



# The Digest

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Sinnissippi Centers Transformed by Ongoing Initiative

## Trauma Informed Care

Over the course of the last year, Sinnissippi Centers has embarked on a transformative process that changes the way in which the organization screens and assesses clients, views the treatment process, handles admission to services and payment, takes care of the needs of agency staff, and even views the organization's physical facilities.

Late in the fall of 2016, nearly every Sinnissippi Centers' employee, from direct service staff to secretaries

to maintenance staff experienced an extensive and immersive training in Trauma Informed Care from an expert with the National Council on Behavioral Healthcare. Central to this training is the concept that the majority of us have experienced traumatic events in our life, and that these events have a lasting impact on our thoughts, feelings and behaviors. To truly address the impact of trauma, an organization like Sinnissippi Centers must not only tailor its treatment approach, but examine all of the policies and procedures that dictate day to day operations. To fail to do so, could result in additional trauma for our clients. For Sinnissippi, these changes include a variety of things.

Sinnissippi Centers developed a new treatment philosophy which will, in turn, drive a multitude of additional changes.

New screening and assessment tools were implemented to be used with every client to detect the impact of trauma.

The referral and intake process has been revised to be more customer friendly and to provide a more warm reception to Sinnissippi Centers.

Changes were made in how missed appointments and past due balances are viewed. In the past many were kept from receiving services due to

"no-shows" or lingering balances.

Today, a more collaborative approach has been implemented to ensure that anyone who needs help can continue to get that help.

A training plan has been developed to provide agency staff with the cutting

edge training necessary to address trauma in those they serve.

Training also includes basic customer service skills. Everyone entering the agency's facilities should receive a

warm and welcoming greeting.

Professionals who hear about trauma from others every day can, as a result, experience trauma of their own. Sinnissippi Centers is taking steps to provide additional support for staff.

A Consumer Advisory Committee is being formed to assist the agency in developing practices that are consistent with the needs and wishes of clients.

Physical facilities have been evaluated to determine if the sights, sounds and even smells are conducive to treatment. With ongoing renovations, the Sterling and Mt. Carroll offices became the agency's pilot for trauma informed environments.

Many of the agency's forms, including the New Client Information Packet, are being revised to use more welcoming and accommodating language. The language used by the agency in writing or verbally is critically important to make others feel welcome and safe.

These changes are just the beginning of a process that will guide the organization in making decisions into the future. The staff of Sinnissippi Centers sincerely hopes that every member of our community will find the organization to be a warm, welcoming and safe place to receive treatment.



**Partnering on a Shared Journey  
Toward Safety, Hope, and Healing**

## Sinnissippi News

### Sinnissippi Staff Return to Western

Four Sinnissippi staff and Western Illinois University alumni were honored to take part in a panel presentation at WIU. Staff members spoke at WIU's Intern Return Day on April 29, 2017. Pictured here are: Tammy



Stewart (SCI), Andrea Wright (SCI), Dr. Tracy Knight (coordinator of the clinical master's program at WIU), Jessica Manning (SCI), and Shannon Dean (SCI). This visit marked the kickoff for Sinnissippi's Community Behavioral Health Rural Training Center of Excellence program. The program is designed to provide master's level interns with the skills they need to succeed in the field of community behavioral health. Laura Arnold, current WIU student, was the first graduate student to be welcomed into the program. She began her training at Sinnissippi in August 2017.

### Day of Caring

Sinnissippi Centers' employees and their family members participated in the United Way of Lee County's Day of Caring volunteer event Saturday, June 24th. Day of Caring volunteers take on a wide variety of tasks in the community.



Pictured above are (front row L-R) Cris Mugrage, Ben Mugrage, Tammy Stewart, Phyllis Berge, Jennifer Thomason, Stacie Kemp, Jillian Snyder, Matt Thomason, (back row L-R) Ed Webb, Jeff Berge, Patrick Phelan, Teresa Good, Sean Phelan, Gloria Martin, and Diana Hoover. Also Volunteering that day but not pictured were Jennifer Dewey and Jodi Murdock.

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

Respect ✧ Integrity ✧ Compassion ✧ Humor ✧ Collaboration ✧ Acceptance ✧ Quality



## 25th Annual Sinnissippi Foundation Golf Open a Great Success

# Fun and Games for a Cause

The Sinnissippi Foundation Golf Open set a milestone this year. It was the 25th golf outing for the Sinnissippi Foundation.

The Golf Open took place Thursday, August 3, 2017, at Timber Creek Golf Club in Dixon.

"It's a lot of fun and games during the Golf Open for a great cause," says **Patrick Phelan**, Sinnissippi Centers' President/CEO. "It's the largest fundraising event of the year for the Sinnissippi Foundation and we always have a great response, we raise a lot of funds for the Foundation, and the Golf Open is always a great experience," adds Phelan.

The event raised over \$22,000 (before expenses) that supports all the programs and services the Sinnissippi Foundation offers.

"One of the great things about the Foundation Golf Open,"



*Golfers always seem to have a good time at the Golf Open.*



*Team Kreider on the green*



*Thanks to our sponsors, like Sauk Valley Bank, and so many others, the event is always a success*

says Phelan, "is that we have a great group of staff, board members, and other volunteers who make the event fun for the golfers. I would say it's pretty impossible not to have fun at the open," adds Phelan.

