



Linking Lives

Spiritus Christi Mental Health Center

Director's Update

Happy spring to you all! With spring come signs of hope and new life – there's more sunlight every day, the trees are sprouting new leaves, and each day there are new flowers to admire. I hope this is a time for you to be reminded that the darkness doesn't last forever, and that along with life's struggles and losses, there will also be times of growth and rebirth.

This past fall we were honored to offer a 10-week therapy group for adult survivors of childhood sexual abuse. The group was so successful that we offered a second cohort this winter/spring. This group has been a powerful place to experience the "both/and" of injury and healing, loss and rebirth. Members have talked about how hard it is to show up and do the work, yet how grateful they are for a safe place to heal with others who truly understand.

Since March, we've also been collaborating with Genesee Valley Psychology to offer monthly workshops to teach mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills. Participants leave with a greater understanding of how their minds and bodies work and with concrete tools to help them cope better. These two new offerings complement our ongoing services of mental health counseling and psychosocial support to individuals and couples via telehealth and in person at the Center.



I haven't even touched on the work that's happening in our Urban Youth Outreach! You can learn more about that on page 2. Please check out page 4 to read what current participants are saying about their experience here. There are no adequate words to describe how grateful we are for all of you who contribute in so many ways to make hope and healing possible. Your contributions make a difference!

If you haven't already done so, I invite you to sign up for our annual community education event. This year, we'll learn how mindfulness and meditation can help us lower stress and show up more fully for ourselves and others. As always, it's free and open to all. You'll find more information, including how to register, on page 3.

With Deep Gratitude,

Amy Duffee

Overview of Programs

On-Site Clinical

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

Urban Youth Outreach

Direct psychosocial support to youth and their families

The Living Room

Weekly peer-led support meeting for those struggling with daily living issues

Groups

Various educational and support groups throughout the year

Yoga

Weekly yoga classes to promote overall wellness

To receive this bi-annual newsletter by email, please send your address to mpotter@spirituschristi.org

Responding to Violence: A Community Health Outreach Initiative

by Eileen Hurley, RN, LCSW, Urban Youth Outreach Program Director

Violence is a public health problem that profoundly impacts the growth and development of many youth living in the Greater Rochester Area. The Spiritus Christi Urban Youth Outreach's objective is to remove barriers that deny youth access to and delivery of the health and human resources necessary to ensure their successful transitioning from childhood to young adulthood.

According to the American Psychiatric Association, disadvantaged youth ages 16 – 25 years are particularly vulnerable to poor outcomes during this critical transitional phase of development. The youth in our program are disadvantaged not only by their lack of access to quality health care, but, also in relation to all 5 social determinants of health: 1.) economic stability; 2.) health care quality and access; 3.) education access and quality; 4.) neighborhood and built environment; and, 5.) social and community context. Their vulnerability is compounded by the causative relationship between disadvantage, trauma, physical and mental health problems, and criminal behavior.

Understanding that one of the strongest predictors of future violence for youth is surviving it, and that services to violence survivors are a critical component of violence prevention, our Urban Youth Outreach provides community-based, trauma-informed mental health counseling and clinical case management services to youth, ages 16-25 years, whose lives have been adversely impacted by violence at home and in their community. The youth in our program have past or current criminal justice involvement and/or are gun violence survivors who sustained paraplegic and quadriplegic spinal cord injuries secondary to a gunshot wound.

"The youth in our program are disadvantaged not only by their lack of access to quality health care, but, also in relation to all 5 social determinants of health."

Our program aims to leverage the protective factors and resilience of youth who are dealing with multiple factors impacting their development such as childhood trauma, community violence, poverty, and (for some) a disconnection from family, community, and culture. We know that when youth have experienced adversity in childhood, especially in communities challenged by toxic stress and trauma, this has both physical and emotional consequences. With our material and therapeutic support, youth expand their capacity to regulate their emotions, to problem-solve more effectively, and to develop life skills that can advance their personal, academic and employment goals.



Save the Date

Please join us at Spiritus Christi Mental Health Center's

Annual Riverwalk

October 22, 2023 - 11am

121 N. Fitzhugh Street, Rochester, NY

Walk a beautiful 5K with us and help raise funds to benefit the Spiritus Christi Mental Health Center and our clients

- Register to walk at runsignup.com/riverwalkscmhcc
- Invite family & friends to sponsor you
- After the walk, join us for lunch
- Great music, crafts for kids, and fall fun!
- Kids get a free pumpkin to paint!

