



SPIRITUS CHRISTI
MENTAL HEALTH CENTER

Linking Lives

Making a Difference

We received a call the other day from a woman named Nancy. Nancy just lost her Medicaid insurance because she took a job that pays more than Medicaid will allow. Unfortunately, her employer does not offer insurance and her salary is too low for her to afford coverage on her own. Nancy, who has Bipolar Disorder, has been off her antidepressant medication for a month now and has been buying her anti-psychotic medication on the street at \$1 a pill. "I can't keep buying my Seroquel this way," she sobbed, "and the depression is just getting to be too much."

Nancy's story is a common one. Folks moving toward interdependence find jobs and start working only to be faced with a loss of benefits. Without mental health care, how long can Nancy keep her new job? How will she be able to continue working toward her goals?

We're here to help people like Nancy – those who have no other options

for receiving the care they both need and deserve. As you know, tough economic times are resulting in even more people falling through the cracks. Our services are needed now more than ever. And yet, we're really feeling the pinch financially. The economic downturn took a toll in both financial contributions and in sales at our consignment shop. Things have been looking up on both fronts since August, but we're not out of the woods yet. Will you help us? Every \$20 you donate turns into one encounter* for a person who consults here. Your gift of support makes a difference!

Thanks so much!
Maureen & Amy

* "Encounter" is the agency term for a therapeutic interaction with a client. Encounters include scheduled appointments as well as problem-solving over the phone.

This year, we served 326 people in individual, couple, family and group sessions. This represents 4,548 therapeutic encounters

Who We Serve

Age	Insurance Status*	Gender	Race
Under 12: 0(0%); 13-21: 124(38%); 22-35: 35(11%); 36-49: 76(23%); 50-64: 80(25%); 65+: 11(3%)	Uninsured (47%) Underinsured (53%)	Male (59%) Female (41%)	Black 36%, Hispanic 7% White 55%, Other 2%

*Data for onsite clinical care only (141 persons). Insurance data for other programs unavailable.

Overview of Programs

- **Onsite Clinical**—psychiatric & therapeutic consultations for uninsured & underinsured children & adults
- **Community Health Outreach**— therapeutic consultations & psychosocial support for young men and their families during & after incarceration
- **Living Room**—weekly peer support for those struggling with problems in living
- **Wesley's Mothers**—a weekly meeting for those whose loved ones are incarcerated
- **New Unto Others Consignment Shop**—a shop for quality home furnishings. Profits support the work of the Mental Health Center.

Nick's Story

In his forties, Nick* is the kind of thoughtful, genuine person you instantly like. Like many people with depression, he can put up a good front, appearing easygoing and happy when in fact he's in a lot of pain. Nick used drugs and alcohol for years to keep the pain at bay, but he's done with that now.

Nick came to us last summer after he received what he refers to as his wake-up call. "I'd been off the drinking, but then got back into it. I was getting compulsive again and ended up getting arrested. I realized then that I had a lot of unhealthy people in my life – that I was making a lot of bad choices – and I needed help to change."

"My therapist . . . gives me perspective. I can talk to him about hard issues I can't share with anyone else and I feel understood. When I come here, it's like I can breathe for a while."

"I'd tried other times in the past – gone to other places for help. I really like it here because it's more personal. Plus, I get to see a male therapist. It's so much easier to talk to a man."

Nick says he has felt like he was a problem since he was a little boy. "I remember being told I was moody. And I can remember watching the other kids at school and thinking how easy it was for them. It was like everyone got some rulebook about how to act except me. School was really hard. I started drinking when I was 11 and that gave me the courage to try other drugs as well. Alcohol was my way of life. Whether I was going to the beach, watching TV, coming home at the end of a long day of work– alcohol was a part of everything I did. Alcohol helped me cope with my depression, but also contributed to it. It brought me into a lot of darkness, shame and sorrow. I have a strong commitment to staying away from drugs and alcohol now because I don't want to go back to that darkness."

Nick and his psychiatrist are still trying to find the right medication for his depression and anxiety. "I get so tired of the depressive thoughts, the doom and gloom, he says. "It's not what I want for myself. My therapist helps me understand my depressive thoughts. He gives me perspective. I can talk to him about hard issues that I can't share with anyone else and I feel understood. When I come here, it's like I can breathe for a while."



Nick sits for a minute, thinking about the best way to describe his experience. "It's like I fell into a deep, dark crevice years ago and now a door's opened and light is coming in. Now I'm looking at all the stuff I did in that dark state. I just want to be whole," he adds, "I want to make the right choices today so I won't have to feel bad tomorrow. But it's hard, you know? I lived that way from the time I was eleven and now I'm learning how to live in reality. It's hard, but it gives me a little bit of hope."

* "Nick" is not his real name.



