



## Good News, Good Work!

This year, together, we made it possible for 338 people struggling with mental illness, trauma, poverty, or other issues to get the help 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 enrollment, and specialist care. And the young men 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, you know. Your support is what makes all this possible.*

We were awarded \$23,200 in grants this past year - the most we've ever received in a single year - and so far we've received \$10,500 for 2015-16. We are thrilled to have the increased support and partnership of so many reputable foundations and trusts. Even with all this support, we ended the year with a \$11,905

shortfall. Thankfully, we were able to pull that from our contingency fund, but, with only \$12,000 left in that fund, we can't afford to keep running at a deficit.

We need your help. Your gifts make all the difference for those in our community who have very few options. *Will you help us to raise \$40,000 this year? Here are some ways you can help:*

- ◆ Walk with us on October 25, & 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. If you know someone who might be interested, give them a copy of this newsletter and tell them about your own experience of being a part of this outreach
- ◆ Ask to receive this 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 338 people to get the help they needed in individual, couple, family and group sessions. This represents 3,620 therapeutic encounters.***

Age	Insurance Status*	Gender	Race
13-21: 40%; 22-35: 14%;	Uninsured 49%	Male 62%	Black 40%, White 49%
36-49: 16%; 50-64: 22%;	Underinsured 51%	Female 37%	Hispanic 6%, Other 5%
65+: 7%; Unknown: <1%		Other <1%	

*\*Insurance data for onsite clinical care only (138 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
- **The Living Room** — weekly peer support for those struggling with daily living issues
- **Wesley's Mothers** — an anonymous meeting for mothers of incarcerated children

# Spiritus Was My Life Jacket

by Amy Durkee

“Kara” greets me with warmth and professionalism as I enter her office at a local human service agency. While it’s been several years since she left our care, she continues to be grateful for our help during one of the lowest points in her life.

She was in her 30s, working long hours at a low wage, when she started dating a charming younger man. Over the next several months, she began to notice things that troubled her. The first time he got irritated with her, she says, “he just went out of control, screaming at me.

So I left.” But a few days later he sent her a long apology and she took him back. “Then, one day we were in Wegmans. I guess taking too long to decide what to buy, and all of a sudden he turned on me and started yelling. Then he just left me there. I didn’t know where he went. He had the keys to the car and it was December. So I wandered around the store for a while, trying to figure out what to do. Eventually I went outside and saw him in the car, engine running. When I got in the car, he acted like nothing had happened. I wasn’t sure what to make of it, but it didn’t feel safe to try to talk to him about it.”

There were other instances in the next few weeks – things that, in hindsight, she sees as clear signs that she should get out. “I let some things go I shouldn’t have. I don’t know why exactly.” Kara says she needs a lot of time to process. “It’s like a Polaroid photo. It takes a while for the picture to be fully developed, and then it’s clear.”

Then one night, in the dead of winter, he came home well after midnight both drunk and high. “I don’t drink. I don’t do drugs,” Kara explains. “So I told him not to come to my apartment like that. But then he started . . .” here she falters, unable to finish her sentence. “I pushed him away, and then it got awful and ugly.” She pauses for a moment, wipes her eyes, then says, “I was screaming at the top of my lungs, trying to get away, and nobody came for me.”

The next day, her boyfriend acted like nothing had happened. When she confronted him, he said, “Who’s going to believe you anyway? How are you going to prove it?”

Not long after the rape, Kara found out she was pregnant. She was terrified. She still struggles to talk about this time period and very few people know this

part of her story. She can’t account for why she did certain things, doesn’t know what she was thinking. But she knows a friend took her to a doctor, that she felt pressured to make a decision fast, and that she somehow ended up signing a bunch of papers and taking the pills they gave her to terminate the pregnancy. After the procedure she went to stay with her mother for a couple weeks, telling her abuser he had to leave her apartment before she returned. Thankfully, he did.

“I’ve always been pro-life personally,” she explains. “I would never condemn anyone else for doing this, but it wasn’t okay for me.” After the rape and abortion, the shame was overwhelming. “For me,” she says, “I was walking evil.”

Debilitated by the trauma, she took a medical leave. She knew she needed help but, even with insurance, she couldn’t afford therapy. A friend suggested she call us.

Over the next year and a half, Kara worked in therapy with our director, Maureen. First she came twice per week, then once per week, then every other week. “I kept thinking Maureen would tell me I had to leave, that someone else needed my spot. But she didn’t.” Kara stayed as long as she needed, and then one day she realized she was doing okay. It was time to move on.

“I was in such despair for so long. The guilt and shame seemed to far outweigh what happened to me. Maureen got through to me that I was in an awful situation and that solutions are not always neatly wrapped in a beautiful gift box.”

Kara says she’s still not sure what to do with all that happened, but she’s okay. “Trauma is huge,” she says, “and I’m still discovering the ripple effects today. I don’t know what I would have done without Spiritus. Spiritus was my life jacket.”

Kara says she looks forward to United Way donor pledge time each year. “Sitting down with the paperwork is sort of a ritual for me. I give every year, knowing there’s got to be another woman out there like me who needs help.”

