



# The Digest

Spring 2018 Volume 38, Issue 1

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

Sinnissippi Centers is now Providing Telehealth in the Community

## Telehealth Expansion

One in five adults in the United States has a mental health condition, yet only 44% of American adults with a mental illness receive treatment according to **Mental Health America's "The State of Mental Health in America", 2018.**

There are many variables that contribute to one's inability or unwillingness to access necessary treatment including lack of transportation to appointments, stigma related to receiving services, discomfort with traveling to a site where services are offered for mental illness, lack of funding to pay for services, and insufficient resources to meet the needs of those requiring services.

Through a grant from the **Illinois Department of Human Services** and through collaborative efforts with **KSB** and **CGH** hospital systems, Sinnissippi is able to offer teletherapy services at select primary care clinics at KSB and CGH outpatient sites at no cost to participants.

Teletherapy sessions are very similar to in-office mental health therapy with one exception: instead of sitting in the same room, the client and therapist interact via live videoconferencing through a secure network connection. The client arrives at their primary care office location, and a staff person there helps them connect with a Sinnissippi Master's level therapist via videoconferencing equipment available on site.

Those sites currently offering teletherapy services include CGH Clinics in **Morrison, Rock Falls, and Prophetstown**, and KSB Clinic in **Amboy**. The primary focus is to provide teletherapy services at KSB and CGH clinics in towns where Sinnissippi does not have an outpatient clinic in order to improve follow through with services. The plan is to expand to other local clinics and to hire an additional staff person as volume and need increases.

According to **Patrick Phelan**, Sinnissippi Centers' President and CEO, "Our overall aim with this grant is to ensure that barriers to accessing needed mental

health services, such as transportation and stigma, are not preventing people from getting the help that they need. Whereas many services offered through telehealth are the result of a lack of available resources, our focus here is to break down

barriers from the client's perspective in order to offer therapy through the comfort and convenience of their primary care office. The grant funding gives us the flexibility to provide this very cutting edge service at no cost to the service recipients," adds Phelan.

Those in need of services can self-identify or request teletherapy services through their primary care physician or nursing staff. They may also be identified through

very important annual screening tools that identify symptoms of depression or anxiety that might otherwise be missed. And, finally, the medical staff at the clinic may identify that a particular client is struggling with life circumstances, is teary-eyed during appointments, or is in need of additional support beyond what can be offered in the medical visit, for example. Services can be provided to those struggling with life-long mental illness or those struggling with a significant life event, such as postpartum depression, divorce, or loss of a loved one. In addition, if a need for psychiatric medication is identified throughout the therapy services, Telepsychiatry services can be offered to that client as well to address those medication needs.

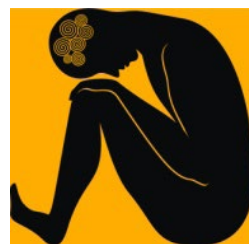
When asked about effectiveness of services offered via teletherapy, Phelan responded, "There are a variety of studies that show that not only does teletherapy remove barriers to accessing services, particularly in rural areas, but it also results in a decrease in hospitalizations and has been shown to be as effective as in-person therapy in many cases."

For more information about teletherapy services, call Sinnissippi toll-free at 1-800-242-7642 or speak with your primary care physician at one of the identified KSB or CGH clinic sites referenced in this article.



## My Demons

Sometimes the only way someone can explain to others what it's like to experience a mental illness or substance use disorder is through art or writing. One Sinnissippi client wanted to share the poem they wrote to try and explain.



