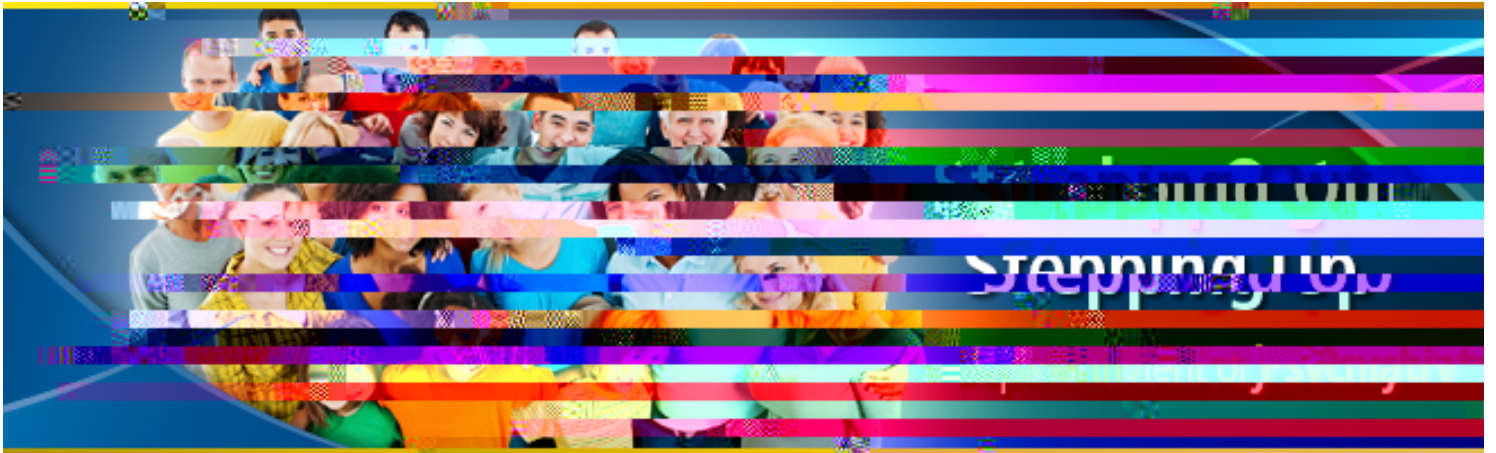
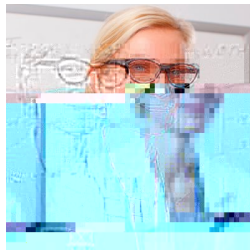


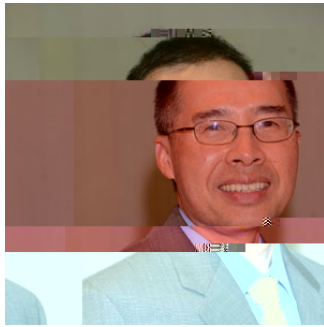
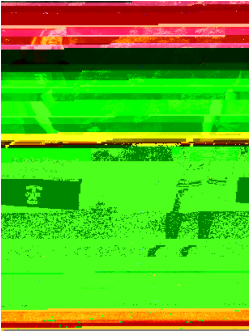
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## July 2018

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





The symposium will be held on Thursday, October 18<sup>th</sup> at the Rochester Riverside Convention Center, located at 123 E. Main St. from 8 am to 3 pm. Registration will be open soon. For questions, please email [Judy\\_Shafer@urmc.rochester.edu](mailto:Judy_Shafer@urmc.rochester.edu).



Created in March, the Department of Psychiatry's music committee already has several projects in the works to facilitate the use of music as a way of promoting holistic mental

health and wellness.

The music committee is comprised of the department's music therapists, activities thereapists, clinicians, musicians, music lovers and community members. They've received donations for two pianos, one of which will replace the piano in 2-9200. They were also able to connect to an appreciative donor who created a GoFundMe page and raised \$4,000.

Our clinical services have created an instrument wish list. To meet the needs of the department the committee has created a fund-raising subcommittee. Be on the lookout for their proposed event in October—a benefit concert with a headliner (TBD) and department musicians!

