



Linking Lives

Relieving Burdens Together

This year, we helped over 300 people struggling with mental illness, trauma, poverty, or other challenges to get the assistance they needed to live more healthy and fulfilling lives. Some met with a psychiatrist and are using medication to treat their conditions. Others met with a

therapist to heal and to work through difficult issues. Some gave and received support through one or more of our peer support meetings. Many got connected to other resources in the community – housing, job training and employment services, Medicaid, and specialist care. And the young men and their families in our Urban Youth Outreach had a skilled ally to help them through one of the most vulnerable times of their lives.

None of this happens without you. Your gifts of time, money and other resources make all this possible.

We were awarded \$40,000 in grants this past year - the most we've ever received in a single year! We are thrilled to have the increased support and partnership of so many reputable foundations. While we ended the year with a \$6,800 shortfall, that shortfall is \$5,000 less than last year's, which means

we are making progress! With only \$5,000 left in our contingency fund, one of our goals this year is to keep from dipping into that fund at all. *Will you help us raise the \$40,000 needed to make this possible?*

Your efforts make all the difference for those who have very few options for mental health care.

We all pay a price for untreated and undertreated mental illness. Individuals suffer, families struggle and the community feels the burden.

Here's how you can help:

- ◆ Walk with us on October 23 & ask your friends, family, & coworkers to sponsor you (see p. 3 for more info)
- ◆ Sponsor someone who is walking
- ◆ Give directly to the Center
- ◆ Spread the word. Share this newsletter with a friend and tell them about your own experience of being a part of this outreach
- ◆ Ask to receive the newsletter via email, saving printing and postage

Everything you do to help the Center translates into relief and gratitude for hurting, struggling and courageous people. We so appreciate your support!

With Gratitude,
Maureen, Amy & Eileen

This year your support made it possible for 311 people to get the help they needed in individual, couple, family and group sessions. This represents over 3,400 therapeutic encounters.

Age	Insurance Status*	Gender	Race
13-21: 42%; 22-35: 11%;	Uninsured 38%	Male 65%	Black 42%, White 49%
36-49: 16%; 50-64: 23%;	Underinsured 62%	Female 34%	Hispanic 7%, Other 2%
65+: 6%; Unknown: 2%		Other <1%	

**Insurance data for onsite clinical care only (130 persons). We do not collect this data in other programs.*

Overview of Programs

- **On-Site Clinical** — psychiatric and therapeutic consultations for uninsured and underinsured children and adults
- **Urban Youth Outreach** — individual, family and group therapeutic consultations and psychosocial support for minority youth affected by violence and trauma
- **The Living Room** — weekly peer support for those struggling with daily living issues
- **Wesley's Mothers** — an anonymous meeting for mothers of incarcerated children

I am a 19-year-old guy with painfully low self-esteem-- I have not asked a girl out on a date since 7th grade. While traveling across country with friends, I am introduced to marijuana. As if by magic, nearly two decades of debilitating fear and insecurity instantly subside, and for the first time, I know what it is like to feel confident and smart: like a worthy human being. I feel connected to those around me in a way I did not realize was

“Alcohol and drugs act to ease an unidentifiable emptiness/loneliness characteristic of potential addicts.”

possible. I have found the answer! For the next several years, with the aid of alcohol and drugs, I am no longer just surviving each day—I feel alive! I date pretty women, sing karaoke,

and dance in public. I actually like myself. Life is great.

Many stories of addiction begin like this. Alcohol and drugs act to ease an unidentifiable emptiness/loneliness characteristic of potential addicts. Unfortunately, the disease of addiction is progressive, and over time it takes more and more to feel ‘high’ and being ‘sober’ becomes increasingly uncomfortable, then unbearable. I am 23 when this happens to me.

