



The Digest

Summer Edition 2014 Volume 34, Issue 2

A publication of Sinnissippi Centers, Inc. and Alliance, Inc.

An Integrated Team Effort is What Works to Provide the Best Possible Care Coordinated, Better, Care

Note: This article is written by Sinnissippi Centers' Crisis Clinician Anna Hendrix with approval of Becky Sommers. Becky is very enthusiastic to share her story in order to help others

When Becky Sommers first came to Sinnissippi Centers in November of 2012 as a referral from her primary care physician, she was experiencing psychotic-like symptoms; hallucinations, racing thoughts, increased anxiety.

Becky was hospitalized psychiatrically at Provena Mercy in 2012.

Following the hospitalization, Becky experienced a short period of stability, about a month, before experiencing similar symptoms and returning to the emergency room.

Becky was not hospitalized at that time, but was still experiencing lingering medical symptoms as well as anxiety and depressive symptoms.

It was back in 2010 that Becky had a severe head trauma. She states that she fell off a bathroom sink while attempting to kill a spider. She went backwards, with nothing to break her fall, and hit the bottom of her head on the toilet. She says that since 2010 she has experienced severe medical issues but was never given proper treatment.

Becky went to the Mayo Clinic, the Cleveland Clinic as well as other emergency room facilities in Ohio where she lived at the time.

Becky says that she was only given the basic MRI, EEG, and EKG testing at these hospitals, and unfortunately was given no real answers. She was told by medical providers her problem was psychiatric, and told by psychiatric providers it was medical.

Becky had to live with her severe medical issues over the course of the next four years.

In 2013 Becky had several months of stable symptoms. She even obtained her driver's license successfully after initially being told by her medical doctor to not drive because of the seizures she was having. But she was given the

necessary clearance in May of 2013 and subsequently passed her driving test. This was a big accomplishment for Becky.

As 2013 went on her medical

symptoms increased. She was experiencing random crying spells, head pressure, loss of executive skills, memory issues, and many more symptoms. These episodes would last as little as one day and as long as several days, followed by a relief of symptoms where she could go back to being her happy and outgoing self.

Becky also saw a neurologist in the area who said her symptoms were too severe. Becky then started seeing a neuropsychologist in St. Charles and was hopeful.

With the help and advocacy of Sinnissippi Centers' Recovery Support Specialist, Bobby Dillon, Becky was able to attend several appointments in the suburban area. She was then informed that the doctor she was seeing left the practice and gave no referral. Once again, Becky lost hope that she would be given any real answers. It was a frustrating time.

In 2014, Becky started seeing Peggy Harris, Sinnissippi Centers' Physician Assistant, for psychiatry, because over the course of the past years Becky had been bounced back and forth from medical to psychiatry, with no real direction.

Following some encouragement from Peggy, and in February 2014, Becky went to see Dr. Demko, who is a KSB physician that offers office hours at Sinnissippi Centers' Dixon office twice a month (*Dr. Demko's co-location at Sinnissippi is a result of increased efforts to better integrate behavioral and primary healthcare*). Dr. Demko referred Becky to a brain and spine specialist in Rockford.

As Becky's therapist I was able to attend her appointment with her in Rockford providing much guidance, advocacy and encouragement. She was anxious and hopeful that this time she would be given some answers. After her appointment Becky had even more hope; she was given a direct action plan by the doctor and a course of treatment.

better care continued on page 2

Q&A with Patrick Mental Health First Aid

Q: What is Mental Health First Aid (MHFA)?

A: MHFA is an evidence-based practice that has grown dramatically in popularity across the United States. Similar in scope to the first aid/CPR that we all know, MHFA teaches the average person how to intervene in a mental health incident and ensure the immediate safety and security of the person experiencing distress. MHFA training has two general types; youth and adult.



Sinnissippi President/CEO Patrick Phelan

Q: Who can benefit from MHFA training?

A: The short answer is that anyone can encounter a mental health crisis, so we can all benefit from MHFA training. Some of the groups that are targeted for training, however, include police officers, teachers and other school staff, doctors, nurses, paramedics, probation officers, jail staff, ministers and other church officials, and anyone willing to be a resource for mental health in their community.

Q: Why is MHFA important to our communities?

A: We all should know what to do if someone says, "I'm depressed," or "I am thinking about killing myself" for example. As with traditional first aid/CPR our response can be a life or death matter. MHFA training provides the tools to respond in a helpful way to individuals in distress, and to help them pursue the professional help they may need.

