



Celebrating 20 years of service!

It's our 20th anniversary, and we have big news! Our director, Maureen Marlow, is retiring at the end of 2020. We are so happy for her, even as we will miss her terribly. Maureen took the reins from the Center's founder, Eileen Hurley, in 2006, when Eileen started our Urban Youth Outreach program in collaboration with the Monroe County Jail. For the past 14 years, she has led with expertise, energy, and empathy. You can read Maureen's goodbye message on page 3.

Amy Durkee will assume the role of director on January 1. Many of you know that Amy has been in training for the past few years to obtain her mental health counseling degree. She will graduate in May 2021. Long-time Spiritus staff member Mark Potter will take on Amy's role as associate administrator. Mark will bring creativity, energy, and systems-thinking to the position.

This year, given the challenges of the pandemic and the upcoming changes in the Center's leadership, we have decided to concentrate on providing high-quality care to those in our community who need it, taking good care of our volunteer and paid staff, and

transitioning well. Oh, and celebrating, of course! Will you join us?

This October we will hold our first-ever virtual Riverwalk. We're still calling it the Riverwalk, but the truth is you can walk wherever you want: by the river, on your treadmill, or anywhere else you choose! And you can walk any day in October, so you have 31 days to choose from! You'll find more information about the Riverwalk on page 3 and our website.

In addition to our virtual Riverwalk, we will also hold a virtual livestreamed celebration on Sunday, October 25, at 5pm. We'll have special guests with us to help us commemorate 20 years of service to the community, and we'll share your photos and videos from your virtual walk. So, now is the time to register to walk and start recruiting your sponsors. Or, if you prefer, you can sponsor someone else who is walking or give directly to the Center (by check or at smentalhealth.org). And please mark your calendars to join us virtually on October 25.

You are a big part of all that happens here. We so appreciate your support!

This year your support made it possible for 175 people to get the help they needed in individual, couple, family, and group sessions.

This represents over 1,600 therapeutic sessions.

⇒ 113 persons received counseling &/or other support
⇒ 42 persons attended peer support meetings or yoga

⇒ 39% of those in clinical care were uninsured
⇒ 59% were underinsured
⇒ 7% unknown

⇒ 20 young men (age 16-26) and their families were served through our Urban Youth Outreach (now closed)

Overview of Programs

- **On-site Clinical** — individual, couple, family, and group therapeutic consultations for uninsured and underinsured persons
- **Urban Youth Outreach** — therapeutic consultations and psychosocial support for minority youth affected by violence and trauma; closed Sept 30, 2019
- **The Living Room** — weekly peer support for those struggling with daily living issues
- **Yoga** — for back care and overall wellness

This year, between staying at home because of the pandemic and an unfortunate situation where old injuries to root nerves coming out of my spine worsened, I've had plenty of time to study and practice my meditation skills and share with friends what I'm learning, so when asked to contribute to this newsletter, I was glad to say *yes!*

When I was a child, I liked laying on my bed watching a soft breeze lifting the sheer curtains away from the window and gently releasing them back against the window sill. Sometimes, the breeze seemed to have a slow, rhythmic quality very similar to the rising and falling of my breath. I rested in this gentle rising and falling of my breath while the curtains seemed to move in harmony. As I rested, I began to notice colors and shadows playing on the curtains and walls around the window, really soaking into the soft edges here, the rippling edges over there and how they moved, changed and danced with the breeze. My mind was quiet, peaceful, yet alert. I simply watched its rising and falling, allowing the beauty of the experience to hold my full attention—my whole being filled with equanimity and joy. Perhaps you recall similar experiences from your life.

Later, as an adult, I learned that these experiences are known as "mindful awareness," in some contemplative practices. Mindful awareness is our natural state. It is accessible to all of us – anytime, anywhere. It's just that, as adults, with all our busy-ness and social conditioning, we may have forgotten how to access it.

“Mindful awareness is our natural state. It is accessible to all of us – anytime, anywhere.”

