



The Digest

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In The Community

- Sinnissippi Centers' Healthy Families Illinois Program will be at the annual Child Fair April 27, 2019, 9:00am to noon at Sauk Valley Community College. Visit our booth.
- Sinnissippi Centers will be at the Florissa 5K run/walk and activity fair Saturday, May 4, 2019, at Sauk Valley Community College 9:00am to 11:00am

Events

- 15th Annual Expressions Art Sale & Reception April 16-26, 2019. More details on page 3.
- 27th Annual Sinnissippi Foundation Golf Open August 1, 2019. Details on page 3.

Success in Fighting the Opioid Crisis

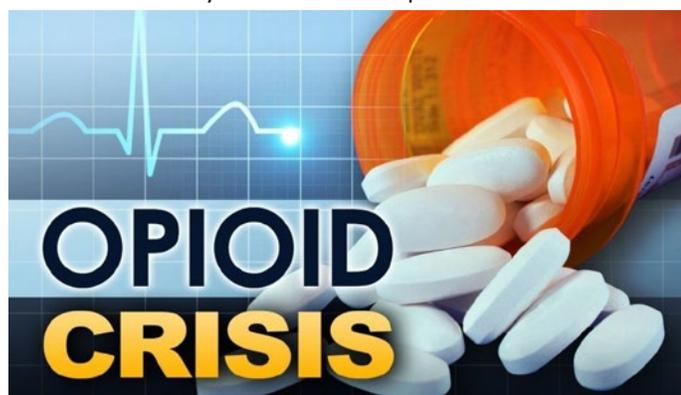
While national news still seems bleak local efforts are working

The opioid crisis in America shows no signs of abating in the near term future and the news is filled with dark predictions of a continuing crisis. While nationally the news seems bleak, there are signs of hope in some areas of the country. In fact, local efforts over the past few years, particularly in Lee and Whiteside counties, have been getting amazing results.

The opioid crisis began in the 1990's with climbing rates of death from these powerful painkillers. The death toll slowed temporarily in 2007 as some doctors began limiting access to legally prescribed opioids. However, what resulted was a shift to heroin and fentanyl that caused a spike in overdose deaths starting in 2014 and reaching a plateau in 2017. Easily available fentanyl, likely pouring in from China, shows no signs of decreasing, leading to fears that the crisis will continue into the foreseeable future.

Like all substance use disorders, opioid addiction does not strike any one socio-economic group. Those affected are of nearly all ages and all income levels, in urban areas as well as rural areas. They are family members, friends, and co-workers. Stigma around addiction is the main reason we might not know someone close to us is suffering an opioid addiction. It's not easy to reveal that one is struggling with such a powerful disease.

"Locally, we are seeing less heroin use and fewer overdose deaths as a result of a partnership of treatment and law enforcement," says **Patrick Phelan**, Sinnissippi Centers' President/CEO. "Local organizations and individuals have done a lot to address the problem," adds Phelan. "We have the Safe Passages initiative (*Dixon was the second community in the nation to implement this program*) and Sinnissippi Centers' Recovery Home which opened in the spring of 2018 to help with treatment and recovery. In addition a grant received by the City of Dixon provides recovery support and a grant received by KSB Hospital for a new planning project called Project Open will result in more efforts down the road," adds Phelan. "We have seen great success with PRISM in Lee County, the Whiteside County Healthier Communities Partnership's work in Whiteside County, and a new coalition has developed in Ogle County as a partnership between Sinnissippi Centers, law enforcement, public



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Pritzker's Minimum Wage Increase: An Editorial By DeAnne White, VP/Chief Operations Officer

As many across the State of Illinois are applauding newly-elected governor Pritzker's success in following through on one of his main campaign promises—raising the state minimum wage—those in the non-profit and human service fields are expressing strong concerns. The Community Behavioral Healthcare Association (CBHA) has been working closely for years with human service providers all across the state of Illinois to draft legislation to improve reimbursement rates for behavioral health and substance use services. Fortunately, this situation has started to receive some real attention from state legislators. Currently pending Senate



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What's New?

On a Billboard Near You

Sinnissippi Centers has launched a promotional campaign informing the public about the use of Narcan. The "Be A Hero; Save a Life" campaign will heighten awareness that anyone can use Narcan to reverse opioid overdose.



