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## October 2017

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

### Psychiatry Benefits Extend Beyond Hospital Walls



education, consultations and contributions.

Psychiatry worked with many community organizations during the past fiscal year, including the National Alliance on Mental Illness, the Mental Health Association, several local high schools, ROcovery, local places of religious worship, Turning Points, Center for Youth, Willow Domestic Violence Program, American Association of University Women, Guiding Eyes for the Blind, Hillside, Assisting Children through Transition, and many others.

The scope and reach of the Department of Psychiatry is evidence that our department is a leader when it comes to community building and community relations. As we welcome our new Chair, Dr. Hochang Benjamin Lee, we look forward to continuing to find new and better ways to engage locally to improve community health.

### Community-Oriented Events

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

**Decoding the Tablecloth**, written and performed by Gabriela Kohen and directed by Connie Grappo, this play explores the psychological impact of trauma over five generations in Kohen's family as well as her experiences as an immigrant girl growing up Jewish and Latina in New York. From pre-Holocaust Poland, to the tango halls of Argentina, to disco-era Brooklyn, Gabriela portrays over twenty characters as she weaves her family's struggle to belong with their unique cultural identity and oral history. For more information or to purchase tickets visit [www.jccrochester.org](http://www.jccrochester.org).

**The Bridge Art Gallery** is accepting submissions for the show, *Stronger Together*, through November 1<sup>st</sup>. For more details or for a submission form please visit the [Bridge Art Gallery website](#). For questions, please email [omhpromotion@gmail.com](mailto:omhpromotion@gmail.com) or call (585) 275-3571.

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

Helping children make sense of challenging times and emergencies is no small task. Fortunately, PBS has compiled resources to help families dealing difficult situations. To access these resources visit the [PBS website](#).

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## **Women's Initiatives Supporting Health (WISH) Receives Innovation Grant**

Women's Initiatives Supporting Health (WISH), which helps women recently released from Monroe County Jail or New York State Prison access needed health services in a timely manner, recently received the Innovation Grant.



This grant aids WISH with a full-day meeting with Stephen Amos, head of the jails divisions for the National Institute of Corrections (NIC). This meeting is meant to inform him of trauma and gender specific strategies employed in Rochester through WISH and its partnering agencies. This meeting is part of WISH's efforts to build collaborative relationships with local and state agencies. Through this relationship building WISH aims to gain more opportunities to design and initiate new programs to help their target population, while allowing them to further develop the knowledge and skills to effectively implement these programs through additional training and technical assistance provided by NIC.

**Out of the  
DARKNESS<sup>SM</sup>**

C O M M U N I T Y W A L K S

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention's (AFSP) Rochester Out of the Darkness Community Walk in Genesee Valley Park on September 24<sup>th</sup>. AFSP raised \$166,686, far surpassing their goal of \$150,000! Money raised will benefit the work AFSP does, which includes funding research, offering educational programs for professionals and survivors, educating the public about suicide and promotion policies and legislation that impacts suicide and prevention.

Members of the Department of Psychiatry were invited to join the team "Walking Strong" and to help raise money for AFSP. Team "Walking

Strong,” led by Andrea Caruso, had 27 people participate. Andrea was the top fund-raiser on her team, raising \$550 of the group’s total, with the team raising a combined total of over \$1600!

Psychiatry’s participation in various community walks has raised nearly \$12,000 to benefit community mental wellness from May-September 2017 alone, including for NAMIWalks in May, the Stroll for Strong Kids in June, and ASFP’s Out of the Darkness Community Walk.



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