



## November 2014

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

### **Partnering to Prevent Violence and Promote Community Resilience**

Mass tragedies during recent decades have provoked deeply troubling questions about violence, public safety, firearms, mental illness, privacy, and personal liberties. At the same time, most gun-related deaths occur one by one. In 2013, there were more than 32,000 firearm related deaths, 19,000 suicides, and 11,000 homicides. How can we make a difference? How can we establish a reservoir of resilience and prosocial behaviors in our communities to confront and transform social norms that reinforce violence?

The Office of Mental Health Promotion recently hosted a daylong, small group summit, co-sponsored by University of Rochester President Joel Seligman, to consider how communities in Monroe County can reduce lethal violence. State and county leaders, along with mental health professionals, came together to form a "think tank".

The overall goal was to formulate a collaborative prevention agenda for Rochester and Monroe County, complimenting current efforts with family-focused programming. Whether violence is directed toward others or self, it universally occurs in a context that embeds individuals in families, communities, and the broader society.

The group embarked on system dynamics model-building, a longitudinal method particularly suited to showing how relationships among elements in a system influence the behavior of the entire system over time.

### **Community Oriented Events**

#### **International Survivors of Suicide Loss Day**

will be held this Saturday, November 22nd 10:30am-3pm in the Case Methods Room at the UR School of Medicine & Dentistry. Parking is available in the MRB lot on Elmwood Ave. For registration or more information, call Karen at (585) 683-1807.

#### **For a time of Prayer, Praise, the Word and Consecration**

for all health ministries to establish, assist, support, and engage health ministries in the community. It will be held December 18th 6-7:30pm at the In Christ New Hope Ministry, 155 Pinnacle Rd Henrietta. RSVP by December 8th to [ihmcroc@gmail.com](mailto:ihmcroc@gmail.com) or (585) 234-0623

#### **Service of Remembrance for Families and Friends of Homicide Victims**

will be held Friday, December 12th at 6:30pm at Baber A.M.E. Church, 550 Meigs Street. Submit the name of your loved one or for more information: (585) 461-1395 ext. 101 or [riseuprochester@frontiernet.net](mailto:riseuprochester@frontiernet.net)

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

Many people just use Veteran's Day to thank our veterans.

There are many ways to thank them every day of the year. Visit a retirement home. Many veterans in retirement homes would be incredibly happy if people took a moment to stop in and spend some time with them as thanks for their service. Take the time to ask them about their service and genuinely listen to their stories.

If you have a veteran in your



The group began to develop a comprehensive understanding of the interrelationships affecting the contagion of violence and resulting community priorities and initiatives. This summit is in anticipation of a spring/summer symposium that will build upon the City and County's many goals and assets, as well as the University's growing participatory action and research traditions in this area.

### **Program Helped Rochester's Faith Community Address Mental Health Concerns**

Renewing of the Mind class will be ending in December. Over 40 participants attended each month. The goals were to provide the skills and knowledge to clergy and lay leaders who deal with a wide range of mental health issues faced by their parishioners. The class's objectives are to strengthen relationships and dialogue among people who care about mental health, enhance community-based efforts that address health disparities, and empower and equip people to support resiliency by providing knowledge about potential referrals. Class topics covered alcoholism and substance abuse, anger management, anxiety and depression, domestic and youth violence, stress, and much more. The class met one Saturday a month for 11 months.

The University of Rochester's Office of Mental Health Promotion, along with several community partners, including the U of R's Aging Well Initiative, Interdenominational Health Ministry Coalition, Mental Health Association of Rochester, Finger Lakes Health Systems Agency, and Trillium Health partnered together to provide this experience.

Stay tuned for the next session coming in March!

### **Opioid Overdose Prevention Training**

Narcan is used to reverse opioid overdoses and can save lives. Strong Recovery is working to get an Opioid Overdose Reversal kit in as many hands as possible. This training will instruct participants about signs and symptoms of overdose and how to administer Narcan to a person who has overdosed.

neighborhood, stop in and ask if that person needs any help with chores. Perhaps you can rake leaves or help with a simple household task or two. Or invite a veteran to your family's Thanksgiving dinner.

#### **Unsubscribe**

If you no longer wish to receive this newsletter you can [unsubscribe here](#).

This training is designed for patients, families, medical personnel, and community members interested in helping save lives. Trainings are the 1st Tuesday of the month at 5:30pm in the Methadone Waiting Room. Space is limited to 30 people. RSVP to Michele Herrmann 585-275-1829.



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