



# Linking Lives

## ◆◆◆◆ Telling a Different Story ◆◆◆◆

If you had to choose between paying for mental health care and groceries or rent, what would you choose? If your teen was in jail and you couldn't afford bail or a lawyer, where would you turn for help? Each week, thanks to your investment, we are privileged to accompany people in situations such as these. Your contributions help connect people to both internal and external resources so that they can solve problems and meet their goals for safety, health and wellness.

In these days of factionalism, fear, and judgment, your support of those on the margins is an act of resistance. You are telling a different story about the world in which we live. Your investment says:

**Everyone belongs.  
Everyone matters.  
We're in this together.  
There is enough.**

That story changes the lives of individual women, men and children,

***This year your support made it possible for 314 people to get the help they needed in individual, couple, family, and group sessions. This represents over 3,737 therapeutic encounters.***

⇒ **126** persons received counseling, medication, &/or chiropractic care  
⇒ **46** persons attended peer support meetings or yoga

⇒ **44%** of those in clinical care were uninsured  
⇒ **56%** were underinsured

⇒ **147** young men (age 16-24) and their families were served through our Urban Youth Outreach

and it also impacts the cultural narrative. Your support is both a personal and a political act.

### **Some ways you can help:**

- ◆ Walk with us on October 21 & ask your friends & family to sponsor you (see p. 3 for details)
- ◆ 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 struggling and courageous people. We so appreciate your support!*

With Gratitude,  
Maureen, Amy & Eileen

## 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
- **Chiropractic Care & Yoga** — chiropractic care, Somato Respiratory Integration training, and gentle yoga for overall wellness

*"Uh oh, whose going to tell her it's a girl?"* Words uttered by my mother's sisters at my birth. Thus it began. Growing up I was very shy, quiet, and withdrawn. I had difficulty making eye contact and being in close proximity to others. If anyone looked at me, there was furious blushing involved and a lot of anxiety.

My father grew up with brothers; he didn't know how to deal with a girl so he opted for being very strict and overprotective. My mother really wanted a boy (see above). She did get her son eventually, but I was not it. She was an unhappy and resentful person. As they say, misery loves company and she wasn't going to be alone in her misery. On more than one occasion she said that if I thought I was going to play or have fun, I had another thing coming . . . she was true to her word.

Fast forward to seventh grade: the principal, a nun, summoned me to her office. From there I was presented to a classroom of giggling first graders. The reason? To show me what happy, smiling children looked like because I did not smile. The incident did not have the desired effect.

High school had its ups and downs including two suicide attempts. My parents handled it by hiding all of the OTC meds and not discussing the situation. That's how things were handled in the 60s and 70s. I made it through college, with a degree in psychology, and a master's as well.

Eventually there was a marriage . . . to the wrong man. He was abusive and demeaning. We had a baby. Concern for the safety and wellbeing of our child prompted me to get a divorce. I was suffering from depression, anxiety, and PTSD. My

husband suffered from much more serious issues. Things were falling apart. I needed help.

Over the next several years I sought and received intermittent treatment. Mental illness, depression, and bi-polar disorder run in my family. Some relatives handle it through exercise, self-help, therapy, and self-medicating with alcohol. Major traumas and stressors eventually caused me to lose my job. It was then that I discovered Spiritus Christi Mental Health Center. I was desperate, but concerned with the prospect of being set up with an intern. I'd seen a few therapists and was considered to be "high functioning." I wasn't sure about dealing with a young, inexperienced therapist. Fortunately that wasn't the case. Maureen Marlow, Spiritus Christi's Mental Health Director, only utilizes interns who are mature and are pursuing mental health careers after other life experiences. I was able to take advantage of the services and hit the reset button on my life.

It took me years of self-discovery to determine that, like cars, people need periodic maintenance and "tune-ups." Some people just need light maintenance provided by a confidant or insightful reading. Then there are those of us who need more in-depth work. Spiritus Christi Mental Health Center has provided me with a safety net that I know I can utilize in the future, if and when I may need it.

*"Like cars, people need periodic maintenance and 'tune-ups'."*

## THANKS TO OUR FUNDERS

### Fiscal Year 2017-2018

Daisy Marquis Jones Foundation—\$10,000  
 Fred & Floy Willmott Foundation—\$4,000  
 LGBT Giving Circle—\$2,000  
 Polisseni Foundation—\$1,500  
 Rochester Female Charitable Society—\$1,500  
 Wilson Foundation—\$6,000  
 Women's Club of Pittsford—\$700  
 Wyman-Potter Foundation—\$4,200

### Fiscal Year 2018-2019 (to date)

Feinbloom Supporting Foundation—\$6,500  
 John F. Wegman Fund—\$3,000  
 Mary Mulligan Charitable Trust—\$2,500  
 ESL Foundation—\$3,000  
 Polisseni Foundation—\$1,000

*...and to all of you who give so generously of your resources!*

Miss Jackson is so grateful for the support of our Urban Youth Outreach. When her son, “Calvin” (not his real name), went to jail, it was a big shock for both of them. And, at the time, Jackson was also struggling with cancer and accompanying financial difficulties. The result? When her son needed her most, she wasn’t able to be there like she wanted to be. Luckily, Eileen was.