One of my favorite practices is sending loving-kindness to family, friends, or anyone. Sitting at my kitchen table one morning, an inner image of my friend came to me, a friend who also experiences a lot of physical pain. I felt so much compassion that I wanted to send her loving-kindness. So, I began, "May you know happiness. May you know peace."

The image of my friend stabilized before my eyes. I continued sending her loving-kindness, soaking in the features of her face, one by one, and then all features at once. I continued, "May you know happiness. May you know peace." From there, a deep sense of compassion seemed to flow and expand out from my chest and around the face of my friend and beyond, past the window. I felt so peaceful, wishing my friend peace, too. Becoming aware of the absence of pain that was normally in my legs and feet, I soaked in what that absence of pain was like, moving between the relative rest in my legs and sending loving-kindness to my friend.

The concentration, clarity, and equanimity I used for this practice cancelled out sensory impressions of the constricting pain in my legs. I was tapping into the pleasure circuits of my brain, as opposed to the pain circuits. All my resistance to pain vanished while I was practicing. For a few hours, this brought my actual pain levels down to a manageable level!

Jo-Anne is cofounder of Unified Mindfulness Rochester. To learn more about mindfulness, read *Mind Your Life* by Meg Salter, or find classes and other resources at sunlightoftheheart.com/umroch

THANKS TO OUR FUNDERS

Fiscal Year 2019-2020

Canandaigua National Bank—\$1,500
Daisy Marquis Jones Foundation—\$10,000
Fred & Floy Willmott Foundation—\$4,000
Polisseni Foundation—\$2,000
Rochester Female Charitable Society—\$1,500
Social Justice Outreach Grant of First Unitarian Church—\$1,400

Wilson Foundation—\$1,200
Women's Club of Pittsford—\$720
Wyman-Potter Foundation—\$4,000

Fiscal Year 2020-2021 (to date)

Canandaigua National Bank—\$1,500
Polisseni Foundation—\$2,000
Women's Club of Pittsford—\$500

A grateful goodbye

by Maureen Marlow

The last 14 years here at the Center have been so rewarding! I have met so many courageous people who consulted with us and shared their stories with me. I thank them for choosing us. I feel so honored to have been the Center's director for over 14 years.

The weekly staff meetings with my peers in the church's outreaches and inreaches taught me so much about GRATITUDE and finding the beauty in each day.

I was privileged to meet numerous dedicated therapists who volunteered their clinical skills to consult with our patients and make our Center a hopeful, healing place.

The annual Fundraiser Riverwalks were so rewarding. The volunteers who made these a success were inspiring! I am grateful for all the wonderful donors who have financially supported our Center throughout the years.

I recall being interviewed for this position on a Thursday evening and coming out of Father Jim's office to see the Thursday Evening Folk Choir practicing. I sat and listened to them, thinking, "This is where I want to work!!!" And that Thursday Night Mass became my Small Christian Community!

I am so grateful for my good health that has allowed me to work in a profession that I have enjoyed for 50 years. My career has included work in an inpatient psychiatric unit, a gynecologist's office, an outpatient opiate addiction treatment program, and an outpatient mental health program before joining Spiritus Christi Mental Health Center.

Amy Durkee has been our associate administrator for 15 years and I have no doubt that, as the new director, she will direct the Center in new, creative ways. Mark Potter has been with Spiritus Christi Church for 14 years as youth group leader, family minister, and religious education director, and will bring innovative ideas to his role as the new associate administrator.

I will miss my phone calls and conversations with those inquiring about mental health concerns and treatment, staff meeting discussions about how to best serve the congregation, and working with our volunteer therapists to best serve those who consult the Center.

Dr. Martin Luther King, Jr. said "Life's most persistent urgent question is, *what are you doing for others?*" In retirement I hope to find a way to give back while enjoying my home, family in Hemlock, and time with my partner, Mark.

Virtual Riverwalk & 20th Anniversary Celebration

To benefit Spiritus Christi Mental Health Center

Walk the 5K route of your choice any time in October &
join us at live.spirituschristi.org for our virtual celebration on October 25!

