



Excellence Awarded to Our Colleagues

April 2015

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

Cerulli Awarded the Susan Horwitz Memorial Resolutionary Award

Catherine Cerulli, PhD., JD, received the Susan Horwitz Memorial Resolutionary Award at the 2nd Annual Resolutionary Awards by RESOLVE. The award recognizes one female and one male professional whose outstanding contributions to the field have advanced Dr. Horwitz's vision of a coordinated community response to domestic violence. Dr. Cerulli is the Director of the Susan B. Anthony Center for Women's Leadership and the Laboratory of Interpersonal Violence and Victimization (LIVV) and is an Associate Professor in Psychiatry. She works to address the intersection against violence and mental health. She works internationally to ameliorate violence against women and currently is assisting with a project addressing the health and welfare of sex workers and trafficking victims in Laos.



UR Staff Community Service Award Recognizes Thomas

Catherine Thomas, MSW, Acting Associate Director of Office of Mental Health Promotion received the University of Rochester Staff Community Service Award recipient. The award honors a staff member whose commitment best exemplifies service to the University and the Greater Rochester community.

Through the University's Office of Organizational Development and Staff Diversity, Catherine has been involved since 2009 with the City of Rochester's Pillars of Hope program, which provides mentor-ship to low-income children who struggle with reading and writing skills. "She is always



Community-Oriented Events

6th Annual Dr. David Satcher Community Health Improvement Awards will be held Thursday, April 30, 2015, from 12:00-1:15pm in the Class of '62 Auditorium, G-9425, University of Rochester Medical Center. Dr. Satcher M.D., Ph.D. will be presenting on "The Role of Leadership in the Relay Race for Health Equity." Register here <http://www.event.urocm.edu/satcher>

Join us for the **2015 "Got Dreams?" Celebration** on May 7th at the Radisson Hotel - Rochester Riverside, 120 E. Main St. This community event recognizes all those who support youth with emotional and behavioral challenges in reaching their dreams, including family members, other youth, caregivers, and organizations in our area. Check in & appetizers begin at 5:30pm. The program begins at 6:30pm. The event is free but requires registration at <https://www.surveymonkey.com/r/S8H5KDJ>. Sponsored by Monroe County Children's System of Care

Call for Art. The Bridge Gallery's summer theme is "Things that Move & Live". Submissions are due May 18th. For more information, <http://bit.ly/1HeWyay>

Health Happens Where You Live

Spring into your day with breakfast. Skipping breakfast can backfire in your attempt to lose weight. The body and brain need nutrients to recharge. Research has indicated that breakfast enhances memory, attention, the speed of processing information, reasoning, creativity, learning, and verbal abilities. Scientists at the University of Milan in Italy reviewed 15 studies and found

providing above and beyond agency requirements by recruiting others for assistance,” writes Janice Holland, a senior human

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