



The Digest

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A new system of service provision in Illinois is on the way

Integrated Health Homes

On July 20, 2018, the Centers for Medicare & Medicaid Services approved an Illinois Medicaid state plan amendment that allows Illinois to launch new integrated health home services statewide for Medicaid recipients.

Health homes in Illinois are designed to serve the needs of individuals with physical and behavioral health conditions who have Medicaid and meet other specified criteria.

A health home is not a physical place actually, but is a service provider or group of

service providers who ensure that all of an individual's healthcare needs are met. The health home will not provide all of those services directly, but instead provide linkage to a variety of community service providers who will help the individual to meet their particular needs.

An Integrated Health Home (IHH) is a new, fully-integrated form of care coordination for the majority of Illinois Medicaid recipients. Many Medicaid recipients will be linked to an Integrated Health Home provider based on their level of need and the provider's ability to meet those needs.

The Integrated Health Home will be responsible for care coordination for members across their physical, behavioral, and social care needs. Care coordination involves a thorough assessment of needs and strengths in every aspect of the individual's life. A care plan is then developed to prioritize what needs should be addressed, by whom, and through what interventions. Then formal linkages are made to those service providers who can best meet those needs. Finally, care coordination involves consistent follow-up and monitoring of health outcomes and addressing any risk factors that arise over time.

Integrated Health Homes will work with the existing selection of Managed Care Organizations (MCOs) to provide their services. Managed Care is a health care delivery system organized to manage cost, utilization, and quality. Medicaid managed care provides for the delivery of Medicaid health benefits and additional services through contracted arrangements between state Medicaid agencies and MCOs that

accept a set per member per month (capitation) payment for these services.

Originally scheduled to launch on October 1, 2018, implementation of Integrated Health Homes has been delayed several times and at the moment of this writing, the best estimate available from the state for an implementation date is some time in February or March of 2019. Some of the design of the program

and details about the new health homes have changed several times over the past months as planning

and preparation has continued, so the information we have passed along in this article is subject to change, but is accurate at this writing.

Medicaid recipients who are going to be served by an Integrated Health Home organization will likely receive a communication from the State of Illinois about what Integrated Health Homes are. In the next few months, recipients will receive a letter from their MCO with the choice of IHH's available in their geographic area. They may either choose an IHH or one will be assigned for them approximately one month later. Medicaid recipients may also choose to opt out of Integrated Health Homes altogether.

Sinnissippi Centers will be a subcontracted provider for two Integrated Health Home provider organizations. We will provide current and former service recipients information about which health homes the organization will provide care coordination services for, so that they can receive their care coordination from Sinnissippi if they choose to do so.

Individuals who choose Sinnissippi Centers (SCI) as their IHH care coordination provider will often have a history of behavioral health needs. However, individuals who primarily struggle with physical health challenges may also be attributed to SCI through the larger IHH's. The care coordination provided by organizations like SCI is equally effective in addressing behavioral and physical health needs.

We are looking forward to providing enhanced services to current clients and serving many individuals who we have not previously served.

New Community Support Team

Starting in the new year, Sinnissippi Centers has added Community Support Team (CST) services to our offerings. CST services are intensive and provided to those individuals experiencing the most significant mental illnesses. CST staff will be seeing those clients who have a history of chronic psychiatric problems, involving multiple hospitalizations, suicide attempts, and those who make frequent use of crisis services.



Case loads are generally small and the team works closely together to address the needs of each client. Many of the services are provided in the community.

Members of the team see clients two to three times a week, often in their homes, providing support to help manage their mental health symptoms. By seeing clients in their home the team can better assess their level of functioning and better understand the areas that they need help with on a daily basis.

CST utilizes a Licensed Clinical Social Worker (LCSW), as well as Recovery Support Specialists. Recovery Support Specialists are responsible for assisting and ensuring the well-being of the clients maintaining a positive, therapeutic, and safe environment. They link clients with community resources in an attempt to help them engage in recovery services such as AA support group meetings, employment services, primary health care, and other resources. Recovery Support Specialists provide peer-to-peer recovery support services to clients, their families, and other allies at every stage of recovery.

The goal of the CST is to increase clients' stability in the community, reduce their number of crises, reduce psychiatric hospitalizations, and reduce the number of problems with law enforcement.

Results of this approach at other mental health agencies show this program to be a great success.

"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

NAMI Hand-in-Hand Award Recipients

Mental Illness Awareness Week was observed October 7th through the 13th, 2018. During that week the National Alliance on Mental Illness (NAMI) honored five outstanding individuals from the community with their Hand-in-Hand Award. The award recognizes individuals who offer their voices to speak up for those who battle mental illness.

