

Stepping Out: Community-Oriented News in Psychiatry

From the Office of Mental Health Promotion Issue: August 12, 2011

Events

- Traditional Beats, New Rhythms
- School Board Candidate Forum
- NAMI Connection Recovery Support Group
- Plymouth-Exchange Neighborhood (PLEX) Picnic
- Native American Heritage Month in November
- Borderline Personality Disorder Conference
- Faith & Family Workshop
- Introduction to Mindfulness Meditation: An Evidenced Based Practice for Reducing Stress



Traditional Beats, New Rhythms

What: This exhibition reunites three long time friends, all originally from Western New York and artists from the contemporary "Black Arts Movement" of the 60's and 70's. Their last major showing together in Rochester was in 1975 at the MAG (Memorial Art Gallery). The Baobab is honored and proud to present these living legends.

When: July 1 - August 27

More information: E-mail moka@thebaobab.ccsend.com

School Board Candidate Forum

What: Threshold Comprehensive Adolescent Pregnancy Prevention Program youth peer leaders are hosting a School Board Candidate Forum. The youth forum will be an event to discuss the health crisis of teen pregnancy, STI's and HIV infection among young people in Rochester. Please feel free to invite your youth groups(and their parents) to participate!

When: Monday, August 22, 2011 6-8pm

Where: Fredrick Douglass Resource Center, 36 King St. Rochester, New York

More information: Register by clicking on the link below by **August 17, 2011**. Any questions contact Nate Brown (585) 465-2188 or nbrown@htresholdcenter.org

https://spreadsheets.google.com/spreadsheet/viewform?hl=en_US&formkey=dDIzSW55ajUtZzhFTlIE T1dNOVd0THc6MQ#gid=0

NAMI Connection Recovery Support Group

What: NAMI Connection is for anyone who is recovering from, or thinks they may have a mental illness, regardless of the diagnosis. The NAMI Connection support group provides a safe place to learn, share experiences, coping strategies, hope, encouragement and to gain a better understanding of mental illness. The support group is facilitated by trained peer facilitators, and is not intended to replace professional therapy or treatment. NAMI Connection respects and honors confidentiality.

When: Monday, August 22, 2011 6:30-8:30pm

Where: Rochester Psychiatric Center Rehab Building, 1111 Elmwood Ave. Rochester

More information: Contact Donna Leigh-Estes at (585) 423-1593 or donna.leigh-estes@namirochester.org or check out www.namirochester.org

Plymouth-Exchange Neighborhood (PLEX) Picnic

What: The picnic will include a guided tour of the Genesee Riverfront from 1pm - 2pm. Persons interested will meet at Montgomery Center around 12:30. Transportation will be provided for those who need it. The group will return to Montgomery Center for the picnic 2pm- 6pm.

When: Saturday, August 27, 2011 1pm - 6pm

Where: Montgomery Center, 10 Cady Street, Rochester

Native American Heritage Month in November

What: The Office of Admissions and the Office of the Provost are sponsoring the introductory event, featuring the acclaimed journalist, entrepreneur, comedian and poet Ryan Red Corn (Osage) and esteemed activist/comedian Dallas Goldtooth (Mdewakanton Dakota/Dine). Ryan Red Corn and Dallas Goldtooth will be lecturing and performing together. This is a free performance open to the public. We strongly encourage this invitation to our local Native communities. Both Red Corn and Goldtooth are members of the comedy sketch group, the 1491's, amongst several other Native activist organizations. Red Corn is also the Creative Chief at the Buffalo Nickel Creative.

When: Tuesday, November 8, 2011

More information: If your office is interested in planning an event for Native American Heritage Month and you would like to be included in the University calendar as well as on the Native American Heritage Month calendar, please send all pertinent information to Carlie (Cfishgol@u.rochester.edu) no later than **August 31st**. To experience the 1491's, please go to

<http://1491s.com/> For a bio of Ryan Red Corn, please visit

http://www.nativenetworks.si.edu/eng/rose/red_corn_r.html

To learn more about the Buffalo Nickel Creative, visit <http://www.buffalonicelcreative.com>

Borderline Personality Disorder Conference

What: The Mental Health Association Presents the 2011 Mental Health Practitioners Seminar

Where: Unity Health System's Education Center, 1555 Long Pond Road, Rochester

When: Thursday, September 22, 2011 6:30-8:30 p.m. -- *Borderline Personality Disorder From the Family Perspective*

Friday, September 23, 2011 8:00—11:30 a.m. -- *Past, Present and Future Perspectives of Borderline Personality Disorder: Developing Family Members as Clinical Allies*

More information: Call (585) 325-3145 x100. Registration required in the brochure attached above.

Faith & Family Workshop

What: The role of faith in overcoming domestic violence. Ms. Laretta Pierce, CEO Covenant Cookies will be the keynote speaker. Ms. Pierce is a survivor of domestic violence who credits her remarkable climb from violence and poverty to safety and prosperity to her faith in God and His profound grace. Her incredible journey and the power of her faith -- which guided her then and is the foundation of her life today -- will inspire and motivate. Ms. Pierce speaks around the world and has been featured on ABC News, TBN and more.

When: Saturday, September 17, 2011 2:00pm-9pm

Where: Roberts Wesleyan College Cultural Life Center, 2301 Westside Drive

More Information: Free event! Advanced registration required. Call 425-1580 for information or [Register here](#).

Introduction to Mindfulness Meditation: An Evidenced Based Practice for Reducing Stress

What: Mindfulness is a way of paying attention that emphasizes being awake to the present moment in a nonjudgmental way. Recent brain studies show that not only does the brain affect our experience (thoughts, feelings, behavior), but that our experience affects the brain. How we think, feel and act changes the chemistry and structure of the brain. Learning these practices reduces the impact of stress on our lives and helps prevent emotions from hijacking the brain. The talk will be presented by Peter Sullivan, LCSW and Wendy Sullivan, LMSW. St. Stephen's Episcopal Church has been hosting weekly mindful meditation sessions for over 6 years. A separate session was added for children two years ago. This Fall, 8 week Mindfulness Based Stress Reduction Workshops will begin.

A CD of meditations for children and adults recorded by the presenters is available for a suggested donation of \$20.

When: Thursday, October 6, 2011 6:30 – 8:00 pm.

Where: St. Stephen's Episcopal Church, 350 Chili Ave. Rochester, NY 14611

Cost: Free (donations accepted)

For more information: Call St. Stephen's Episcopal Church at 328-0856, email Wendy & Peter at sullybro@rochester.rr.com or visit the church website at <http://st-stephens-church-rochester.episcopalrochester.org>

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:

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Secretary IV

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