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April 2013

[Stepping Out & Stepping Up](#) is a monthly, community-oriented newsletter created by the Office of Mental Health Promotion.

Understanding needs after a homicide

URMC Department of Psychiatry researchers, Jeanna Mastrocinque, PhD and Catherine Cerulli, JD, PhD have been working with community partners, Peter Navratil, LCSW-R, CASAC (Monroe Youth and Family Center; Stand Up Guys) and Jed Metzger, PhD, LCSW (Nazareth College; RiseUp Rochester) on a community based participatory research project to better understand families' and friends' needs and experiences in the aftermath of a homicide. The Rochester site of this study is one site of a multi-site national project. The study focuses on families and friends of homicide victims (FFHV) and resulting health concerns and experiences in the medical, behavioral health, and criminal justice systems. The results illustrate multifaceted health issues for FFHV in the aftermath of a homicide, including biological, psychological, social, and spiritual consequences. In understanding these consequences and experiences, the research provides suggestions for legal, criminal justice, medical, behavioral health, and spiritual professionals. The research team is currently working on the next steps of translating these findings into practice. This study was funded by the National Research Service Award NIMH T32 MH18911 (Caine) and the Office of Mental Health Promotion's [Innovations in Community Scholarship Award](#) (Mastrocinque). For additional information about this project, email [Jeanna Mastrocinque](#) **Bridge Gallery's Undercover Shining Stars**



Community Oriented Events

- **1st Annual NAMI Rochester Walk.** Join the Strong Behavioral Health Stigma Stompers. Saturday, May 4th. [For information and registration](#)
- **17th Annual Stroll for Strong Kids & 5K event** Join Strong Behavioral Health in fundraising efforts for [Unit 4-9000 Psych Pediatric](#)
- **YWCA's "Stand Against Racism" Day** April 26th. More information [here](#)
- **"Got Dreams Awards"** May 9th 6-8:30pm at the Rochester Museum & Science Center, Eisenhart Auditorium, 657 East Avenue. Keynote Speaker: LaTerra Cole
- [Click for more events & details](#) such as Mushrooms & Health

Raising 100,000 Voices

You are invited to a free public showcase of Raising 100,000 Voices on May 7, 2013 at 6:30pm at the Little Theatre. See the [trailers](#) of these youth's films!

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

Community gardening helps improve not only physical health but also mental health. The opportunity to interact with nature is relaxing and calming, which

Pete Mahler, Psychiatry's own facilities "go to" has been most helpful with the gallery. From installing the frames, to helping with stubborn frame locks and touching up paint whenever we ask, Pete has been very dedicated to the gallery, a showcase for his artwork as well.



Barbara Henry, Environmental Services, takes care of our gallery like it's her own. When it comes time for one of our receptions, she makes sure everything is ready from cleaning the frames to getting the floors polished.

She also lays out the plan for the next environmental services employee to standby for anything we may need for our receptions. When Barbara knows she won't be in, she lets her co-workers, Lisa Williams & Debra Saulters know. These two co-workers then step right in to take care of the gallery and we know we're in good hands. In appreciation for Barbara's dedication, LouAnne Jaeger, Director of Information Systems in the Department of Psychiatry, donated her artwork from a past show that Barbara had admired, to Barbara for her commitment to excellence.

Donated Art Rolls In!

We are proud to announce we have two more pieces of art donated by Lydia Owens to the Department of Psychiatry's permanent collection.



in turn has a positive impact on community health.

Community gardens are seen to benefit the community as a whole, by improving relationships among people, increasing community pride and in some cases by serving as an impetus for broader community improvement and mobilization. [Read the full article.](#) Get your own garden started with help from [Flower City Days at the Market](#) and Cornell Cooperative Extension.



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