***The Demons are real I do not want them to stay***

***I am needing some help to make them go away***

***Where are the answers I need to find***

***Just who are you that haunts my mind***

***You show yourself so you can be seen***

***You are never sweet you are always mean***

***You rip me in two and you cloud my heart***

***I want you to go but you will never part***

***I beg and I plead for you let me go***

***You quite yourself but sneak back real slow***

***You have ruined my life, you don't belong here***

***I had friends once but you made them disappear***

***The Demons are real, I do not want them to stay***

***I am needing some help to make them go away***

***The Demons are real, I do not want them to stay***

***I am needing some help to make them go away***

***Where are the answers I need to find***

***Just who are you that haunts my mind***

**"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

### Sinnissippi's Skill Mill

Sinnissippi Centers' Skill Mill was established in 1989 to afford individuals with a serious mental illness an opportunity to work in a supportive, therapeutic environment. Individuals who receive services at Sinnissippi Centers are eligible to be employed at the Skill Mill. Skill Mill employees are given an opportunity to: Learn vocational skills, earn money, improve self-esteem, work cooperatively with others, improve chances for future competitive employment, and to continue to improve their personal recovery goals. Some of the services Skill Mill employees provide include housekeeping/janitorial (offices & apartments); snow shoveling; collating; shredding; mailings like newsletters, brochures, and statements; and light industrial services like assembly and packaging. For more information contact **Lyn Brokaw** at Sinnissippi Centers at 815-284-6611.



### Community Response to Crisis Update

In the last issue of the Digest we introduced you to a new Sinnissippi Centers initiative, the Community Crisis Response Team, or CCRT. The planning stage went well and the team is now active and available to respond to critical incidents, which is any event that is traumatic enough to overwhelm a person's normal ability to cope. Some examples include severe storms or tornadoes that do damage, a suicide or homicide, or other events with a significant level of trauma. For more information contact **Cris Murgage** at Sinnissippi's Dixon office at 815-284-6611.



### Study Changes Perception of Alcohol

Moderate consumption of alcohol provides little to no health benefit for most people according to a new study that involved 53,000 adults. A brief article on the study published by the Partnership for Drug-Free Kids says that earlier research that found light drinking may help protect against early illness and death was flawed because the study lumped former drinkers together with people who never drank and called the entire group non-drinkers. But the new study looked at the health of former drinkers and found they had a lower overall health level than people who had never drank alcohol, calling into question the benefits of moderate alcohol consumption.

The Sinnissippi community has experienced several losses recently

## Remembering More Friends

In the last issue of the Digest we published a tribute to a very dear friend, Carol Novak, who lost her battle with cancer in November of 2017.

Carol is not the only friend the Sinnissippi Community has lost recently. We also said our farewells to **Sue Mills**, Sinnissippi's Van Driver, although that title falls woefully short of describing her contribution and importance to the agency.

Most recently we were saddened by the passing of Sinnissippi's Intact Services Clinician **Jeff Wermers**.

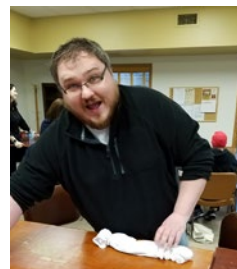
In past several months Sinnissippi also said farewell to two former employees, **Lonnie Dillow** and **Ronelle Allen**.

Sue Mills came to work for Sinnissippi in August 1980. Sinnissippi Centers' President/CEO **Patrick Phelan** says, "I cannot even begin to guess how many miles she drove transporting our clients, our mail, and anything else we asked her to take. It was probably over a million miles she drove for us. Sue was one of the most dedicated and tireless individuals I have ever had the pleasure to work with," adds Phelan. "At times she dealt with pain that would have sent almost anyone else home to bed, but Sue never gave in to any of those challenges."

Of course Sue will leave a huge hole here at Sinnissippi, and a pair of shoes that will never be filled in the same way.



Sue Mills



Jeff Wermers



Lonnie Dillow



Ronelle Allen

Sue was also part owner of the Paper Escape in Dixon, very active with the Girl Scouts, helping to sell literally tons of cookies over the years and receiving their highest honors (the Thanks Badge and Thanks Badge II), and she was active in her church.

Of Jeff Wermers, Phelan had this to say, "Those who have had the great pleasure of working with Jeff fondly remember his sense of humor and his care for his coworkers and the families he served. Many of our staff have shared stories about Jeff's impact. Jeff will be missed without a doubt," adds Phelan.

Lonnie Dillow was a transcriptionist for Sinnissippi Centers from July of 2005 through June 2013.

Ronelle Allen served Sinnissippi from June of 1996 through July of 1998.

It's not easy to say goodbye to even one friend of Sinnissippi, so this period of time has been very difficult for the staff who knew Carol, Sue, Jeff, Lonnie, and Ronelle. Each one of them left their own unique mark on the agency and will be remembered.

## Gold Seal of Approval

Sinnissippi Centers is accredited and licensed by several agencies that conduct intensive surveys of thousands of policies and procedures to ensure the quality of the care we provide. While our management and staff are well versed in the daily implementation of all of these policies and procedures, it is still an achievement to receive a good survey result.

