



Linking Lives

With Friends Like These

Luke 5:17–26 tells the story of Jesus’ healing of a paralyzed man. Apparently, the crowd around the house where Jesus was staying was so dense that there was no way for the paralyzed man’s friends to get him in the door. In a moment of great faith and resourcefulness, the men decided to lower their friend down through the roof. Luke goes on to tell us that the man was healed and, consequently, picked up his mat and went home.

Wow. That paralyzed man had some amazing friends! They were not deterred by a system stacked against those unable to walk. They were willing and able to take a risk for their friend because *they believed he was worth it* and because *they had faith in their ability to make a difference*.

All of you who support SCMHC – donors and volunteers – are like the friends of the paralyzed man. When you hear, “There’s no room for those with mental health struggles,” or “Only those who can pay for services deserve access,” you respond with creativity and commitment. And that creativity and commitment pays off in the form of hundreds of people getting the help they need each year.

In this issue, you’ll read about one woman who has been able to pick up her mat and walk “home,” that is, to return to wholeness and the ability to take care of herself. She is just one of the many people benefitting from your faith and generosity. We thank you on behalf of all of them!

Maureen & Amy

This year, we served 346 people in individual, couple, family and group sessions. This represents 3,970 therapeutic encounters.

Who We Serve

| Age | Insurance Status* | Gender | Race |
|--|-----------------------------------|------------------------|---|
| 13-21: 29%; 22-35: 12%; 36-49: 25%; 50-64: 27%; 65+: 6%; Unk:<1% | Uninsured 58% Underinsured 42% | Male 56% Female 44% | Black 31%, Hispanic 5% White 61%, Asian <1%, Other 2% |

*Insurance data for onsite clinical care only (153 persons). We do not collect this data in other programs.

Overview of Programs

- **On-site Clinical**—psychiatric & therapeutic consultations for uninsured & underinsured children & adults
- **Community Health Outreach**—individual, family & group therapeutic consultations and psychosocial support for minority youth affected by violence
- **Living Room**—weekly peer support for those struggling with problems in living
- **Mental Health Support Group**—weekly support group for those who have a loved one struggling with mental health issues or who have mental health issues themselves
- **Wesley’s Mothers**—an anonymous meeting for mothers of incarcerated children
- **Caregivers’ Support Group**—for those caring for and about an older adult

The Journey to Wholeness

by Amy Durkee

A year after her husband's sudden death, Kristine was still struggling with both her own grief and that of her kids. She'd exhausted her counseling visits through the Employee Assistance Program and was attending a support group for young widows, but knew she needed something more. With no mental health coverage through her insurance, Kristine wasn't sure where to turn. That's when a co-worker mentioned Spiritus Christi Mental Health Center.

Over the next two years at SCMHC, she says, "My counselor helped me process my grief and come up with ways to help my children with theirs." When her therapist moved out of state, Kristine felt ready to handle life on her own again.

About 6 months later, Kristine hit another rough patch and asked to return to therapy. After another year of work, Kristine was wondering why she was still struggling to get her life together. "My therapist suggested that maybe I needed to look back farther than my husband's death, and I realized that it was really childhood issues that were keeping me in this rut, not Steve's death."

Through their sessions, Kristine was able to see connections between early trauma and her present struggles. "I was abused as a child. I carried a lot of shame and guilt and worthlessness from that. The abuse was not my fault, but some choices I've made have been a result of that. Now I'm changing. I'm making different choices."

But there was another piece to the puzzle that still needed to be discovered. "My therapist kept asking me questions about my drinking. She was gentle and nonjudgmental about it, but also persistent. I realized that she was seeing something in me that I didn't see."

When asked what her biggest accomplishment has been, she doesn't hesitate. "Getting sober," she responds. "It has freed me up to really look at things and deal with them."

"When Steve was alive I only saw myself as a mother and a wife. I lost myself. Through therapy I learned that I need to take care of me in order to

be there for others. Of course I still do things for other people, but not at my own expense."

To others who experience problems in living, Kristine's message is this: "It can be scary to look at yourself, but you don't have to do it alone. Too many people are struggling and don't want to look at their part in why. We need to discover why we are making these mistakes and choices and then we can change."

Kristine is now back in school and close to completing requirements to become a certified Legal Office Assistant. She's reduced her medications significantly and notes, "I'm more confident now, more grounded. I used to get all worked up about the future. Now, I'm looking forward to working in a field

I enjoy and to watching my children continue to grow. And I'm in a good relationship now, too. I'm glad I took the time to take care of myself and figure out what I need and what I have to offer someone else."

"I don't know where I'd be without the mental health center. It has brought so many positive things into my life. I never feel like I'm left out there alone. I'm so thankful!"

"I'm more confident now, more grounded... I'm looking forward to working in a field I enjoy and to watching my children continue to grow."

The National Alliance on Mental Illness
presents
NAMI NIGHT at Geva Theatre!

SUNDAY, JANUARY 13, 7 pm
Reception at 5 pm

benefit performance of
NEXT TO NORMAL
the Tony & Pulitzer-winning musical
about a mother who struggles with mental illness

For more information, call NAMI, (585) 423-1593

Beyond the Classroom

My time at Spiritus Christi Mental Health Center (SCMHC) has been transformative. Through my internship I've been privileged to meet with many wonderful people, and share in the healing that takes place in the space between trusting and caring individuals.

