



# The Digest

Summer 2018 Volume 38, Issue 2

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

10th Annual Fundraiser benefiting the Sinnissippi Youth Garden Project

## Melanie Headlines Gardenstock

One of the artists that performed on the stage at Woodstock in 1969 is coming to Dixon to help benefit Sinnissippi Centers' Youth Garden Project. **Melanie Safka**, known simply as "Melanie", will appear at the **10th Annual Gardenstock Art & Music Festival Saturday, August 18, 2018.**

If you don't recognize the name, you likely know these lyrics from her 1971 #1 single, Brand New Key: "Well, I've got a brand new pair of roller skates, You got a brand new key."

Melanie will perform at 8:00 p.m. at Gardenstock. In addition, **Bud Lefevre**, co-owner of Distinctive Gardens, says there's a surprise in store that Melanie will participate in, but that's about all Bud is saying right now.

**Gates open at 10:00 a.m., Saturday, August 18, 2018,** at Distinctive Gardens, 2020 Lowell Park Road, Dixon, IL.

Gardenstock will feature **nine bands**, over **40 artist booths**, **on-site food vendors**, prize raffles, a 50/50 raffle, and the ever popular **tie dye contest.**

Gardenstock is "picnic style", so you can bring your chair or blanket, and you can bring your own food and beverages (*coolers are allowed*). **Minimum donation is \$10 online or \$13 at the gate for those 13 and up**; \$1 for children 12 and under. Tickets are limited and are on sale now at Distinctive Gardens website: [distinctivegardensinc.com](http://distinctivegardensinc.com) where there is also a wealth of information about the event.

All parking is off site with a **shuttle service running 10:00 a.m. – Midnight** from the parking areas in the Shopko/County Market lot (*and an overflow lot behind CGH Clinic*). **Lee-Ogle County Transportation System (LOTS)** will provide additional service between 8:00

p.m. and midnight. There are no drop-offs at the front gate for safety reasons. Three shuttle tents will be located on the south end of the Shopko/County Market parking lot. Carpooling is highly encouraged.

**The band lineup for Gardenstock is:** Justin Hey 11:00-Noon; Nova 12:15-1:15; Acoustic Circus 1:30-2:30; Flying Fish 2:45-3:45; Shaky Alibi 4:00-5:00; Monarch 5:15-6:15; The 78's 6:30-7:45; Melanie 8:00-9:30; and last but not least, Acoustic Knuckle Ride 9:45-11:00.



Melanie Safka will play the Gardenstock stage from 8:00 p.m. to 9:30 p.m. August 18, 2018, at Distinctive Gardens in Dixon

Festival goers can enter the ever popular **tie-dye contest** by getting their picture taken on the day of the event between **11:00 a.m. - 3:00 p.m.** Voting takes place on Facebook between 3:00 p.m. - 6:00 p.m. The most "likes" on Gardenstock's Facebook tie-dye contest album wins.

While Gardenstock is "picnic style" (*you can bring your own food and beverages*), a lot of festival goers

like to enjoy the offerings of the **on-site food vendors**. They will be **servicing from 11:00 a.m. – 8:00 p.m.** Food vendors offer a fine range of beverage and cuisine such as Italian by **Mama Cimino's**, barbecues and desserts by **Baker Street Café**, loaded Italian beef sandwiches by **Kokomo's**, brisket tacos by **former Frontera Grill Chef, Mark Segura**, and tasty ice cream by **Hey Brother's Ice Cream**.

Gardenstock was inspired by Woodstock and like that event, Gardenstock showcases a wide variety of art. Dozens of the region's best artists will feature their art and fine crafts during the **art festival from 10:00 a.m. to 6:00 p.m.** It is packed with veteran Gardenstockers: Sinnissippi Centers' Garden Program kids who are selling handmade tie-dye T-shirts; jewelers, Sasha Tweel, Natalie

**Gardenstock - Continued on page 2**

## The Healthy Families Program



They say an ounce of prevention is worth a pound of cure. That is somewhat similar to the philosophy of one Sinnissippi Centers' Program: Healthy Families, often referred to as simply HFI.

The Healthy Families Illinois program of Sinnissippi Centers is part of a national program that supports new parents and their children in getting a healthy start at life. And that healthy start can turn into life long wellness.

Healthy Families provides staff for home visits to new families; lends toys and books from the HFI lending library; offers developmental screening for physical, social, and emotional concerns; offers support for doctor visits, immunizations, and WIC appointments; offers groups for support and education; and shares other educational materials to help educate new parents in the best care for their child.

HFI staff also helps by linking new parents to any community resources they may benefit from such as housing assistance, food pantries, educational resources, like GED, and more.

Since around 2001, HFI has had relatively stable funding from two primary state agencies: The Department of Human Services (DHS) and the Illinois State Board of Education (ISBE). This resulted in a stable staff and service offering.

However, about 60 percent of the funding that Sinnissippi Centers has received in the past was recently lost. There was a loss from ISBE of \$351,000 that was partially recovered by an increase from DHS in the amount of \$140,000. The reduction has resulted in cuts to staff and the number of families that Sinnissippi will be able to serve under this program.

