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

Psychiatry Celebrates Its Partners

The Department of Psychiatry held its 8th Annual Community-Academic Partnership Celebration on Thursday, December 17, 2015. Partner agencies across Monroe County were represented as they gathered together to learn about each other's work and achievements in 2015. A well-attended event, every seat at the Hilton Garden ballroom was taken. Marcus Burrell, MD, described the celebration as "organic". Psychiatry Chair Eric Caine, MD, had the following to say: "It is gratifying to see so many here this evening

Program Coordinator of Central Library Rochester, Monroe County Telecounselor at 2-1-1/Lifeline, and founder of APVisuals, a local multi-media small business.

A decorated scholar, Amen has received the College

consecutive certificates of acknowledgement for Excellence in Media Production. He is currently positioning himself for a PhD in Psychology. However, Amen's journey began very differently, with him having to survive a plethora of difficulties

streets and faced life circumstances that landed him in prison, his resilience and ability to persevere enabled him to transform his challenges into steps toward personal evolution. Life taught Amen that struggle builds character, and pleasures must be sacrificed for a much greater purpose. After several trials of trauma and near death experiences, Amen was able to weather the storm and find his way.

break me, they broke me open. Once the spirit of the ancestors spoken I realized I was chosen. And like the lotus rising from unclean water to blossom as a pure, uncontaminated flower, I emerge focused and driven; resurrected with a fighter's courage; spiritually

Program, which recruits and supports adult African American and Latino role models to work with 5th and 6th grade students in city schools. Additionally, she is a Rites of Passage Program Elder, working with young females to improve their sense of self-identity, self-efficacy, and self-esteem.

Jackie takes to heart the spiritual adage, that to whom much is given, much is expected. As an active and engaged member of the community, she understands the power of relationships to transform a community, and continually seeks to be the change that she hopes to see in the world.

Tony Kinslow, JD, MA, BA, Associate Vice President of Human Resources for the University of Rochester, will end the series as a discussant. He stepped into his role in May 2015, but has many years of experience in education



and healthcare, serving organizations such as Vanderbilt, Cal Tech and Cleveland Clinic. Currently, Tony is responsible for the HR functions of New Yorkth largest employer, with over an incredible 23,000 full-time employees. He is now retired from the Air Force and has two sons, one in college and one who has just complete graduate school.

Bridge Art Gallery Hosts 14th Reception



On January 13th, the Bridge Art Gallery held a reception for its fourteenth show, *Yesterday, Today, Tomorrow*.

Patrick Seche, MS, CASAC, Director of Strong Recovery, shared his thoughts and highlighted the collaborative and restorative opportunities the gallery provides. As Patrick pointed out, many patients, including those of Strong Recovery, have created pieces and submitted to the gallery and in return showcased their talents in what for many is a therapeutic act.

Renee Reid, Sr. Accountant in the Department of Psychiatry, commented on how the gallery beautifies

the space and makes it a warmer environment to work

with ugly pictures." For reference, Renee is pictured below both before and after the installation of the Bridge Art Gallery.

The Bridge Art Gallery would like to thank those who attended the reception and the artists who submitted pieces. They would also like to recognize the Top Juror's Picks: *The Tree of Life* by Liangwei (Jerry) Huang (Best in Show, pictured above); *Pendulum* by Tina Bonneau; *Past & Present*:

