

October 2026



Linking Lives



A Message From Mike Boucher

"You can't stop the waves, but you can learn to surf." — Jon Kabat-Zinn

As many of you may already know, the Spiritus Christi Mental Health Center has gone through a few changes lately.

In late July, we said goodbye to our amazing director, Amy Durkee, as she transitioned from her role here to do more direct clinical work with veterans and families in the Veterans Affairs system. Amy served as director for five years, but was with the SCMHC for about 20 years total, and her presence will be greatly missed. We wish her well in this next chapter of life.

We also said goodbye to a few advisory board members over the past year: Kate Auberger (and others)...They have all been such great supporters and guides and we will miss their voices and vision.

And so, we are learning to surf!

I joined the SCMHC staff in November and currently am working as part-time interim director alongside our fantastic administrator, Alyssa Carvajal, to keep things running as smoothly as we can. Some of our volunteers have stepped up to help with coverage and we added an administrative volunteer, Kim Harwood, to our Monday lineup. We're also looking forward to welcoming a few new volunteer therapists in September. In addition, a search is underway for a new director. We have already interviewed some fantastic candidates, and we're excited about the emerging possibilities.

Prior to Amy's leaving, the Center also hired former Advisory Board member, Paul Mastrodonato, to work with the SCMHC to develop our grant-making and fundraising capabilities. Paul has expertise in nonprofits and grant writing and is helping to create a pathway for the Center to hire a part-time grant-writing and development person in the near future. In addition, we welcomed a new Advisory Board member, Logan Geen, who has extensive experience in health care law. We are also making plans to expand our Advisory Board in the upcoming months.

As you can see, there are a lot of moving parts these days and waves of change. We cannot state how grateful we are for all of the continued love and support that you – our volunteers, donors, and supporters - provide, especially during times of transition and change. It is you who enable us to keep doing the crucial work that we do in this community. We look forward to seeing all of you at our October RiverWalk, and please do not hesitate to reach out if there is any way that we can be of assistance to you and this community.

With gratitude,
Mike Boucher

What's happening at SCMHC

Clinical Care

Individual, couples, and family therapeutic psychosocial support of uninsured and underinsured youth and adults.

Groups

Support, therapy, and psychoeducational groups to address issues such as anxiety, depression, and sexual trauma.

Yoga

Classes offered weekly, in person and virtual to promote overall wellness.

Riverwalk

Join us October 25th!
Registration is now open!

2025-2026 in Numbers



A Message From Alyssa

First, I would like to thank everyone for the grace and patience you have given us in our time of transition. Second, I would like to thank all of our amazing volunteer therapists for allowing us to continue doing what we do best, serving our community. Our volunteers and our supporters make all we do possible, and I thank you all so much for that!

As we start our fundraising month, I want to say that every gift truly matters in order to provide care for our clients.

We hope to see you at our annual Riverwalk, but if not, please consider donating to the Mental Health Center to assist in being able to be there for those who lean on us.

Thank you all,
Alyssa Carvajal



Join us for the walk and stay for the raffle, crafts, music and luncheon!

Invite friends, family & co-workers to sponsor you! They can donate online or by cash or check. For every \$100 raised you will receive **four** raffle tickets!

Can't walk with us on the 25th? Choose your own date and route, collect donations from your sponsors, and help from afar!

Scan the code to register now or visit runsignup.com/riverwalkscmhc

More info available at scmentalhealth.org



Thank you to our Riverwalk 2026

Platinum and Gold sponsors:



I Have Come A Long Way

a Rescued Speech Poem

These forms of poetry called, "rescued speech poems," are actual words from clients that have been captured during sessions. "I Have Come A Long Way" is from a man in his early 40's who has been consulting here at the MHC. It is used with his permission.

Just recently

I've realized that I am not searching for danger anymore when I go out

Because of my support system

And the work I have done here

And prayer

Now I have more trust in God and the process

People will talk

But I have people who love me

I have safe places to go

I have support

And I'll be OK

I've been doing the routines to calm my nervous system

I'm realistic that things will happen

But I am letting my Self lead

And not the anxious part

I know the difference between them now

And I get to the Self faster

And if I do mess up and go into anxious mode

I give myself grace

And I don't beat myself up

When people say working on yourself is work

They aren't kidding!