Q: What is the ultimate goal in regard to MHFA?

A: It is our hope that MHFA will become as common as traditional first aid/CPR. If we achieve this level of training, anyone in distress can readily access someone who can provide immediate assistance. This assistance will in turn prevent potential

Q&A continued on page 2

"Together creating the highest level of care, empowering people of all ages to find joy and hope."

Respect □ Integrity □ Compassion □ Humor □ Collaboration □ Acceptance □ Quality



SINNISSIPPI CENTERS

Sinnissippi News

Providing Pathways to Wellness & Recovery

As Sinnissippi Centers' Ways to Wellness & Recovery Project nears the end of its first year, there are many early accomplishments to look back on. Among them; cooperation with medical providers continues to strengthen. KSB hospital reports a significant decrease in the number of readmissions to their behavioral healthcare unit due to the project's activities. In addition, Dr. Demko's (KSB) on-site clinic at Sinnissippi's Dixon office has shown a significant increase in patients. What is happening in practice is a proof of concept: Better integration of care between behavioral health and primary health providers equals better outcomes.

The Challenge of Credentialing

Sinnissippi's Healthy Families Illinois' (HFI) program supervisor and staff spent the past many months preparing for an intensive site visit that occurred in early June by Healthy Families America. The purpose; being credentialed. Credentialing is a requirement of the Illinois Department of Human Services for all HFI programs. The exhaustive review looked at all components of the program including interviews with staff, participants, and community members. The reviewers had many positive comments about Sinnissippi's HFI program including the unique group of staff who have demonstrated rare loyalty and longevity. Other strengths included positive feedback from participants and advisory board members, and linkage of every family to a primary health care provider. HFI families are receiving excellent quality services and the program continues to be a valuable part of an overall system of care in our four county area.

Early Youth Mental Health First Aid Training

Sinnissippi Centers helped provide trainings in Youth Mental Health First Aid (YMHFA) recently. Two trainings; one in March in Ogle County, the other in May in Whiteside County, showed participants how to recognize the signs in youth who might be suffering from a mental health issue, what they can do to assist youth in seeking help, and a five-step action plan to support youth. For more information on Mental Health First Aid, see page 1, "Q&A".

A Satisfying Experience

Sinnissippi Centers' continues to receive high marks from consumers when rating their experience of the care received. Results of the latest consumer satisfaction survey from the first quarter of 2014 show that nearly 98% of consumers found their satisfaction as good (10.4%), very good (26.2%), or excellent (69.9%). The survey's are conducted biannually.

Community That Cares Gains Momentum

The Community That Cares (CTC) Project continues to gain momentum in its third year. Partnering sites that screen youth for social/emotional concerns have increased from 7 initially to 33. Over 250 families have been helped by the project's Family Care Coordinator Program. To date, over 10,000 children have been screened, and those children evidencing a concern have been linked to appropriate services.

Sinnissippi Centers Has Now Realized a Long Held Vision

Oregon's New Sinnissippi Office

The completion of construction on Sinnissippi Centers' new Oregon office this July will mark the end of a decades-long plan to build new offices, or expand existing ones (as in the case the recent Dixon office expansion). The goal: To better serve the individuals and communities in its service area.



Sinnissippi's new Oregon office during construction

"The new Oregon office at 100 Jefferson Street will allow us greater flexibility to provide group services and to meet the needs of both our adult and child/adolescent populations," says **Patrick Phelan**, Sinnissippi Centers' President/CEO. "Space at our South 4th Street office has been at capacity for some time," adds Phelan. "We needed to expand in order to best serve Ogle County residents.

The new 6,400 square foot office (see photo above during construction) will provide improved waiting rooms, reception areas, offices and other facilities to provide the best environment for our clients," adds Phelan.

The Oregon Chamber of Commerce will hold a ribbon cutting at the new office at 12:45 p.m. July 17th, and Sinnissippi will host an open house from 1:00 to 4:00 p.m. also on July 17th. For more information, contact **Phyllis Berge** at **815-284-6611**.

Q&A continued from page 1



crises. At the same time, as we increase general knowledge and understanding, we will be helping to reduce the stigma currently associated with mental illness.

Q: What steps is Sinnissippi taking to meet that goal?

A: In June 2014, Sinnissippi Centers hosted a "training of trainers" session for behavioral health professionals who wanted to learn to teach Adult MHFA to others. Following this training, we and our community partners now have increased our ability to spread MHFA throughout our area. We are also looking at multiple funding sources to help offset the cost of the training in the community and have already received two small grants to provide MHFA trainings.