- ◇ Register to walk at runsignup.com/riverwalkscmhc
- ◇ Invite family & friends to sponsor you
- ◇ Walk any time in October
- ◇ Join us online to celebrate at 5pm on October 25
- ◇ Find pledge forms and learn more at scmentalhealth.org or call 585.325.1180

Sponsored by
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FOR MEDICAL CARE

SPIRITUS CHRISTI MENTAL HEALTH

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

HOURS OF OPERATION
Tuesday - Thursday
9 am - 5 pm

CENTER STAFF

Maureen Marlow, RN, CASAC
Director
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*
- *RTS bus passes*
- *Hand sanitizer*
- *Wegmans or TOPS gift cards*
- *Gas cards*
- *Warm socks for men and women*

FINANCIAL SUMMARY

7/01/19 — 6/30/20

Revenue

Spiritus Christi Annual Collection	\$ 19,601
Contributions	\$ 34,034
United Way & SEFA	\$ 21,978
Grants	\$ 26,320
Special Events	\$ 33,740
Professional Fees (\$71,880 in-kind)	\$ 0
Occupancy (\$11,200 in-kind)	\$ 0

Total Revenue: \$135,673

Expenses

Salaries, tax, benefits	\$ 97,648
Occupancy (\$11,200 in-kind)	\$ 447
Supplies	\$ 483
Copy, Print, Postage	\$ 455
Insurance	\$ 261
Mileage Reimbursement	\$ 223
Equipment	\$ 790
Fundraising	\$ 50
Professional Fees (\$71,880 In-kind)	\$ 0
Client expenses*	\$ 1,211

Total Expenses: \$101,568

Net Profit/(Loss) \$ 34,105

*Food, clothing, shelter, transportation

ADVISORY BOARD MEMBERS & AFFILIATIONS

Kate Auberger, LCSW-R, Unity Health Systems
Andrew Bewley, mental health consumer
Brianna Dean, MPA, Urban League of Rochester
Phyllis Hanton, mental health consumer
Kim Hess, MBA, Monroe Plan for Medical Care
Paul Mastrodonato, Nonprofit Works

VOLUNTEER STAFF & AFFILIATIONS

Lynn Acquafondata, LMHC, Private Practice
Jodi Aman, LCSW-R, Private Practice
Lieve Bain, LCSW-R, The Children's School of
Rochester & Private Practice
Adam Cake, LCSW-R, Strong Memorial Hospital
Michele Caponi, LCSW, Retired
Ann Marie Camblin, Fundraising
Lisa Cerra, RIT, Consultant
Anne Cliby, Yoga Instructor
Kathleen Conti, LCSW, Retired
Peggy Derivan, LMHC, Private Practice
Brenda Devine, LMSW, Retired
Liz DiMartino, RN, MS, Retired
Nancy Dwyer, Fundraising
Colleen Farley, Marketing Committee
Jere Fletcher, Esq., Advocate

SPECIAL THANKS TO OUR MEDIA PARTNER:



“You’ll Like
What You Hear”

BJ Gray, LCSW-R, Retired
Steve Hoffman, The Living Room
Sandra Hope, LMHC, Private Practice
Jenny Hunter, LCSW, Strong Memorial Hospital
Mary Kearney, LCSW, Retired
Michael Kelly, Esq., Advocate
Patrick Lane, Esq., Advocate
David Markham, LCSW, Private Practice
Rick Massie, LMHC, Retired
Ese Moynihan-Ejaife, LMHC, Private Practice
Victoria Pignato, MHC Intern, St. John Fisher
College
Liz Powers, The Living Room
Paula Sauers, The Living Room
Keith Wilson, LMHC, Private Practice

From Current Participants:

*“This service has been a
Godsend. I was
struggling quite a bit
with family issues and
was really in need of
counseling but could
not afford the \$60
copy with my
insurance.*

Thank you so much!!!”



*“Very professional and
helpful staff. Safe and
secure environment.”*