Three of those awarded have a local connection.

Tracy Brooks, Sue Schroeder, and Rebecca Johanning.

Brooks is the NAMI Sauk Valley President. Sue Schroeder is the CEO of Stepping Stones of Rockford and is also Sinnissippi Centers Board Chairperson. Rebecca Johanning is a Behavioral Health Supervisor at Sinnissippi Centers.



Rebecca Johanning, Sinnissippi Centers Behavioral Health Supervisor



Sue Schroeder, Sinnissippi Centers Board Chair

Greg Sandrock and Tom Sanders Recognized for Their Years of Service

Retired Sinnissippi Board member

Greg Sandrock was presented an award for his service by Sinnissippi Centers' President/CEO **Patrick Phelan**. Sandrock joined the Sinnissippi Centers, Inc. Board in 1999. He had been a Sinnissippi Centers Board member or on other affiliated boards up until his retirement this past October.

Also recognized for his long service on the Sinnissippi Centers' Board of Directors was **Thomas Sanders**. He received his recognition at the November Board meeting.

Sanders joined the Sinnissippi Centers' Board in January 1991 and served through November 2018.



Greg Sandrock (left) receives an award from Sinnissippi Centers President/CEO Patrick Phelan



Tom Sanders (left) accepts an award for his service from Patrick Phelan, Sinnissippi Centers' President/CEO

Speaking out and being the best advocate for your healthcare

Advocating for Yourself

Note: This article was written by a consumer who wanted to share their experience in order to help others advocate for themselves and achieve their best possible level of mental wellness. At the same time it helps those that don't have a mental illness better understand what someone who does can go through on a daily basis.

The fundamental principles of recovery are: Education, personal responsibility, support, spirituality, hope, and self-advocacy. What I have learned in counseling, classes and conferences at Sinnissippi Centers has helped me be more assertive and advocate for my needs.

Self-advocacy can be defined as being able to express oneself clearly and calmly in order to get ones needs met. Another way I look at it is that it is just "going for it" with courage, persistence and determination.

Over the past 35 years, since being diagnosed with diabetes and bipolar disorder, I have found out how important it is to use self-advocacy to help aid in my recovery.

I have been involved in leadership roles as a secretary and president in a consumer-run support group. This support group meets monthly at Sinnissippi Centers. The group has written letters to legislators in Springfield about getting mental health bills passed. I have also been involved in several rallies that were also held in Springfield. As a group we are aware of being firm and persistent. This helps us achieve our goals or at least gets us closer to the goal that we would like to achieve. Our voices are stronger and more effective when we join together. We know we have rights, power, and worth.

While attending NAMI (National Alliance for the Mentally Ill) meetings I received education about recovery and have met some new people with similar issues. I was also given the opportunity to share my recovery stories. This was helpful for me to feel like I can possibly

help others and this also helped me with my self-esteem.

There have been several times when I have used "self-advocacy" to help myself in some medical situations. I had found by just asking for help to the right people consistently has helped me get some needed medications paid for that may not have been.

For example one of my most recent successes with self-advocacy has been with my pharmacy in regards to a large co-pay pertaining to my diabetic medications. I felt very overwhelmed and talked with my social worker at Sinnissippi Centers. I then went to the Medicaid office to inquire about getting a card to cover those months that needed to be covered and I also called the pharmacy's corporate office several times to check on what my Medicare plan had paid.

I was not getting the results that I needed so I called the aging and disabled research center at the Whiteside County Senior Center in Sterling, Illinois. The staff were extremely knowledgeable, caring, assertive, and most importantly dedicated to helping me solve the situation I had. I also had the support of my family and friends as they were willing to listen and give me encouragement. After making many visits to these places following good advice and refusing to take 'no' for an answer I got the results that I wanted. I then made a call to my pharmacy's corporate office and spoke with the person in charge of the bills who told me to disregard that account. After hearing this I felt relieved, happy, successful, and hopeful.

It would have been very easy for me to just give up after hitting all those walls but I chose to believe that there was a solution to my problem. Hope is the core of my recovery and it keeps me going. Recovery happens when you take control of your life and your goal is to get better.



Spreading Some Christmas Cheer

Christmas is the time of year the Sinnissippi Foundation conducts their annual Holiday Food Basket project, providing holiday meals to Sinnissippi Centers' client families in need. Every \$25.00 in donations to the Holiday Food Basket Fund provides one basket of non-perishable items, a ham, and a pie for dessert.

