

# Stepping Out: Community-Oriented News in Psychiatry



## From the Office of Mental Health Promotion Issue: July 20, 2011

### Events

- Safe Space Training
- CWC Hoarding - From Our Closets to Yours
- TRADITIONAL BEATS, NEW RHYTHMS
- Latino Night at the Public Market
- Windhorse Farm Open House
- EMPOWERMENT SKILLS FOR LEADERS
- Is it really legal?
- Faith & Family Workshop



### Safe Space Training

**What:** This training session will be facilitated by Jill Bowman, Human Resources, and Kathy Sweetland, University Intercessor. Information about becoming an ally and learning about resources available to the LGBTQI community will be shared and discussed

**When:** July 21, 2011 1PM -3PM

**Where:** School of Medicine and Dentistry Northeastern Conference Room

**RSVP** to [stanley.byrd@rochester.edu](mailto:stanley.byrd@rochester.edu) (limited space)

### CWC Hoarding - From Our Closets to Yours

**What:** CWC Hoarding support group is inviting you to come and enjoy a night for them to give away something. Come out and enjoy a night of socializing as well as free thrifting

**When:** July 21, 2011 5:00pm-7:00pm

**Where:** Creative Wellness Coalition, 320 North Goodman St., Rochester

**More information:** Call Laurie at (585) 325-3145 x119 or Trish x144 or visit

<http://www.mhcrochester.org/calendar.asp?d=21&m=7&y=2011>

### 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](mailto:moka@thebaobab.ccsend.com)

### **Latino Night at the Public Market**

**When:** July 29, 2011 6:00pm-10:00pm

**Where:** Rochester Public Market

**Cost:** FREE!!!

**Details:** In conjunction with the City of Rochester the Puerto Rican Festival brings you the annual installment of Latino Night at the Public Market. Live performances by Pedro Nuñez y su Conjunto, Next Level, and La Crema. Javier Rivera as our MC and DJ Bonitillo. Come support and enjoy good music.

**More information:** Visit <http://www.prfestival.com/>

### **Windhorse Farm Open House**

**What:** Learn about Equine Assisted Psychotherapy and Equine Assisted Learning Programs offered at Windhorse Farm. Mental health services utilizing horses to address depression, anxiety, family and marriage issues, grief, addictions, and spiritual issues to name a few. Also services offered to military, their spouses and children dealing with PTSD, TBI, grief, substance abuse, anger management and other mental health issues.

**When:** July 30, 2011 10:00am–4:00pm (Rain or shine)

**Where:** 75 Walker Road Hilton, New York 14468

**More information:** Dr. Joseph Lancia (585)-392-3492; E mail:

[windhorsefarmllc@gmail.com](mailto:windhorsefarmllc@gmail.com) Alan Bertch (585)-964-5822; email: [chicory12@frontier.com](mailto:chicory12@frontier.com)  
[www.windhorsefarmllc.com](http://www.windhorsefarmllc.com)

### **EMPOWERMENT SKILLS FOR LEADERS – A component of the Family Development Credential Curriculum**

**What:** Empowerment Skills for Leaders is based on core concepts and competencies first introduced in FDC and was developed to help supervisors and leaders learn and use the principles and practices of empowerment-based leadership in family-serving organizations. Sponsored by: Progress Rochester Inc./Community University Partnership Project

Instructor: Wyn Frechette (FDC/ESL)

**Where:** PRI, 40 Humboldt St., Rochester, NY

**When:** October/November, 2011 (30 hour training)

Will be held on 6 – 8 days (time frame?) to be determined by registrants and instructor – see attached form above

**More information:** Cost:\$535. Includes: training, materials, Empowerment Skills for Leaders Handbook and \$200 credential fee. If you are interested in the training please fill out the attached form and return by **AUGUST 1, 2011**.

Any questions about this or any other part of the training/credential call or email Wyn

Frechette, FDC/ESL Instructor, 585-467-7644 or 585-314-4347 (cell) e-mail

[wfrechette@rochester.rr.com](mailto:wfrechette@rochester.rr.com)

### **Is it really legal?**

**What:** Trends in community drug use. Join us for refreshments, performances, and discussion. Presented by: Region II Consortium on Alcohol and Substance Abuse Services, Adolescent Committee

**When:** August 9, 2011 6:00-8:00PM

**Where:** Danforth Community Center, 200 West Avenue

**More information:** Free and open to youth, parents, and the entire community! Contact [isitreallylegal@gmail.com](mailto:isitreallylegal@gmail.com) or (585) 473-2464 x235

### **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](#).

- 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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