



Good News, Good Work!

We have so much to be grateful for this year. Dr. Kimberly Erway joined us this summer, allowing us to offer care to four more people. We've been looking for an additional prescriber for a long time, to help meet the great need for psychiatric care for the under- and uninsured in our area. We have also recently welcomed some new volunteer therapists to the Center. You should see us on Tuesdays and Wednesdays, with three support meetings and all available therapy rooms full!

We have also added a monthly Grief Support Group, facilitated by social worker Linda Harris, to our offerings. For more information, give us a call.

Some have asked how the Affordable Care Act will impact SCMHC. While the ACA will have a profound impact on many who are currently uninsured, there will still be thousands of people excluded. The young men served through our Responding to Violence Initiative will

still need counseling and general support for navigating their marginalized lives. Those who cannot afford to pay insurance premiums, who cannot complete the application process, or who are denied due to IRS issues will also still need care. Then, as now, there will be those who are insured but unable to afford co-payments. And of course, the undocumented will be excluded from this insurance option.

In fact, we estimate that less than 25% of our current participants will be eligible for insurance through the ACA. That means there's still a lot of work to do to make sure everyone has access to affordable care.

We want to remind you that *none of this could happen without you*. Whether through financial gifts or gifts of service, your choice to stand with those who have been rendered invisible is making a difference!

Maureen, Amy & Eileen

**This year, we served 347 people
in individual, couple, family and group sessions.
This represents 3,724 therapeutic encounters.**

Age	Insurance Status*	Gender	Race
13-21: 32%; 22-35: 9%; 36-49: 18%; 50-64: 31%; 65+: 6%; Unknown: 4%	Uninsured 62% Underinsured 38%	Male 56% Female 44%	Black 36%, Hispanic 4% White 56%, Asian <1%, Other 2%

*Insurance data for onsite clinical care only (130 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
- **Community Health Outreach** — individual, family & group therapeutic consultations and psychosocial support for minority youth affected by violence
- **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

From Recluse to Reaching Out by Amy Durkee

Steve is a big guy in his 60's – a gentle giant that puts folks at ease the minute they walk into Mental Health Center's "Living Room" program. His very presence communicates safety and acceptance. But this way of being in the world was hard-won for Steve.

When Steve first came to The Living Room seven years ago, he was a recluse. "I'd only shop in the middle of the night so I could avoid seeing people," he explains. "If my neighbors were out, I'd stay in the house until they went back inside."

Back when he was 40, Steve was running his own business and making good money. He had friends and a family he loved, and things were going well. "I kept it together until age 41,"

he says. "Then I woke up one morning and the only thought I could focus on clearly was that I didn't deserve anything I had." Steve says he spent the next two years intentionally losing everyone and everything – his business, car, house, family and all his investments.

"When I was a kid, between the ages of 11 and 23, I watched my mother do all sorts of crazy things as a result of Bipolar Disorder. Funny thing is that, at 41, I was acting like my mom did all those years ago, but I didn't realize it. To me, my actions all made sense."

It took two more years for Steve to realize he had a problem. At age 43, he sought help for drug addiction and mental illness and was diagnosed with Bipolar Disorder, Post Traumatic Stress Disorder and Social Anxiety Disorder. While he was in treatment, horrible memories from his toddler years started flooding into his consciousness. "I was 19 months old when my brother started school. My mom went back to work and found a babysitter for me. Problem was that the babysitter was really sick." Steve endured physical and emotional abuse until age 3 when Steve's dad suspected something was wrong and fired her. But the damage was done.

"Every night I would bury the memories of that day with the sitter," says Steve. The memories were buried so deeply that he wasn't even aware of them for 40 years.

Proper medication and therapy were a part of Steve's recovery plan for years before he gave in to pressure from friend and peer facilitator Patricia Kendall to visit The Living Room. He says the support he received from peers did something for him that

medication and therapy couldn't. "Not knocking the counseling profession," he says, "but when you talk with someone who really knows what you are going through because they've lived it, it's a whole different thing."

"The Living Room did a lot to socialize me," he grins. "Now, there are times I even initiate conversations with total strangers!"

Steve has had several significant breakthroughs since he started attending The Living Room. He was released from therapy over a year ago and has reduced his medications from 36 different drugs down to 24. And this year, he celebrated 20 years clean. He now has a good relationship with his ex-wife and kids, and absolutely loves being a grandfather. And, in April of this year, he became a peer facilitator in The Living Room.

"I regret losing it all, especially when I think of how all that money could help my kids and grandkids. But I'm happier now than I was back when I had all that." And he's grateful for the chance to help others who visit The Living Room. "I like to think I'm making up for some of the bad stuff I did."

"I really enjoy life now," he remarks with a smile. "And considering where I was, that's quite an accomplishment."

"...when you talk with someone who really knows what you are going through because they've lived it, it's a whole different thing."

