

October 2025



A Message From Our Director

It's our 25th anniversary! And we have so much to be grateful for at Spiritus Christi Mental Health Center! We welcomed three new volunteer clinicians this past year, allowing us to see an additional 10 people per week. Alyssa Taylor, our new associate administrator, is knocking it out of the park, and despite tightening budgets and economic uncertainty, we are still blessed with funders and donors who are making the Center's work a priority.

Our volunteers are amazing! Just in the past week, four of our clinicians went above what is expected of them to provide a kind of customized care that's hard to find in a bigger system. This approach allowed for us to pull together a team of family and staff to help a client stabilize and avoid hospitalization. It also meant that three clients with complex needs could receive accommodations that were not available to them elsewhere. I am in awe of the courage and commitment of our volunteers and those who consult us. And I'm grateful to all of you who provide the funds to make high quality care - at no cost to participants - possible.

On behalf of all of us, I want to thank you for your past support and invite you to remember us in your giving. We'd love to have you join us for our annual RIVERWALK on Sunday, October 19. You'll find more information about the walk in this newsletter. If you are not up for walking, you can always give directly to the Center or sponsor someone else. Your investment in Spiritus Christi Mental Health Center multiplies exponentially, impacting those who consult us, their families, and their communities. Thank you so much for all your support!

With Gratitude,

Amy Durkee

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 19th!
Registration now open!

Last Year in Numbers

170

Number of
people served
this past year.

2,915

Number of
encounters in
all programs.

90%

Percentage
that leave
meeting their
goals.

\$42

Our cost to
provide one
counseling
session.

A Message From Alyssa

Hello everyone, I am your new Associate Administrator for the Mental Health Center. I recently relocated from Atlanta, Georgia where I was completing my Master's degree in Public Health focusing on Health Management and Policy. I am very excited to be working here at the MHC because health equity is near and dear to my heart.



I believe that everyone should have equitable access to healthcare, and the MHC is a perfect example of working towards that goal!



Riverwalk 2025!
October 19th at 11 am

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

Invite friends, family & co-workers to sponsor you! They can donate online, by cash or by check. Every \$100 raised gets you one free raffle ticket.

Can't walk with us on the 19th? Choose your own date and route, collect donations from your sponsors, and help from afar!

Scan the code to register now or visit
[runsignup/riverwalkscmhcc](https://runsignup.com/r/riverwalkscmhcc)

More info available at scmentalhealth.org



Thank you to our Riverwalk 2025 platinum sponsors:





Get Out of Your Head. Start Talking

by Isobel Davies



Phoebe (not her real name) came to us after having reached the upper limit of services provided by her university. When she contacted her primary care provider in her home city for help, the doctor responded: "I don't know why kids these days think they need therapy or psychiatry, you just need to go outside." A recent global study* found that Generation Z - people between the ages of 13 and 28 - are experiencing poor mental health at an unprecedented rate, with insufficient access to mental health services considered a causative factor. Young women are especially suffering, with self-reported poor mental health rising from 3.2 to 9.3 percent between 1993 and 2024.

Phoebe's life started to become 'sucky' after the end of a relationship coincided with the Covid-19 pandemic, and she couldn't shake the spiraling thoughts and rumination that cast a pall over her days. Her therapist at the university was concerned that a break in her sessions would be detrimental, but Phoebe's health insurance would not cover treatment and she couldn't afford private counseling. Fortunately, her therapist was aware of Spiritus Christi Mental Health and encouraged Phoebe to call us. She was apprehensive at first but soon realized it was a great match: 'I knew I was in good hands'.

Phoebe described herself as needing a lot of support. Far from 'just getting outside' what helped the most in her healing was beginning to examine patterns of thinking and behavior, learning skills to shift herself away from rumination, and questioning whether the blame she holds truly belongs with her. She says, "A lot of times people attribute things directly to themselves: 'I did this, therefore I am a bad person.' But I feel like my counselor has equipped me to take a second and put something in between that and be like 'OK, I did this, and it makes me feel like a bad person'. The first one assigns a lot of blame towards yourself and the second is just calling it what it is. Being able to create that mental separation has been such a game changer".

'If you've ever thought about therapy you should just do it. It's so valuable to have a place to get out of your own head, because you're in it all the time...'

Phoebe now feels more able to deal with the things that life throws at her. She feels she has more agency in her own life. She has found that things that weren't possible for her before, like being in a relationship, are now an option, thanks to the work she's put in. She's also become an advocate for talk therapy with everyone she meets: 'If you've ever thought about therapy you should just do it. It's so valuable to have a place to get out of your own head, because you're in it all the time... and your brain is capable of creating patterns that may not be the nicest for you. The only experience you have of the world around you is your own, and it's so important to be able to see things from other perspectives. Therapy gives you hope that you can move along, and that you don't have to be stuck in the same place if you don't want to be.'

* <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0327858>

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

Amy Durkee, LMHC - Director
Alyssa Taylor, MPH- Associate Administrator

Thanks to our recent funders!

Daisy Marquis Jones Foundation \$15,000
Rochester Spinal Association \$11,202
Wyman-Potter Foundation \$10,500
Fred & Floy Willmott Foundation \$6,000
Rochester Female Charitable Society \$3,000
Polleseni Foundation \$2,000

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!***

Financial Summary 7/1/24-6/30/25

Revenue

Contributions/Memorial	\$66,313
United Way/SEFA	\$8,860
Grants	\$47,702
Special Events	\$30,630
Professional Fees (in-kind)	\$199,400
Interest on accounts	\$9,936

Total Revenue \$362,841

Expenses

Salaries & Benefits	\$133,543
Occupancy (1,200 in-kind)	\$13,432
Supplies (office/program).	\$419
Professional Fees (in-kind)	\$198,425
Insurance	\$1,577
Client Needs	\$357
Psychiatric Consultations	\$1,130
Electronic Medical Records	\$4,913
Website	\$595
Equipment/Furniture	\$1,477
Fundraising Expense	\$352
Mileage Program	\$261
Miscellaneous	\$92

Total Expenses \$356,573

Volunteer Staff & Affiliations

Ted Aman, LMHC, Delphi Rise, Retired
Lynn Acquafondata, LMHC, Private Practice
Patricia Bennett, Phd., Retired
Lieve Bain, LCSW, Retired
Jennifer Bateman, MHC-LP
J. Michelle Bull, UB Counseling Intern
Michele Caponi, LMHC, Retired
Anne Cliby, Yoga Instructor
Peggy Derivan, LMHC, Private Practice
Brenda Devine, LCSW, Retired
Sue Elliot, LCSW, Private Practice
Jere Fletcher, Esq., Advocate
Jessica George, LMHC, CVTC
David Hall, Peer Support Specialist
Sandra Hope, LMHC, Private Practice
Eileen Hurley, LCSW
Mary Kearney, LCSW, Retired
Rick Massie, LMHC, Retired

Ese Moynihan-Ejaife, LMHC, Private Practice
Liz Munson, LMHC
Amy Soriano, SJFU Counseling Intern
Suzanne Spencer, LCSW, Retired
Gary Warner, Ph.D, Retired
Keith Wilson, LMHC, Private Practice

Advisory Board Members

Kate Auberger, LCSW, Retired
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Kim Hess, MBA, Monroe Plan
Luz Flores Lee, MS, PMP, LLS-MBB, Consultant
Paul Mastrodonato, MPA, Nonprofit Works

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