



Linking Lives

Spiritus Christi Mental Health Center

Director's Update

This past year, we were privileged to help over 300 youth and adults from Greater Rochester get the care and support they needed. For about 100 of them, our role was to talk with them - on the phone or in person - and help them find appropriate services in the community. The remaining 200 individuals participated in one or more of our offerings, including individual, couples, group therapy, peer support, yoga classes, and case management (like helping navigate human services and completing applications for employment, education, or social services).

Each May, we hold a mental health awareness event that is open to the public. At this year's presentation, attendees learned about Post-Traumatic Stress Disorder (PTSD) from a Rochester Regional Health clinician. They learned what PTSD is (and is not!), and about treatment options and resources in our area that they could take back to their households and workplaces.

We look forward to continuing our group for survivors of childhood sexual abuse, and offering a new group for adults with ADHD. Such groups are arranged and delivered based on participant interest and the availability of a clinician to lead the group.

We are grateful for all the ways that so many of you generously give of your valuable time, expertise and financial resources that make mental health care and support possible for those who need it. Please read on to learn how your investment is making a difference for some of those who consult us.

We'd love for you to join us for our annual RIVERWALK on Sunday, October 20, and you'll find more information in this newsletter. Of course, if you're not up for walking, you can always give directly to the Center or sponsor someone who plans to walk. Your investment in Spiritus Christi Mental Health Center multiplies exponentially, impacting those who consult us, as well as their families and communities. Thank you so much for all your love and support!

With Gratitude,

Amy Durfee

Overview of Programs

On-Site Clinical

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

Community Outreach

Clinical social work services to youth, adults, and their families. Includes partnerships with Rochester Spinal Association and Reentry Association of Western NY

The Living Room

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

Community Education

Community education events promoting mental health awareness

Yoga

Weekly yoga classes to promote overall wellness

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

Snapshots

194

Number of people served this past year

2,929

Number of therapeutic encounters

88 %

Percentage of those leaving our care that reported reaching one or more of their goals

\$70

Our cost to provide one counseling session

Numbers only tell part of the story.

We hope these brief vignettes will help you to know how your support makes a difference. Some details have been changed to protect the identity of those who consult us, but the essence of their stories is true.

A college student who is estranged from his family is getting help to deal with low self-esteem, anxiety, and depression. Because his parent was abusive and had so much control over his movements while he was growing up, he didn't learn some basic life skills. Now, out on his own, he has had to grow up fast – finding his own apartment, getting his first car, all while working himself through school. He's incredibly strong and smart, but it would be a lot to manage without the support he is getting from his counselor and the Center.

A mom whose daughter is incarcerated out-of-state is struggling with missing her, worrying about her, and with feeling alone. She has few people to talk to because of the stigma of incarceration. Friends and family tell her it's her daughter's fault she's there, so she shouldn't worry so much and shouldn't work so hard to scrape together the money to send care packages. She knows what her daughter did was wrong, but of course she still loves her. She came to us for help with "being okay" – meaning being able to sleep at night, able to concentrate at work, and able to enjoy her life while still caring about her incarcerated daughter.



Please join us at Spiritus Christi Mental Health Center's

Annual Riverwalk

October 20, 2024 - 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/riverwalkscmhc or scan here:
- Invite family & friends to sponsor you
- After the walk, join us for lunch (included!)
- Great music, crafts for kids, and fall fun!



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

An Internship to Remember

by Mark Potter

As the chaos of the Covid-19 pandemic was slowing down, I decided to speed things up for myself and made the choice to go to graduate school to pursue a degree in Social Work. One of the requirements for the program was an internship. I was tasked with thinking about where I would spend 15 hours a week and the location was not the only consideration... Who would I want to learn from? What would I want to learn?

While these questions created stress and anxiety for my classmates, it was an easy decision for me, because right within the walls of Spiritus Christi Mental Health Center was Eileen Hurley. Choosing to do my internship with Eileen in the Center was a “no-brainer!” The internship proved to be great timing, as it was also the onset of a partnership between the Center and the Rochester Spinal Association (RSA). Eileen was effectively the case manager for men in the community that were quadri- or paraplegic as the result of gunshot wounds. The plan was for me to follow along and be a part of the partnership and journey. We would help connect clients to resources, offer support facilitating those connections and be available for other needs the men identified.

