



Stepping Out: Community-Oriented News in Psychiatry

From the Office of Mental Health Promotion Issue: October 3, 2011

Events

- Secrecy and Mental Illness
- Mental Illness Awareness Week Grand Rounds
- Spiritual Tools for Overcoming Trauma
- Introduction to Mindfulness Meditation
- Every Shut Eye Ain't Sleep
- Babies 2011 Can't Wait - Teens Won't Wait Training Series
- Motivational Interviewing: The Spirit and Skills



Secrecy and Mental Illness

What: NAMI announces 10th Anniversary for Jessica Henderson. Steve Luxenberg author of *Annie's Ghosts: A Journey Into a Family Secret* will precede a panel discussion about the subject of secrecy and mental illness.

When: Tuesday, October 4, 2011 5:30-8:30pm

Where: School of the Arts, 45 Prince Street, Rochester NY

More information: Call (585) 423-1593 or pat.sine@namirochester.org Admission fee \$15, includes lecture & buffet. Registration preferred.

Mental Illness Awareness Week Grand Rounds

What: The Department of Psychiatry Advisory Council of Consumers presents "We're All In This Together: How DPACC Helps Us To Improve All That We Do"

When: Wednesday, October 5th, 9-10am

Where: Class of '62 auditorium, University of Rochester Medical Center, School of Medicine and Dentistry

More information: Contact Caroline Nestro at caroline_nestro@urmc.rochester.edu

Spiritual Tools for Overcoming Trauma

What: Participants will develop spiritual tools to self-calm, connect with their Higher Power as they understand him/her and build resiliency in stressful situations. Participants will learn how to "live from a different place" rather than from an anxious, easily triggered existence in ways that is respectful to them and to others.

When: Beginning October 7th, 6 Fridays from 3:30-5pm

Where: Immanuel Baptist Church, 815 Park Avenue Rochester NY (Ring bell at small front door)

More information: Contact Joy at (585) 315-7826 or joybergfalk@gmail.com . Sponsored by Project Empower

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 – 8:00pm.

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

Cost: Free (donations accepted)

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>

Every Shut Eye Ain't Sleep

What: There are many dimensions to both understanding and addressing the persistent gap in educational outcomes associated with race, ethnicity, and class. Carol D. Lee argues the need for a holistic framework to inform responses to these persistent inequities, whether educational policy, teacher training, standards and assessment, or curricular interventions. Lee will articulate the framework and illustrate its implications for teaching in the disciplines, with a special focus on literacy, and conclude with a discussion of implications of this kind of instruction for teacher education.

When: October 13, 2011 7:15 p.m.

Where: Hoyt Auditorium, University of Rochester River Campus

More information: Contact the Warner School Academic Support Office at (585) 276-5405 or e-mail help@warner.rochester.edu.

Babies 2011 Can't Wait - Teens Won't Wait Training Series

What: Babies Can't Wait ~ Teens Won't Wait is an ongoing monthly training series focused on improving permanency and well-being outcomes for children in out-of-home care. The trainings are designed to provide relevant information and provoke thoughtful discussion on a wide variety of topics of interest to professionals in the legal/judicial and child welfare systems.

When: Thursday, October 13, 2011 12:30pm – 2 pm

Where: Hall of Justice, Courtroom 303, 99 Exchange Blvd., Rochester, NY

More information: Mary Aufleger, Liaison, NYS Child Welfare Court Improvement Project at (585) 428-4068 or mauflege@courts.state.ny.us

(No registration required)

Motivational Interviewing: The Spirit and Skills

What: Monroe County Office of Mental Health With Cheryl Martin, RN, CASAC Motivational Interviewing Network Trainer

When: Monday, October 31, 2011 9am-4pm (one hour lunch provided)

Where: 1099 Jay St. Bldg. J Rochester NY 14611 Glenn Gravino Conference Room, 3rd floor

More information: Cost: \$30.00 (Make checks payable to CCSI/MCOMH). OASAS CASAC Credits are available. (Class Capacity is Limited to 25 participants – Register Early) Registration form is attached above.

RSVP no later than Tuesday, September 27, 2011 to Donna Jones at 753-2886, djones@monroecounty.gov or Fax 753-2884

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

Office of Mental Health Promotion

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