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Stepping Out Archives

March 17, 2010

STEPPING OUT: COMMUNITY-ORIENTED NEWS IN PSYCHIATRY

From the Office of Mental Health Promotion

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Clothing Drive

March 1-31: The City of Rochester’s PRIME and the Volunteers of America present a month long Clothing Drive. Please donate your used: dress clothes (for men and women), shoes, large women’s suits, large men’s suits, make-up, purses, jewelry, ties, and belts. All donations can be dropped off at the Sibley Building, 2nd floor, Suite B5 located at 25 Franklin St. All donations will be given to the Volunteers of America’s “Working Wardrobe”. Thank you for your donations.

What Are Some of The Challenges & Trends the Transgender Community Face?

Wednesday, March 17, 2010: The African Queens Association will host a presentation discussing the challenges and trends of the transgender community. This will be presented by Michael Booth at the MOCHA Center, which is located at 107 Liberty Pole Way. It will take place from 7:00 pm to 8:00 pm. Refreshments will be served.

Parents Raising Safe Kids

Thursdays, March 18 – April 22, 2010: Parents Raising Safe Kids is an educational program for all adults who are concerned about how to manage the violence our children are exposed to via Television, Radio, Video Games, The Internet, the Neighborhood, the News, in schools, and in their homes. Please join us for an 8 week series of classes designed by American Psychological Association to learn more about what to look for and how to help children deal with the violence they are exposed to. The class includes tips on how to deal with children’s anger as well as how as adults we can deal with our own anger. The effects of violence on children as we learn each developmental stage will be identified. This program is free of charge and will be held from 10:00 am to 12:00 pm at Better Days Ahead, A Service of the Mental Health Association, located at 320 North Goodman St., Rochester, NY. Refreshments will be provided. Please sign up in advance. For more information please call 325-3145 x154.

Brother’s Keeper: What Does It Take To Maintain A Healthy Relationship?

Thursday, March 18, 2010: This is a presentation for men of color, ages 24 & over. It will be presented by Michael Booth at the MOCHA Center, which is located at

107 Liberty Pole Way, from 7:00pm to 8:00 pm. Refreshments will be provided. For more information, please contact Michael Booth at 420-1400 x19 or at mbooth@mochacenter.org.

Family Education: The Functional Behavioral Approach

Tuesday, March 23, 2010: The Family Run Service of the Mental Health Association presents this informative program. This program will discuss functions of the brain under stress and some insights into “Why he/she acts that way”, strategies to establish sustainable behavior changes, and much more. This class is based on the program presented by Matt Pierce, Learning Seeds, LLC. Parents with children ages infant to teen should attend. This program is free of charge and will be held from 10:00 am to 12:00 pm at Better Days Ahead, *A Service of the Mental Health Association*, located at 320 North Goodman St., Rochester, NY. Refreshments will be provided. Please sign up in advance. For more information please call 325-3145 x154.

Parent Discussion Group: “The Three Families: Brick wall, Jellyfish, Backbone”

Tuesday, March 23, 2010: The Family Run Service of the Mental Health Association presents this informative program. Barbara Coloroso brings a humorous approach in helping identifying our parenting styles. This is an excellent DVD to begin identifying how we might like our families to function.

Following this presentation will be a 1 ½ hour facilitated discussion allowing parents to learn from each other and get new perspectives on what may work and what may not work. Your input will be greatly appreciated by the group. Parents with children of all ages should attend. This program is free of charge and will be held from 5:30 pm to 7:30 pm at Better Days Ahead, *A Service of the Mental Health Association*, located at 320 North Goodman St., Rochester, NY. Refreshments will be provided. Please sign up in advance. For more information please call 325-3145 x154.

