



## June 2014

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

### Successful Bridge Gallery Reception

The Bridge Gallery held another successful reception last month and had the added honor of celebrating the



installation of Albert Paley's *Portal*, an eight-foot tall, weathered steel sculpture, which can be enjoyed in the atrium. *Portal* is on loan to us for one year from Paley Studios. Fund-raising efforts to purchase this piece or to purchase another Paley sculpture began at the reception and continue. Contributions can be made by contacting Jessica Poweski at [Jessica.Poweski@urmc.rochester.edu](mailto:Jessica.Poweski@urmc.rochester.edu) in the Office of Mental Health Promotion.

The Bridge Art Gallery is currently featuring young artists with a show entitled, *Through My Eyes*. This unique exhibit includes 50 pieces by local high school art students working in a variety of media. Each frame provides a glimpse into the artist's view of the world: a crown of dandelions, dripping cones of gelato, a broken heart, a young woman balanced on a rail leading far into the distance, a young man's face superimposed on a mountaintop. Participating high schools include Allendale Columbia, Honeoye Falls, Pavilion, Rochester's School of the Arts, and Spencerport.



Both doorways into the University of Rochester's Department of Psychiatry are now very welcoming as a result of the artworks on display and reflect the role art can play in helping reduce stigma that is often linked to mental health disorders.

### Community Oriented News

**Reel Mind Series presents *My Name is Alan and I Paint Pictures*** on June 24th 7pm at Cinema Theatre, 957 Clinton Avenue. The film examines Alan Streets's life, the role art and painting play in it, and how mental illness intertwines with artistic creation and perception.

**Boys to Men Conference** on June 27th at Full Gospel Tabernacle Church, 614 Clifford Avenue. Cook-out at 4pm. The film, *Life of a King* will be shown at 5pm. Discussion following at 6:30pm. RSVP required to Mr. Nate Brown at (585) 465-2188 or [nbrownjr@yahoo.com](mailto:nbrownjr@yahoo.com)

**Rochester Pride Parade** will be held Saturday July 19th from 3 to 5 pm and we invite you to walk and show your support for our diverse community. As the region's largest employer we feel that it is important that the University be strong allies and have a visible presence at this important event. Line-up from 2-3pm on Brunswick/Argyle Streets. University of Rochester t-shirts are available for all participants. Please RSVP, including t-shirt size, to [pridealliance@rochester.edu](mailto:pridealliance@rochester.edu)

**Dept. of Psychiatry Volunteers needed for the Annual Women's Health Screening Fair** at the Public Market on September 6th 9am to 1pm. Screenings include AIDS/HIV, breast health, cardiac health, dental, mental health, skin cancer screening, and more.

**Rochester Out of the Darkness Walk** raises awareness about suicide prevention and to help end the stigma associated with mental health. It will be held Sunday, September 28th at Genesee Valley Park. The walk begins at 1pm. [Register online!](#)

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

As the summer officially begins, it is a great time to socialize with neighbors and spruce your front yard up. Greening up your neighborhood can make it more safe and fun. A simple bench can improve neighborhood

*Through My Eyes* exhibit will be up until the end of June. The current call for art is "Celebration of Culture" and is open to all artists. Art submissions are due June 30th. [View the flyer](#) for more information.

## **Suicide Training in Rochester**



The Department of Psychiatry's Injury Control Research Center for Suicide Prevention (ICRC-S) recently held the 2nd annual suicide prevention Research Training Institute (RTI).

The training brought in researchers from over 10 states to provide a shared body of knowledge and skills in suicidology, public health and prevention, and relevant research methodologies. A primary aim of the RTI is to establish collaborative links between the injury and violence prevention and suicide research communities so that the perspectives, knowledge, and skills of each inform the work of the other. Such collaborations facilitate the development of plans for new research projects that will add to the knowledge base for suicide prevention.



One participant commented, "The RTI was a wonderful networking and learning opportunity that helped shape a new exciting chapter in my life. First and foremost, although there wasn't a representative from the state of Mississippi at RTI, I greatly benefited from meeting state officials from several other states, and I learned about the opportunities that were available through working with state officials at RTI."

## **Young Filmmakers Screen Their Mini-Docs at the Little Theatre: A "Raising 100,000 Voices" Project**

Bullying, drugs, growing up, and foster care are just a few topics young filmmakers from the Raising 100,000 Voices project tackle in their own video productions. Raising 100,000 Voices, a project that encourages young adults to express, through video, issues that concern them, presented a special premiere screening of their mini-documentaries this past May at the Little Theatre.

The Raising 100,000 Voices project is a national outreach effort designed to help understand the needs of the community from the point of view of those emerging into adulthood. The University of Rochester Medical Center and WXXI partnered with several youth agencies

communication and engagement.  
<http://onthecommons.org/magazine/16-ways-make-your-neighborhood-safer-greener-and-more-fun>

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to begin the program in Rochester in 2005.

Now in its ninth year, the project has hosted eight screenings of more than 200 videos. More than 15 videos from 50 filmmakers will be featured. Filmmakers for this series of videos include groups from Charles Settlement House, Teens Active in Civic Engagement (T.A.C.E.), Rochester City School District #52 School, Citizen U South, Citizen U North, Dazzle School of Visual & Performing Arts, Youth on the Move, Thomas P. Ryan Center, and Y.E.P.P. of Grace Community Village, Inc.



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