Q: How can someone interested in MHFA get involved?

A: If you are interested in attending MHFA training, please contact Sinnissippi Centers. In addition, you can help us get the message out regarding the importance of this training. Finally, as an individual or business you might considered sponsoring a training to help offset the costs.

better care continued from page 1

Becky also attended two appointments with the doctor in Rockford where they did a more extensive EEG. The EEG's done previously were not detailed enough to look for any abnormalities. She continues to have hope for the future.

This is a "success story" of integrated, coordinated care because with the help and advocacy of many Sinnissippi Centers' and KSB medical staff, Becky now has hope and is on the road to recovery. And in addition to her wanting me tell her story, she also wanted me to put some of this in her own words:

"I was lost until I came to Sinnissippi. I was having terrible symptoms from the head trauma, no doctors were addressing it medically as they should. I was being treated as if it was no big deal, as if it was just something in my head. I came here and I remember the staff welcoming me when I first came and as bad as I was feeling I felt comfortable, like I wasn't going to be tossed aside. My counselor has been beside me, I have always felt like she was there for me, I remember one day when she was leaving an appointment and I was having a rough day, I said to my counselor 'I don't know where to turn, I feel like I have no one', and my counselor said to me, 'you have me, and gave me a hug'. That made me feel so awesome, made me feel cared for, like I was not alone and yes there was somebody at bat for me."

"Bobby has been awesome; he truly has a heart for people, he was really interested in what was going on with me because he wanted to learn. It wasn't as if he was just taking me to my appointment and wanted to get me there, he really wanted to know what was going on with me. He isn't just working here to have a job, he truly cares about the people he works with."

"Peggy is somebody that the first time I met her, I knew immediately that she was not the typical doctor, get in my office and get out. She listened and as she was listening she was making eye contact with me. She knew exactly what was going on with me and in tune with everything. She went above and beyond what she had to do to care for me. She is very caring and I could sense that."

A Day of Golf, Fun and Raising Money for a Good Cause

22nd Annual Golf Open

If you want to golf in the **22nd Annual Sinnissippi Foundation Golf Open** don't wait too long to send in your registration. Slots are filling up at a brisk pace.

The Golf Open will be held **Thursday August 14, 2014**, at **Timber Creek Golf Club** in Dixon. The Golf Open is a scramble format and begins with a **12:30 p.m. shotgun start** and concludes with **dinner and awards immediately following** golf.

"A little over two weeks after the registration form was mailed, we were already at fifty percent capacity," says Golf Open Coordinator, **Andy Jackson**.

"There have been years when we have reached full capacity two or

three weeks ahead of the deadline and had golfers on a waiting list," adds Jackson.

Registration forms are posted at sinnissippi.com. The **deadline to register is July 25, 2014**.

Proceeds from the Golf Open benefit the Sinnissippi Foundation, which focuses largely on meeting the urgent needs of clients and families who seek

services at Sinnissippi Centers.

"The Golf Open is the Foundation's largest fund raising event of the year," adds Jackson. "We are very grateful to all of our sponsors, golfers, donors, and others that make it possible."

For more information contact Jackson at **815-284-9380**



Gardenstock Art & Music Festival

"For Community is the Gardenstock vibe," says **Lisa LeFevre**, co-organizer of the **6th Annual Gardenstock Art & Music Festival**. "A very diverse community of artists, musicians and others come together each August to celebrate art and music, have fun and share something they love," says Lisa.

"And the Sauk Valley is in for a real treat this year at Gardenstock," adds Lisa, "when musicians from Australia to Dixon take the stage to benefit Sinnissippi Centers' Youth Garden Project."

"Two very special guests will perform this year," says **Bud LeFevre**, co-organizer with Lisa. "**Gerry Joe Weise**, who played Gardenstock in 2012, returns and he is bringing with him the legendary percussionist **Juma Sultan** who played with Jimmy Hendrix at Woodstock," adds Bud.

"His work with Hendrix is amazing enough," says Bud, "but dig deeper and you find that Juma is a much more important figure in music, especially the American jazz scene. Juma is currently President of the New York Jazz Association and has played with dozens of influential

musicians."

