

Annual Report FY2019



SINNISSIPPI CENTERS



SINNISSIPPI
FOUNDATION



Patrick Phelan,
Sinnissippi Centers'
President/CEO

From our boards, management, and staff

It seems almost cliché to talk about the pace of change in community behavioral health. However, I would certainly be remiss if I didn't talk about the incredible amount of change we have experienced in the last year. One of the most significant funding changes, Managed Medicaid, came to rural Illinois. The following month we opened our first Recovery Home. Not that long after the Recovery Home was opened we launched a new electronic health record. Significant changes to the rules governing mental health in Illinois and the introduction of a new standardized statewide assessment added to the adventure. Next, we experienced major shifts in the way in which we provide psychiatric services and began another new endeavor, the use of Community Support Teams. We then went live with the Illinois Health Practice Alliance and Precedence Care Coordination Entity contracts, two very promising and impactful new models of care. All the while, we were expanding school-based services and preparing to implement the Integrated Health Home model. Any of these developments would be impactful alone.

In the coming year, we must continue to push forward in order to stay one step ahead of external forces and fiscal realities. This means looking for new opportunities in value-based care and care coordination. It means investment in new and expanded programs in areas of significant need, such as continuing to battle addictions through recovery supports. It means that we will continue to seek out partnerships that position our organizations in the community and across the state to pool resources to more effectively address the needs of those we serve.

The last year hasn't been an easy one, and I can guarantee that the coming year will not be without significant challenges. However, Sinnissippi Centers and the Sinnissippi Foundation remain committed to our mission in our communities. Thank you so much to our staff for their agility and commitment, our Boards of Directors for their service, our consumers for choosing us to provide their care, and all of our supporters in the community for continuing to believe in the mission of our organizations.



SINNISSIPPI CENTERS

Providing care, offering hope

The Shift to Managed Medicaid

Maybe the biggest event in Sinnissippi Centers' fiscal year, in terms of change and amount of effort involved, has been the change to Managed Medicaid and preparations for the January 2020 implementation of Integrated Health Homes (see story at right). Nationally, managed care has become the primary method of Medicaid service distribution, with over two-thirds of Medicaid recipients enrolled in managed care nationwide. In an attempt to improve care and reduce costs, Illinois recently expanded its own Medicaid managed care program. On April 1, 2018, rural areas in Illinois, including Sinnissippi's four-county service area, moved to Managed Medicaid. This move meant going from a single Medicaid payer, the state, to sending claims to five separate Managed Care Organizations (MCOs), who each have their own set of rules and standards.

Illinois Health Practice Alliance

Although Managed Medicaid brings with it some challenges, it also provides a new and important opportunity, the ability to develop innovative contracts for overall coordination of care and to drive outcomes through value-based payment. On March 1, 2019, Sinnissippi Centers began work with the Illinois Health Practice Alliance (IHPA), who in turn contracted with Illinicare, one of four Managed Care Organizations (MCOs) in our area. The contract with Illinicare allows for more intensive coordination of care and a payment model that is based not on the quantity of care, but quality healthcare outcomes. The IHPA hopes to contract with additional MCOs in time.

Precedence Care Coordination Entity and Sinnissippi Centers

On July 1, 2019, Sinnissippi Centers began work with Precedence Care Coordination Entity (CCE) providing care coordination services to individuals with serious and chronic medical conditions that require high levels of care. Why would Sinnissippi enter into the primary care field? Care coordination for overall healthcare is not that much different than the case management and care coordination the agency has done for years. Granted, it does require Sinnissippi to increase our knowledge of medical conditions, but the interventions are all behavioral. That's what Sinnissippi is good at. In addition, there are deep connections between physical and behavioral health, and our focus must be on the coordinated provision of healthcare overall. Understanding these trends in the field, Sinnissippi has positioned itself very well with the connection to the IHPA and Precedence CCE, and other future opportunities. Sinnissippi is in front of this change, and will therefore, have many new opportunities. In the years to come care coordination for many populations will be at the core of Sinnissippi Centers' service array.



