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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 7th the Bridge Art Gallery held the reception for the show *Bridge Silence to Voice and Hope*

survivor, Rauncie Ryan, shared that her

hearts feel at times to be loved in a world

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

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

On September 27th 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 with their