Shaving off the trauma is an everyday practice

Wounds take time to heal

Learned behaviors take time to correct

But now I am seeing the changes

And it feels really good

Facing the fears and keep showing up

I have come a long way

Spiritus Christi Mental Health Center

121 N. Fitzhugh Street
Rochester, NY 14614
Phone: 585-325-1186
Fax: 585-325-1191

Hours of Operation

Monday 10 am - 3 pm
Tuesday - Thursday 9 am - 5 pm

Center Staff

Mike Boucher, LCSW- Part-Time Counselor
Alyssa Carvajal, MPH- Associate Administrator

MORE WAYS TO GIVE:



UNITED WAY
Greater Rochester
and the Finger Lakes

**United Way Donor Designation:
Program #2403**



SEFA
STATE EMPLOYEES FEDERATED APPEAL

SEFA: #66-00525

**Ask your campaign manager for
either pledge form, or contact us
directly for one.**

**Your support makes all the
difference!**

Financial Summary 7/1/25-6/30/26

Revenue

Contributions/Memorial Gifts	\$91,863
United Way/SEFA	\$8,188
Grants	\$40,175
Special Events	\$25,601
In-Kind (Professional Fees, Phone & Internet, Prorated PT Counselor Salary)	\$210,100
Interest on accounts	\$12,223
Total Revenue	\$388,150

Expenses

Salaries & Benefits	\$152,262
Occupancy	\$12,000
Professional Fees (\$198,200 in- kind)	\$198,350
Insurance	\$2,289
Client Needs	\$723
Psychiatric Consultations	\$1,845
Electronic Medical Records	\$7,664
Phone, Internet, Website (\$1,200 in-kind)	\$1,417
Fundraising Expense	\$201
Training & Development	\$132
Miscellaneous	\$42
Total Expenses	\$379,162

Thanks to our recent supporters!

Daisy Marquis Jones Foundation - \$20,000
Wyman-Potter Foundation - \$10,500
McGowan Gin Rosica Family Foundation - \$4,000
Fred & Floy Willmott Foundation - \$3,000
Rochester Female Charitable Society - \$3,000
Women's Club of Pittsford - \$650

Volunteer Staff & Affiliations

Sara Abraha, U of R Counseling Intern
Lynn Acquafondata, LMHC, Private Practice
Ted Aman, LMHC, Delphi Rise, Retired
Patricia Bennett, PhD, Retired
Lieve Bain, LCSW, Retired
Jennifer Bateman, LMHC, Private Practice
Michele Caponi, LMHC, Retired
Anne Cliby, Yoga Instructor
Peggy Derivan, LMHC, Private Practice
Sue Elliot, LCSW, Private Practice
Debra Enright, Community Relations
Kim Harwood, Administrative Volunteer
Sandra Hope, LMHC, Private Practice
Eileen Hurley, LCSW
Mary Kearney, LCSW, Retired
Rick Massie, LMHC, Retired
Jean Mastrella, Administrative Volunteer
Ese Moynihan-Ejaife, LMHC, Private Practice

Liz Munson, LMHC
Amanda Rae, LMT, SJFU Counseling Intern
Amy Soriano, MHC-LP
Suzanne Spencer, LCSW, Retired
Gary Warner, PhD, Retired
Keith Wilson, LMHC, Private Practice

Advisory Board Members

Logan Geen, Esq, URM
Kim Hess, MBA, Elm & Oak Health
Paul Mastrodonato, MPA, Nonprofit Works
Rev. Myra Brown, MA, Spiritus Christi Church

**If you are interested in joining our Advisory
Board, please email
contactmentalhealth@spirituschristi.org**

Volunteer with us!

Nurse Practitioners & Psychiatrists:

Prescribe and manage
medications for participants,
2-4 hours per month minimum

Therapists:

Hours negotiable,
as little as 2 hours per week

Our Wish List

All-day bus passes
Grocery or gas gift cards
(Tops, Aldi, Price-Rite)
"Forever" postage stamps