MENTAL HEALTH CENTER WISH LIST:

- ***Forever*** postage stamps
- ***Staples or Office Max gift cards***
- ***Sunoco or Hess gas cards***
- ***Bus passes***
- ***Gift cards for McDonald's & Target***
- ***TracFone Airtime Cards***
- ***Warm socks for both men and women***

Dear SCMHC

I want to express my appreciation for Spiritus Christi Mental Health Center and its connection to our community. Mental health issues can disrupt lives that are already complex. Worries of how to pay for care can delay access to care and complicate lives even more. Through the mental health center, I am able to maintain a better awareness of both the ongoing struggles, as well as the availability of a team of caring professionals.

We all pay a price for untreated and undertreated mental illness. Individuals suffer, families struggle and the community feels the burden. Individuals can feel isolated, fearful, and confused. Perspective gets lost, and hopes and dreams are delayed. Mental illness often goes unrecognized or untreated. There is still stigma, embarrassment and lack of adequate access to care.

By providing nonjudgmental support, the mental health center meets the critical needs of our community, breaking down the walls of isolation that separate us. The center is able to meet people where they are and accompany them on the journey toward mental health. A caring team provides access to counselors, physicians, nurses and a network of support where people can access the resources they need, including medication that can help stabilize brain chemistry, support for our youth and families impacted by violence, a safe place to have conversations, and help navigating a path through complicated systems. Thank you for your ongoing commitment and relentless presence.

~ Steve Novak

Steve and his wife Dawn have been supporting SCMHC since its inception. We are so grateful for their partnership!

“We all pay a price for untreated and undertreated mental illness. Individuals suffer, families struggle and the community feels the burden.”

Harvest Walk & Festival

to benefit Spiritus Christi Mental Health Center!

SATURDAY, OCTOBER 19

12:30-4 pm

**Thomas Grasso Lodge, Greece Canal Park,
241 Elmgrove Road**

Register at 12:30 pm for a two-mile walk through Greece Canal Park to raise funds for mental health care for the under- and uninsured

Enjoy **carnival games, contests and face painting** for all ages and **bounce house and story time** for little ones from 1:45-4 pm

Raise a minimum of \$30 per person (\$60/family) in sponsorships to enter
All activities free upon entrance

Food available for purchase

Prize drawings for walkers who raise \$150 or more!

More information & sponsorship forms available at smentalhealth.com or 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 — Community
Health Outreach
Amy Durkee — Administrative Associate

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)
66-00124

MANY THANKS

for your generous gifts of time
and money that are bringing hope
and healing to 347 youth and adults
in Greater Rochester

...and special thanks to funders

Daisy Marquis Jones Foundation —
\$8,000

**First Unitarian Church, Social Justice
Outreach Grant — \$3,375**

**Rochester Female Charitable Society
— \$2,000**

**Marie C. & Joseph C. Wilson
Foundation — \$1,500**

FINANCIAL SUMMARY

7/01/12—6/30/13

Revenue

Spiritus Christi Annual Collection	\$	16,273
Contributions		31,385
United Way & SEFA		26,459
Grants		12,375
Special Events		13,898
Additional Support, Spiritus Christi*		58,334
Professional Fees (in-kind)		71,880
Occupancy (in-kind)		10,400
Total Revenue:	\$	241,004

Expenses

Salaries, tax, benefits	\$	100,064
Occupancy (\$10,400 in-kind)		10,716
Supplies		180
Copy, Print		184
Postage		346
Fundraising		1,475
Insurance		895
Bank Fees		(120)
Mileage Reimbursement		384
Emergency Client Needs		100
Equipment		900
Professional Fees (\$71,880 in-kind)		71,880
Conferences		400
Total Expenses:	\$	187,404
	\$	53,600

*Represents \$33,334 designated to establish an
emergency fund and \$25,000 for general support

**ADVISORY BOARD MEMBERS
& AFFILIATIONS**

Kate Auberger, LCSW-R, Unity Health Systems
Fr. Jim Callan, Assoc. Pastor, Spiritus Christi Church
Nancy Carlucci, CCSI & NAMI
Laurie Donohue, MD, Westside Health Services
Kim Hess, Preferred Care
Patricia Kendall, The Living Room
Tim McGowan, LMSW, Spiritual Growth Counseling
Trish Pielnik, MD, SUNY Potsdam

VOLUNTEER STAFF & AFFILIATIONS

Jodi Aman, LCSW-R, Private Practice
Gloria Baciewicz, MD, University of Rochester
Maria Barilla, LMHC, Private Practice
Margaret Barnhart, Fundraising
Thomas Christensen, LMHC, Private Practice
Sandra Condry, PhD, Psychologist, Retired
Pat Condry, MD, Dermatologist
Mary Dibley, Fundraising
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Robert Holloway, MD, University of Rochester
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Keith Wilson, LMHC, Private Practice
Tom Wright, Consultant, Kodak
Liliana Yohonn, Pharmacist; Consultant, The Living
Room

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



"You'll Like
What You Hear"

From Current Participants:

**"This Center has been
a life saver for me!
My life has drastically im-
proved since coming here.
Thank you so much!"**

**"My life has become
manageable with your help
through extremely difficult
circumstances."**