In theory, the purpose of internship is to provide aspiring counselors the opportunity to apply theories learned in the classroom to the clinical setting. What I experienced at Spiritus Christi goes much further than this; I discovered a shift from my head to my heart. I learned to trust that the healing process begins as a natural consequence of being who I am as opposed to adhering to academic formulas. By the end of my six months serving at SCMHC, I found validation in my inner voice and approach to counseling as an equal and appreciative ally to the clients I had the honor of serving.

The most beautiful thing about my internship experience was being surrounded by a community of loving and action-oriented people who share a universal hope for the future. This community of special people exemplifies openness, acceptance, optimism and empowerment to make a difference in the lives of others. I cannot express how liberating it was for me to intern in such an exciting atmosphere. I feel very fortunate for the opportunity to contribute in some small way, knowing that what we do really matters. Action comes from the heart.

Thank you very much to everyone who made me feel so welcomed at Spiritus! And a special thanks to all of the people who had the courage to come to the clinic and share their personal stories with me. I am truly humbled and grateful. - *Michael Drew*

Michael graduated from St. John Fisher's Mental Health Counseling program this summer. He interned at SCMHC from October 2011 to July 2012. We miss him terribly and wish him all the best in his new career!

"This community . . . exemplifies openness, acceptance, optimism and empowerment to make a difference in the lives of others."

Music for the Heart

October 20, 2012

**Featuring the
Bill Welch Band
with special guest
Chris Wilson**

**7-9:30 pm, Spiritus Christi Church
Suggested Donation: \$10/person;
\$25/family**

**Silent Auction & Raffle
featuring art work, certificates for
massage, restaurants, oil changes,
& more begins at 6:00**

**For more information & ticket
reservations, call 325-1180, ext. 112**

SCMHC's

RIVERWALK 2012

**Sunday, October 21
11am-3pm**

**Join us at Spiritus Christi Church for a
2-mile walk along the Genesee River to raise
funds for mental health care for the uninsured.**

**Raise \$100 or more in sponsorships
to be eligible for prize drawings!**

**Walkers of all ages are welcome.
Unable to walk with us? Sponsor someone
else or give us a call to lend a hand
in another way.**

**Call Amy at 325-1180 or stop by the Mental Health
Center for a registration form.
325-1180, ext. 112**

**SPIRITUS CHRISTI
MENTAL HEALTH CENTER**

121 N. Fitzhugh St.
Rochester, NY 14614

Phone: 585-325-1180

Fax: 585-325-1191

Email: mmarlow@spirituschristi.org

HOURS OF OPERATION

Monday—Thursday

*Daytime and evening sessions by
appointment*

CENTER STAFF

Maureen Marlow, RN, CASAC—Director
Eileen Hurley, RN, LCSW—Community
Health Outreach
Amy Durkee—Administrative Associate

Make a difference!

We need volunteers

Psychiatrists/Nurse Practitioners
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
number is 2403**

**Our SEFA
(for state employees)
number is 66-00124**

Many thanks

for your generous gifts of time and
money that are bringing hope and
healing to over 300 youth and adults
in Greater Rochester.

Special thanks to these funders:

Daisy Marquis Jones Foundation—\$8,000
Social Justice Outreach Grant of First
Unitarian Church—\$1,700

FINANCIAL SUMMARY

7/01/11—6/30/12

Revenue

| | | |
|------------------------------------|----|---------------|
| Spiritus Christi Annual Collection | \$ | 11,718 |
| Contributions | | 23,110 |
| United Way & SEFA | | 20,739 |
| Grants | | 19,909 |
| Special Events | | 30,242 |
| Consignment Shop | | 16,287 |
| Professional Fees (in-kind) | | 71,880 |
| Occupancy (in-kind) | | <u>10,400</u> |

Total Revenue: \$ 204,285

Expenses

| | | |
|--------------------------------------|----|-----------|
| Salaries, tax, benefits | \$ | 97,586 |
| Occupancy (\$10,400 in-kind) | | 10,765 |
| Supplies | | 120 |
| Copy, Print | | 796 |
| Postage | | 34 |
| Fundraising | | 1,113 |
| Insurance | | 1,005 |
| Travel | | 472 |
| Professional Fees (\$71,880 in-kind) | | 72,130 |
| Consignment Shop | | 10,649 |
| Conferences | | <u>60</u> |

Total Expenses: \$ 194,730

\$ 9,555

**Note: This is a consolidated statement with New Unto
Others consignment shop which closed 12/31/11.**

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**SPECIAL THANKS TO OUR MEDIA
PARTNERS AT**



*"You'll Like
What You Hear"*

From Current Participants

*"I'm very grateful to SCMHC.
I'm both sober and functioning
because of it."*

*"It is good to have someone to
talk to and give medicine to
help us through difficult times.
They always help me feel
better and I know they care
about me and my health . . . I
thought I was going to have a
nervous breakdown and
nobody would help me-except
Spiritus Christi."*