"The format is a scramble, sometimes called best-ball, and so golfers of all abilities will enjoy the day," says Phelan.

One new feature this year that was well received was the **VIP Package**. It provided more tickets and other golf open perks you'll want to check out next year if you didn't get one this year.

The 26th annual Sinnissippi Foundation Golf Open is scheduled for August 2, 2018, at Timber Creek Golf Course. For information contact Patrick Phelan or Marketing Coordinator **Andy Jackson** at 815-284-6611.

## Gardenstock Art & Music Festival

The third Saturday in August is a special time for Dixon and the surrounding communities. That's when one of the area's favorite events takes place; the **Gardenstock Art & Music Festival**. This year didn't disappoint, and in terms of the proceeds, it set a record for funds raised for the Sinnissippi Youth Garden Project.

Gardenstock took place on Saturday, August 19, 2017, on the grounds of **Distinctive Gardens** in Dixon. There were over 40 artists' booths to see and purchase items from. Several artists at Gardenstock give a portion of the proceeds to the Youth Garden Project.

Nine bands played the Gardenstock stage representing almost every genre of music from rock to blues, to folk, to country, and more.

The bands were from the local and surrounding area in most cases, like **7th Hour** from Morrison, **Solar Pulse** from the Rochelle area, **Waking Robots** from the Quad Cities, and **The Mississippi Stranglers** from the Chicago area. Other bands came from a bit farther away like **Sugar Lime Blue** from Nashville, TN, **Justin Edmonson** from North Carolina, and **the Kerry Hartman Band** from Oklahoma.

There's a lot more that excites people about the event than just great music, like the food local vendors, the VW Microbus gathering on the grounds which seems to grow bigger every year, the involvement of military veterans, and other features. There really is something for everyone there.

Gardenstock always draws a great variety of people too. Some arrive early and stay the entire day and others come for a shorter period of time. Such a variety of experiences at the event is probably one of the not-so-secret "ingredients" of Gardenstock that keeps people coming back year after year.

The big story for Gardenstock in 2017 was the parking and shuttle system which has been put into place due to the popularity of the event and the need to park cars off site. Parking this year (and in the future) was at the Shopko/County Market lot. Shuttles took festival goers between the lot and Distinctive Gardens for the entire event. More shuttles and bigger vans is the plan for 2018 to better serve those who come to Gardenstock. To learn more about the event, visit the Gardenstock Art & Music Festival Facebook page.



*Tie-dye has become a popular fashion choice at Gardenstock*



*Sugar Lime Blue from Nashville offered a unique mix of jazz, blues, country and their own soulful sound*



*People of all ages find something they love at Gardenstock*



# SINNISSIPPI FOUNDATION

## Foundation News

### Expressions Art Sale & Reception

The Expressions Art Sale and Reception was held April 4-21, 2017, at the Next Picture Show in Dixon. Sponsored by **Sauk Valley Bank**, Expressions raises funds to support all the programs of the Sinnissippi Foundation. The event was another success thanks to the donating artists, sponsors, silent auction donors, and those who purchased art and silent auction items.



*A wide variety of silent auction items were available for purchase in addition to the art at Expressions*

### Annual May Campaign a Success

May is Mental Health Awareness Month and is also the month the Sinnissippi Foundation conducts the annual Employee, Board, and Alumni Campaign. Appeals go out to current and former (alumni) Sinnissippi Centers' employees and Board Members. This year the appeal raised nearly \$17,000 in support. Those funds support things like the CARES requests which provide small, emergency funding to Sinnissippi clients for things like vital medications, safe housing, keeping the heat or lights on during the winter months, and a variety of other urgent needs.



### Foundation Events

The Expressions Art Sale and the Golf Open aren't the only Sinnissippi Foundation events. The Foundation also organizes events that benefit the urgent needs and mental wellness of the clients served by Sinnissippi Centers. In September the Foundation held the annual Wellness and Recovery Celebration. It's a day of fun and celebration capped off with informative speakers, and often, clients themselves telling their stories of recovery. Upcoming events include the Holiday Food Basket project and the Client Holiday Party, which are supported by donations to the Foundation. The Holiday Food Basket Project distributes holiday meals around Christmas time to a number of Sinnissippi Centers' client families. The Client Holiday Party is a hit with clients and staff alike. There's entertainment, games, a meal, and small gifts for participants.



*Sinnissippi board member Don Lovett helps during the 2016 Holiday Food Basket Project*

## The Digest Newsletter

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# Sinnissippi Centers, Inc.

www.sinnissippi.org

## Mt. Carroll

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

## Rochelle

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

## Oregon

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

## 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  
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United Way of Lee County  
Community Partner



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## Donations

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

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## In Honor of

**Natalie Andrews' years of service to  
Sinnissippi Centers**  
Larry & Ann Prindaville

**Chad Brooks**  
Michael & Tracy Brooks

**Sinnissippi Centers' staff and Board**  
Larry & Ann Prindaville

## In Memory of

**Ed Bornemeier**  
Jeff & Phyllis Berge  
Charlene Knudten  
Gloria Martin  
Larry & Ann Prindaville  
Harold & Mary Scuffham

**Jock Heaton**  
Jim & Inger Sarver

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**Gardenstock Art & Music  
Festival support of the  
Sinnissippi Youth Garden  
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Distinctive Gardens

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