

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 Lane, BS, CASAC • Abigail Timberlake, MS, NCC, LMHC • Ann Marie White, Ed.D. • Joanne Barlett, RN, PMHNP, BC • Wendi Cross, Ph.D

Community-Oriented Events

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DPACC 4th Anniversary Celebration

The Department of Psychiatry's
Advisory Council of Consumers

(DPACC) celebrated its 4th anniversary this month. The celebration included DPACC members, several co-