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FOR IMMEDIATE RELEASE

September and October are National Recovery and Mental Health Awareness months; note Rochester's special events

Rochester, NY, August 25, 2011 - With September commemorating National Recovery Month and October 2-8 being Mental Illness Awareness Week, Rochester area mental health organizations, including East House, the Mental Health Association, the National Alliance on Mental Illness, Compeer and the Spiritus Christi Mental Health Center offer an abundance of signature events, as well as the collaborative, ongoing Reel Mind Film Series.

Recent findings show that one out of every four families is affected by mental illness and/or substance abuse. Thus, these agencies actively serve thousands of local individuals each year and continually build awareness of issues faced by people who suffer from these illnesses.

Observed annually each September, *Recovery Month* promotes the societal benefits of treatment for substance abuse and mental disorders, celebrates people in recovery, lauds the contributions of treatment providers, and promotes the message that recovery is indeed possible.

In 1990, the U.S. Congress established the first week of October as *Mental Illness Awareness Week* in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October in sponsoring many activities.

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The public is welcome to join in the following events:

Wednesday, September 28th:

East House offers the annual **“Celebration of Hope and Recovery,” a luncheon with special guest Patty Duke.** Duke, who suffers from bi-polar disorder, will be keynote speaker at the event, to be held at 11:30 a.m. at the Doubletree Hotel on Jefferson Road. Tickets are \$50 per person. For tickets or more information, call **(585) 256-3800, ext. 231** or visit www.easthouse.org.

The Mental Health Association offers a myriad of classes, workshops and trainings, during September, which include:

Wednesday, September 7, 1:00-3:00p.m.; **“Laughter Yoga—Laughter Therapy”** for the perfect blend of playful tension-relaxing exercise and stretching.

Thursday, September 8, 6:00-8:00p.m.; **Family Education “How Difficult Can This Be?”** for parents of children of all ages to understand learning disabilities.

Thursday, September 22, 6:30-8:30 p.m. and Friday, September 23, 8:00-11:30a.m.

“A Fresh Look at Borderline Personality Disorder in Adults and Adolescents” for family members and mental health professionals in the community. For more information, call **(585) 325-3145.**

Tuesday, October 4th:

The **National Alliance on Mental Illness (NAMI)** presents the 10th annual **Jessica Cole Henderson Memorial Lecture**, featuring **Steve Luxemberg**, award-winning author of *Annie’s Ghosts, a Journey into a Family Secret*. Luxemberg will talk about “Secrecy and Mental Illness,” including his mother’s decision to hide the existence of a sister who was institutionalized for 31 years. Tickets to the event, to be held at the School of the Arts from 5:30 to 8:30 p.m., are \$15; for more information call **585-423-1593**. A buffet dinner is included and reservations are required.

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Following Mental Health Awareness Week, activities continue into the month of October:

Sunday, October 16: The annual Spiritus Christi Church Mental Health Center's **Riverwalk** will start at 11 am at the church, located at 121 N. Fitzhugh. The 2-mile walk will benefit the Center, which provides free mental health services. For more information, contact **585-325-1180 x 114**.

Tuesday, October 18:

Reel Mind Film Series: 28 DAYS, starring Sandra Bullock, Viggo Mortensen, Elizabeth Perkins and Steve Buscemi. In this romantic comedy, a journalist finds a new lease on life in a drug and alcohol treatment center. A panel discussion following the film will include Eller Ross, from Strong Chemical Dependency; and Charles Morgan, M.D., Medical Director of Norris Clinic. *The series addresses the social stigma of mental illness while providing a message of hope that recovery is possible; this is a collaborative effort of Rochester's mental health agencies.*

Screenings take place at 7 pm at the Cinema Theatre, 957 Clinton Avenue. Tickets are \$8; for more information, call **585-325-3145**, or visit www.thereelmind.com.

Wednesday, October 26: Compeer Rochester, Inc., offers the annual **Ben R. Giambrone Sports luncheon, featuring 49ers football legend Joe Montana**. This event will take place at noon at the Rochester Convention Center. Tickets are \$100 and are available by calling **585-546-8280**, or by visiting www.rochester.compeer.org.

Tuesday, November 1:

Reel Mind Film Series: VOICES FROM WITHIN, looks into the lives of five residents of Washington D.C.'s Saint Elizabeth's psychiatric hospital. All of them have serious mental illness and have committed crimes, and each courageously explores the complicated process of rehabilitation and recovery through a video diary. SPECIAL GUEST: Filmmaker and NEA and Mayor's Award recipient Ellie Walton. Panelist: RP Singh, M.D., Chief Psychiatrist Rochester Regional Forensic Unit. Cinema Theatre, 957 Clinton Avenue, 7 pm. For more information, call **585-325-3145** or visit www.thereelmind.com.