Sinnissippi Centers' President/CEO, **Patrick Phelan**, says, "We don't know if this will be temporary and another funding source can be found to make up for the lost revenue, or if this will be a new lower level of funding for the program. It is our hope that we can see a return to former support levels because the number of families who can benefit from the HFI program certainly has not decreased," says Phelan.

"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 News

### Celebrating 5 Years

Sinnissippi Centers' President/CEO, **Patrick Phelan**, celebrated his 5th anniversary as the leader of the agency. Phelan came to Sinnissippi in June 2013 from the Children's Home Association in Peoria as their Vice President of Education and Community Programs. He says that he chose Sinnissippi because of the agency's reputation statewide as a quality and cutting edge behavioral healthcare provider. He replaced former President/CEO **James Sarver** who retired after nearly 25 years of service.



### Mental Health Month Activities

Sinnissippi Centers marked May as Mental Health Month with a variety of activities. The Mt. Carroll office held an open house that was well attended. Staff at the Dixon office engaged in "Color Wars", a friendly competition to decorate their respective areas of the building according to an assigned color, and to post materials leading to a greater awareness of behavioral health. The winner was the Green Team, made up of the Dixon office support staff. They incorporated a lot of green decorations, including the green ribbon for mental health awareness, and even re-purposed the agency Christmas tree for the occasion (in the background of photo above).



### Parent Cafés

Sinnissippi Centers hosts a monthly parent café at our office in Sterling. The café occurs on the fourth Thursday of the month from 12:30 p.m. to 2:00 p.m. At the cafés participants talk about topics that will interest parents. Any parent with a child of any age is welcome to join us at the next Parent Café. We provide child care, coffee and snacks. Please contact **Tammie Wolf** at 815-625-0013 for more information.



Sinnissippi's newest facility is now open and serving residents

## Recovery Home is Open

Sinnissippi Centers celebrated the opening of its first Recovery Home with an open house June 14th.

"The open house was very well attended," says **Patrick Phelan**, Sinnissippi Centers' President/CEO. "We were very impressed with the turnout and we are very excited to open this new chapter in our history of providing comprehensive behavioral healthcare services to our four-county area," adds Phelan.

The Recovery Home provides ten beds for adult men facing a substance use disorder who need extended

support with staying clean and sober. By providing this type of structure and guidance, residents will learn to overcome barriers to recovery and problems that precipitate relapse.

The Recovery Home is a therapeutic environment to support men in their recovery. These individuals are in recovery because they want to maintain their sobriety.

Residents are linked with wrap-around support services when applicable. Recovery Home residents are strongly encouraged to participate in 12-step meetings.



## 587 Trained in Five Years

Just as CPR helps you to assist an individual having a heart attack-even if you have no formal clinical training-Mental Health First Aid helps you assist someone experiencing a mental health related crisis after attending a single brief training class.

In the last five years Sinnissippi Centers and other local partners have trained 272 individuals in Youth Mental Health First Aid during 15 courses in Carroll, Lee, Ogle, and Whiteside counties. In addition 315 individuals have been trained in Adult Mental Health First Aid since 2014.

In Mental Health First Aid (MHFA), you learn risk factors and warning signs for mental health and addictions concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Within MHFA there are two primary types of trainings: One that trains individuals to assist adults, and the other that trains individuals to assist youth.

Youth Mental Health First Aid is an 8 hour course designed for adults who work with youth between the ages of 12-25. Participants learn what they might see in a youth struggling with a mental health challenge, what they might do to assist a youth, and a five step action plan that helps someone support youth.

For more information on Mental Health First Aid, contact Sinnissippi Centers Dixon office at 815-284-6611.



MENTAL HEALTH FIRST AID

### Gardenstock Continued from page 1

Picchi, Dale Curry, Kim Ellis, Laura LaGear Adkins, and Lin Karrels; painters, Deb Cleary, Cotton Cram, Michelle Champion; sculptors, Sloane Wolfe, Matt and Michelle Jagitsch; photographers, Kevin Smoot; and mixed media artists, Heather Houzenga, Crystal Collinson, Amber Goldie, Henry Matthiessen, Natalie Gordon, Lisa Anderson, Jayne DeMarco, Judi Alvarado Kickel, Susi Alvarado Daniel, Kate Gross, Laura McGarvey, Lee Ann Breitbach, Stephanie Weems, Amy Baglin, Jennifer Arand Thomas O'Malley. New artists include: painter, Casey Folks; photographer, Bill McNeill; mixed media, Alyssa Gonzalez, Jesey Nicholson, Toni Larimore, Ramon Ramirez, Toni Klingler, Katie Feldbush, Chris Sucholl, Amy Fenwick, and Kelsey Rankin.



Festival goes enjoying the Gardenstock Art & Music Festival in 2017

So, pack your coolers, load the kids in the car, grab your favorite tie-dye, and head out to Distinctive Gardens on August 18th. For more information visit the Distinctive Gardens website @ [www.distinctivegardensinc.com](http://www.distinctivegardensinc.com). You can also check out past year's festivals on Facebook at the Gardenstock Facebook page where there are several photo albums and several videos posted.

