



Stepping Out: Community-Oriented News in Psychiatry

From the Office of Mental Health Promotion Issue: August 20, 2012

Events

- AIDS Red Ribbon Ride
- Hike for Mental Health
- 2nd Latino Film Festival
- Childhood Depression Seminar



AIDS Red Ribbon Ride

What: The 2012 AIDS Red Ribbon Ride is a 5-day, 400-mile fundraising event that takes place throughout the 9-county Finger Lakes Region. All proceeds from the event fund the medical care, support services, prevention programs & research provided by AIDS Care to help those infected and affected by HIV/AIDS & to help stop the spread of this deadly virus.

Where: Starts at AIDS Care

Ends at The Roundhouse at Genesee Valley Park

When: Wednesday, August 22 to Sunday, August 26, 2012

More information: Visit <http://www.aidsredribbonride.org/>

Hike for Mental Health

What: If you enjoy the outdoors, HIKE for Mental Health is the perfect answer. Join one of their 2012 fund-raising hikes. Experience the beauty of nature, meet other hikers and support the Brain & Behavior Research Foundation and its goal to fund research and recovery for the 1-in-4 who suffer from a mental illness.

When and Where: August 25 at Summit Mt. Washington, the highest peak in New Hampshire. Registrations are almost full so sign up soon!

August 26 -- Hike with Susan Letcher in Harriman State Park, NY. Susan, who famously thru-hiked the Appalachian Trail barefoot with her sister, will present an autographed copy

of their book, *Southbound*, to each hiker.

More information: Visit www.hikeformentalhealth.org or email inquiries@hikeformentalhealth.org.

2nd Latino Film Festival

What: The Puerto Rican Festival was formulated in 1969 for the express purpose of celebrating and recognizing the culture of Puerto Ricans. Puerto Ricans continue to be one of the largest growing Hispanic populations in New York State.

Where: St. John Fisher College, 3690 East Avenue Rochester, NY

When: September 15, 2012 1-11pm

More information: Visit www.prfestival.com/filmfest.html or contact 585-234-7660. Please note seating is limited and based on a first come, first served basis. Film Festival is FREE

Childhood Depression Seminar

What: The Mental Health Association presents the 2012 Mental Health Practitioners "Help Me, I'm Sad": Recognizing, Treating and Preventing Childhood and Adolescent Depression

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

When: Thursday, September 27, 2012 6-8:30 pm or Friday, September 28, 8:30-11am

More information: View the attached brochure for registration and more details.

2012-2013 AIDS Institute Mental Health Training

What: Cicatelli Associates is pleased to release the 2012-2013 AIDS Institute Mental Health Training Registration Brochure. Please feel free to distribute to those who may benefit from attending any of these training programs.

More information: Feel free to visit their website at

http://www.caiglobal.org/caistage/index.php?option=com_content&view=article&id=40&Itemid=236 for additional information as well as online registration. There is no fee for these programs, with funding being provided by NYSDOH AIDS Institute. If you have any questions, please do not hesitate to contact him at this email address or at the number below. Edward Rowlands at (212)594-7741 x215 or ERowlands@caiglobal.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](#)

