



Good News, Good Work!

“Don’t it always seem to go that you don’t know what you’ve got ‘til it’s gone,” sang Joni Mitchell. It’s a truth we see every day at SCMHC. Some have lost a job, marriage or a loved one. Others, affected by violence, have lost that sense of safety we can so easily take for granted. For others there may be no clear understanding of what brought on depression, anxiety, or another problem.

Mental illnesses like major depression and anxiety can be terrifying for those who live with them. Without help, they can be debilitating.

Although research continues to demonstrate that the right treatment can be effective in alleviating the symptoms associated with mental illness, nearly two-thirds of all people with diagnosable mental conditions do not seek treatment. Those who do not seek help most often site *the cost of care* and *fragmentation of the service delivery system* as significant barriers.

That’s where you come in. Supporting SCMHC addresses both of these barriers. Cost of care? No problem. We offer our services at no

cost to those in need. Fragmentation? Check. In those instances where we cannot provide for a specific need, we link people to those who can.

This year we were able to provide therapy and psychiatric consultations to 13 more people on site and to serve 34 more young men and their families in our Urban Youth Outreach. While it’s encouraging to see that we are reaching more people, it’s also a bit discouraging to know that the need is still so great.

Of course, *none of this could happen without you.* Whether through financial gifts or gifts of service, your choice to stand with those who are struggling is making a difference!

With Gratitude,
Maureen, Amy & Eileen

**This year we served 378 people
in individual, couple, family and group sessions.
This represents 3,606 therapeutic encounters.**

Age	Insurance Status*	Gender	Race
13-21: 39%; 22-35: 9%; 36-49: 19%; 50-64: 24%; 65+: 9%; Unknown: <1%	Uninsured 49% Underinsured 51%	Male 59% Female 40% Other <1%	Black 38%, Hispanic 5% White 57%, Asian <1%

*Insurance data for onsite clinical care only (143 persons). We do not collect this data in other programs.

Overview of Programs

- **On-Site Clinical** — psychiatric and therapeutic consultations for uninsured & underinsured children & adults
- **Urban Youth Outreach** — individual, family & 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
- **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
- **Grief Support Group** — for those who have lost a loved one

Withstanding Life's Blows

by Vicente Reyes

I called SCMHC in August 2012, shortly after I lost my job as faculty member at a local university - when my emotional and psychological states were very fragile and I knew it was critical that I seek care.

Finding myself without a job was traumatic, like losing a child I had nurtured over many years with dedication and commitment. Since it was also my livelihood, it was doubly catastrophic. The first few months were the most difficult. I recall instances when, after waking, it felt so difficult to get up, and I just wanted to stay there all day curled up in a fetal position. I had to force myself to get up and get going so I wouldn't "drown" in my grief and depression. I also remember driving my car out of the garage and not knowing where to go, while just several days before I would have driven straight to my office. Driving back home, I remember times when I sobbed uncontrollably.

I came to SCMHC hoping to derive encouragement, emotional support, and advice regarding my loss of a job/livelihood and perhaps my career as well. I knew that my recent loss made me especially vulnerable to the possibility of harming myself or others. SCMHC has been a great source of moral support during the last 2 years, and I am very grateful to its staff.

I enjoy every meeting I have with my counselor. She gives me a lot of encouragement and really "walks with me" while I cope with my current predicament. I've read that an ally or friend is not someone who directly provides you with what you need, but someone who just "walks with" you and listens to you while you verbalize your concerns and worries. This emotional and psychological "companionship" is sufficient to help me cope with my difficulties.

"Life's challenges may break us for a while, but after we overcome them, we emerge stronger at the previously broken places."

My life's journey these past few years has been like a tumultuous roller coaster ride with many ups and as many downs. I have met a lot of people whom I call "angels" because somehow they made the burden I carried a little bit lighter and encouraged me to go forward and carry on. I think it is important to realize that this world is imperfect. Surely we shall meet several people who will hurt us - the "devils" - but even more people who will comfort us and give us joy - the "angels." Both types of people have a role to play in our lives. I believe it is always better that we **choose** to play the role of "angels" to each other during our short journeys in this world.

The most important lesson I have learned thus far from this chapter in my life is the importance of faith in everyday life. I have been out of work for two years and three months now, and any financial income I had ended last October when my unemployment benefits expired. From day one I held on to my faith and never gave up carrying on. And right now, almost miraculously, I am still doing well physically and mentally. I am not only surviving but doing well despite my current predicament. To me, this small miracle alone (that I am still all right) is proof positive that faith really works!

