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June 2016

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

Rochester Pride Parade

After the devastating shooting in an Orlando nightclub, which left 49 victims dead, most of whom were Latinx LGBTQ folks, it is more important than ever to stand in solidarity with our LGBTQ friends, family, patients and community members. As the largest employer in the city, the University of Rochester's active participation in reflection and actions aimed at more equitable treatment of LGBTQ folks is vital. The university held several vigils to remember the victims. Additionally, as with previous years, the university will march in this year's Pride Parade.



The 2016 Rochester Pride Parade is scheduled for Saturday, July 16th on Alexander St. & Park Ave. The parade is scheduled to take place from 1-3 pm with a noon lineup. To march with the university please [RSVP online](#). The University of Rochester Office of the President, Susan B. Anthony Center, Pride Alliance and Office for Faculty Development and Diversity are sponsors in this year's Pride Parade.

When marching in the parade, please remember that Pride parades started to celebrate members of the LGBTQ community who have been marginalized through acts of violence and discrimination. The parade is a time for LGBTQ people and their allies to join together in fun and solidarity against hate.

Psychiatry Walks for Mental Wellness

Community-Oriented Events

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

The Reel Mind Film Fest is going on now through June 28th. To purchase tickets for *Mind/Game: Chamique Holdscaw*, you can go [online](#) or call (585) 423-1593. The films are followed by a Q&A with noted community psychiatrists, consumers and visiting filmmakers.

The Rochestre Jazz Fest is taking place June 24-July 2. It features several shows daily in multiple venues all over downtown Rochester. Visit the Xerox Rochester International Jazz Festival [website](#) for a lineup, to purchase tickets or just for more information.

The 48th Annual Corn Hill Arts Festival will be held July 9th and 10th. This is one of the largest all-volunteer run festivals and is sure to be a lot of fun. Check out their [website](#) to learn more!

Health Happens Where You Live...Did You Know?

Many of us walk around busy and stressed out and this can cause unhealthy eating patterns, whether that be eating too much junk food or skipping meals altogether. Fortunately, [meal planning](#) can help. By planning your meals in advance you can avoid buying unnecessary snacks, saving you time and money when grocery shopping. Different [apps](#) can also facilitate meal planning by helping you find recipes or even creating a shopping list. You can put aside a designated time of the week to prepare your meals and take them on the run when you need to eat. This can help you avoid relying on quick junk food when you're feeling hungry, putting fast food money back in your pocket and helping you consume healthier meals. Try a new recipe every week or two, and keep your favorites in a recipe book so you have something to turn to when you need ideas creating fun and tasty meals.

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The Department of Psychiatry showed strong representation on May 7th at NAMIWalks, with nearly 50 registered participants, in addition to several family members. Psychiatry had four teams, including Strong Recovery, Unit 1-9200, Unit 2-9200 and Psych Ambulatory Nurses. Once again these efforts were led by Karen Dickinson, MS, LMHC, CASAC, who was also the team leader for Team Strong Recovery (pictured above). Combined, the teams raised over \$3,000!

Kristina Mossgraber, this year's NAMIWalks coordinator added, "Approximately 800 people enjoyed the beautiful weather on May 7th to support the NAMIWalks Rochester. Thank you to the 53 teams (4 from URMC Psychiatry!) that helped us raise over \$104,000!" NAMIWalks is held annually to support NAMI's mission-driven work which includes education programs, support groups and advocacy.

Strong also had a successful fundraiser with the Stroll for Strong Kids & 5K Run celebrating its 20th year on June 4th. Once again the Department of Psychiatry was represented, with Danielle Clabeaux, BA, CASAC, Chemical Dependency Counselor in Strong Recovery, taking the lead for team Strong Behavioral Health. The team was made up of nearly 60 registered walkers. Several team members made the walk a family event and were joined by their spouses and children.

Overall the department raised over \$2,000 in donations, not including the money raised through the Annual Coin Jar Competition that Strong Recovery, Unit 2-9200, Psych Nursing, Clinical Administration, Unit 4-9000, Psych Research, Public Safety, C & A Outpatient and Unit 3-9000 participated in. The winners of the competition have yet to be announced.

The Stroll had a lofty goal of \$400,000 and has so far raised 97% of this goal with some donations still coming in.

Young Psychiatry Volunteer Gifts Kitchen Play Set



Samantha Hadeed, 6, collected cans and bottles to raise money for the Children's Center at the Monroe County Hall of Justice. She and her family used the money to gift the Children's Center with a new kitchen dramatic play area for the children at the center. Pictured below you can find the flyer Samantha Hadeed and her family used to collect cans and bottles.

Samantha's mother, Corey Nichols-Hadeed, works closely with the Children's Center through the Laboratory of Interpersonal Violence and Victimization (LIVV) in the Department of Psychiatry.

The Children's Center, directed by Eileen Whitney, is operated through the Department of Psychiatry and provides kids with a safe place to stay while their parents are in court. The center can provide a space for up to 12 children at a time, ages six weeks to twelve years old. Children stay in the Center anywhere from a few minutes to a few days. The Children's Center served 4,034 children in 2015, and provided 1,294 referrals for services. The Center operates through the help of Psychiatry staff, as well as volunteers from the Friends of Strong Program, MCC student interns and Americorps members.

We Need Your Bottles and Cans!!



The Children's Center at Monroe County Court desperately needs a new kitchen playset. Please help us raise money to make it happen.

The Children's Center provides a safe and loving place for children to go at court. It is a community gem, keeping children out of the turmoil of the court environment-when court-involved parents/guardians have no other care options. All children should have joy and play in their lives!



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