



From the Office of Mental Health Promotion Issue: December 1, 2011

Events

- Rochester Public Market Cookbook
- Bullying Discussion
- Society for Adolescent Health and Medicine Meeting
- Managing Clinician Wellness and Performance
- Mindfulness Based Stress Reduction (MBSR) Workshop



Rochester Public Market Cookbook

What: The Friends of the Rochester Public Market are promoting the first ever Rochester Public Market Cookbook At the Heart of it All: Sharing the Recipes, the Stories & the Love of Our Market .All of the proceeds from the cookbook will support the Public Market Token Program that enables people to use their Food Stamp EBT cards to purchase fresh, affordable and local produce from area farmers. The cookbook retails at \$22.95 + tax and can be ordered in person at the Rochester Public Market or online at www.marketfriends.org/cookbook .

More information: Gail L. Newton, Director, Community Health Partnerships, Center for Community Health, University of Rochester Medical Center at 585-224-3057

Bullying Discussion

What: Many youth have experienced bullying or know someone who has. Join us for an in-depth discussion. Youth & adults are welcome! Sponsored by SWAT Youth Council

When: December 6, 2011 3:30-5pm

Where: Monroe Community Hospital, 7th Floor 435 E. Henrietta Rd

More information: Contact Jerard Johnson at (585) 753-2695 or

JerJohnson@monroecounty.gov

Society for Adolescent Health and Medicine Meeting

What: Next month will be the Fall Meeting for the New York Chapter of SAHM (Society for Adolescent Health and Medicine). The topic for this meeting is "Reaching OUT - Making Services Friendly to LGBTQ Youth." As most all pediatric providers see adolescents in clinic, we wanted to make sure we informed you of this exciting meeting that will hopefully help you to improve your service delivery to this underserved group. The meeting will be video-conferenced to multiple locations in the state, and include experts from across the regions.

When: Tuesday, December 6th, 2011 6-9pm

Where: Saunders Building (SRB-1301)

More information: There is a nominal attendance fee, which includes the meeting as well as dinner and beverage. Reservations are required. Any questions, contact Mandy Coles, MD, MPH, Adolescent Medicine, University of Rochester at 273-4616 or

mandy_coles@urmc.rochester.edu

Managing Clinician Wellness and Performance

What: This course offers management strategies linked to well-being, in addition to wellness. Well-being represents broader goals, and is defined by an individual's satisfaction, purpose, social connection and mental health.

When: Friday, December 9, 2011 8:30-4:00pm

Where: CRCDS 1100 South Goodman St. Rochester NY 14620

More information: Fee:\$75 per participant. Continental breakfast will be provided. Lunch is on your own. Registration form is attached above. Any questions contact Dr. Taylor

Brown at tbrown114@rochester.rr.com

Mindfulness Based Stress Reduction (MBSR) Workshop

What: Mindfulness Based Stress Reduction, developed originally by Jon Kabat-Zinn, is a program that teaches how to use mindfulness to promote improved health and healing.

The skills learned can become part of a lifelong journey leading toward personal and social transformation. The workshop has eight 90 minute sessions. The content of the sessions include didactic teaching, experiential learning and discussion. There will be a

half day silent retreat on a Saturday afternoon, 3-7pm toward the end of the workshop, which includes a vegetarian meal. This workshop is open to the public, it is non-denominational and health focused. It is offered as education.

Facilitators: Wendy Sullivan, LMSW is a clinical social worker whose practice includes working with clients dealing with multiple medical and mental health problems and trauma resulting from military combat. Peter Sullivan, LCSW, is a clinical social worker whose practice has included many years in community mental health, particularly working with clients in group psychotherapy.

When: Winter 2012 Session: Thursdays 6:30–8pm Jan 26 – March 22, 2012.

Where: St. Stephen's Episcopal Church, 350 Chili Ave. Rochester, NY14611

Cost: For the full eight weeks including a CD and a half day retreat is \$80.00 (fee reduction scholarships available upon request)

More information: To register or for more information: Contact the workshop facilitators via email: sullybro@rochester.rr.com, the church phone 585-328-0856 or visit [www.http://st-stephens-church-rochester.episcopalrochester.org](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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