



## October 2013

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

### High School Students Meet Our Mental Health Professionals

Early October marked the second occasion high school seniors from The Health Careers Academy spent the day with mental health professionals from the Department of Psychiatry. Thirty students in a joint educational program with Genesee Community College and Genesee Valley Educational Partnership, learned about the many career paths across disciplines. Our colleagues shared information on approaches to patients. They spoke of their educational preparation to do the work they do and why they enjoy doing what they do. Students commented afterwards they now have a better understanding of the health care system. One student mentioned, "I thought I had decided on nursing but now I am more interested in psychology again." Cynthia Ott, Health Careers Academy Instructor concluded, "Your generosity in sharing your personal journeys was also very helpful especially to those students who are undecided about their goals or are facing personal challenges."

Special thanks goes out to our exemplary instructors: Julie Achtyl, MS, MHC, CASAC, NCC • Robert Weisman, D.O. • Kevin Coffey, LCSW, Ed.D. • Kathryn Castle, Ph.D. • Jenny Speice, Ph.D. • Caroline Nestro, RN, MS • Kelly Lame, BS, CASAC • Abigail Timberlake, MS, NCC, LMHC • Ann Marie White, Ed.D. • Joanne Barlett, RN, PMHNP, BC • Wendi Cross, Ph.D



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### DPACC 4th Anniversary Celebration

The Department of Psychiatry's Advisory Council of Consumers



### Community-Oriented Events

#### The III Annual Conference: A Time for Healing, Educating & Rebuilding.

Presented by Ujima Rochester Inc. Dr. Joy Degruy, acclaimed author of "Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing" will be a key speaker. Rochester Plaza Hotel, 70 State Street, November 1-2. Call (585)770-0536 or [Tryupliftingouryouth@gmail.com](mailto:Tryupliftingouryouth@gmail.com)

**The 33rd Annual Janice Lynn Cohen Memorial Symposium** sponsored by the University of Rochester Medical Center and Colgate Rochester Crozer Divinity School. *Inequities, Disparities and Access to Healthcare: Who's responsible for our children's well being?* November 12 at 7pm, Radisson Inn, Downtown Rochester.

**Pediatric Grand Rounds – "The Bio-psychosocial Model Needs Spirit"** November 13 8-9am in the Class of '62 Auditorium in the School of Medicine & Dentistry. Speaker: Gary Gunderson, M.Div., D.Min., D.Div. At 9:30am, Symposium: "Hospital, Congregation and Community as Patients: Healing Each Other" with Gary Gunderson in the Flaum Auditorium

**Take Care of Diabetes Head to Toe.** Learn how to manage your health and learn new tips from local experts during a panel discussion. November 14 at 5:30-8:30pm, Asbury First United Methodist Church, 1040 East Avenue. Free & open to the public, but reservations are required by calling (585) 458-3040 x3472

### Health Happens Where You Live...Did you know?

October is Bullying Prevention Awareness Month. Announced by the U.S. Department of Health & Human Services, there are a number of emotional effects that can result from bullying such as depression and anxiety; however, there are also physical effects as well, like headaches and stomachaches, and sleep problems. View the [full press release\[psychiatry.create-send1.com\]](http://full%20press%20release%5Bpsychiatry.create-send1.com%5D).

(DPACC) celebrated its 4th anniversary this month. The celebration included DPACC members, several co-workers, and many departmental leaders including: Eric Caine, Linda Chaudron, Linda Alpert-Gillis, Patrick Seche, Carol Britton, Sandy Wall, and Ann Marie White. Jenny Argentieri, Program Manager from the Office of Strong Commitment gave DPACC accolades for its integration. The council aims to improve how the department functions and has played a key role in decision making when leaders request their input. Dr. Caine remarked what a great asset DPACC is and how much the department appreciates their time and effort. This year's highlights include creating the Child & Adolescent Family Advisory Board (now a subcommittee of DPACC), advocating for AA meetings on-site, helping with new guidelines, and providing input to increase healthy snacks and full menu choices during inpatient stays.

So, in the next year, always remember to ask: *What would DPACC say?* If you don't know the answer, get on the DPACC agenda to ask them!

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#### Staff Who Shine Bright

Strong Stars is an employee recognition program where hospital leadership acknowledges and congratulates staff members in a meaningful way. We appreciate the efforts of patients and families in nominating staff. We encourage all to continue to let us know who is especially making a positive difference in delivering care by [nominating a Strong Star](https://psychiatrycreatesend1.com). [psychiatrycreatesend1.com]

Psychiatry has had many staff recognized in the past year. We congratulate all these exemplary staff nominated across all categories. Those acknowledged this year in the "Above and Beyond in Excellence" category include: Colleen Platt, social work; Christopher David, ambulatory patient representative; Michele Garland, ambulatory patient representative; Amy Brogan, social work; and Carrie Bihl, social work. For a complete list of winners across the various awards, log in to the [ICARE system](https://psychiatrycreatesend1.com)[psychiatrycreatesend1.com].



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