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## October 2015

Stepping Out-Stepping Up is a monthly, community-oriented newsletter of the Department of Psychiatry published by the Office of Mental Health Promotion.

### Bridge Art Gallery Hosts Transition Show in Honor of Domestic Violence Awareness Month

On October 7<sup>th</sup> the Bridge Art Gallery held the reception for the show *Bridge Silence to Voice and Hope* to honor the honesty, vulnerability and strength residing in art.



This was done in partnership with [Willow Domestic Violence Center](#) (formerly Alternatives for Battered

Women), [Advocacy Services for Abused Deaf Victims](#) (ASADV), Morgan J. Kennedy, the Susan B. Anthony Center and A Window Between Worlds. This mixed media show was created by local survivors of domestic violence. It helps us to discover the therapeutic value of expressive art-making and to ignite hope in our own community—the art can communicate and reveal what words cannot.

Featured artist and



### Community-Oriented Events

Don't forget to check the calendar for special university-sponsored events: <https://www.rochester.edu/diversity/eventscalendar/>

**Native American Heritage Month** is packed with a series of diverse events including lectures, field trips and dinners dedicated to its celebration. For more information or for a list of events, please check the [flyer for a list of events](#).

**The Disabilities Studies Cluster Symposium** is spearheaded by an activist, an avant-garde of disabled dancers, and a quest: equality, justice, and a place on the dance floor. The keynote discussion will be led by Simi Linton and Christian Von Tippelskirch, directors of *Invitation to Dance*. The featured film is *Invitation to Dance*. The symposium will include breakout sessions and workshops and will be held on October 30<sup>th</sup>. Registration begins at 9:30 a.m. and the symposium runs from 10 a.m. to 4:30 p.m. It will be held in the University of Rochester's Helen Wood Hall, Loretta C. Ford Educational Wing. For more information, contact Laura Robinson at [lauram\\_robinson@urmc.rochester.edu](mailto:lauram_robinson@urmc.rochester.edu) or call (585) 760-6380. You may also [register online](#).

**The Polish Film Festival** kicks off with a restored version of the Polish classic *Deluge Redivivus* on November 1<sup>st</sup> and runs through November 9<sup>th</sup>. Enjoy topics ranging from the 17<sup>th</sup> century Swedish invasion of the Polish-Lithuanian Commonwealth and the 1944 Warsaw Uprising to sisterhood and family relations. All films have English subtitles. The Polish Film Festival is presented by the Skalny Center for Polish and Central European Studies. Be sure to check out the [list of films](#).

**Conversations on Race and Poverty.** There will be two series of whole-group and small-group discussions. The first will focus on segregation in our individual lives, awareness of racial identity, and racial privilege. This topic will be discussed on Monday, November 9<sup>th</sup> at Brockport–Seymour Library located at 161 East Avenue, Brockport. There will also be two sessions to discuss the connection of race and poverty. The first will be held on Wednesday, November 18<sup>th</sup> at Fairport Public Library located at 1

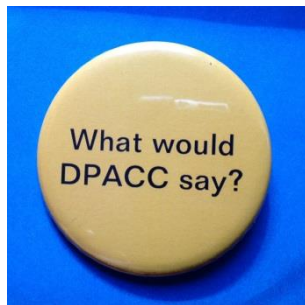
survivor, Rauncie Ryan, shared that her piece speaks about “the desperation our hearts feel at times to be loved in a world where we seem to be so disconnected.” Reception goes also transitioned from viewers to co-creators and put their understanding of the theme on hand-shaped pieces to create a mandala, demonstrating the solidarity and unity among the greater Rochester community, and the support and understanding towards all the artists. In the end, as one of the anonymous artists and survivors said, “we don’t have to put up with the abuse; we are going forward.”

### **DPACC Celebrates Six Years of Active Service**

Joined by alumni and Psychiatry and Medical Center Leadership, the Department of Psychiatry Advisory Council of Consumers celebrated its 6<sup>th</sup> Anniversary on October 21<sup>st</sup>. The sounds of jazz helped set a festive mood to celebrate the great strides DPACC has made throughout the last year.

DPACC members provide feedback to the Department of Psychiatry and discuss ideas to improve quality of care for patients.

Many DPACC members also work closely with local mental health organizations and strengthen our connection to our community as well as our awareness of community resources.



This year, DPACC has taken an active role to not only provide feedback but also to propose new ideas such as a pilot caregiver resource center and the utilization of peer/family advocates, among many others. Their tireless efforts have proved an invaluable asset to the Department of Psychiatry.