The second most important thing I've learned is the importance of humility. A lot of people seem to think that being humble is having low self-esteem or valuing oneself less than other people, but this is not the case. Being humble is thinking of oneself less, not thinking less of oneself. Being humble is like having a low center of gravity, and therefore very stable and able to withstand much turbulence; being proud is like having a high center of gravity, top-heavy and thus quite unstable and easily knocked off. Moreover, I believe that out of humility comes contentment. When one is

Thank you to our funders

Fiscal Year 2013-2014

Daisy Marquis Jones Foundation—\$8,000
First Unitarian Church, Social Justice Outreach Grant — \$3,375
Fred & Floy Willmott Foundation — \$3,000
Greater Rochester Health Foundation—\$2,000
Rochester Female Charitable Society —\$2,000
Rochester Mennonite Fellowship—\$2,917
Women's Club of Pittsford—\$500

Committed to date Fiscal Year 2014-2015

Ortho Clinical Diagnostics—\$5,000
First Unitarian Church, Social Justice Outreach Grant — \$1,200
Mary Mulligan Charitable Trust—\$2,500
Alstom Signaling Foundation—\$1,000
Polisseni Foundation—\$1,000

Withstanding (continued)

content, he/she is happier and has no unfulfilled “wants.” Thus by extension, humility can make one happy.

I think that because of the challenges I have undergone during the last couple of years, I have generally become a “better” person - and I say that not with pride but with humility. Life’s challenges may break us for a while, but after we overcome them, we emerge stronger at the previously broken places. These “scars” are badges of courage that we should all take comfort in.

I’d like to close with an inspiring poem by Minnie Louise Haskins. While it is popularly known as “The Gate of the Year,” the original title was “God Knows.”

*And I said to the man who stood at the gate of the year:
“Give me a light that I may tread safely into the unknown.”*

*And he replied: “Go out into the darkness and put your hand
into the Hand of God. That shall be to you better than light
and safer than a known way.”*

*So I went forth, and finding the Hand of God, trod gladly
into the night. And He led me towards the hills and the
breaking of day in the lone East.*

Vicente has compiled a list of inspirational books he has read during the last few years. If you would like a copy, contact adurkee@spirituschristi.org.

RIVERWALK 2014

to benefit Spiritus Christi Mental Health Center

SUNDAY, OCTOBER 26

11:00 am -3:00 pm

Celebration Hall, Spiritus Christi Church

Join us for a scenic two-mile walk along the Genesee and through the Corn Hill district to raise funds for mental health care for the under- and uninsured

Raise \$250 or more to be entered into a drawing to win one of the following prizes:

- 16 GB 7TH GEN IPOD NANO
- FAMILY FUN PACKAGE (zoo membership & 4 passes to RMSC)
- ONE NIGHT FOR TWO AT REEN’S BED & BREAKFAST

More information and sponsorship forms available at 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*
- *Gas cards*
- *Bus passes*
- *Gift cards for McDonald’s, Target*
- *TracFone Airtime Cards*
- *L and XL black or gray hoodies*

FINANCIAL SUMMARY

7/01/13—6/30/14

Revenue

Spiritus Christi Annual Collection	\$	17,064
Contributions		19,055
United Way & SEFA		24,975
Grants		16,875
Special Events		22,857
Transfer from contingency fund		7,211
Equipment (in-kind)		1,298
Professional Fees (in-kind)		71,880
Occupancy (in-kind)		10,400

Total Revenue: \$ **191,615**

Expenses

Salaries, tax, benefits	\$	103,893
Occupancy (\$10,400 in-kind)		11,150
Supplies/emergency client needs		1,432
Copy, Print, Postage		411
Insurance		351
Mileage Reimbursement		1,100
Equipment (In-kind)		1,298
Professional Fees (In-kind)		71,880
Misc. (peer support meeting)		100

Total Expenses: \$ **191,615**

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

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& AFFILIATIONS**

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**SPECIAL THANKS TO
OUR MEDIA PARTNERS
AT:**



“You’ll Like
What You Hear”

From Current Participants:

“My therapist continues to help me get my life back on track in a healthy, loving way. I am so grateful for the MHC. I don’t know where I would be without this support.”

“I always feel I have support. Thank you for a great job!”