For those living on the margins, the needs almost always outweigh the resources available. One client that this was painfully true for was Cyrus (not his real name), a paraplegic in his early 20’s that was doing all he could to live a normal day-to-day life despite having limited resources, minimal support outside of the RSA and Spiritus partnership. The home Cyrus was living in was not properly set up for someone in a wheelchair. The money Cyrus was receiving from disability was not nearly enough to pay the bills and put food on the table. What’s more, necessities like medications and medical supplies were being put to the wayside for lack of money.

Enter: Eileen Hurley. Right off the bat she modeled for me something so vital when working with folks in need: a calm, peaceful presence that was void of judgment. She was gentle, but direct. She rolled her sleeves up to tackle the tasks at-hand but took time to check in with Cyrus often. She was empathetic during times of despair and used tough love when Cyrus needed it. Working with people that feel the world is against them is extremely difficult, but I learned that the most important thing is to see the person first, not the problem.

“For those living on the margins, the needs almost always outweigh the resources available”

Perhaps the most profound gift of working with Cyrus was getting to hear about his dreams. Yes, his financial situation was difficult. Yes, it was a challenge to connect him to resources because of the many barriers he had in his life. Yet with all of that, Cyrus had within him a dream to not let his physical condition or barriers to economic freedom hold him back. I accompanied Cyrus to places like a vocational rehabilitation center that helps people with disabilities find employment and receive special job training. I also helped Cyrus gather paperwork and fill out a mountain of forms to begin his educational journey. Cyrus enrolled in a High School Equivalency prep program with dreams of pursuing college-level classes in the future.

Cyrus was just one of the clients I had the privilege of working with. Each person I worked with not only helped make for a memorable internship, but also helped me to add tools to my tool bag that will be essential for my role as a social worker in the future. My internship at Spiritus Christi Mental Health Center gave me so much more than I was able to give it, and I am eternally grateful for my experiences with the clients. I also had the best mentor one could hope for. If one day I am a tenth of what Eileen is to the Rochester community, I still will have made a wonderful difference in the world.

more info at scmentalhealth.org



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, LMHC - Director
Eileen Hurley, RN, LCSW - Clinical Social Worker
Mark Potter, BS Psych - Associate Administrator

Thanks to our funders

Daisy Marquis Jones \$15,000
LGBT Giving Circle \$2,000
Polisseni Foundation \$2,000
Rochester Female Charitable Society \$3,000
Rochester Spinal Association \$20,000
Willmott Foundation \$6,000
Women's Club of Pittsford \$400

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

7/1/23 - 6/30/24

Revenue

Contributions/Memorials	\$67,518
United Way & SEFA	\$5,126
Grants	\$57,137
Special Events	\$29,045
Professional Fees (in-kind)	\$73,100
Program Service Fees	\$800
Transfer from fund balance	\$29,424
Total Revenue:	\$262,150

Expenses

Salaries, tax, benefits	\$166,510
Occupancy (\$1,200 In-Kind)	\$13,994
Supplies (office & Program)	\$222
Copy, print, postage	\$351
Insurance	\$1,253
Electronic Record Keeping	\$3,871
Equipment	\$650
Psychiatric Consultations	\$1,350
Professional Fees (in-kind)	\$71,900
Client Expenses	\$919
Fundraising Expense	\$172
Mileage & Parking	\$958
Total Expenses:	\$262,150

Volunteer Staff & Affiliations

Lynn Acquafondata, LMHC, Private Practice
Lieve Bain, LCSW-R, Retired
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
Irene Dombeck, SJFU Counseling Intern
Sue Elliot, LCSW, Private Practice
Deb Enright, Community Relations
Colleen Farley, Marketing Consultant
Jere Fletcher, Esq., Advocate
Jessica George, MHC-LP
David Hall, Peer Support Specialist
Steve Hoffman, The Living Room
Sandra Hope, LMHC, Private Practice
Mary Kearney, LCSW, Retired
Michael Kelly, Esq., Advocate

Rick Massie, LMHC, Retired
Jerry McElroy, Advocate
Ese Moynihan-Ejaife, LMHC, Private Practice
Jennifer Bateman, MHC-LP
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

Kate Auberger, Social Worker, Retired
Luz Blanca, Private Consultant
Rev. Celie Katovich, Spiritus Christi Church
Kate Kennedy, Monroe BOCES One
Kim Hess, The Monroe Plan
Paul Mastrodonato, 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 1 hour per week