Confronting the Myth: Disability Beyond the Four Walls

Wednesday, March 24, 2010: Keith Jones is a speaker who awakens the attitude in professionals to see beyond need of service and recognize the potential of a person. Mr. Jones is an advocate for inclusion and empowerment. He is also extremely active in multi-cultural and cross-disability education. Topics addressed will include perceptions of disability and how they relate to education and employment. This event is from 5:30 pm to 7:00 pm at the Nazareth College Arts Center, Callahan Theatre. There is no cost to attend. Please register by emailing econtop4@naz.edu

Engaging the Community as a Community-Based Organization

Wednesday, March 24, 2010: This workshop is part of the Community/University Partnership Project’s 2010 Academy Training Series, and will take place at the Golisano Academic Center, room 21, which is located at Nazareth College, 4245

East Ave, Rochester, NY 14618 from 4:00 to 6:00 pm. This hands on and interactive seminar will be facilitated by Jed Metzger from Nazareth College and will focus on assisting organizations to capture the assets of their intended service community in order to promote the work of the organization. In every community there are untapped assets, this seminar is designed to help uncover those assets and strategically put them to use. To register, email mkruege0@naz.edu, or call 389-2449, or mail Matt Krueger, Nazareth College, 4245 East Avenue, Rochester, NY 14618, with the following information at least 48 hours in advance: your name, email address, phone number, affiliation and the workshop title. These workshops are free of charge. Free parking is available in designated lots. See campus map: <http://www.naz.edu/campusmap/2.26-CampusMap&Legend-2.09.pdf>.

Spring Into Health: Through Drink and Play... Soda Exchange Day

Saturday, March 27, 2010: STOP by the Southwest YMCA, at 597 Thurston Road, Rochester, NY from 11:00 am to 2:00 pm and Join WDKX 103.9 as we battle the bulge on the Westside. Trade your can of soda for 100% fruit juice and your chance to win cool prizes, learn about healthy eating, and have some FUN. Bring one can of soda to receive entry and 1 raffle ticket, or a 2 liter of soda to receive entry and 3 raffle tickets, or a 6 pack of soda to receive entry and 5 raffle tickets.

Job Loss: Transitioning with Resiliency

Saturday, March 27, 2010: The Job Information Center of the Central Library of Rochester & Monroe County is sponsoring this free workshop. Participants will learn the three phases of transition and their impact upon the job loss/job-search experience. Self assessment of individual resiliency strengths and challenges, learning an effective problem-solving process, and the opportunity to create an action plan with new options unique to one's own job search will be just some of the valuable takeaways from this workshop. The workshop will be held from 10:00 am to 3:00 pm in the Kate Gleason Auditorium of the Bausch & Lomb Public Library Building, which located at 155 South Avenue, Rochester, NY. Pre-registration for this program is required. Register by calling the central Library at 428-8130 or online at www.libraryweb.org. Click on Library Events.

Fundamentals of Community Organizations: Mission, Vision, and Values

Monday, March 29, 2010: This workshop is part of the Community/University Partnership Project's 2010 Academy Training Series, and will take place at the Golisano Academic Center, room 151, which is located at Nazareth College, 4245 East Ave, Rochester, NY 14618 from 4:00 to 6:00 pm. This course is the first part of a three-part series and will be facilitated by Len Erb from Roberts Wesleyan College. All three parts will provide a practical approach to strengthening an organization consistent with client needs, resources/funding available, and collaborating with other community organizations. Participants will learn to identify their organization's mission, vision, and values, develop mission and vision statements, and begin drafting a Strategic Plan. To register, email mkruege0@naz.edu, or call 389-2449, or mail Matt Krueger, Nazareth College, 4245 East Avenue, Rochester, NY 14618, with the following information at least 48 hours in advance: your name, email address, phone number, affiliation and the

workshop title. These workshops are free of charge. Free parking is available in designated lots. See campus map: [http://www.naz.edu/campusmap/2.26-](http://www.naz.edu/campusmap/2.26-CampusMap&Legend-2.09.pdf)

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Parent Discussion Group: “Disciplining Kids Without Screaming & Scolding”

Tuesday, March 30, 2010: The Family Run Service of the Mental Health Association presents this informative program. Presenting better ways to discipline, the program portrays destructive methods (shouting, verbal abuse, threats) followed by alternatives that focus on giving attention for positive rather than negative behavior. A facilitated discussion group following this 21 minute video will allow participants and facilitators to share ideas and feedback regarding this topic. Parents with children ages toddler to teen should attend. This program is free of charge and will be held from 5:30 pm to 7:30 pm at Better Days Ahead, *A Service of the Mental Health Association*, located at 320 North Goodman St., Rochester, NY. Refreshments will be provided. Please sign up in advance. For more information please call 325-3145 x154.

