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May 2015

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

Raising 100,000 Voices Celebrated its Tenth Year

Bullying, smoking, school lunches, and living in foster care are just a few topics young fil

Stomping Stigma with NAMI



NAMI's 3rd Annual Walk at the Village Gate attracted more than 700 walkers on May 2nd. They raised \$100,784. Each year, NAMI's Rochester Walk raises awareness and funds to support the mission of NAMI Rochester. URM and its Strong Behavioral Health staff were well represented.

stomp out the stigma of mental illness: Karen Dickinson, Patricia Seche, Rita Moore, Danielle Clabeaux, Michelle Medina, Alma Smith, and Melissa Ribaldo.

NAMI Rochester provides education, support and advocacy to individuals and families living with mental illness. The honorary chair for this year's walk was Veterans Outreach Center Executive Director Todd Baxter. (Photo at right is Melissa Ribaldo, URM Marketing Manager, with her daughter)



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