I try to quit. There is so much I want to do. I want more than anything to be a good husband and father someday. I want my parents to feel proud. I want to help people. Realizing my life is gradually falling apart, and these substances are slowly killing me, I begin ‘coming to’ each morning, promising myself that *tonight* I will stay home and rest. And rest is needed, for by now I live in a perpetual hangover, and I’m having difficulty keeping food down. But each afternoon, unbelievably, my mind tells me that a few beers are just what I need to feel better, and the thought of drinking excites me! I forget the morning’s remorse entirely. I drink until the bars close, stumble to bed, and wake up the next morning feeling sick, bewildered and ashamed, with a sincere promise not to drink or use drugs *tonight*. Just one night! This vicious cycle repeats itself for nearly 2 years! My willpower and sense of morality are of little use. Am I crazy? How do I explain this strange lack of control to the people who love me? I simply cannot. So I avoid everyone I care about. I am

alone . . . lost . . . hopeless. ‘Just stop drinking’ sounds so easy---it is not. I am trapped. I am 26 years of age.

The mental obsession and self-delusion that led me to rationalize ‘just one more drink’, by telling myself things such as, ‘it’s not as bad as I thought’ or ‘I’ll quit tomorrow’ is what separates the addicted from those who are not. It is what destroys trust, wrecks homes, and steals futures. It is nearly impossible to understand unless one has experienced it. We die from isolation and loneliness well before our bodies give out.

I am presently 42 years old and have not had a drink or drug for 16 years. I am not special or more deserving than the majority of addicts, who, heartbreakingly, will never escape this insanity. I am sober by Grace only. After nearly dying of an overdose, I said, “God help me.” I sought out the only person in my life who tried her best to show compassion. Although she had refused to enable me by offering money or lodging, I never doubted her love for me. So, when I hit bottom, I went to her. On June 28th, 2000, I entered an inpatient treatment center, where I was introduced to a 12-step program full of people who had experienced the madness of addiction, yet had somehow found a way out. They offered hope to the hopeless. They showed me how to live without drugs or alcohol and, since that day, I have never had to be alone with my problem. We remind each other that we are unable to use alcohol/drugs safely, which the disease makes it easy to forget. Through the practice of the 12 steps, I have allowed God to relieve me of the shame and inexpressible emptiness that made drinking necessary.

“By providing therapy to people who otherwise could not afford it, I can instill hope in others.”

Today, my lovely wife and I are attempting to conceive our first child, and I regularly volunteer at Spiritus Christi Mental Health Center. By providing therapy to people who otherwise could not afford it, I can instill hope in others. Even as a child, I loved listening to people’s stories, and now it has become my life’s work. I am blessed beyond measure.

In Loving Memory of Kathe Healy September 8, 1943 - September 10, 2016

Kathe was a volunteer therapist with us from 2006 until the time of her death. This tribute was submitted by one of the people who consulted her here at the Center.

When I first met Kathe I was afraid, lost and depressed. From that day on and for nearly 10 years, Kathe became my guide and angel. She helped me explore, unearth and understand the deepest and darkest parts of myself. I could trust her implicitly and she never judged me. In her presence I felt safe, understood and genuinely cared for. I remember her encouraging me to take care of and to love myself. Having been in co-dependent relationships up to that point in my life, I exclaimed, "How do I do that?!" I really had no idea. In time, I learned. If Kathe were here today, I would tell her, that as a result of her influence in my life, I am now in a healthy, positive, fulfilling place as well as in a loving, respectful and trusting relationship. She would just simply smile and say: "You did all the hard work." I came to see that she was an answer to a prayer—a prayer I said many times in many ways when I felt extremely lost and alone. God *was* listening. Kathe was appointed my shepherd. She exemplified Jesus' example of how to live humbly, with great love and without passing judgement on others. She was human too and admitted to her mistakes. She taught me by example that sometimes we have to 'back up,' revisit and pick ourselves up again; and that is OK. We are always a work in progress.

Kathe's passing leaves a hole in my heart. However, as time passes and I grieve her loss, I find myself celebrating her life. Her sense of humor, joy-filled laugh, wisdom, humility, compassion and empathy will be missed by many. I can recall her hilarious stories, and especially the wisdom she taught me by her example of living it. I am filled with joy and gratitude at the immense blessing she has been and always will be in my life. What she has taught me will always live within me. Her spirit will live on in all those she has touched. This world is a much better place because she selflessly offered guidance, wisdom and love one person at a time—without reservations and with an extraordinary amount of patience.