Integrated Health Homes

Integrated Health Homes (IHH) will provide the next opportunity for coordinated healthcare in our communities. IHH's are not a physical place or location, but rather a single service provider or a group of service providers, who ensure that all of an individual's healthcare needs are met. The Integrated Health Home will be responsible for care coordination for members across their physical, behavioral, and social care needs. The ultimate outcome of health homes, like managed care, is to provide coordinated comprehensive care to individuals to increase quality of care while reducing the cost. The State of Illinois plans to initiate the new model for Integrated Health Homes in January of 2020.



Increase In School Based Services

Sinnissippi Centers dramatically increased its presence in area schools providing behavioral healthcare and student assistance services in area schools. During the 2018-2019 academic year Sinnissippi staff were located in 27 separate schools throughout our four-county service area (Carroll, Lee, Ogle, and Whiteside Counties). This year will see expansion to four additional schools located in Rock Falls, Milledgeville, and Polo. The total number represents a Sinnissippi Centers' presence in 39% of area public schools. To meet the increased need, Sinnissippi hired two staff employed full time providing school based services, bringing the total to 17 staff located in 31 schools. The strength of school based programming is increased frequency and access and improved coordination of needed services. One school staff commented "This was the best year we have had with regards to student behaviors."



Center of Excellence

Sinnissippi Centers partnered with the Telligen Community Initiative (TCI) to enhance the Rural Health Training Center of Excellence (COE) for behavioral healthcare. One of the initiatives of our COE program is designed to attract Master's level interns and then provide them with employment opportunities upon graduation. We recently celebrated the graduation and employment of two former interns, Amanda Briese and Chris Gresham. During that same event we welcomed two of our newest interns, Leah Arthur and Nikki Principato. All these young professionals are completing degrees at Western Illinois University.



From left to right; Western Illinois University students and alumni: Nikki Principato & Leah Arthur, Sinnissippi Interns Amanda Briese & Chris Gresham

Evidence Based Treatment Models

Over the past months, Sinnissippi Centers has increased staff training in more evidence-based treatments. Eye Movement Desensitization and Reprocessing (EMDR), Moral Reconation Therapy (MRT), Dialectic Behavior Therapy (DBT), and Adolescent Community Reinforcement Approach (A-CRA). Sinnissippi has always looked to evidence-based treatments to provide quality care. These approaches are important because they are proven to be effective through research. They are also important to ensure that limited resources are used in the most cost and treatment effective ways possible.

Community Support Team

Sinnissippi Centers' Community Support Team (CST) became a reality in January 2019. This program is designed to "wrap around" individuals experiencing serious mental illnesses, who have difficulty engaging in traditional care, as a result of their symptoms. Our team works individually with each participant on ways to support wellness and recovery and provides outreach services. To date, we have 45 participants in both Lee and Whiteside Counties with hopes to expand to Carroll and Ogle Counties in the future. The mission of CST is to engage in supportive teamwork to foster trust, encouragement, hope, and recovery while remaining trauma-informed.

Recovery Home Success

Sinnissippi Centers opened our first Recovery Home on May 30, 2018. Since opening 25 men have been served. The Recovery Home is a licensed treatment facility which provides a structured supportive environment offering substance use prevention and mental health individual and group treatment. It is supervised 24 hours a day 7 days a week. The Recovery Home serves adult men who are working to rebuild their lives in recovery. Individual length of stay varies depending on the needs of the person, but an average is 6 to 9 months. They come from the four-county area Sinnissippi Centers serves, Carroll, Lee, Ogle, and Whiteside Counties.



Sinnissippi Centers' Recovery Home

Electronic Health Record

There are so many factors that affect human services organizations today and so many changes in the industry. Sometimes those changes are never seen by the clients we serve or the general public but have profound impacts on the organization. One such change has been the ongoing process of switching to a virtually all electronic health record at Sinnissippi Centers. That process has not been short nor has it been easy. Enormous amounts of time, effort, and resources have been expended in bringing our Electronic Health Record (EHR) online. EHR's are designed to provide accurate up to date and complete information about clients at the point of care. They can enable quick access to records for more coordinated and efficient and effective care. They also offer advantages in diagnosis, prescribing medications, and ideally reduce costs due to reduced paperwork and improve safety.