Our Wish List

- An external hard drive to back up our files
- "Forever" postage stamps
- Staples or OfficeMax gift cards

New Unto Others

Home Furnishings
Consignment Shop

ANTIQUÉ
VINTAGE
MODERN

supporting
Spiritus Christi Mental Health Center

141 STATE STREET
585-232-8686

www.NewUnto.org
NewUntoOthers@yahoo.com

Hours:
Wed-Sat 11 AM – 2 PM
Sun 8:30 AM – 12 PM

Reuse, Recycle, Renew

Saying Goodbye

This December, we say goodbye to Psychiatrist Isaac Koilpillai. Isaac has served on our board and volunteered two afternoons per month at the center since its inception in 2000. Time and again, we've seen people arrive for their consultations demoralized by their mental illness. Time and again, we've watched them leave encouraged by the love and respect "Dr. Isaac" offers with his prescriptions. We will miss him terribly!

We asked Isaac to say a few parting words about his experience. It took some badgering, but he finally realized he had little choice and complied with our request. His thoughts follow below:

"The true heroes and heroines are the ones that walk the high wire-taking careful steps toward recovery and healing. Doctors, nurses and therapists stand safely on the ground as we witness and support their courage."

Early in my career, like most young doctors, I was fascinated with fighting illness. This focus on disease tended to displace the person and their struggle with this burden.

It was during my 25 years of work at the psychiatric center and many local and regional clinics that I came to appreciate the strength, courage and valor of those I cared for. My perspective changed from focusing on disease to focusing on the individuals and their families. When one thinks about it, the broken bone mends itself with the innate healing power of the being. The role of "healers" is to avoid interfering with that healing process and to provide a supportive presence.



May 29, 1953 all of India celebrated. This was the day that Sir Edmond Hillary and Tensing Norgay climbed Mt Everest. It was remarkable that a sherpa was recognized at the same time as the renowned mountain climber. Had it been before 1947, when India became independent, Tensing would have only been one of the many sherpas who carried heavy loads of food and gear all the way to the top for the "real" mountain climbers.

I think of my work at the Spiritus Christi Mental Health Center in a similar way. The heroism of the task of facing hurdles and challenges, with the burden of illness, is clearly more remarkable than that of my role as a guide. The true heroes and heroines are the ones that walk the high wire-taking careful steps toward recovery and healing. Doctors, nurses and therapists stand safely on the ground as we witness and support their courage.

I thank Eileen Hurley for her vision in starting the mental health center and in nurturing it through the growing years. I thank Maureen and Amy for their dedication and patience and the many ways they support volunteers.

I thank the mental health center for its uncompromising respect and unconditional compassion for those who seek help. Lastly, I thank all of you for your big heart and open arms.

I have had a good time. I have received more than I have given.

- Isaac

Music for the Heart

October 24, 2009

Featuring the



7-9 pm, Spiritus Christi Church
Suggested Donation: \$10/person; \$25/family

Silent Auction

featuring wine, art work, certificates for massage, restaurants, oil changes, & more begins at 6:00

For more information & ticket reservations, call 325-1180, ext. 112

SCMHC's

RIVERWALK 2009

Sunday, October 25

11am-3pm

Join us at Spiritus Christi Church for a 2-mile walk along the Genesee River to raise funds for mental health care for the uninsured.

Stay for our usual scrumptious lunch and time of celebration immediately following.

Walkers of all ages are welcome. Unable to walk with us? Sponsor someone else, or give us a call to lend a hand in another way.

Call Amy at 325-1180 or stop by the Mental Health Center for a registration form.

325-1180, ext. 112

**SPIRITUS CHRISTI
MENTAL HEALTH CENTER**

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

Phone: 585-325-1180
Fax: 585-325-1191

www.spirituschristi.org/outreach/mhc.html
Email: mmarlow@spirituschristi.org

HOURS OF OPERATION

Monday—Friday
Daytime and evening sessions by appointment

CENTER STAFF

Maureen Marlow, RN, CASAC—Director
Eileen Hurley, RN, LCSW—Community Outreach
Amy Durkee—Administrative Associate

Two other ways to give:

**our United Way
Donor Designation
number is 2403.**

**Our SEFA
(for state employees)
number is 66-00124**

Join Our Team!

If you're interested in any of the
Following volunteer positions, please
give us a call.

Psychiatrist or Nurse Practitioner
to prescribe and manage medica-
tions for participants (2-4 hrs/month)

Therapist (hours negotiable)

**Shopkeeper, New Unto Others
(hours negotiable)**

Many thanks for your generous
donations that allow us to offer
support and care to those who have
no other options.

A special thanks for a \$1,700 **Social
Justice Outreach Grant from the
First Unitarian Church**, a gift of
\$1,000 from **Ortho-McNeil-Janssen**,
and for the continued support of the
Presbytery of the Genesee Valley.