## Great prizes are just one feature of the annual Foundation Golf Open Sinnissippi Foundation Golf Open

Great prizes and giveaway items are just one feature of the **The Sinnissippi Foundation Golf Open**. The Golf Open will take place **Thursday, August 2, 2018, at Rock River Golf & Pool**, 3901 Dixon Road, Rock Falls, IL.

A portion of the proceeds from the Golf Open will benefit Sinnissippi Centers' Recovery Home which opened recently and provides housing, support, and other services to up to 10 men facing the disease of substance use.

"Among the prizes this year, we have an entire set of Nike irons as one of our raffles," says **Andy Jackson** Sinnissippi Centers' Marketing Coordinator and Golf Open coordinator.

"Our grand prize is pretty special, it's called the "Coolest Cooler", and seems like it has as many features as a well stocked car, including a USB charging port," adds Jackson.

"We always have a number of other items, like gift cards, golf items, and other nice gifts that golfers receive or can win," says Jackson.

"While the prizes are great, the real focus of the day is providing a fun experience for our

golfers and raising funds to support the Recovery Home as well as support for all individuals served by the Sinnissippi Foundation," adds Jackson.

The cost of golf is \$100.00 for an individual golfer, \$400.00 per foursome. That price includes 18 holes of golf, dinner, awards ceremony, one free prize for each golfer, tickets for the 50/50's, and more. The VIP pass (additional cost), new last year, and back by popular demand, includes more tickets and other premium items.

Sponsorships are still being accepted, as are donations of items for prizes and the giveaways to golfers.

It's easy to register and you have a few options. There is an online registration option via Sinnissippi Centers' website. Visit [www.sinnissippi.org](http://www.sinnissippi.org). Just click on the Golf Open event and there's a link there to register online.

Also there you can get a PDF registration form to download and fill out. Or you can call Coordinator, **Andrew Jackson**, at 815-284-6611.

If you are on Facebook, you can enjoy photos of past golf opens in the photos section of the Sinnissippi Foundation's Facebook page. Each year's event has its own album.



## Recent Fundraising Successes

Recent fundraising efforts have gone well for the Sinnissippi Foundation, thanks to the generosity of our supporters and donors.

The Expressions Art Sale and Reception April 27, 2018, raised approximately \$13,500. Expressions features local art for sale and a silent auction of a wide variety of items.

Following Expressions is the annual Employee, Board, and Alumni campaign. While donations may still come in for this campaign in coming weeks, as of the current date, nearly \$16,000 has been raised. In previous years the campaign received support from a large number of new donors. This year, we saw a combination of both long time donors and those newer donors continuing their support leading to a very successful campaign.

The campaign occurs during May, which is Mental Health Month, and asks current Sinnissippi Centers' Employees, current Board Members, and past employees and board members (i.e. alumni) for their support.

Funds raised will benefit all programs of the Sinnissippi Foundation. An example of one of those programs are requests supported by the CARES Fund. CARES requests often fund short-term urgent needs like medications, avoiding utility shutoffs, and housing needs.

All funds and programs of the Foundation are focused on addressing an identified set of needs that affect the mental wellness of the individuals we serve.



Attendees look at the items on the silent auction table at Expressions

## The Digest Newsletter

**Editor:** Andy Jackson

**Writers:** Andy Jackson

**Contributors:** Phyllis Berge, Kim Crump, Patrick Phelan, Laura Smith, DeAnne White

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



## Donations

If you would like to make a donation to the Foundation send your donation to: **325 Illinois Route 2, Dixon, IL 61021**. You may specify if you would like to give your donation in honor or in memory of a family member or loved one.

Another way to make your donation is online. Visit the Sinnissippi Foundation at <http://sinnissippi.org/donate-foundation/> to make an online donation.

### Recent Donations

- Dean Ahlers
- Lawrence Allen
- Natalie Andrews & Margaret DeLaFuente
- Greg & Sandy Beitel
- Phyllis Berge
- David & Sarah Bingaman
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Continued on back page

# Sinnissippi Centers, Inc.

www.sinnissippi.org

## Dixon

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

## Mt. Carroll

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

## Oregon

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.*



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# SINNISSIPPI FOUNDATION

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### In Honor of....

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J. Gregory Langan  
...Celebrating 40 years of  
recovery and recovery-based  
services at Sinnissippi Centers  
Kevin Buss

...In honor & recognition of  
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& alumni  
Lee Joyce  
Larry & Ann Prindaville

...Joan E. Tripp  
Don Lovett

### In Memory of....

...Virginia Lawrence  
Randall & Joyce Peterson

...Diane Little  
Larry & Ann Prindaville  
DeAnne White

...Carol Novak  
Dean & Darlene Butterbaugh  
Beth Nelson Chase & John Chase  
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...Gerry White  
Jeff & Phyllis Berge  
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...Timothy Stewart  
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