

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

Fifth Annual Dr. David Satcher Community Health Improvement Awards Presented to Caroline Nestro, R.N., M.S.

This URMC community health improvement award distinguishes individuals who have made significant contributions to community health overall.

Caroline Nestro, Associate Director of the Office of Mental Health Promotion received the award for her commitment to leading the

'HSDUWPHQW RI 3V\FKLDWU\¶V GLYHUVLW and patient-centered activities, while actively participating in institution- and community-wide diversity initiatives. She has worked on several projects that use film, literature, and the arts to open discussions and raise awareness about lingering stigmas related to mental health, health

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Adewale Troutman, MD, MPH, MA, CPH at the University of South)ORULGD VKRZQ DERYH IXUWKHVW ULJKW Justice² 1RW -XVW D :DON LQ WKH 3DUN ´SUI

Read the full press release

<http://www.urmc.rochester.edu/news/story/index.cfm?id=4073>.

Pictured above from left: Nancy Bennett, M.D., director of the Center for

activities including Bubble Breathing, Arts & Crafts Activities, and Mindfulness/Relaxation Exercises. Team Strong Behavioral Health looks forward to celebrating Child Mental Health Awareness Month annually in conjunction with The Stroll for Strong Kids! If you would like to join Team Strong Behavioral Health on Saturday May 31st, please visit this website to register.

<http://www.helpmakemiracles.org/index.cfm?fuseaction=donorDrive.team&teamID=22409>

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