FINANCIAL SUMMARY

7/01/08—6/30/09

Revenue

Contributions	\$	33,661
United Way		14,220
Grants		3,300
Special Events		15,718
Consignment Shop		22,136
Professional Fees (in-kind)		71,880
Occupancy (in-kind)		10,400
Copy, Print (in-kind)		700
Total Revenue	\$	172,015

Expenses

Salaries, tax, benefits	\$	86,036
Occupancy (in-kind)		10,400
Supplies		467
Copy, Print (in-kind)		700
Postage		174
Fundraising		350
Insurance		396
Mileage		1,000
Professional Fees (in-kind)		71,880
Consignment Shop		22,181
Miscellaneous		5
Total Expenses	\$	193,589

\$ (21,574)

**Note: This is a consolidated statement with New Unto
Others consignment shop.**

ADVISORY BOARD MEMBERS & AFFILIATIONS

Candi Carter, The Living Room
Nancy Carlucci, CCSI Board; retired Highland Hospital
Laurie Donohue, MD, Westside Health Services
Patricia Kendall, The Living Room
Isaac Koilpillai, MD, Finger Lakes DDSO
Kim Hess, Preferred Care
Tim McGowan, LMSW, Private Practice

VOLUNTEER STAFF & AFFILIATIONS

Jodi Aman, LCSW-R, Private Practice
Gloria Baciewicz, MD, University of Rochester
Mary Ellen Baxter, Shopkeeper, New Unto Others
Jan Bennett, Shopkeeper, New Unto Others
Sharon Boyce, Advocate
Andrew Bradford, Consultant, Xerox
Joan Bringley, Advocate
Nancy Carlucci, Shopkeeper, New Unto Others
Candi Carter, Living Room
Joan Chandler, LCSW, Unity Health & Private Practice
Amy Chesire, LCSW, Strong Health
Alec Chierici, NCC
Ellen Clouser, Shopkeeper, New Unto Others
Linda Condry, Bookkeeper, New Unto Others
Laura Connor, Shopkeeper, New Unto Others
Ann Coone, Co-Manager, New Unto Others
Ruth Cowing, Co-Manager, New Unto Others
Dana D'Amico, Advocate
Sherada Davis, Shopkeeper, New Unto Others
DeVeronica, Linda, LMSW, St. Joseph's Villa
Mary Dibley, Fundraising
Liz DiMartino, RN, MS, Retired

Lisa Duffy, LMHC, Brighton School District
Richard Ferguson, MS ed, LMHC, Private Practice
Jere Fletcher, Esq, Advocate
Marie Gardner, RN, MS, Retired
Peggy Gold, NCC, Private Practice
Ann Graham, Consultant, Catholic Family Services
Dan & Laura Habza, Advocates
Katie Hackler, Shopkeeper, New Unto Others
Kathe Healy, LMHC, Private Practice
Mary Henry, LMSW, Private Practice
Robert Holloway, MD, University of Rochester
Sandra Hope, LMHC, Private Practice
Dick Howden, Advocate
Phyllis Kane, Shopkeeper, New Unto Others
Michael Kelly, Esq., Advocate
Patricia Kendall, Living Room
Isaac Koilpillai, MD, Finger Lakes DDSO
Patrick Lane, Esq., Advocate
Sharon Lewis, Shopkeeper, New Unto Others
Donna Little, Founder, Wesley's Mothers' Meeting
Barb Malley, LCSW, St. Joseph's Villa
David Markham, LCSW, Private Practice & GCASA
Elizabeth Masco, NPP, Private Practice & Unity Health
Paul Mastrodonato, Consultant, Nonprofit Works
Thankama Mathew, MD, Retired
Gene McCabe, PhD, Private Practice & St. Joseph's Villa
Jerry McElroy, Advocate
Deb Moffit, Fundraising
Annie O'Reilly, Records Assistance
Betsy O'Sullivan, Advocate
Judy Overman, Shopkeeper, New Unto Others

Sandy Panas, Shopkeeper, New Unto Others
Trish Pielnik, MD, Unity Health Systems
Christine Platt, Fundraising
Gene & Betsy Powell, Advocates
Phillipa Proudfoot, LCSW-R, Private Practice
Richard Quataert, Shopkeeper, New Unto Others
Felicia Reed, LMSW, Catholic Family Center
Sue Rossi, Shopkeeper, New Unto Others
Callie Rust, LCSW, Private Practice
Paula Sauers, Living Room
Jan Seeley, Fundraising
Jim Sedita, Shopkeeper, New Unto Others
Maureen Servas, MS, ATR, Art Therapy
Martha Ann Sims, MDiv, LCSW, Private Practice
Mary Smith, RN
Kate Whitney, Fundraising
Catherine Woodside, LMT, Reiki Master, CST
Tom Wright, Consultant, Kodak

*"Thank you. You've helped me
so much. I feel very cared
about."*

-Current Participant