“When he went to jail, he was really spiraling,” Miss Jackson explains. “He’d stopped taking his medication and going to therapy before he was arrested. Ms. Eileen was there to listen and support him and help him get back on track.”

After Eileen and Calvin’s first meeting, she immediately reached out to his mom. “She drove to my home,” Jackson says. “She got to know me and my concerns and she explained what was happening for Calvin.” All three of Jackson’s sons have mental health issues, so she is an experienced advocate for her kids. She has had many experiences with rushed and distracted case workers and service providers, making her experience with Eileen all the more significant. “She really took her time, listening to me.”

Of all her kids, Jackson says Calvin has the most severe needs. He has experienced a lot of negative treatment and judgement because of his behavior, so it takes a lot for him to trust anyone. “Once he saw Ms. Eileen was there to help and he could trust her, he gravitated to that.”

Jackson says Eileen helped her and her son to communicate with each other while he was in jail, and that Eileen played a key role in helping her to advocate effectively for Calvin. “He was looking at 20-25 years in prison. They were trying to railroad him,” she explains. She says the court officials weren’t taking Calvin’s mental health issues into account. “I feel like a big part of helping inmates is around mental health, and it’s a big part of rehabilitation for when they get out,” she says. “They should offer more mental health services to all inmates.” She wants her son to take responsibility for his actions – and he is – but she also wants him to be judged fairly.

Jackson credits Eileen with putting her in contact with the right people so she could advocate for Calvin before it was too late. As a result, Calvin was granted Youthful Offender status instead of being tried as an adult, and he received a much lighter sentence.

“I’m a mother. A piece of me is glad he’s there because he’s safe now.” She tells him that he has been given a great opportunity to make a change – get his high school diploma and get his life back on track. “I tell him not to stay stuck in the past, but to gravitate toward those who are helping him.” She has a lot of faith in her son.

## RIVERWALK 2018

To benefit Spiritus Christi Mental Health Center

**SUNDAY, OCTOBER 21**

11am — 3 pm

Begins and ends at Celebration Hall, Spiritus Christi Church

**Come walk a scenic 5K along the Genesee River and through the High Falls Hill district to raise funds for mental health care for the under- and uninsured**

**WALK ◆ LUNCH ◆ LIVE DJ ◆ PHOTO BOOTH ◆ KIDS’ CRAFTS ◆ AND MORE!**

Register online, find sponsorship forms, and learn more at:  
[smentalhealth.org](http://smentalhealth.org) or call 585-325-1180

## SPIRITUS CHRISTI MENTAL HEALTH

121 N. Fitzhugh St.  
Rochester, NY 14614

Phone: 585-325-1180

Fax: 585-325-1191

[www.smentalhealth.org](http://www.smentalhealth.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
- RTS bus passes
- Subway, Wendy's, &  
McDonald's gift cards
- Men's deodorant
- S & M boxer shorts
- S, M, & L white men's T-shirts
- L and XL black or gray  
hoodies

## FINANCIAL SUMMARY

7/01/17 — 6/30/18

### Revenue

Spiritus Christi Annual Collection	\$ 17,592
Contributions	\$ 51,063
United Way & SEFA	\$ 21,793
Grants	\$ 34,200
Special Events	\$ 34,447
Professional Fees (\$71,880 in-kind)	\$ 0
Occupancy (\$11,200 in-kind)	\$ 0

**Total Revenue: \$159,095**

### Expenses

Salaries, tax, benefits	\$133,311
Occupancy (\$11,200 in-kind)	\$ 659
Supplies	\$ 117
Copy, Print, Postage	\$ 671
Insurance	\$ 737
Mileage Reimbursement	\$ 1,000
Equipment	\$ 166
Education & Training	\$ 0
Fundraising	\$ 0
Professional Fees (\$71,880 In-kind)	\$ 265
Client expenses*	\$ 3,239

**Total Expenses: \$140,165**

**Net Profit/(Loss) \$ 18,930**

\*Food, clothing shelter, transportation

### ADVISORY BOARD MEMBERS & AFFILIATIONS

Kate Auberger, LCSW-R, Unity Health Systems  
Kim Hess, MBA, Monroe Plan for Medical Care  
Mary Lou Lunt, Mending Hearts Studio  
Paul Mastrodonato, Nonprofit Works  
Tiffany Mikel, MSW, Center for Youth  
Christine Brown Richards, Ed.D, BOCES

### VOLUNTEER STAFF & AFFILIATIONS

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Lieve Bain, LCSW-R, The Children's School of  
Rochester & Private Practice  
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Chris Grizzanti, RYT, Yoga Instructor

### SPECIAL THANKS TO OUR MEDIA PARTNER:



"You'll Like  
What You Hear"

Carneisha Henry LMHC Intern, St. John Fisher  
College  
Steve Hoffman, The Living Room  
Sandra Hope, LMHC, Private Practice  
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Liz Powers, The Living Room  
David Raczka, DC, Chiropractor  
Paula Sauers, The Living Room  
Keith Wilson, LMHC, Private Practice



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Director of Pathway  
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at Excellus BlueCross  
BlueShield, for his efforts in  
directing Excellus funds  
through Nazareth College to  
purchase yoga equipment  
for 25 people.*

*The 10-week class began  
September 6.  
Namaste!*

