length-of-stay and outcomes for patients, and support their transition to effective outpatient care. Ben will also fuel the expansion of Psychiatry's research programs, particularly those that dovetail with the Del Monte Neuroscience Institute's multidisciplinary work to tackle major neurological and neuropsychiatric diseases."

Lee has devoted much of his career to proving that better integration of psychiatric care across health disciplines and departments will improve the general health status and quality of life for this disadvantaged population, and produce major savings to medical centers by lowering length-of-stays, cost of care and readmissions.

"In the fee-for-service health care environment, psychiatry is not viewed as a revenue-generating service, but in the new system of value-based care, it will emerge as a leader," Lee said. "By far, behavioral issues are the leading reason for re-hospitalization and non-adherence to treatment, so it's critical we focus our energies here...Former surgeon general (and SMD alumnus, Res '72) Dr. David Satcher said wisely back in 1999, 'There is no health without mental health,' and I'm firmly dedicated to that principle."

Born in South Korea, Lee moved with his family to the Seattle region in 1982. It was his father's dream to move to the U.S. after visiting Rochester on a business trip to Kodak in 1975.

"My father fell in love with Rochester when he was here, so it will always hold a special place in my family's folklore and in my heart," said Lee, who lost his father in 2012 to Alzheimer's disease. His father's influence on his life is detailed in [an essay he wrote](#) and had published in The [American Journal of Psychiatry](#) in 2011. "Rochester feels like home to me and is a fitting place for the next chapter of my career.

Condensed and updated from Faculty @ URM. Full article can be found [here](#).

## Mental Health Highlighted

by Roberta Carter and Jenny Hernández

The Bishop James R. Wright, Sr., Institute of Christian Education held its annual religious and general education event August 15-18, 2017. The focus was to: "Prepare Pastors, Leaders, and Laity for Kingdom Impact: A Time to Shift & Elevate in this Season of Information, Impartation, and Inspiration!" As such, the Institute hosted a NEW Health & Wellness Fair on Wednesday, August 16<sup>th</sup>, with a focus on Mental Health Awareness in Ministry, Pastoral & Leader Self-Care. This event included the Foodlink Curbside Market Café Truck and 20 vendors, including Eastman Institute for Oral Health, Rochester Psychiatric Center, Office of Mental Health and many others.

questions, please email [omhpromotion@gmail.com](mailto:omhpromotion@gmail.com) or call (585) 275-3571.

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

Flu season is right around the corner. According to the [CDC](#), "recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine." It is especially important for hospital employees to receive the flu vaccine as they have a greater potential to pass it on to those with a weakened immune system. Also significant is [evidence that suggests links between viral diseases like the flu and mood disorders and anxiety](#).

If you are a URM employee and would like to receive your free flu vaccine, check out the [Occupational Medicine's calendar](#) to see when the next flu clinic is.

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Outstanding presentations were delivered to both faith leaders and laity to make everyone more aware of the issues and myths surrounding mental illness in today's society. Reverend Chassity Dennis, MSW, representing her pastor of New Bethel Church, Rev. Dr. Weldon Thomas, spoke on PTSD and its impact. Mr. Charles J. Brown, AAS/CASAC of the Department of Psychiatry of the University Rochester Medical Center, presented the topic encompassing the "Disease of Addiction," its process, with a focus on how the church can assist those dealing with addiction and mental illness to cope and/or recover. There was an overwhelming request for the presenters to supply handouts of what they presented to the participants. Both speakers became connected to this institute through Renewing of the Mind, a mental health class for clergy and lay ministers.

The Bishop James R. Wright, Sr., Institute of Christian Education has been in existence since 2007 and is attended by delegates from all over New York State from Albany to Buffalo, New York and by family and friends outside of the New York Western First Ecclesiastical Jurisdiction of the Church of God In Christ.





Renewing of the Mind also kicked off its new year this past Saturday, September 23<sup>rd</sup>. Over 30 guests traveled from as far as Buffalo and Williamson to begin this year-long class. Many came with a desire to learn more about addictions/substance abuse and depression, as well as other specific illnesses.

The sense of urgency in action and the need to better prepare oneself to really listen to others could be felt during the first workshop, led by Samuel Radford. Introductory presentations by Rev. Phyllis Jackson and Ann Marie White reinforced a common theme that the silence many experience around mental illness due to the stigma associated with it can be removed in our communities. For many in attendance, ROM was their first opportunity to really delve into learning about promoting mental wellness, and importantly, through the lens of their faith traditions.

ROM will continue to meet on the fourth Saturday of the month (with exceptions for holidays) through July 2018. For more information please contact [renewingofthemindrochester@gmail.com](mailto:renewingofthemindrochester@gmail.com) or call (585)275-3571.

*James R. Wright educational event information written by Roberta Carter with slight edits.*

## **Latinx/Hispanic Heritage Month & Aiding Puerto Rico**



Hispanic Heritage Month takes place every year between September 15<sup>th</sup> and October 15<sup>th</sup>. This unexpected timing is used because many countries in Latin America have an independence day that falls in the latter half of September or first half of October.

In celebration, the Memorial Art Gallery is hosting a [Family Fun Day](#) to celebrate Hispanic/Latinx diversity on October 8<sup>th</sup> from noon to 5 pm.

Geva Theater is also hosting *In the Heights*, a musical with music and lyrics by Lin-Manuel Miranda, creator of *Hamilton*, which focuses on a mostly Latinx cast from Washington Heights in New York City. You can also check out the [university's diversity calendar](#) for updates and upcoming events.

One way to celebrate Hispanic Heritage Month is by lending a helping hand to the island of Puerto Rico, home of over 3 million U.S. citizens, which was recently ravaged by Hurricane Maria. A YouCaring Rochester for Puerto Rico campaign was created to contribute to several community organizations on the ground in Puerto Rico, including [Unidos Por Puerto Rico](#), Mujeres de Isla and [Proyecto Enlace del Caño Martín Peña](#). For more information or to donate, please visit the [YouCaring fundraising page](#).

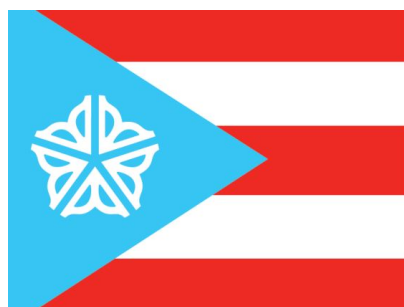


## Mental Illness Awareness Week



Mental  
Illness  
Awareness  
Week

(MIAW) is an opportunity to highlight the importance of adequate mental health care which takes place October 1-7. October 5<sup>th</sup> specifically is National Depression Screening Day.



The [Nation Alliance on Mental Illness \(NAMI\)](#) offers a [toolkit](#) for those looking to get involved and promote the theme of "Into Mental Health: Inspired, Informed, Involved" during MIAW.



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