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

A Celebration of Hope & Recovery

During the 1960's and '70's, Judy Collins was a folk music artist. She wrote and performed other writers' music, venturing into pop, show tunes, and jazz standards. Stephen Sondheim's



"Send in the Clowns" is among her fans' favorites.

Collins was the guest speaker at the 6th Annual East House Hope and Recovery Luncheon on Wednesday, September 24th.

A select few from the Department of Psychiatry's Advisory Council of Consumers along with Linda Chaudron and Caroline Nestro had the privilege of joining.

In the midst of great success, Collins was dealing with alcoholism and depression in which she has been upfront about her personal struggles. She is among a relatively small group of performers with careers spanning decades who still records and performs around the world.

At the time of her son's suicide in the early 1990's, she became an activist for suicide prevention. Suicide wasn't discussed much then, Collins says. Mental health in general was not given the attention it deserved as it does today.

Walter DeRouen, social worker at Strong Ties, had the chance to also speak at the luncheon about his success story and connection with East House. East House helps people with alcohol and drug addictions as well as offers educational support to help people go back to school or into the work force. Walt connected to East House's Cody House, a half way house for men with addictions, in 2002. Prior to that, he was homeless, unemployed, and living in a shelter after being discharged from an inpatient chemical dependency hospitalization unit. It provided recovery support and structure as well as needed linkage to community services. He was able to utilize East House's career services program, and with staff encouragement began college. He earned his Master's degree in

Community-Oriented Events

Disability Studies Cluster Symposium will be held at the School of Nursing on November 14th. This is University of Rochester's first-ever Disability Studies Cluster Symposium, titled "Complicating Normalcy: Disability, Technology, and Society in the Twenty-First Century." The symposium is being organized around the documentary *FIXED: The Science/Fiction of Human Enhancement*. This film explores the meaning of "disability" and "normalcy" in contemporary times. The film examines technological and pharmacological advances designed to "fix or enhance the human body." It explores the bioethical implications and social tensions that arise from scientific advances. The symposium will feature posters, sessions, workshops, and networking opportunities. Check back for more information or visit www.warner.rochester.edu/. Questions? Contact Julia White at jwhite@warner.rochester.edu

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

As the days become shorter with less sunlight, we tend to lack adequate vitamin D intake. Vitamin D is important to the body in many ways: muscles need it to move, nerves need it to carry messages between the brain and every body part, and the immune system needs vitamin D to fight off invading bacteria and viruses. Very few foods contain vitamin D (Fatty fish such as salmon, tuna, and mackerel are among the best sources, Beef liver, cheese, and egg yolks provide small amounts, so consider taking a supplement.

social work and became a licensed therapist specializing in treatment of people who have co occurring disorders of addiction and mental illness.

Out of the Darkness

The American Foundation for Suicide Prevention (AFSP) is the nation's leading organization bringing together people across communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes. AFSP supports suicide prevention research, education, and advocacy.



This year, Kim Van Orden, an Assistant Professor in Psychiatry and faculty member in our department's Center for the Study and Prevention of Suicide, led a team of seven psychiatry department members in fundraising for AFSP and participating in the walk. Our team raised \$1,935.00 and ranked as 10 out of 79 teams in terms of fundraising! Thanks to Deborah King, Megan Lytle, Camille Quinn, Michelle Capellupo, Ken Conner, and Wenjie Gong for walking to raise awareness for suicide prevention. This was Rochester's largest and most successful walk, which raised \$68,824.00 and had over 700 walker participants.

If you missed out on the walk this year, you can join us next fall, as the walk is an annual event. For more information, contact Kim Van Orden (kimberly_vanorden@urmc.rochester.edu).



Strong Behavioral Health Nurses Nominated

Some of the most outstanding nurses in Upstate New York including, Strong Behavioral Health, were nominated for the 4th annual March of Dimes Nurse of the Year Awards Gala this month at the Rochester Riverside Convention Center. Nurse of the Year events recognize and honor distinguished nurses for their outstanding contributions and service.

Each nurse nominated is outstanding and has dedicated their lives to caring for others. **Michael Arena, Cathy Peters, Elizabeth Campisi Shannon, Lorelei Heliotis and Joanne Bartlett** were all nominated for the March of Dimes Nurse of the Year Award in Behavioral Health.

Nurses from Albany to Buffalo and throughout the Genesee Valley/Finger Lakes Region gathered to honor their outstanding service. The sold-out gala raised over \$75,000 for the March of Dimes, whose mission is to prevent birth defects, premature birth, reduce infant mortality and improve the health of mothers and babies.

Artists Among Us at the University of Rochester

Getachew Taye: Born in Addis Ababa, Ethiopia.



The focus and medium of my work is ever changing as I capture each moment

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through the use of water color, oil paint, and graphic art. I strive to bring forth the beauty of people, nature and animals by exaggerating color and proportion to convey the message of my life and my journey.

As a child, I used to paint flowers a lot. In Ethiopia, there is a tradition on New Year's Day (Enkutatash): Boys paint pictures of saints and flowers to give away and girls sing New Year's songs (Abebayehoy).

I am interested in finding and collecting different things. The desire to know many techniques keeps my mind fresh. My brain is constantly fascinated by new ideas. I am trying to connect my oscillating ideas and paint my swinging thoughts. The thing I see as an image in my mind is a result of different life experiences. These thoughts enable me to create a very bright picture.

I find the Bridge Art Gallery to be a nice atmosphere and especially useful to promote local artists as it encourages and brings out the hidden talent of hospital employees. I would personally like to thank The Bridge Art Gallery for the opportunity to display my art work. I have been able to meet other artists and learn from them as well as receive kind words from my friends and co-workers. I hope the gallery will grow to a museum so that it will entertain visitors, be educational for young artists and therapy for patients.

I earned a Master's degree in printmaking from Ukrainian Academy of Fine Arts, Kiev in 1996. I have lived in Rochester since 2004 with my wife, Deborah, who I consider my greatest inspiration.

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