"And for those that don't know **Gerry Joe Weise** from Gardenstock

2012, he is known as Australia's number one blues guitarist. He's played with legendary musicians including **Eric Clapton, B.B. King, Buddy Guy, Ray Charles**, and others. He performs his style of blues/rock at venues all over the world," adds Bud. "And we couldn't have Gardenstock

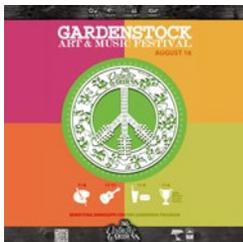
without all our talented and loyal local and regional musicians," adds Bud.

Gardenstock, like it's namesake, Woodstock, isn't just about the music. There will be dozens of artists displaying their beautiful works. Some artists also donate a portion of their proceeds to the event.

Gardenstock takes place **Saturday August 16, 2014 from 11:00 a.m. to 11:00 p.m.** on the ground of **Distinctive Gardens, 2020 Lowell Park Road, Dixon, IL**.

Gardenstock benefits Sinnissippi Centers' Youth Garden Program (*read more above right*).

For a full listing of artists and bands, or for other information about Gardenstock, visit diggersdelight.com, or find Gardenstock on Facebook.



Expressions Art Sale

"What a way to celebrate the 10th anniversary of the **Expressions Art Sale & Reception** as well as the 10th Anniversary of the venue that is its home; The Next Picture Show in Dixon," says **Andy Jackson**, Expressions Event Coordinator.

Jackson is referring to the outcome of the event: Expressions, held April 8 - 25, 2014, turned out to be the best yet in terms of raising funds and attracting an amazing variety of sponsors, artists' works and silent auction items. "And how fitting that we have held the event at The Next Picture Show all ten years," adds Jackson. "We are so grateful to the dozens of individuals and organizations that helped make a wonderful event and helped us raise much needed funds for the Sinnissippi Foundation."

CELEBRATING **10** Years



SINNISSIPPI FOUNDATION

Foundation News

Employee, Board, Alumni Campaign

There's been a trend happening at the Sinnissippi Foundation the past several years. What is it? Even as those in need who ask for the Foundation's help have increased in number, the Foundation has also been able to continue to meet those increasing needs because of your response to all our fund raising efforts. The results of the recent Employee, Board and Alumni Campaign are an example of that trend. The 12th annual campaign raised the second highest amount in its history, nearly \$21,000 (to date). A few more donations are expected to trickle in through July. The response from new donors, and donors increasing their giving has been nothing short of amazing. Thanks to all who support the Foundation.

It's A Community Garden Project

Sinnissippi's Youth Garden Project is the result of a community effort: Sinnissippi Centers, the Sinnissippi Foundation, the Dixon Food Pantry, and the Gardenstock Art & Music Festival (*see story left*). With financial support from proceeds from Gardenstock and the Sinnissippi Foundation, Sinnissippi Centers' staff supervise at-risk youth who are given the therapeutic experience of planning, planting, tending, and harvesting a garden plot at Sinnissippi's Dixon office. It teaches many things including communication, teamwork, understanding and other skills. The project also includes business skills. Youth make and sell tie-dyed shirts at Gardenstock. Food raised in the garden is donated to the Dixon food pantry.

Donations

If you would like to make a donation to the Foundation send your check to 325 Illinois Route 2 - Suite 100. Please specify if your donation is in honor or memory of a family member or loved one.

Elizabeth Betzer
Joseph Bobbitt
Russ Bonnell
Alison Boothe
Patricia Bracken
William & Beverly Burkardt
Kevin Buss
Darlene Butterbaugh
Joanne Carlson
Leticia Cervantez
Sharon Chadwick
Beth Nelson Chase
Doug Coppotelli
Joplin Crossland-Sell
Kimberly Crump
Tymi Currens
Anonymous
Connie Davis
Shannon Dean
Margaret DeLaFuenta

Recent Donations

Natalie Andrews
Lawrence Allen
Anonymous
Sierra Battles
Greg & Sandy Beitel
Phyllis Berge

donations continued on page 4

The Digest Newsletter

Editor: Andy Jackson

Writers: Anna Hendrix, Andy Jackson, Becky Sommers, Kim James, Gloria Martin, Patrick Phelan

Contributors: Phyllis Berge, Joplin Crossland-Sell, Lisa LeFevre, Larry Prindaville, DeAnne White

Sinnissippi Centers, Inc. is funded, in part, by the Illinois Department of Human Services

Sinnissippi Centers, Inc.

www.sinnissippi.com

Dixon

325 Illinois Route 2, Dixon, IL 61021
(815) 284-6611

Mt. Carroll

1122 Healthcare Drive, Mt. Carroll, IL 61053
(815) 244-1376

New Oregon office opening mid-July

100 Jefferson Street, Oregon, IL 61061
(815) 732-3157

Rochelle

1321 North 7th Street, Rochelle, IL 61068
(815) 562-3801

Sterling

2611 Woodlawn Road, Sterling, IL 61081
(815) 625-0013

Additional Locations by Appointment

Dixon-Town Square Centre

24-hour Emergency Phone Number

800-242-7642



Sinnissippi Centers is accredited by
The Joint Commission and recipient of
the Gold Seal of Approval.