RIVERWALK 2016

to benefit Spiritus Christi Mental Health Center

SUNDAY, OCTOBER 23

11:00 am -3:00 pm

Celebration Hall, Spiritus Christi Church

Walk a scenic 5K along the Genesee River and through the Corn Hill district to raise funds for mental health care for the under- and uninsured

Raise \$250 or more to be eligible to win fun prizes

WALK LUNCH LIVE DJ PHOTO BOOTH KIDS' CRAFTS AND MORE!

More information and sponsorship forms available at smentalhealth.org or call 585-325-1180

SPIRITUS CHRISTI
MENTAL HEALTH CENTER

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Rochester, NY 14614
Phone: 585-325-1180
Fax: 585-325-1191
www.scmentalhealth.org

HOURS OF OPERATION
Monday - Thursday
9 am - 5 pm

CENTER STAFF

Maureen Marlow, RN, CASAC — Director
Eileen Hurley, RN, LCSW — Urban Youth
Outreach Program Coordinator
Amy Durkee — Associate Administrator

VOLUNTEER

To Make a Difference!

Nurse Practitioners & Psychiatrists:
Prescribe and manage medications
for participants, 2-4 hrs per month

Therapists: Hours negotiable

MORE WAYS TO GIVE:

UNITED WAY
Donor Designation
Program # 2403

SEFA
Donor Designation
Program #66-00440

Wish List

- **“Forever” postage stamps**
- **Amazon, Office Max
and/or Staples gift cards**
- **RTS bus passes**
- **Salvatore’s, Wendy’s,
Target & Marshall’s gift
cards**
- **TracFone Airtime Cards**
- **L and XL black or gray
hoodies**

FINANCIAL SUMMARY

7/01/15—6/30/16

Revenue

Spiritus Christi Annual Collection	\$	16,292
Contributions		15,998
United Way & SEFA		19,025
Grants		40,000
Special Events		23,254
Transfer from contingency fund*		6,789
Professional Fees (\$71,880 in-kind)		0
Occupancy (\$11,200 in-kind)		0

Total Revenue: \$ 121,358

Expenses

Salaries, tax, benefits	\$	112,072
Occupancy (\$11,200 in-kind)		751
Supplies/emergency client needs		3,916
Copy, Print, Postage		791
Insurance		1,238
Mileage Reimbursement		1,561
Professional Fees (\$71,880 In-kind)		0
General client expense		1,029

Total Expenses: \$ 121,358

Net Profit/(Loss) \$ 0

***Transfer to cover net loss of \$6,789**

**ADVISORY BOARD MEMBERS
& AFFILIATIONS**

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Fr. Jim Callan, Assoc. Pastor, Spiritus Christi Church
Laurie Donohue, MD, Jordan Health
Kim Hess, MBA, Monroe Plan for Medical Care
Mary Lou Lunt, Mending Hearts Studio
Karen Reimringer, Community Volunteer

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Steve Hoffman, The Living Room
Robert Holloway, MD, University of Rochester
Sandra Hope, LMHC, Private Practice

**SPECIAL THANKS TO
OUR MEDIA PARTNER:**



“You’ll Like
What You Hear”

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Paula Sauers, The Living Room
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Liliana Yohonn, Pharmacist, Consultant

Thank you to our funders

Fiscal Year 2015-2016

Canandaigua Nat’l Bank—
\$1,000
Daisy Marquis Jones
Foundation—\$10,000
Fred & Floy Willmott
Foundation—\$3,000
Gannett Foundation—\$2,000
John F. Wegman Fund—\$2,500
Kyrias Foundation—\$5,000
Polisseni Foundation—\$1,500
Wilson Foundation—\$3,000
Mary Mulligan Charitable
Trust—\$2,500
Rochester Female Charitable
Society—\$1,500
Ronald McDonald House
Charities—\$2,500
Women’s Club of Pittsford—\$500
Wyman-Potter Foundation—
\$5,000