



Linking Lives

So much to celebrate!

This year, we helped over 300 people struggling with mental illness, trauma, addiction, poverty and other challenges get the support they need to live more healthy and fulfilling lives. For some, medication is a key component in their wellness. For most, meeting with a counselor helps them to heal, solve problems, and learn new ways to cope. Others find meaning and support through our peer meetings. Many got connected to other resources in the community – housing, job training, employment services, insurance and specialist care. For the young men and their families in our Urban Youth Outreach, having a skilled ally to help them through one of the most vulnerable times of their lives makes all the difference.

None of this happens without you. Your investment of time, money and other resources make all of this possible.

A year ago, we told you we were struggling to make budget. We asked you to help raise the funds necessary, and you did! For the first time in over a decade, we ended this financial year in

the black. We are so grateful to all of you for making this possible!

Your efforts made all the difference for those who have very few options for mental health care. Will you help again this year?

Ways you can help:

- ◆ Walk with us on October 22 & ask your friends & family to sponsor you (see p. 3 for details)
- ◆ Sponsor someone who is walking
- ◆ Give directly to the Center
- ◆ Spread the word. Share this newsletter with a friend and tell them about your own experience of being a part of this outreach
- ◆ Ask to receive the newsletter via email, saving printing and postage

Everything you do to help the Center translates into relief and gratitude for struggling and courageous people. We so appreciate your support!

With Gratitude,
Maureen, Amy & Eileen

This year your support made it possible for 317 people to get the help they needed in individual, couple, family and group sessions.

This represents over 3,400 therapeutic encounters.

⇒ **131** persons received counseling, medication, or both
⇒ **69** persons attended a peer support meeting

⇒ **39%** of those in clinical care were uninsured
⇒ **61%** were underinsured

⇒ **117** young men (age 16-22) and their families were served through our Urban Youth Outreach

Overview of Programs

- **On-Site Clinical** — psychiatric and therapeutic consultations for uninsured and underinsured children and adults
- **Urban Youth Outreach** — individual, family and group therapeutic consultations and psychosocial support for minority youth affected by violence and trauma
- **The Living Room** — weekly peer support for those struggling with daily living issues
- **Wesley's Mothers** — an anonymous meeting for mothers of incarcerated children
- **Chiropractic Care** — chiropractic care & Somato Respiratory Integration training for overall wellness

Trusting her instincts

by Amy Durkee

A couple of years ago, in her late 20's, Jammie was seriously depressed. While she had insurance, her low-wage job didn't provide her with enough to afford the cost of co-payments for mental health care. When she told a coworker about her problem, the friend suggested she call Spiritus Christi Mental Health Center.

Although she'd tried therapy before, she was nervous when she came to the Center for the first time. In her first visit, she said she wanted to learn to deal with things better. She felt like her Depression and Anxiety were blocking her from achieving her goals.

After a few appointments with her therapist, Jammie decided to consult our psychiatrist regarding her overwhelming Anxiety and numerous worries. While she was hesitant to use medication, she agreed to give it a try. At first, she couldn't remember to take it on regular basis, so it was hard to know if it was working. Her therapist helped her develop strategies for remembering to take it regularly and, once she did, she found she was more focused and organized.

"A lot of things have changed during my time here. I now look more closely at my relationships and decide if they are good for me or not. I have a lot more self-confidence now." One of the most courageous changes she has been able to make was

"A lot of things have changed . . . I now look more closely at my relationships and decide if they are good for me or not. I have a lot more self-confidence now."

to leave a job she'd had for years — a job she absolutely hated. "Every time I'd think about quitting I'd think 'What if I don't have any money?' and 'What will people think?' but I finally recognized that it was my decision and that I had to do what was best for me." It didn't take her long to secure other employment, and while her current situation isn't

ideal (she's working two part-time jobs instead of one full-time position), she has no regrets. "It was a really scary thing for me but I did it, and things are definitely better now."

In her relationships, she says she's now making conscious decisions about what she does and does not want. She has a much clearer sense of what she's willing to put into the relationship and wants to be sure her friends will invest as much as she does. "I've learned to trust my instincts," says Jammie, "and I am a lot more self-confident."

Jammie says she's grateful for the support she gets from the Center. "Even when I'm not motivated, I look forward to my sessions. It makes me feel better because I know I'm working on myself and becoming a better person."

Jammie consults a Therapist and Psychiatrist at Spiritus Christi Mental Health Center.

