

Sinnissippi Centers, Inc.

Annual Report of Fiscal Year 2015



SINNISSIPPI CENTERS
Providing care, offering hope

Looking Back at Fiscal Year 2015 and Looking Ahead in Fiscal Year 2016



Dear friends,

Fiscal Year 2015 has been a time of unprecedented change in community behavioral healthcare. There have been continued decreases in state funding, changes in the political dynamic with a new governor, the prospect of managed care, all of the implications around budgeting for results, the advent at the federal level of the Excellence in Mental Health Act, and the preparations for the coming Certified Community Behavioral Health Clinic designation.

All of these factors have combined to create one of the most challenging environments we have seen in a very long time.

However, we remain impressed that as an agency, in the midst of all the changes and severe budgetary constraints, we have been able to maintain our core services and at the same time even add some exciting new grant-funded programs and services.

Our efforts at forming, maintaining, and enhancing partnerships and collaborations have paid off. We have launched multiple new partnerships with primary healthcare and local law enforcement that will not only improve the lives of our citizens, but also provide opportunities to save taxpayer dollars.

We would like to thank our staff, our Board of Directors, our many supporters in the community, and those we serve, for helping to make Sinnissippi Centers the quality agency it continues to be. We look forward to another year of carrying out our mission and serving others in need.

Doug Coppotelli *Patrick M. Phelan*

Doug Coppotelli Patrick Phelan
Board Chairperson President/CEO

A Community Responds

In March 2015, a group in Lee County formed in response to the rise of heroin use and a series of tragic overdose deaths. PRISM has been a force for change in how those addicted to heroin and other substances get help in Lee County. Led by the Lee County Health Department, Dixon Police, Lee County State's Attorney's office, and others, including Sinnissippi Centers, the group has had several early successes.



Over 200 attended a May 2015 forum hosted by PRISM. Photo: Alex T. Paschal, courtesy Sauk Valley Media

Preparing for the Future

Part of the future of medical care is an all electronic health record for patients. The goal is to lower the cost of care, improve health outcomes, and increase care coordination among different providers. Sinnissippi is in the middle of a months-long, intensive process that involves transitioning to a new electronic health record system. The process will be complete sometime in 2016.

Increased Use of Mid-Levels

Sinnissippi Centers is being affected by a nationwide trend, a severe shortage of psychiatrists. The agency has increased the use of "mid-level prescribers" such as Physician Assistants (PA) and Advanced Practice Nurses (APN). PA's and APN's provide a similar quality level of service under the supervision of a physician. Sinnissippi was among the first behavioral healthcare agencies in Illinois to have a PA.



Peggy Harris
Physician Assistant

The Fruits of Collaboration

Collaboration is a cornerstone of how many agencies operate. The past fiscal year may be the most productive ever for Sinnissippi for collaboration. Several private and federal grants have been awarded for projects amongst partners like Sinnissippi, Kreider Services, and KSB Hospital that are improving care for children and families in our area.

The Residential Program

Significant changes have been made in Sinnissippi's residential program, which is now focused on recovery and independent living more than ever. Changes include an increase in the number of groups provided which has resulted in clients achieving higher wellness and quality of life. Over the past year, several clients have successfully left the program and are maintaining stable living in their communities.

Retirement & Succession

Thanks to ongoing planning, Sinnissippi Centers continues to experience smooth transitions as several key employees have reached their retirement over the past several years. Most recently Larry Prindaville, Senior Vice President and Chief Administrative Officer, announced his intent to retire in February 2016. Prindaville came to Sinnissippi in 1972. Stacie Kemp, who joined the agency in June 2015 (see story far right), will perform many of Prindaville's duties. Sinnissippi continues to have an active leadership development program in place to identify the agency's new leaders of tomorrow.



Larry Prindaville

Getting Federally Certified

One path to the future for Sinnissippi Centers was laid out with the passage of the Excellence in Mental Health Act in 2014. Part of the legislation is a set of standards for becoming a federally certified Community Behavioral Health Clinic. This will open up new opportunities for funding support and service delivery. Sinnissippi is already close to meeting all the standards and will continue to work toward that goal in FY16.

Joint Commission Accolades

Sinnissippi Centers was recently re-accredited by the Joint Commission, receiving a 99.6% rating. The week long review looks at nearly 1,300 different compliance standards to arrive at the final rating. The Joint Commission reviewer was very complimentary of the quality and variety of Sinnissippi services. This is the result of the hard work of Sinnissippi staff members.



Steady Increase In Intact Program

There has been a steady increase in referrals to the Intact Family Program in the past year. The format changed three years ago. The program now features more intense involvement with families, where Sinnissippi provides total case management. The Intact Program is designed to provide support and education for families involved with DCFS who still have their children in the home. The Intact Program provides a better alternative to removing children from the home. It allows children and families to grow and improve together, and is less costly to the system.