Strategic Planning and the Future

Sinnissippi Centers is moving forward with a new strategic plan that includes continuing our work moving toward Integrated Health Homes (IHH), Medication Assisted Treatment (MAT), and much needed technology upgrades. We continue to look for ways to reduce expenses and implement more environmentally friendly ways of doing our work, like conducting meetings with virtual/electronic materials and reducing the use of paper. We are hoping to open a recovery home for women sometime in the future. Strategic planning has become more and more important in a challenging fiscal environment and an ever changing behavioral healthcare industry. The future looks challenging, but also bright.



SINNISSIPPI FOUNDATION

How We Help

The Sinnissippi Foundation helps to improve the quality of life for individuals and families who are served by Sinnissippi Centers. They may have depression, anxiety, a substance use disorder, or any number of other behavioral healthcare challenges. The Foundation helps through a variety of programs. Your support of the Sinnissippi Foundation truly makes a difference in the lives of so many each year, people who know someone cares about them because of your generosity. We get the privilege of providing the assistance, but it's all of you who deserve the credit. Thank you!

Who We Help

Approximately 710 individuals were helped in FY2019 through the programs of the Sinnissippi Foundation. Each person or family helped has their own story of what that really means, but the impact of even a little help makes a huge difference in the life of someone battling behavioral health symptoms.

Who Supports Us

517 individuals and organizations chose to support the Sinnissippi Foundation through their donations and sponsorships. Over \$83,000 in gifts were received. It's an overwhelming response. You can see all of our FY2019 donors, sponsors, and other supporters on the back page of this report.

Get In Touch With the Sinnissippi Foundation

If you would like to know more about the Sinnissippi Foundation, or would like to make a donation, here is our contact information:

Donation by mail

The Sinnissippi Foundation
325 Illinois Route 2
Dixon, IL 61021

Donations online

www.sinnissippi.org/donate-foundation

More Foundation information online

www.sinnissippi.org/foundation

Phone

815-284-6611

Email us

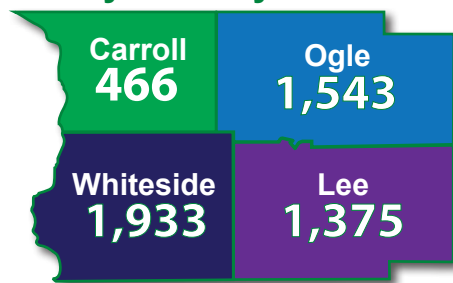
info@sinnissippi.com

Social Media Sites

Check out Sinnissippi on Facebook, Twitter, LinkedIn, and YouTube.

