



November 2016

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

Psychiatry on the Move

In September Strong Recovery said goodbye to the ground floor area they have occupied for 27 years, and said hello to their beautiful new home at 2613 W.

Henrietta Road in Brighton Business Center, right next to Strong Ties. Furnished with rustic pieces, a completely new color scheme and the smell and glow of everything new, Strong Recovery hosted their open house on Friday, October 28th to give colleagues and community members the chance to see their new space and learn more about their mission and the work they are contributing to the community.

When complimented on their lovely and therapeutic new space Patrick Seche, Director of Strong Recovery, credited a lot of the success of the move to his colleagues, stating: "Michele [Herrmann] and Julie [Achtyl] picked out all the colors. I had an awesome project team... Julie picked out the rustic furniture pieces too."

As a result of this move Strong Recovery will be able to accommodate more patients in their opiate treatment program as well as their drug & alcohol program. As part of their efforts to combat opiate addiction, Strong Recovery has given out over 1600 Narcan kits. They have had 17 reported reversals of opioid overdose.



Community-Oriented Events

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

Transparent: A Multidisciplinary Symposium is two-day multi-disciplinary symposium which brings together scholars, writers, and critics to discuss all things Transparent and engage in dialogues at the nexus of Jewish Studies, Media Studies, Religious Studies and Sexuality & Gender Studies. It will take place from Wednesday, November 30th to Friday, December 2nd. For details please check out the [program schedule](#).

Disability & Deaf Studies Conference, "It Takes a Village: Disability, Interdependence, and Empowerment," will take place on Saturday, December 3 (International Day of Persons with Disabilities) in Helen Wood Hall, located at 255 Crittenden Blvd. from 9:30 am - 3:30 pm. This conference is free and lunch is provided; however, [registration](#) is required. For questions please contact Catherine Lewis at catherine.lewis@rochester.edu or (585) 275-8172.

Growing Downtown Rochester: Family Arts Day will take place at Phillis Wheatley Community Library, located at 33 Dr. Samuel McCree Way on Saturday, December 3rd from 11 am - 1:30 pm.

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

The days of shoveling snow are finally upon us, and we need to make sure we're doing so safely. Shoveling snow requires a lot of physical activity and has been shown to increase blood pressure and heart rate more than being on a treadmill. The cold weather can also contribute to higher blood pressure and increased blood clots. These can be a deadly combination for someone at risk of a heart attack. When shoveling snow take precautions by taking plenty of breaks, staying hydrated, and shoveling many small loads rather than fewer large ones. Check out Metro Health's [website](#) to find out if you're at risk of a heart attack and other steps you can take to prevent it.

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Following Strong Recovery's move, the Office of Mental Health Promotion made its way to the old methadone clinic area.

Psychiatry Family and Community Resource and Education Area

The Office of Mental Health Promotion (OMHP) hosted its first event on Thursday, November 3rd, following its



October move. University and community members gathered for a special Community Counts luncheon to provide input on building up our family resources, education and advocacy, including advising on the role of the family and community resource and education area.

Attendees had a lot of ideas to improve health holistically by teaching people about healthy eating, meditation, exercise and even budgeting. They also emphasized the new space as a potential bridge between clinical services and community resources, including the [National Alliance on Mental Illness](#), [Mental Health Association](#), [Delphi Care Services](#), [Healthy Baby Network](#), [Dazzle School](#), [Complex Care Center](#), [Institute for the Family](#), [Rochester Public Library](#) and many others. They envisioned this new space as a hub of information to help consumers navigate a complex system and access services available to them they may not find out about otherwise. OMHP will continue make sure the space meets consumer, community and university needs.

Native American Heritage Month



Native American Heritage Month has strong roots locally. In the early 1900s, Dr. Arthur C. Parker (Seneca Nation), director of the Museum of Arts and Science in Rochester, was one of the first to propose a day in recognition of Native Americans. At Dr. Parker's suggestion, the Boy Scouts of America

dedicated a day to "First Americans" for three years.

On September 28, 1915, Rev. Sherman Coolidge (Arapaho Tribe), president of the Congress of the American Indian Association, "issued a proclamation... which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens."

"In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994."

*Excerpts taken from the National Native American Heritage Month [website](#).



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