Much More Than Just A Garden

The Sinnissippi Centers' Youth Garden Project sold over 230 tie-dye shirts at the Gardenstock Art & Music Festival in August 2015. All the shirts were hand made by the youth. Proceeds from the festival support the garden project. At-risk youth work in the garden in a supportive environment while learning a variety of life skills including teamwork and money management. In addition to caring for the garden, the youth have learned how to cook using produce from the garden and have learned canning.



Bud LeFevre and Lisa Higby LeFevre present a check for the proceeds from Gardenstock 2015

Town Square Centre

Sinnissippi Centers newest location has been utilized more than originally thought. The agency opened a small office in Dixon at KSB's Town Square Centre in 2013. Initially the space was utilized for Intensive Outpatient Group services, but quickly became an important location for other programs like Parenting with Love and Limits. It has also been a center for furthering integrated care efforts with KSB.

Ways to Wellness & Recovery

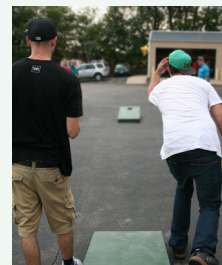
Ways to Wellness and Recovery experienced growth in FY15. Thanks to grant funding from the Community Foundation of Northern Illinois, this patient-centered program expanded into Ogle County. The goal of Ways to Wellness and Recovery is to provide better coordination between primary and behavioral healthcare for better overall health outcomes for individuals.

A More Mobile Sinnissippi

We live in a very mobile world. To keep pace with those seeking Sinnissippi Centers' services via smart phones, tablets, and other mobile devices the agency is upgrading its website to be mobile friendly. The redesign will improve the website overall and provide a better user experience on all devices.

Powerful Stories of Recovery

Many powerful stories of wellness and recovery were told by individuals at Sinnissippi's annual Wellness & Recovery Celebration. It was held September 17th at Sinnissippi's Dixon office. It's a gathering and celebration for those in recovery from a mental illness or substance use issue, others seeking wellness, as well as those who support them.



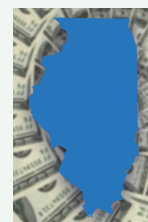
A variety of games are part of the celebration

Project Redeploy Growth

Project Redeploy has grown over the past year and will continue to see significant changes. The program is currently working with national Parenting with Love and Limits to shift focus from group family therapy to therapy for individual families. Sinnissippi Centers will be the first to implement the alternative model, with the purpose of making it friendlier for providers in rural areas while increasing client and family recovery.

More Challenging Than Ever

As of the writing of this annual report, the state of Illinois still has no FY16 budget. While the Sinnissippi Centers' Board of Directors and management have successfully responded to repeated decreases in state funding, and while the agency remains fiscally sound, this budget year presents one of the most challenging ever. Sinnissippi will strive to maintain core services at a high quality level of care. However, there must be a resolution to this crisis soon. There has never been a time more urgent than this to voice your support for adequate funding of community behavioral health services.



Welcome Back Stacie Kemp

Sinnissippi Centers welcomed back Stacie Kemp in June 2015, as the agency's new Vice President and Chief Clinical Officer (CCO). President/CEO Patrick Phelan says, "I would love to express how happy we are to have her with us. She brings a type of experience to Sinnissippi that is valuable as we grow and change. Her experience in quality improvement and clinical expertise, background in outcomes and data, as well as electronic health records, made her an ideal candidate at the right time."

The addition of a CCO was a strategic move, partially in response to the coming retirement of Senior Vice President and Chief Administrative Officer Larry Prindaville (see story at left). According to Phelan, "As we moved towards finding a new member of our administration, the oversight of agency programs became a priority, thus the move to a Chief Clinical Officer. Stacie's ideas and time so far at Sinnissippi have provided insight into shifts that Sinnissippi can make to increase the quality of services provided," adds Phelan.

Kemp worked as a clinician for Sinnissippi from 2000 to 2002 in Mt. Carroll. Following that, Kemp went to Milwaukee, Wisconsin, for thirteen years, nine spent at Lutheran Social Services of Wisconsin and Upper Michigan as Director of Performance and Quality Improvement and IT Business Collaboration. She was a member of senior management and led quality improvement and medical records teams.

Kemp wanted to return to the area, and discovered the CCO opportunity. She says, "I like the progress Sinnissippi has made in integrated care and I am very interested in the possibilities as we move to a new electronic health record. This will provide the agency with the necessary tools to enhance data-driven decision making so that we may implement change, as needed, and continually produce quality outcomes."