She pauses for a moment then continues, “I’m always grateful for Spiritus. I’ve sent many families from my work there. It’s a very special place. There needs to be more Spiritus in Rochester.”

***“I was in such despair for so long. The guilt and shame seemed to far outweigh what happened to me.”***

***“I give every year, knowing there’s got to be another woman out there like me who needs help.”***

## Making a Lasting Impact with Youth

Every day through our Urban Youth Outreach, Eileen Hurley is available to some of Rochester's most vulnerable youth. Thanks to your support, teens in the Minors Unit at the county jail heal and grow in group and individual therapy sessions. They have support as they make concrete plans for life after their release. Once they are back out in the community, these young men have a highly-skilled ally as they face one obstacle after another in rebuilding their lives. As they re-enter school or look for work, as they find a place to live—whatever they need—they have 24/7 access to help. The following letter, used with permission, gives you a sense of how much this support means to these young men.

Ms. Eileen,

*What a surprise, huh? Just a lil note to show you that I will always remember you. You help me through hard times and gave me the strength I needed to move on and for that I will always and forever respect and honor you.*

*As for myself, well things are leveled out between bad and good but God got me so I'm hanging in there. Working out to keep a clear mind, doing all programs to learn and make the days go by faster. I'm close to home now so the family comes to see me. So yeah, other than the daily prison problems, I'm doing pretty good.*

*Just wanted to send you love and catch you up on things and show you that I meant what I said. My first time locked up you made an impact on my life. Someone to listen when I wanted to talk, you gave me advice I still use to this day. So yeah, thanks.*

Love, Kevin

**"You help me through hard times and gave me the strength I needed to move on . . ."**

# RIVERWALK 2015

to benefit Spiritus Christi Mental Health Center

**SUNDAY, OCTOBER 25**

**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 DJ PHOTO BOOTH KIDS' CRAFTS AND MORE!**

**More information and sponsorship forms available at [smentalhealth.com](http://smentalhealth.com) or call 585-325-1180**

SPIRITUS CHRISTI  
MENTAL HEALTH CENTER

121 N. Fitzhugh St.  
Rochester, NY 14614  
**Phone: 585-325-1180**  
Fax: 585-325-1191

**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

**Make a difference!**

*We need volunteers*

**Nurse Practitioners & Psychiatrists**  
to prescribe and manage  
medications for participants  
(2-4 hrs per month)

**Therapists** (hours negotiable)

**Two Other Ways to Give:**

**Our UNITED WAY**

**Donor Designation**  
**# 2403**

**SEFA**  
(for state employees)  
**#69-00111**

**Wish List**

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

**FINANCIAL SUMMARY**

7/01/14—6/30/15

**Revenue**

Spiritus Christi Annual Collection	\$	16,421
Contributions		14,578
Stock donation		729
United Way & SEFA		24,135
Grants		23,200
Special Events		21,780
<b>Transfer from contingency fund*</b>		<b>11,905</b>
Professional Fees (\$71,880 in-kind)		0
Occupancy (\$11,200 in-kind)		0

**Total Revenue:** \$ **112,748**

**Expenses**

Salaries, tax, benefits	\$	108,980
Occupancy (\$11,200 in-kind)		850
Supplies/emergency client needs		300
Copy, Print, Postage		594
Insurance		345
Mileage Reimbursement		450
Equipment (SAD light box for Lending Library)		100
Professional Fees (\$71,880 In-kind)		0
Client needs (non-emergency essentials)		<u>1,129</u>

**Total Expenses:** \$ **112,748**

**Net Profit/(Loss)** \$ **0**

**\*Transfer to cover net loss of \$11,905**

**ADVISORY BOARD MEMBERS  
& AFFILIATIONS**

Kate Auberger, LCSW-R, Unity Health Systems  
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Laurie Donohue, MD, Westside Health Services  
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Patricia Kendall, The Living Room  
Tim McGowan, LMSW, Spiritual Growth Counseling  
Trish Pielnik, MD, SUNY Potsdam

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**SPECIAL THANKS TO  
OUR MEDIA PARTNERS**



“You’ll Like  
What You Hear”

**Thank you to our funders**

**Fiscal Year 2014-2015**

**Alstom Signaling Fdn—\$1,000**  
**Daisy Marquis Jones Fdn—\$10,000**  
**First Unitarian Church, Social Justice Outreach Grant—\$1,200**  
**Mary Mulligan Charitable Trust—\$2,500**  
**Ortho Clinical Diagnostics—\$5,000**  
**Polisseni Foundation—\$1,000**  
**Rochester Female Charitable Society—\$2,000**  
**Women’s Club of Pittsford—\$500**

**Fiscal Year 2015-2016 (to date)**

**Canandaigua Nat’l Bank—\$1,000**  
**Gannett Foundation—\$2,000**  
**Polisseni Foundation—\$1,500**  
**Fred & Floy Willmott Fdn—\$3,000**  
**Wilson Foundation—\$3,000**