

January 2017

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

Poverty and Mental Health

John S. Walker, Adjunct Associate Professor of Psychiatry, is teaching a new course

titled: "Poverty and Mental Health." This course will discuss some of the major issues of contemporary poverty and mental health. Topics will include post-incarcerative re-adjustments, post-traumatic stress and military veterans, the black church as a therapeutic center, the effect of music on depression and other forms of mental hygiene, historical and contemporary mental health issues and immigration, and domestic violence, child abuse, suicidal ideation and its impact on the poor black family. Wherever relevant, patterns of racism and substance abuse will also be discussed.

Pat Atkins, a recently retired administrator of

excited that the University of Rochester, particularly the Department of Psychiatry, is collaborating with the Rev. Dr. John Walker. He is legendary within the African-American community given his phenomenal success as an educator, preacher-teacher, and long-suffering community activist. I am excited that he has agreed to teach this course, and I know he will stretch each participant enrolled in this class."

This class has already started but there is still time to register through the [registration site](#). If you would like a copy of the syllabus, or to sit in on a lecture, please contact Jenny at Jenny_Hernandez@URMC.Rochester.edu or

Community-Oriented Events

Don't forget to check the calendar for special university sponsored events: www.rochester.edu/diversity/eventscalendar/

7th Annual inspireDANCE Festival will begin with a free Student Kickoff Concert on January 25th at 8 pm in Spurrier Dance Studio. For a full list of events visit their [website](#).

Warner School of Education Presents: Why Teach? will take place on January 28th in LeChase Hall from 12-2 pm. Register at www.whyteachnow.com.

Chinese Students' Association: Spring Festival Expo will be January 28th from 2-6 pm in Wilson Commons Hirst Lounge.

Diversity Series Seminar: Health Care for Hindu, Sikh and Muslim Americans will take place on January 31st from 12-1 pm in Saunders Research Building 1-416. More details [here](#). RSVP to [Grace Fuller](#).

Breaking the Bubble Series: Scholarly Responses to Mass Incarceration will take place on February 6th from 7:30-8:30 pm in Brue Coffee Cafe, located at 960 Genesee St.

Climate change is a growing concern world-wide. It has adverse effects on people's health and the environment.

call (585) 275-3571. Lectures may be uploaded to the Office of Mental Health Promotion website (details pending).

Black History Month

Mokgosi: Pax Kaffraria at the Memorial Art Gallery. Ends May 7. Artist talk on February 24 at 3 pm in Rush Rhees Library in Humanities Center Conference Room D. **February 20. Taste of Africa**, a student-led showcase of Africa, including various aspects of African culture, such as customs, pop culture, sports, cuisine and more. It will take place in Gleason Hall 318/418 from 11:30am-1 pm.

February 24-26

February 24. Film

screening: *Disgrace* (2008). It will take place in the Gowen Room in Wilson Common at 5 pm. Event is free and open to the public. **February**

25. Symposium *Imagining Histories, Performing Identities: Post-colonial African Art in Context.* It will take place from 1-4:30 pm in the Memorial Art Gallery; free with museum admission. **February 26. Black History Month Family Day: Identities in Motion** at the Memorial Art Gallery from 12-5 pm. Suggested donation is \$5.

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Call (585) 275-3571 for more information, or [visit us online](#).

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