Family Education: “How Difficult Can This Be?”

Tuesdays, March 30 & April 6, 2010: The Family Run Service of the Mental Health Association presents this informative program. This two part video and discussion group is meant to educate parents, teachers, counselors and friends of the learning disabled student by exploring and experiencing the challenges the child faces every day. This class is based on the F.A.T. City Workshop presented by Richard D. Lavoie. This program is free of charge and will be held from 10:00 am to 12:00 pm at Better Days Ahead, *A Service of the Mental Health Association*, located at 320 North Goodman St., Rochester, NY. Refreshments will be provided. Please sign up in advance. For more information please call 325-3145 x154.

Collaboration: From the Grassroots Up & Facilitation of Prospective Partnerships

Wednesday, March 31, 2010: This workshop is part of the Community/University Partnership Project’s 2010 Academy Training Series, and will take place at the Golisano Academic Center, room 151, which is located at Nazareth College, 4245 East Ave, Rochester, NY 14618 from 4:00 to 6:00 pm. It will be facilitated by Garry Manuel from Project URGE, and Tom Ferraro from Foodlink. Discover how collaborations can assist your organizations in regard to sharing expertise, finances, gifts, volunteers and building stronger alliances toward achieving goals. Students participating in this course will learn aspects of coalitions (purpose, networking, etc.), characteristics of partners (common cause, communication, etc.), the importance of CBO & FBO coalitions, issues that can arise, building and strengthening the coalition, and overcoming problems. To register, email mkruege0@naz.edu, or call 389-2449, or mail Matt Krueger, Nazareth College, 4245 East Avenue, Rochester, NY 14618, with the following information at least 48 hours in advance: your name, email address, phone number, affiliation and the workshop title. These workshops are free of charge. Free parking is available in designated lots. See campus map: [http://www.naz.edu/campusmap/2.26-](http://www.naz.edu/campusmap/2.26-CampusMap&Legend-2.09.pdf)

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Substance Use and Mental Health Challenges With HIV+ Clients

Wednesday, March 31, 2010: The HIV/AIDS Mental Health Training and Technical Assistance project will be delivering two half-day forums concerning this issue. From 9:00 am to 12:00 pm, there will be a forum addressing the concerns of HIV social service providers who work with clients with substance use issues. Participants will discuss ways to support clients in sustaining HIV health care and self-care behaviors, even when relapse occurs, as well as techniques for managing their personal reactions to clients' substance use, especially repeated relapse. This forum is for health and human services providers. From 1:00 pm-4:00 pm, there will be a forum for people living with HIV/AIDS (PLWHA). Participants will discuss ways to maintain their HIV health care and self-care behaviors, even if relapse occurs, as well as techniques for managing their personal reactions to substance use issues and behaviors in peers and loved ones, especially repeated relapse. Building skills to anticipate, identify and respond to relapse triggers will also be discussed, including the use of peer support networks, as well as ways to support peers who struggle with substance use and relapse. Lunch will be provided at 12:30 pm and limited transportation is available. To register, please contact Ida Colon by email at ida@cicatelli.org or by phone at 212-629-3321 x288.

PLEASE CHECK THE CULTURAL COMMUNITY CALENDAR:

<http://www.rochester.edu/diversity/eventscalendar/>

Stepping Out is an e-newsletter of Psychiatry's community partnerships or charitable events in the community related to mental health. Please share these news items with your colleagues and friends. If you have a program or event you would like published, please contact Catherine Donovan

Catherine_Donovan@urmc.rochester.edu.

Office of Mental Health Promotion

Department of Psychiatry

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