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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.

**Back to School!**

We would like to recognize our Psychiatry friends and colleagues continuing their education and pursuing degrees. Some will continue to work in our department while others are moving on to focus on their education full time. Let's congratulate them on their achievements and continue to encourage them in their future endeavors.

**Jennifer Agor, LCSW** currently works as a Primary Therapist at Strong Ties and she will be pursuing her PhD in Counseling and Counselor Education at the Warner School.

**Chun Wang** is joining us as a visiting scholar



2002, to offer hope to all people affected by mental illness, to increase community awareness, and to erase stigma."

**Special Guest Speaker: Kevin Hines**

"Kevin Hines is an award winning speaker, author (*Cracked, Not Broken*), and mental health advocate who reaches audiences with his story of an unlikely survival and his strong will to live. At age 19, two years after he was diagnosed with Bipolar Disorder, Kevin attempted to take his own life by jumping off the Golden Gate Bridge. He survived the fall and now shares his message of learning to live mentally well in the face of mental illness. Kevin's story is a remarkable testament to the strength of the human spirit and a reminder to us to love the life we have."

This event will be held on October 20th at School of the Arts located at 45 Prince Street, Rochester. The program begins at 6:00 PM but doors open at 5:30 PM.

The Department of Psychiatry is proud to be a Bronze Level Sponsor of this event on behalf of our Department of Psychiatry Advisory Council of Consumers (DPACC). Earlier this year our Department also sponsored NAMIWalks in an effort to support NAMI's mission and the tremendous work they do for our community.

**Opioid Overdose Prevention Training**

"There were a reported 1,818 drug-related deaths in 2008. For opioids (prescription pain medication and heroin) there were 9,135

Strong  
Recovery is  
making a  
difference  
by offering  
training to  
patients,  
families,  
medical  
personnel,  
and

community members interested in helping save lives. The majority of overdoses are witnessed. The hour-long training will equip those who complete it with the tools necessary to recognize an overdose and the proper steps to follow after an overdose while waiting for first responders arrive. As part of the training attendees will be provided with a FREE overdose prevention kit containing Naloxone (Narcan), a prescription medicine used by emergency responders to help save suspected overdose patients.

Trainings will be the 1st Tuesday of the month at 5:30 PM in Room G-9266 at 300 Crittenden Blvd. To register, please contact Michele Hermann by phone at (585) 275-1829 or email at [Michele.Hermann@URMC.Rochester.edu](mailto:Michele.Hermann@URMC.Rochester.edu).

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