For pledge form and more details, visit: scmentalhealth.org

Spiritus Christi Mental Health Center May Community Event



Meditation for Stress Management *with Daniel Brottman*

Everyone experiences stress. There are times when we can cope with the stress and thrive, and there are times when it seems overwhelming.

Our presenter, Daniel Brottman, has practiced mindfulness for over ten years and is a graduate of the Inward Bound Mindfulness Education Teacher Training Program.

Through the practice of mindfulness and guided meditation, Daniel will teach techniques to center ourselves and connect with our inner resources to reduce stress and the negative feelings stress introduces to our bodies and minds.

This is a free event open to the public.

Register with the QR code on this flyer, at scmentalhealth.org, or call 585.325.1186

Wednesday, May 17, 2023
6:00 - 7:45 PM
The Hallock Lounge at
Downtown United Presbyterian Church

REGISTRATION
QR CODE:



Spiritus Christi Mental Health Center
121 N. Fitzhugh St Rochester, NY 14614

585.325.1186
find us on facebook



the
Reel Mind

*a film series addressing the social stigma of mental illness,
providing a message of hope that recovery is possible*

reelmindfilmfest.org

**Please plan to join us
for our *15th year*
of films focusing on
hope and recovery!
*October 2023***



Spiritus Christi Mental Health Center

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

Hours of Operation
Monday 9 am - 3 pm
Tuesday - Thursday 9 am - 5 pm

Center Staff

Amy Durkee, MHC-LP - Director
Eileen Hurley, RN, LCSW - Urban Youth Outreach
Mark Potter - Associate Administrator

MORE WAYS TO GIVE:



United Way Donor Designation Program #2403



SEFA #66-00124

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

***Your support makes
all the difference!***

From Current Participants:

"You folks really listen. Not only my counselor but all the staff. I am scared of most people and this makes me reticent to even ask for help because I am afraid, because of trauma, that talking to others will get me hurt. All of you simply listen, and for me, that makes getting help possible at all.
Thank you."

"Everyone has been nothing but wonderful for me and my husband!
Such an amazing group of people!"

"You all have been so kind and accommodating with me, and I feel like I've been able to learn and grow as a person with your support. I truly believe I wouldn't be receiving any mental health care without your kind, caring staff, and your willingness to work with people no matter what circumstance they might be in."

Volunteer with us!

Nurse Practitioners & Psychiatrists:

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

Therapists:

Hours negotiable,
as little as 1 hour per week

Thanks to our recent funders

Daisy Marquis Jones Foundation \$15,000
Fred & Floy Willmott Foundation \$4,000
Rochester Female Charitable Society \$1,900

Volunteer Staff & Affiliations

Lynn Acquafondata, LMHC, Private Practice
Jodi Aman, LCSW-R, Private Practice
Lieve Bain, LCSW-R, Retired
Jennifer Bateman, MHC-LP
Michele Caponi, LMHC, Retired
Anne Cliby, Yoga Instructor
Kathleen Conti, LCSW, Retired
John Connors, MD, Private Practice
Peggy Derivan, LMHC, Private Practice
Brenda Devine, LCSW, Retired
Sue Elliot, LCSW, Private Practice
Jere Fletcher, Esq., Advocate
Jessica George, St. John Fisher Univ. Intern
David Hall, Peer Support Specialist
Steve Hoffman, The Living Room
Sandra Hope, LMHC, Private Practice
Mary Kearney, LCSW, Retired
Michael Kelly, Esq., Advocate
David Markham, LCSW, Private Practice

Jerry McElroy, UYO Volunteer, Retired
Rick Massie, LMHC, Retired
Ese Moynihan-Ejaife, LMHC, Private Practice
Liz Powers, The Living Room
Karen Reimringer, Office Admin Support
Paula Sauers, The Living Room
Suzanne Spencer, LCSW, Retired
Gary Warner, Ph.D, Retired
Keith Wilson, LMHC, Private Practice

Advisory Board Members

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Kim Hess, MBA, Monroe Plan
Paul Mastrodonato, MPA, Nonprofit Works

Our Wish List

Please consider helping us provide for our clients
by donating an item from our wish list.
Thanks for looking!

All-day bus passes
Grocery gift cards (Tops, Aldi, Price-Rite)
McDonalds Gift Cards
Subway Restaurant Gift Cards