One of those agencies, The Joint Commission, conducted a four day on-site survey in February 2018, that reviewed compliance with roughly 5,000 standards. Sinnissippi Centers received very high marks. In addition, the reviewer had several complimentary comments.

"While it is a lot of work to prepare for such a survey, it also gives us a sense of joy," Says **Patrick Phelan**, Sinnissippi Centers' President/CEO. "That may sound odd, but it is a real joy to hear the positive comments of someone taking such a close look at our agency," says Phelan. "The Joint Commission reviewer was impressed by the feedback received from clients, the condition of our facilities, and the quality and client-focused nature of our treatment and support services," adds Phelan.

The result of the survey means Sinnissippi Centers will be accredited by The Joint Commission for three more years and retains their Gold Seal of Approval™. The seal of approval is an internationally recognized symbol of quality. It is an indicator that the organization has proven its commitment to high quality care and its willingness to be measured against the highest and most rigorous standards of performance.



A portion of the proceeds of Expressions supports the Recovery Home

## Expressions Art Sale April 27th

The **Expressions Art Sale & Reception** will be just a little bit different this year compared to other years for a couple of reasons.

"This year a portion of the proceeds from Expressions will go to Sinnissippi Centers' Recovery Home," says **Andy Jackson**, Sinnissippi Marketing Coordinator.

"We are excited about the Recovery Home, and excited that this wonderful event will help support individuals in their recovery and transition from inpatient treatment back into their home communities," says Jackson.

The Recovery Home will house ten adult males and will provide a structured sober environment with wrap around services and supports that allow someone with a substance use disorder to get a great start on their recovery and reduce the chance for a relapse.

At the time of this writing we don't have an opening date or a ribbon cutting date of the recovery home, but we will keep the public informed of both of those dates.

"Another exciting difference this year," says Jackson, "is that Sauk Valley Bank is celebrating ten years as cosponsor of Expressions. Sauk Valley Bank has a tradition of supporting the arts in the local area," adds

Jackson. "They serve as an extension of the Next Picture Show by displaying the works of a different artist each month in their board room at the Dixon location.

**The Expressions Art Sale started April 3rd** at the Next Picture Show. Art is on display and available to be

purchased any time, and silent auction items are on display with their bid cards.

"We get quite a few early bids on silent auction items," says Jackson.

Please join us for the reception on

**Friday, April 27, 2018, from 5:00 pm to 9:00 pm** when Expressions concludes.

The reception is open to the public and there is no cost to attend. Art sales will be final and the silent auction ends during the reception.

For more information call the Sinnissippi Foundation at **815-284-6611** or e-mail us at: [info@sinnissippi.com](mailto:info@sinnissippi.com).



## Same Fun Event Different Location

The 26th Annual **Sinnissippi Foundation Golf Open** will be the same fun event but with one important change. The fundraiser will be held at a different location.

In February 2018 Timber Creek Golf Club announced they would close for the foreseeable future. With no guarantee the course could reopen and be ready in time, the decision had to be made to move to a different location.

This year the Golf Open will be held at **Rock River Golf and Pool** in Rock Falls on **Thursday, August 2, 2018**. Tee off is promptly at 12:30 pm. Golfers can check in at the course as early as 11:00 am.

"We were very fortunate to have a great working relationship with Timber Creek and are saddened to see such a historic course close," says **Patrick Phelan**, Sinnissippi President/CEO. "We can only hope that there will be a buyer in the future to reopen the course."

"We are also very fortunate to have a number of good courses in the area to choose from to host our golf open. We look forward to a great working relationship with Rock River Golf and Pool and a great event," adds Phelan.

A save the date postcard has already been mailed to past sponsors and participants, and a registration form is posted to Sinnissippi's website with an option to register your foursome online. There is also a dine-only option this year.



### 26th Annual Sinnissippi Foundation Golf Open

**August 2, 2018**

**12:30 pm tee off**

**Rock River Golf & Pool**

**Rock Falls, IL**

[Information](#)

[www.sinnissippi.org](http://www.sinnissippi.org)

[info@sinnissippi.com](mailto:info@sinnissippi.com)

**815-284-9380**



# SINNISSIPPI FOUNDATION

## Foundation News

### Annual Employee, Board, & Alumni Campaign Underway Soon

Plans are being finalized for the annual Sinnissippi Foundation's Employee, Board, & Alumni Campaign held each May. The campaign solicits donations from employees of Sinnissippi Centers, current Sinnissippi Centers and Sinnissippi Foundation board members and former employees and board members.