Kemp is a Licensed Clinical Social Worker and has a Master's in social work from Washington University in St. Louis, Missouri.



Dixon office



Parks Place Apartments



Mt. Carroll office



Sullivan Apartments



Oregon office



Rochelle office



Fairview Apartments



Sterling office



Sterling Apartments

GENERAL INFORMATION

Founded: May 31, 1966
Service area: Carroll, Lee, Ogle, and Whiteside Counties
Service area population: 163,413

Board of Directors

Chairperson: Doug Coppotelli **Members:** Greg Beitel, Jeff Doran, Kay Fisher, Dawn Holland, Jeff Lovett, Dr. Kristy Pultorak, Tom Sanders, David Schreiner, Sue Schroeder, Michelle Spinden, and Dr. Paul Steinke, DO. **Board Member Emeritus:** Dr. Donald Edwards

Administration/Management Team

President/CEO	Patrick Phelan
Senior VP/Chief Administrative Officer	Larry Prindaville
VP/Chief Financial Officer	Teresa Good
VP/Chief Clinical Officer	Stacie Kemp
Director of Healthcare Innovations	Kim James
Director of Adult Services	Natalie Andrews
Director of Child & Adolescent Services	Gloria Martin
Director of Operations/H.R.	DeAnne White
Executive Secretary	Phyllis Berge

Medical Staff

Medical Director	Dr. James Daly
Physician Assistant	Peggy Harris
Advanced Practice Nurse	Lorri Mostad

Employee Information

Total employees	158
Master's degrees	52
Bachelor's degrees	43
Associate degrees	10
Advanced Practice Nurse	1
Nurses	3
Physician Assistant	1
Psychiatrists	1

BEHAVIORAL HEALTH CARE SERVICES OFFERED

24-hour crisis & assessment
Acute Community Services
Continuing care/aftercare (individual and group)
DUI individual and group services
Early Childhood Mental Health
Family Care Coordinator services
Healthy Families Program
Individual and family counseling
Mental health and substance use outpatient services
Psychiatric services
Recovery support services
Residential Program services
Screening Assessment & Support Services (SASS)
Substance Abuse Intensive Outpatient Treatment

VITAL STATISTICS

Total clients served (unduplicated)	5,618
Events of service delivered	131,952
New outpatient program appointments	3,448
Appointments with Psychiatrist/PA/APN	6,942
After hours emergency evaluations	1,130
Miles traveled by agency vehicles	154,597

CLIENT DEMOGRAPHICS

County of Residence	Percent	Clients
Carroll	7.6%	429
Lee	23.6%	1,327
Ogle	31.4%	1,763
Whiteside	32.3%	1,815
Other	3.8%	211
Data not present	1.3%	73

Gender

Male	48.1%	2,702
Female	51.4%	2,886
Data not present	0.5%	30

Age

Children (0-5)	2.3%	130
Children (6-12)	10.1%	569
Adolescents (13-17)	13.0%	731
Adults (18-24)	17.1%	958
Adults (25-44)	34.2%	1,922
Adults (45-59)	17.2%	967
Adults (60-64)	2.7%	154
Adults (65+)	3.3%	184
Data not present	0.1%	3

Race/Ethnicity

Caucasian	85.7%	4,816
Other single race	5.6%	315
African-American	4.0%	224
Hispanic/Latino	0.8%	45
Other	0.6%	36
Data not present	3.2%	182

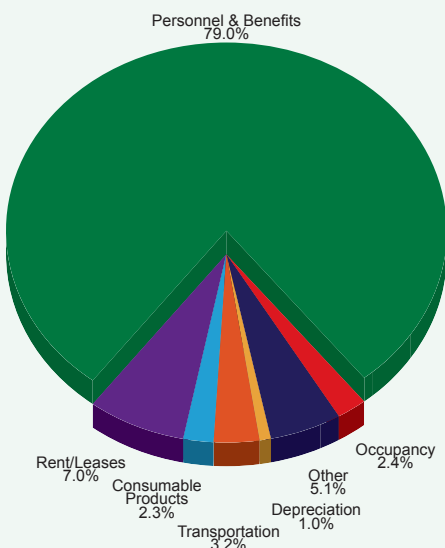
Top Five Referral Sources

Self Referred	25.1%	1,412
Hospital/Physician	24.3%	1,364
Family	15.5%	870
Probation/Parole	8.6%	481
Community	4.6%	256

ACCREDITATIONS and LICENSURES

The Joint Commission (including Gold Seal of Approval)
Illinois Department of Alcoholism and Substance Abuse
Illinois Department of Children and Family Services
Illinois Department of Mental Health
Medicaid Certified
Medicare Accredited

FY 2015 EXPENSES



FY 2015 FUNDING

