



May Newsletter

Stepping Out & Stepping Up is a monthly, community-oriented newsletter created by the Office of Mental Health Promotion.

NAMI Stomps Stigma

NAMI's 1st Annual Walk at the Village Gate on May 4th was a huge success. They surpassed their goal of \$100,000 and raised \$116,564. NAMI Rochester Walk was held to raise both awareness and funds to support the mission of NAMI Rochester.



Strong Behavioral Health was well represented at NAMI's inaugural walk to stomp



out the stigma of mental illness. The Department of Psychiatry Advisory Council of Consumers (DPACC) members and many other familiar faces were there. Marilyn Berger from DPACC tended Strong Behavioral Health's table to answer questions about our services and distribute information.



In the Spotlight

Precious Bedell, MA, Project Health Counselor and Community Health Care worker, has been selected as a Research Fellow of the 2013 Health Disparities Research Mentoring Program. She will participate in activities at The People's Scientific Conference to Promote Health and Eliminate Health Disparities at the University of Florida in Gainesville, Florida on June 14-15, 2013.

A mentoring mosaic comprised of two senior researchers and one senior



Community Oriented Events

"Empower yourself, your 'cheese' is moving!" Conference & Resource Fair for People Living With HIV/AIDS. July 12, 2013 from 9am – 3:30pm at Unity Auditorium, 89 Genesee St. This 2nd Annual conference/resource fair is to help empower HIV/AIDS clients to take charge of their quality of life and to provide them with tools to reintegrate as a productive member of society. Contact Michele Boyd at mboydmichele@gmail.com or (585)410-9887 by June 30 to inform her on how your agency can participate.

Justice Involved Women Conference where researchers, practitioners, policy makers and women affected will present evidence-based practices and interventions for justice involved women. June 21, 2013 8AM - 4PM at Staybridge Suites Hotel, 1000 Genesee Street, Rochester, NY. The conference fee for registrant \$45.00 & students are free.

4th Annual Saturday of Service program. The College at Brockport is currently looking for opportunities to engage their incoming students in community service projects within the City of Rochester on August 24. If interested in being considered as a potential site for a community service project, [click here.](#)

Bridge Gallery Call for Art The theme and title for this next show is: "Play". [Spread the word](#)

Health Happens Where You Live...Did You Know

Social connections increases happiness, better health, and a longer life? In fact, Mental Health America found that 71 percent of people surveyed turned to friends or family in times of stress. For more benefits, [click here.](#)

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community health worker will mentor a group of burgeoning investigators including those from the practice of community health. The team will attend a special dinner together, debrief on conference sessions, explore research ideas, and discuss community-engaged research and academic-community partnerships during the two day conference.

Ms. Bedell works with recently released incarcerated women with Dr. Diane Morse on the [WISH program](#).

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Rochester's Youth Premiered 20 Films to Change their Community

Raising 100,000 Voices, a project that encourages young adults to express, through video, how to address issues that concern them, premiered the mini-documentaries by 60 filmmakers on Tuesday, May 7 at the Little Theatre. Darryl Porter, Assistant to the Mayor, Councilwoman Elaine Spaul,



Jake Waters of Senator Joseph Robach's office, Lieutenant Ron Malley, Melanie Funchess of the Mental Health Association of Rochester, Susan Rogers of WXXI, and Ann Marie White were speakers. The Raising

100,000 Voices project is a national outreach effort designed to help understand the needs of the community from the point of view of those emerging into adulthood.

Filmmakers come from participating agencies including Citizen U, Rochester City School #52, Center for Youth Services, Inc., Charles Settlement House, Inc., Edison Technical and Occupational Center of the Rochester City School District, Community Place of Greater Rochester, Monroe County Youth on the Move, Youth (Y.E.P.P.) of Grace Community Village, Inc., and Dazzle School of Visual and Performing Arts.



This event was made possible by a partnership of Roadwork for Success in Young Adulthood, WXXI Public Broadcasting, and the University of Rochester Medical Center's Department of Psychiatry since 2005. [Click here](#) to learn more about the project. 

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