When thinking about how to improve the

Fairport Village Landing, Fairport. The second will be held on Monday, November 23<sup>rd</sup> at Winton Branch Library located at 611 Winton Rd. N., Rochester. All sessions run from 6-8 p.m. For questions, please contact Rebecca Fuss at [Rebecca.Fuss@libraryweb.org](mailto:Rebecca.Fuss@libraryweb.org) or call (585) 428-8350.

**Neily Series Lecture presents Cristina Henríquez.** Henríquez grew up half-American, half-Panamanian. In her lectures, she speaks about identity as the daughter of a Panama-to-U.S. immigrant and addresses common narratives about immigration. A gifted writer with a great talent for creating intimate and authentic character portraits, Henríquez also speaks to aspiring writers about the writer’s creative and technical process. Her work has appeared in the *New Yorker* and the *Wall Street Journal*, and she has been a guest on *National Public Radio*. She earned her M.F.A. from the Iowa Writers’ Workshop and currently teaches at Northwestern University. This lecture will take place at the University of Rochester’s Rush Rhees Library Hawkins-Carlson Room on Wednesday, November 18<sup>th</sup> from 7-8 p.m. The lecture is free and open to the public and free parking is available in the Library Lot.

The Neilly Series is supported by the Andrew H. and Janet Dayton Neilly Endowment and the River Campus Libraries at the University of Rochester. For more information, call (585) 275-4461.

### **“Life For Me Ain’t Been No Crystal Stair”:**

#### **Poverty, Violence, Trauma, and Resilience in the Black Community**

is presented by the Mental Health Association (MHA) in partnership with Mt. Olivet Baptist Church. Join the conversation to increase your knowledge and understanding of present and historical trauma, multigenerational poverty, and the violence that follows. Gain skills, tools, and strategies to address the effects of these conditions to build resiliency in the children, youth, and adults of our community. It all begins by asking--"What happened to us?". Because our interpretation guides our intervention, before an effective solution can be created we must thoroughly understand the problem. We will engage in discussion about the present and historical experiences that led up to what we currently see in communities of color not only in Rochester, but nationwide. This conversation will take place on Thursday, November 19th at Mt. Olivet Baptist Church located at 141 Adams St., Rochester. To register, please call Tammy at (585) 325-3145 x100 or visit [mharochester.org](http://mharochester.org).

**Celebrating Our Stars with NAMI Rochester.** Enjoy appetizers, music, raffles, a photo area and learn about the 2016 Rochester NAMI Walk! Come as yourself, or feel free to dress as your favorite “star”! This kick-off event will take place at Village Gate (Upper Level) at 274 N. Goodman St., Rochester on Tuesday, December 1<sup>st</sup> from 5:30-7:30 p.m. Please RSVP by November 24<sup>th</sup> to Kristina Mossgraber at [kristina.mossgraber@namirochester.org](mailto:kristina.mossgraber@namirochester.org) or (585) 520-8380.

department for our patients please remember to ask--"What Would DPACC Say?"



On September 27<sup>th</sup> the Western New York Chapter of the American Foundation for Suicide Prevention raised an incredible \$104,929 through the Rochester Out of the Darkness Community Walk. The money will go towards research, educational programs, public policy advocacy and support to survivors of suicide loss.

Led by Kim Van Orden, the Department of Psychiatry raised \$1,385. Other Department of Psychiatry participants included Deborah King, Michele Capellupo, Cassie Glenn, Kenneth Conner, Angela Santee, Kole Tondrick and Catherine Haynes.

Find other ways to get involved in suicide prevention by visiting [their website](#).

#### **Health Happens Where You Live...Did You Know?**

Fall offers more than costumes and jack-o'-lanterns. Many healthy foods come into season this time of year and their combined benefits can help put you on the track to health. Pumpkins are not only decorative, they are also a great source of fiber, potassium and Vitamin B while sweet potatoes can provide you with Vitamin A and fiber. They also have anti-inflammatory properties. For a more tangy or bitter flavor you can turn to kiwis which contain more vitamin C than an orange, and pomegranates which are rich in anti-oxidants, Vitamin C and folate. For more vegetables try brussels sprouts; just one cup provides more than your daily recommended intake of Vitamin K and it is also a good source of folate and iron. Be sure to check out your local farmer's market for great prices on these Fall favorites.

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