### Gardenstock Art & Music Festival

Mark your calendars for Saturday, August 18, 2018, the date of the annual Gardenstock Art & Music Festival. The event features live music and artists' booths and draws nearly 2,000 people to Distinctive Gardens in Dixon, IL where the event is held. We will have more information about Gardenstock in the next issue of the Digest.

## Donations

If you would like to make a donation to the Foundation send your check to the address listed on the back page. You may specify if you would like to give your donation in honor or in memory of a family member or loved one.

### Recent Donations

Joanne Carlson  
Terrence & Dolores Derdzinski  
First Presbyterian Church - Dixon  
Louise & Dale Hall  
Terry & Susan Loring  
Shelly Trefes  
Rick Watson

### Online & Social Media Fundraisers

...In Honor of Andy Jackson's Birthday  
Anonymous

...In Honor of Tricia Phelan's Birthday  
Anonymous

### In Memory of....

...Sue Mills former employee  
Harold & Mary Scuffham

*Continued on back page*

## The Digest Newsletter

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**Writers:** Andy Jackson

**Contributors:** Phyllis Berge, Kendra Hull, Patrick Phelan, Joan Smith, DeAnne White

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

# 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.*



United Way of Lee County  
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**SINNISSIPPI  
FOUNDATION**

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### Donations - continued

...**Carol Novak** *former employee*  
Machinery Maintenance, Inc.

...**Andrew J. Smith**  
Shirley Smith

...**Jeff Wermers** *former employee*  
Phyllis & Jeff Berge  
Larry & Ann Prindaville  
DeAnne & Jeff White

### Expressions Art Sale & Reception *(Artists, donors, & sponsors to date)*

Alliance, Inc.  
Anytime Fitness Dixon  
Kat Askegaard  
Basil Tree Ristorante  
Phyllis Berge  
David Bingaman  
Richard Born  
Boss Carpet One Floor & Home

The Butcher Shop at Rock  
River Provision  
Byron Bank  
Graydon Cafarella  
Celebration River Cruises  
CGH Medical Center  
Chicago Bears  
Chicago Bulls  
Chicago Cubs  
Chicago White Sox  
Circa '21 Dinner Playhouse  
City Winery, Chicago  
Mary Coester  
Community State Bank  
Charles Cook  
Creative Cuisine  
Sara Christensen  
Davenport Junior Theatre  
Dead Tree Tavern  
Dixon Stage Left  
Tim Drane  
The First National Bank in  
Amboy  
Galena Avenue Steakhouse  
Teresa Good  
Rachelle Gunderson  
Jan Harvey

James Hey  
Becky Hundreiser  
Scott Ide  
Beverly Jackson  
Joffrey Ballet  
Jumer's Casino & Hotel  
Charles Kerr  
Kelly Williamson Company -  
Dixon Mobil  
KSB Partner in Health  
La Familia  
Bob Logsdon  
Barb Lundeen  
Gloria Martin  
Morningstar Media Group  
Niabi Zoo  
Jim & Carol Nieman  
Olson Insurance  
Orom Restaurant  
Patrick & Tricia Phelan  
Pinney Printing  
Ann Marie Potts  
Betty Predmore  
Larry & Ann Prindaville  
Raynor Manufacturing  
Ken Reif  
Rockford Park District

Stuart Roddy  
Sauk Valley Bank  
SBM Business Equipment  
Center  
Shedd Aquarium  
Sikich  
Tamara Shriver  
SPF Development Corporation  
Starbucks Sterling  
Sterling Federal Bank  
Talesin Preservation Society  
Touch of Thai II Rock Falls  
Timber Lake Playhouse  
Wahl Clipper Corporation  
Ward, Murray, Pace, &  
Johnson, PC  
Ed & Nicki Webb  
Weeds  
John Wemmer  
Beth Wemmer  
DeAnne White  
Wendy Wiersema  
Lucinda Winterfield  
WIXN AM1460 River Country  
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Woodlawn Arts Academy

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