Narcan is available without a written prescription and can be administered to someone experiencing an opioid overdose. Sinnissippi Centers has Narcan Nasal Spray kits available and provides training on how to use them as part of the requirement for obtaining the Narcan. The kits are available to first responders and professionals and members of the general public. These services are funded through a Opioid State Targeted Response Grant from the Substance Abuse and Mental Health Services Administration. Please contact Sinnissippi Centers for further information at 800-242-7642.

Congratulations!

Sinnissippi Centers' Behavioral Health Clinician **Kourtnee Meiners** received her certification as a **CODP I** this past December. The Co-occurring substance Use and Mental Health Disorder Professional level I certification recognizes the competency of a clinician in treating individuals who have both a mental illness and a substance use disorder. Behavioral Health Clinician **Ashley Siepka** and Mt. Carroll Office Supervisor **Connie Davis** received their **Licensed Clinical Social Worker (LCSW)** certification in December 2018. Siepka was also promoted to team leader in the Rochelle office. Sinnissippi Centers' Behavioral Health Clinician **Katy Siler** passed the **National Certification test** for marriage and family therapy professionals in late 2018. Child and Adolescent Services Manager **Shannon Dean** was certified in **Eye Movement Desensitization and Reprocessing (EMDR)** therapy.

Opioid Crisis

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health, education and several other invested entities. There have been several successful community forums and school presentations that are spreading awareness. Finally, we have more Medically Assisted Treatment (MAT) for substance use disorders in our area communities," says Phelan. "Our area has really been on the leading edge of battling the opioid crisis in the past several years, and we are seeing the results," adds Phelan.

"Still, we can't say the crisis is over either," says Phelan. "Opioid use and overdoses are still a threat to individuals in our communities. We continue to work on new and innovative responses to this problem."

There are still service gaps that agencies in the area may be able to address. There is no detox facility in the four-county area Sinnissippi Centers serves, and there is no in-patient



treatment either. Sinnissippi Centers opened its Recovery Home for men in the spring of 2018, but there is also a need for a women's Recovery Home and we hope one day to realize that dream as well. Sinnissippi Centers would like to be able to offer more recovery support services and care coordination to help with transition in care like coming from inpatient treatment to outpatient treatment.

Phelan also hopes that the state of Illinois looks to modernize substance use disorder treatment services. "The old model where clients come to us is outdated," says Phelan. "If individuals don't come to us their disease may worsen-or worst case scenario- they may suffer a fatal overdose. We need to be able to have support from the state for outreach services, care coordination, and other innovative services and treatment approaches that can go to the individual instead of the individual having to come to us," adds Phelan.

Pritzker's Minimum Wage

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Bill 1673 and House Bill 2486 (*see also story far right panel*) were developed to increase access to mental health care and boost the mental health workforce, primarily via modifications in the rates that are paid to providers by the state for those receiving Medicaid and other state subsidized services. CBHA's position is that the pending legislation was necessary and long overdue even before the minimum wage increase was proposed. Now that the minimum wage is increasing 81% over the next 6 years, these rate adjustments will be even more critical to ensure an adequate safety net of services for the state's sickest and poorest residents.

Unlike retail establishments, food service providers, and other for-profit entities (which have control over what they charge for goods and services), human service providers are constrained by State of Illinois dictated reimbursement rates. The minimum wage increase to \$15.00 per hour absent a corresponding substantial rate adjustment for state and commercial insurance payers will certainly put behavioral health and substance abuse providers out of business and cause further harm to an already crippled behavioral health system.

Sinnissippi's leadership team will continue to work with CBHA and our state legislators to advocate for necessary rate re-balancing to ensure that behavioral health and substance use treatment providers will continue to be available to those who are most in need of our services.



DeAnne White is Sinnissippi Centers' Vice President/Chief Operations Officer and authored this editorial.

Looking Forward to Expressions

Art and silent auction items continue arriving at the Sinissippi Foundation for the **Expressions Art Sale & Reception** which will take place April 16-26, 2019, at **The Next Picture Show** in Dixon.

Expressions is one of two major fundraising events that supports the activities of the Sinissippi Foundation throughout the year.

A portion of the proceeds from Expressions will benefit **Sinissippi's Recovery Home**.

"It's a fun event that appeals to just about everyone," says **Andy Jackson** Sinissippi Centers' Marketing Specialist. "Art lovers can admire the paintings, photographs, and other pieces donated by local and regional artists," says Jackson. "Sports fans, food lovers, theatre goers, and others have a number of choices in items to bid on in the silent auction. There is something for everyone at Expressions really," says Jackson.