Urban Youth Outreach Highlights

Of the **117 young men** who participated in program activities this year:

- ◆ **96** are now **connected with a trustworthy adult** they can reach out to any time they need it
- ◆ **74** participated in **individual counseling**, reporting improved mental and emotional health
- ◆ **16** homeless youth **got the support they needed** to attain shelter, food, clothing, health care, school enrollment and other necessities
- ◆ **3** teens **celebrated their high school graduation**, and several others were awarded a NYS High School Equivalency diploma
- ◆ **1** high school graduate is **now attending college**
- ◆ **16** youth are **fulfilling the mandates of their Probation/Community Supervision at home**, rather than languishing in jail, thanks to our social worker's collaboration with the youth's family, his attorney and other agencies

I am a Doctor of Chiropractic, volunteering at Spiritus Christi Mental Health Center. When I was in fourth grade, this debilitating thing called Lyme Disease hit me. From that point on, my life consisted of pain, fatigue and isolation — all I could do was get through school and then zone out in front of a television for the rest of the day. I could not play with my friends, so I resorted to strategy games to cope. I continued to use games and television to disconnect from my pain and feelings for at least three hours a day through middle school, high school and college. While in middle school, I was introduced to chiropractic care and found that it helped a lot with some of the secondary symptoms of Lyme disease. I knew then that I wanted to go into some sort of health field.

Once in college, I was introduced to a kind of chiropractic called Network Spinal Analysis. I got adjusted during my lunch break once a week, and I started to notice that I did not want to play games and watch television as much on the days I got adjusted. It gave me time to study, eat and clean my room. I felt less stressed and more connected to my body. I knew at that point that I wanted to be able to offer this kind of healing to others.

Sometimes when I tell people that I am a chiropractor they say, “I don’t have back pain, I don’t need chiropractic.” It is not about pain. It is about living your life more efficiently and being able to do what you really want to do, instead of coping and disconnecting from your life because you cannot bear it anymore. I love seeing how people transform through this work. It’s inspiring to see them getting to live their lives the way they want to.

Dr. David Raczka see patients at the Center on Tuesday mornings. He also offers a class in Somato Respiratory Integration (SRI). SRI uses awareness, body position and breath to allow you to connect with your feelings and move on to the next stage of healing.

RIVERWALK 2017

to benefit Spiritus Christi Mental Health Center

SUNDAY, OCTOBER 22

11 am — 3 pm

Celebration Hall, Spiritus Christi Church

Walk a scenic 5K along the Genesee River and through the Corn Hill district to raise funds for mental health care for the under- and uninsured

Raise \$250 or more to be eligible to win fun prizes!

WALK LUNCH LIVE DJ PHOTO BOOTH KIDS' CRAFTS AND MORE!

More information and sponsorship forms available at smentalhealth.org or call 585-325-1180

SPIRITUS CHRISTI MENTAL HEALTH

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Rochester, NY 14614

Phone: 585-325-1180

Fax: 585-325-1191

www.scmentalhealth.org

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

VOLUNTEER

To Make a Difference!

Nurse Practitioners & Psychiatrists:

Prescribe and manage medications
for participants, 2-4 hrs. per month

Therapists: Hours negotiable

MORE WAYS TO GIVE:

UNITED WAY
Donor Designation
Program # 2403

SEFA
Donor Designation
Program #66-00440

Wish List

- "Forever" postage stamps
- RTS bus passes
- Subway, Wendy's &
McDonald's gift cards
- Men's deodorant
- S & M boxer shorts
- S, M & L white men's T-shirts
- L and XL black or gray
hoodies

FINANCIAL SUMMARY

7/01/15 — 6/30/16

Revenue

Spiritus Christi Annual Collection	\$	21,607
Contributions		17,302
United Way & SEFA		24,375
Grants		28,536
Special Events		33,172
Professional Fees (\$71,880 in-kind)		0
Occupancy (\$11,200 in-kind)		0

Total Revenue: \$ 124,992

Expenses

Salaries, tax, benefits	\$	115,178
Occupancy (\$11,200 in-kind)		600
Supplies		579
Copy, Print, Postage		1,231
Insurance		1,024
Mileage Reimbursement		992
Equipment		839
Education & Training		67
Fundraising		50
Professional Fees (\$71,880 In-kind)		0
Client expenses*		1,644

Total Expenses: \$ 122,204

Net Profit/(Loss) \$ 2,788

*Food, clothing shelter, transportation

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SPECIAL THANKS TO OUR MEDIA PARTNER:



"You'll Like
What You Hear"

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Liz Powers, The Living Room
David Raczka, DC, Chiropractor
Jeanne Ryan, Wesley's Mothers
Paula Sauers, The Living Room
Keith Wilson, LMHC, Private Practice

Thank you to our funders!

Fiscal Year 2016-2017

**Daisy Marquis Jones
Foundation—\$10,000**
**Feinbloom Supporting
Foundation—\$5,000**
**First Unitarian Church of
Rochester—\$1,036**
**Fred & Floy Willmott
Foundation—\$4,000**
LGBT Giving Circle—\$2,000
**Polisseni Foundation—
\$1,000**
**Rochester Female
Charitable Society—\$1,500**
Wilson Foundation—\$4,000

...and to all of you who give so
generously of your resources!