



March 2014

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



Skyway Soars



The Mental Health Association (MHA) held its 20th Annual Skyway Open this month at Eastview Mall. MHA's premier fundraiser helps to provide important funding for those in the Rochester community wishing to find and maintain mental wellness through community-based programs and services. The

much anticipated day is filled with family-friendly fun on an indoor mini-golf course. It comes each year during the coldest time when golfing is still a wishful thought!

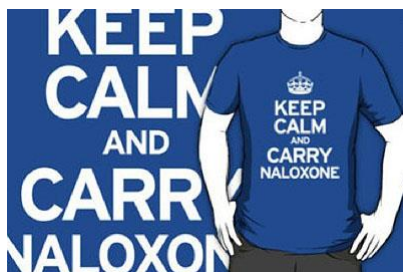
The Department of Psychiatry provided its own "Roaring Twenties" themed hole. Nurses Katie Bussey, Jennifer Cole, and Heather O'Brien used their creativity in designing a challenging, fun hole. Other volunteers included: Carol Carlson, Marilyn Berger from our department's patient and family advisory council ("DPACC"), and department colleagues Kelley Balcomb, Patrick Seche, Bill Gassman, and Patricia McNichols Guenther. They planned and coordinated a successful golf hole including stress balls giveaways for holes in one!



Strong Recovery's Opioid Overdose Prevention Program

Submitted by: Patrick Seche, MS, CASAC

Last summer, the leadership team of Strong Recovery attended an Opioid Overdose Prevention training at John



Community Oriented News

Women's Health and Well-being Through Integrative Medicine on March 22nd 8-5pm at TWIG Auditorium, Rochester General Hospital. Contact Ginny Ruderman at (585) 473-7573 for more information and registration.

Innovative Ways of Attending to Trauma: A Workshop with Vikki Reynolds, PhD on April 4th 9-4pm (lunch included) at The College at Brockport – REOC 161 Chestnut Street, Rochester, 14604. This full day workshop will present alternative ways of thinking about trauma and how counselors, social workers and community workers can work more effectively with clients and communities that have been through hardships. For more information or to register, please call Michael Boucher, LCSW-R at 325-5260 or mboucher@sjncenter.org

2014 Western New York Restorative Practices Conference: Transformations: Empowering Youth and Communities Through Restorative Practices. April 9-10 at Rochester Institute of Technology. Hear from national experts and local leaders who are transforming their own communities and explore using restorative approaches to reconcile, heal, and strengthen community. For more information and to register, <http://www.pirirochester.org/events/2014-conference/>

Race, Privilege and Poverty: Advancing Equity in Our Community with Tim Wise on April 30th at 6pm. As part of their effort to support the YWCA's Stand Against Racism, and the Facing Race, Embracing Equity initiative, Coordinated Care Services, Inc. (CCSI) is pleased to invite you to join us for a special presentation at the Ingle Auditorium on the RIT campus at 1 Lomb Memorial Drive. Registration is required at www.ccsi.org/timwiseeventregistration.aspx

Health Happens Where You Live...Did

L. Norris Addiction Treatment Center. The New York State Office of Alcoholism and Substance Abuse Service (OASAS) sponsored the training. Based on our patient population, we were fully aware of the widespread abuse of opiates and that an accidental overdose can happen anywhere to anyone at any time. The lecture included a brief overview of the epidemiology, physiology and risk factors for overdose. The lecture described the role of naloxone in the prevention of deaths from opioid overdose; statistics on the outcomes of naloxone distribution and how to use an opioid overdose reversal kit. At the conclusion of the training, we had all become overdose responders but as a team we wanted to do more. Gloria Baciewicz, MD and I followed-up with our trainer at John L. Norris and obtained the necessary information to establish Strong Recovery as an Opioid Overdose Prevention Training Program.

In October 2013, with assistance from the Harm Reduction Coalition, Strong Recovery became a New York State Department of Health (DOH) registered Opioid Overdose Prevention Program. This registration allows us to provide opioid overdose prevention training to the UR Medicine community as well as the Greater Rochester community at large. Our training is designed in a similar format to the training provided at John L. Norris. It is free of charge including the kits. Our goals are to connect with as many organizational partners as possible to provide them the training to help them become registered Opioid Overdose Prevention Programs. The more registered programs there are in the community, the more people will be trained, and the more overdose prevention kits will be ready and available which leads to more overdose reversals. If you are interested in being notified of upcoming trainings, email Michele Herrmann at michele_herrmann@urmc.rochester.edu. If you are interested in coordinating a group training for your organization and the possibility of becoming a registered Opioid Overdose Prevention Program, please call Patrick Seche at 275-2780.

Staff in the Spotlight

Cathy Peters Elected to Nursing Honor Society Leadership

The International Honor Society of Nursing recently elected Cathy Peters, MS RN PMHNP-BC as Region 11 Coordinator for Sigma Theta Tau (STTI) in November 2013. Over 3000 members attended this Biennial Conference in Indianapolis that ushered in the theme: *Serve Locally. Transform Regionally. Lead Globally.* Ms. Peters will join 18 other international coordinators from North and South America, Europe, Africa, Asia and Oceania, to promote the mission of scholarship and service. Her platform is social entrepreneurship with a community focus on sustainable gardens.

Region 11 consists of 32 STTI chapters each with a university affiliation. Ms. Peters is a charter member and the Immediate Past President of the Epsilon Xi, the University of Rochester School of Nursing Chapter. She is a nurse practitioner in Psychiatry's Comprehensive Emergency Program's Extended Observation Beds.



Jacquie West & Autumn Gallegoes Speak with Local Faith Leaders

You Know?

Daylight Saving Time may pose a health risk when moving that hour hand forward. The National Sleep Foundation (NSF) reveals that at least 40 million Americans suffer from over 70 different sleep disorders. You can improve your sleep by waking up consistently, stop using your bed as a desk, rethink bedroom electronics, and prepare your body for sleep.

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In February, over forty clergy, lay leaders, and congregation representatives gathered at the Finger Lakes Health Systems Agency to learn more about mindfulness and the referral process as a means of promoting mental health. Jacquie West, LCSW and Autumn Gallegoes, Ph.D. shared their expertise on these important topics. Ms. West directs the Rochester Community Mobile Crisis Team. Dr. Gallegoes is a licensed clinical psychologist and researcher at the Canandaigua VA Center of Excellence for Suicide Prevention.

Many attendees valued their insights. Comments included, "the speakers were very knowledgeable on the topics" and "gave great examples and resources."

This series is part of Renewing of the Mind, a partnership with the Office of Mental Health Promotion and the Aging Well Initiative of the University of Rochester Medical Center, the Interdenominational Health Ministry Coalition, the Mental Health Association of Rochester, Finger Lakes Health Systems Agency, and Trillium Health.



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