Sinnissippi Foundation

Donations continued...

Michael Delimata
Robert Dillon II
Dixon Township
Dr. Don Edwards
Jennifer Elder
Andie Engelkens
Jana Espinoza
Shelah Fathauer
Fifth Alarm Firehouse Pub
First Presbyterian Church
Lee & Kay Fisher
Gary & Christyne Gehlbach
Christina Geiselhart
Shirley Genz
Ronald & Karol Gerken
Teresa Good
Tracy Greenwalt
Jamie Harris
Margaret Harris
Joan Hassell
Scott Heise
Tom Hermes
Diana Hoover
Valerie Howard
Kendra Hull
Andrew Jackson
John & Jane Jacobs
Kim James
Tom James
Dale Janssen
Yvonne Jaquet
Catherine Jasper
Doreen Johnson
Rich & Betty Kanzler
Wanda Keehler
Mary Jo Keith
Nicole Kolve
Maggie LaFever

J. Gregory Langan
Sandra Laudon
Michelle Lenz
Michelle Lessman
Irene Lewis-Wimbley
Sheryl Long
Terry & Susan Loring
Jeffrey & Lisa Lovett
Carrie Mahar
Deborah Mallicoat
Lorraine Maltby
Margo Meyers & Associates
Natalie Marshall
Gloria Martin
Janice Martinez
Brenda Mason
Nancy Mayoral
Anita Meltzer
Richard Meyer
Susan Mills
Mary Milne
Sylvia Montavon
Cristina Mugrage
Edward & Carolyn Nelson
New Life Lutheran Church
Jim & Carol Nieman
Carol Novak
Holly Oprian
Richard & Karen Palmer
John Parks
Randall & Joyce Peterson
Patrick Phelan
Wendy Phillips
Sara Pottinger
Tracie Power
Larry & Ann Prindaville
Christine Pultorak, D.O.
Alice Reter
William Ritenour

Anonymous
Jim & Inger Sarver
Ed & Joan Saunders
Virginia Schauff
David Schreiner
Christine Schultz
Madeline Schulze
Harold & Mary Scuffham
Warren & Paula Sherman
Christa Smith
Laura Smith
Dan Snow
Michelle Spinden
Julie Spurgeon
Tammy Stewart
Streamwood Behavioral Health
Systems
Jaclyn Strehlow
Jennifer Thomason
William Thompson
Brigette Vasquez
Karla Vazquez
Kristela Veloz
Ed Webb
Stanley Weber
Burnell Wehmeyer
Barbara Weiner
Jeffrey Wermers
DeAnne White
Bud & Pat Wiener
Wendy Wiersema
DeAnna Wilson
Alisa Wolf
Tamara Wolf
Amanda Wood
Helen Woodrum
Andrea Wright

In Memory of...

...Willard Gieske
Shirley Rees

...Jean Moews

Natalie Andrews
Jeff & Phyllis Berge
Kenneth & Danis Bobbe
Jerry & Peggy Carlson
Ed & Laura Ford
Andrew & Beverly Jackson
Larry & Ann Prindaville
Erin & George Roeper
DeAnne & Jeff White

...Josephine Walter

Sylvia Montavon

Sponsors of the Sinnissippi Foundation Golf Open

(as of June 16, 2014)
Boss Carpet One Floor & Home
CGH Medical Center
Dr. Don Edwards
Farley's Appliance
Halo Branded Solutions
Ken Nelson Auto Group
J. Gregory Langan
Midland States Bank
Sylvia Montavon
Northern Illinois Cancer Treatment
Center
Pinney Printing
Larry & Ann Prindaville
Republic Services of Dixon
Sauk Valley Media
Ward, Murray, Pace, & Johnson, P.C.

To receive the electronic version of The Digest send an e-mail to info@sinnissippi.com