

Stepping Out: Community-Oriented News in Psychiatry

**From the Office of Mental Health Promotion
Issue: January 18, 2012**

Events

- Expressions of King's Legacy Celebration
- Deadly Monopolies
- Mindfulness Based Stress Reduction (MBSR) Workshop
- New Alternative and Innovative Schools
- Faith and Medicine: Working Together to Eliminate AIDS



Expressions of King's Legacy Celebration

What: Join us for the annual Expressions of King's Legacy Celebration at RIT with keynote speaker Dr. Cornel West. Other performances by Tony award winning Garth Fagan Dance and award winning poet Joshua Bennett.

When: January 23, 2012, 12-2pm. Doors open at 11am

Where: RIT Gordon Field House

More information: Call 585-475-6546 or to register <http://www.rit.edu/diversity/office-diversity-inclusion/kingslegacy2012.html>

Deadly Monopolies

What: A lecture by Harriet A. Washington followed by a question and answer session. Harriet is an award winning medical writer and editor, and the author of *Deadly Monopolies*. In this book, Ms. Washington examines the questionable legal, ethical, and social aspects of how the pharmaceutical industry and other powerful interests have received patents for body tissues excised during surgery to further what the author believes to be commercial purposes. Sponsored By: Multicultural Affairs.

When: Thursday, January 26th, 2012, 5pm

Where: Shults Center Forum, Nazareth College

More information: Contact Information: Fran Gonzales 389-2073

Mindfulness Based Stress Reduction (MBSR) Workshop

What: Mindfulness Based Stress Reduction, developed originally by Jon Kabat-Zinn, is a program that teaches how to use mindfulness to promote improved health and healing. The skills learned can become part of a lifelong journey leading toward personal and social transformation. The workshop has eight 90 minute sessions. The content of the sessions include didactic teaching, experiential learning and discussion. There will be a half day silent retreat on a Saturday afternoon, 3-7pm toward the end of the workshop, which includes a vegetarian meal. This workshop is open to the public, it is non-denominational and health focused. It is offered as education.

Facilitators: Wendy Sullivan, LMSW is a clinical social worker whose practice includes working with clients dealing with multiple medical and mental health problems and trauma resulting from military combat. Peter Sullivan, LCSW, is a clinical social worker whose practice has included many years in community mental health, particularly working with clients in group psychotherapy.

When: Winter 2012 Session: Thursdays 6:30 – 8:00pm Jan 26 – March 22, 2012.

Where: St. Stephen's Episcopal Church, 350 Chili Ave. Rochester, NY14611

Cost: For the full eight weeks including a CD and a half day retreat is \$80.00 (fee reduction scholarships available upon request)

More information: To register or for more information: Contact the workshop facilitators via email: sullybro@rochester.rr.com, the church phone 585-328-0856 or visit [www.http://st-stephens-church-rochester.episcopalrochester.org](http://st-stephens-church-rochester.episcopalrochester.org)

New Alternative and Innovative Schools

What: You are invited to join RCSD and RTA members to gather ideas for the development of New Alternative and Innovative Schools. A joint committee is prepared to present their recommendations based upon site visits, interviews, research, and community input. Recommendations are open for feedback.

When: Tuesday, January 31, 2012, 4-5:30pm

Where: Joseph C. Wilson Magnet High School, 501 Genesee Street, Commencement Academy Auditorium

Faith and Medicine: Working Together to Eliminate AIDS Conference

What: Rochester Affiliate of the National Black Leadership Commission on AIDS is proud to present AIDS' (BLCA's) freshman conference - "Faith And Medicine - Working Together to Eliminate AIDS!" This is a collaborative effort joining faith leaders and medical professionals.

When: Friday, February 10, 2012, 5-9pm

Where: St. Mary's Hospital, 89 Genesee St, Rochester NY 14611

More information: Contact Rev. Greg Byrd at gbyrd@jordanhealth.org or (585) 423-2810. Brochure is attached above.

Reminders

- Please consider applying your attendance for any events that might meet the objectives for independent study credit hours in order to complete your cultural competence training requirements (minimum of 3 credit hours) for the Department of Psychiatry.
- To see any past Stepping Out newsletters, please visit our OMHP homepage for the Stepping Out Archives at [Psychiatry Department: Office of Mental Health Promotion](#)

For more information on events in the community check out the [DBSA Website](#)

Our mailing address is:

Office of Mental Health Promotion

University of Rochester Medical Center's Department of Psychiatry

300 Crittenden Blvd., Box PSYCH

Rochester, NY 14642

*Copyright © *2011-2012* *University of Rochester Medical Center*, All rights reserved.*

Jessica Poweski

Secretary IV

Office of Mental Health Promotion

Phone: 585-275-3571