Artists who are donating their art to be sold at Expressions include

Kate Askegaard, David Bingaman, Richard Born, Graydon Cafarella, Tim Drane, Sandra Emmert, Jan Harvey, James Hey, Mackenzie Hopping, Becky Hundreiser, Charles Kerr, Kitto, Bob Logsdon, Gloria Martin, Betty Predmore, Ken Reif, and Tamara Shriver.



"In the Trees", a watercolor by Gloria Martin is one piece of art featured at Expressions in 2019

Some of the items that will be on the silent auction table include a baseball autographed by Chicago Cubs pitcher Carl Edwards Jr., an autographed Chicago Bears photo, various art, and other items.

For more information visit Sinissippi's website at www.sinissippi.org. Closer to the event date we will have photo galleries of all the art and the silent auction items.

You can also follow the event on Facebook by liking the Sinissippi Foundation and joining the Expressions event on

Facebook and by viewing the art and the silent auction galleries we will also post there.

You can also call the Sinissippi Foundation for more information at 815-284-6611.

Sinissippi Centers



Save The Date for the Golf Open

If you want to have some fun, make sure you clear your schedule for the 27th Annual **Sinissippi Foundation Golf Open** on **Thursday, August 1, 2019**, at Rock River Golf and Pool in Rock Falls.

"This is our biggest fundraising event of the year," says **Patrick Phelan**, Sinissippi Centers' President/CEO. "A portion of the proceeds again this year will benefit **Sinissippi Centers' Recovery Home**," says Phelan.

On August 1st, "golfer check-in will start at 11:00 am and then we tee-off at 12:30 pm," adds Phelan. "We have a brief dinner and awards ceremony following golf, and every golfer walks away with at least one prize."

Registration is available now online via a downloadable/printable PDF form. You can also register and pay for one or more golfers online by visiting www.sinissippi.org/golf-registration.



More News

More Investment in Mental Health Treatment May be on the Way

After the historic two-year Illinois budget impasse financially knee-capped the state's community mental health providers, derailing care for more than 80,000 individuals, a new legislative plan is being advanced in Springfield by lawmakers and mental health advocates that seeks to provide a long-term financial rescue, according to the **Illinois Community Behavioral Healthcare Association (CBHA)**.

The legislation, House Bill 2486 and Senate Bill 1673, would steadily increase state investment in mental health treatment over the next four years by \$50 million. The measure would also change how the state regulates and funds mental health providers, ensuring they have the means to innovate to meet patients' needs, and rewarding those providers who produce good health outcomes. Most of the new funding would come through the state's Medicaid program, drawing at least a 50% match in federal dollars. That would limit the state's out-of-pocket cost to no more than \$13 million a year over the four years, above what is spent now on mental health treatment.

Advocates and lawmakers pushing for the new focus on mental health treatment funding say the legislation is long overdue, a funding problem compounded by the two-year budget impasse that plunged the state's mental health system into crisis. "Thousands of Illinois families across the state of Illinois are victims of our mental health crisis."

For too long, they have had nowhere to turn as the mental health services infrastructure was decimated, particularly over the last four years," said Rep. Conroy, D-Villa Park, who is chair of the House Mental Health Committee. "By creating a multi-year solution to reinvest and restructure our mental health programs with targeted, federally matched dollars, we can provide renewed hope to the millions affected by our mental health crisis."



The Digest Newsletter Spring 2019

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Office Locations

- Dixon
 - Illinois Route 2
 - Town Square Centre
- Mt. Carroll
- Oregon
- Rochelle
- Sterling

Apartment Sites

- Dixon
- Mt. Carroll
- Rochelle
- Sterling

Recovery Home

- Dixon



United Way of Lee County
Community Partner

Sinnissippi Centers is funded, in part, by the Illinois Department of Human Services and is a United Way of Lee County Partner.

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



The Digest is a publication of Alliance, Inc., Sinnissippi Centers, Inc., and the Sinnissippi Foundation



Donations

Donations can be mailed to the Sinnissippi Foundation, 325 Illinois Route 2, Dixon, IL 61021.

You can also donate online, visit: www.sinnissippi.org/donate-foundation
You can specify if you would like to give your donation in honor or in memory of a family member or loved one.

Recent Donations

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...Greg Sandrock for years of
service on affiliate Boards of
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Jim & Inger Sarver

...Tom Sanders for years of
service on Sinnissippi Centers'
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In Memory of

...Chelbie Altepeter
Ken & Joyce Meinsma
Rosene family & friends

...Carl Kautz, Jr.
Harold & Mary Scuffham

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