Pictured here helping out with the project in 2018 were Sinnissippi Centers' board member **Don Lovett** (left), Alliance Board member **Larry Prindaville** (center), and Sinnissippi Foundation Board member **Ann Prindaville** (right).



Spring fundraiser features local art and a variety of auction items

The Expressions Art Sale

Planning has already begun for the 15th Annual **Expressions Art Sale and Reception**. Expressions is one of two major fundraising events held each year by the Sinnissippi Foundation. The second event is the annual Golf Open held the first Thursday each August.

Expressions features amazing art from local and regional artists, a silent auction of a wide variety of items, and a casual, fun atmosphere.

The event will again be held this year at **The Next Picture Show** in Dixon in April.

Proceeds raised benefit clients of Sinnissippi Centers through the programs and activities of the Sinnissippi Foundation.

"We are very pleased to have Sauk Valley Bank as our cosponsor of this event", says **Patrick Phelan**, Sinnissippi Centers' President/CEO. "It will be the 11th year that Sauk Valley Bank



Dominique by Ken Reif was one of the pieces available during Expressions 2018. Expressions always features amazing local art as well as a popular silent auction.

has cosponsored Expressions. In addition they have hosted pieces from Expressions in their board room gallery in the past," adds Phelan.

Expressions will begin Tuesday, April 16, 2019, when all the art will be on display for the public to view and buy during gallery hours. In addition, silent auction items will be displayed and you can begin bidding on those items as well starting April 16th.

Expressions concludes with a reception on Friday, April 26, 2019.

"As we get closer to the event there will be more information available," says **Andrew Jackson**, Expressions Coordinator. "We will

send out news releases to the media, have information on our website and on our social media sites like Facebook and Twitter." Visit Sinnissippi Centers' website at www.sinnissippi.org.



Thank You for Your Support

Sinnissippi Centers and the Sinnissippi Foundation were the recipients recently of two large awards from the community.

On November 9th Sinnissippi Centers' President/CEO **Patrick Phelan** attended a meeting of the **Green River Riders Club** to accept proceeds from their Fund Run fundraiser. They raised \$2,500 that was distributed to five local organizations: Helping Hands, Shining Stars, The YWCA of the Sauk Valley, Sinnissippi Centers, and the PADS Homeless shelter. Funds were donated **in memory of club member Jamey Kreuger**.

Later in the month Phelan was also in attendance at **Crest Foods** in Ashton with company representatives and representatives of the employee walking club. The walking club participated in five local walk/run events to raise money. The Crest Food Walking Club was able to donate a total of \$8,000 to Sinnissippi Centers' Recovery Home.

We are deeply touched by both organizations' support of the Foundation and Sinnissippi Centers and their belief and support of our mission. Words cannot properly express our thanks.



The Green River Riders Club presents a donation to Patrick Phelan of Sinnissippi Centers



The Crest Foods Walking Club presents a donation to Sinnissippi Centers. Pictured left to right are Susie Miller, Mike Meiners, Erika Meiners, Patrick Phelan (Sinnissippi President/CEO), Martha Holder, Jon Bakener, and Jeff Meiners.



SINNISSIPPI FOUNDATION

Foundation News

Annual Holiday Appeal

The Sinnissippi Foundation's annual Holiday Appeal is still in progress with a few gifts coming after the holidays. If you did not receive a mailing or an e-mail for the holiday appeal in late November and you wish to still support the appeal, you can still mail a donation to the Foundation at 325 Illinois Route 2, Dixon, IL 61021. You can also donate online on our website by visiting www.sinnissippi.org/donate.



**Holiday
Appeal**

Donations

If you would like to make a donation to the Foundation send your check to: 325 IL Rte. 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.

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Christyne Gehlbach
Edythe Geiger
Grace United Methodist Church
Green River Riders Association
Louise & Dale Hall
Randy & Donna Hayes
Hutchinson Family Charitable Fund

Donations cont'd on back page

The Digest Newsletter

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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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In Honor of....

**...All individuals being served at
Sinnissippi Centers and those
serving at the agency**
John & Beth Chase

...Kay Fisher
Richard & Mary Coon

**...Stacie Kemp's dedication to
the agency**
Barbara Weiner

...Larry & Ann Prindaville
J. Gregory Langan

**...Lloyd H. Sidwell - CEO from
1979-1989, with appreciation for
all the Sinnissippi Centers' team
does**
Jane Sidwell

**...Sinnissippi Centers staff and
board**
Larry & Ann Prindaville

In Memory of....

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Carolyn Fitzgerald Sweeney

...Tony Arduini
Arlene Arduini

...Helen Branson
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by family members

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