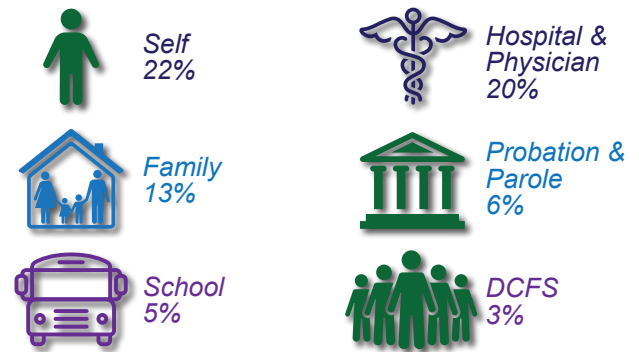


Clients by County of Residence

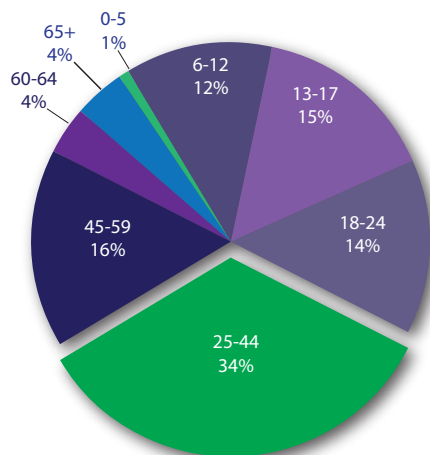


Other counties 288
Total Client Served 5,604

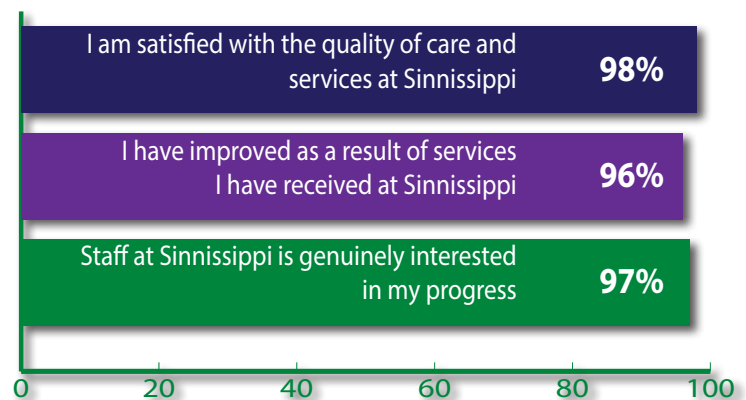
Top Referral Sources



Age of Our Clients by Percent



Client Satisfaction Survey Results



Crisis Evaluations



1,736

Crisis evaluations were performed in fiscal 2019 (unduplicated)

Youth: 767 Adults: 969

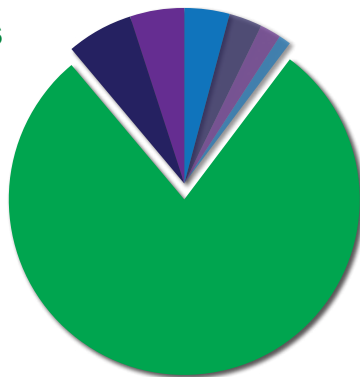
Educational Attainment of Our Staff



54 Master's Degrees
40 Bachelor's Degrees
2 Licensed Practical Nurses (LPN)
2 Advanced Practice Nurses (APN)
1 Psychiatrist (MD)

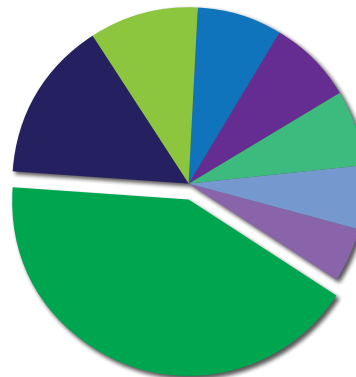
FY 2019 Expenses

78% Personnel & Benefits
6% Rent/Leases
5% Other
4% Consumables
3% Occupancy
2% Transportation
1% Depreciation



FY 2019 Revenue

43% Medicaid/MRO
15% Dept. Mental Health
10% Client Payments
8% SUPR
8% Four county support
7% DCFS
6% Other
5% DCHP & Other State Grants



Licensure & Accreditation



The Joint Commission
Illinois Division of Substance Use Prevention and Recovery
Illinois Division of Mental Health
Illinois Department of Children and Family Services

www.sinnissippi.org

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



Thank you for your support of the Sinnissippi Foundation this past year!

AFLAC - Tom Rosengren, Sterling, IL	Amanda Dybek	J. Gregory Langan	Rock River Golf and Pool
Dean & Tracy Ahlers	Dr. Don Edwards (Estate)	Nicole Lanning	Christine Romesburg
Lawrence R. Allen	Jennifer Elder	John & Linda Larson	Hope Roop
Alliance, Inc.	Sandra Emmert	Brad & Sharon Law	Deborah Ropinski
Natalie Andrews & Margaret DeLaFuentes	Stephanie Englund	Randy & Sandi Law	Rosecrance Health Network
Madison Angelo	Jana Espinoza	Douglas & Ann Lee	Rustic Roots DIY Studio
Anonymous (multiple)	Factory Pub 'n' Grub	Lee County Health Department	Salamandra Restaurant
Applebee's	Farley's Appliance	Lockhart & Law Insurance	Jim & Inger Sarver
Farley's Appliance	Farmers National Bank of Prophetstown	Bob Logsdon	Sauk Valley Bank
Arlene Arduini	Farmers National Company	Dr. Bill & Annette Long	Sauk Valley Newspapers
Arthur J. Gallagher & Co.	First Baptist Church	Lost Nation Golf Club	Ed & Joan Saunders
Asian Buffet	First State Bank	James & Lee Ann Love	SBM Business Equipment Center
Kate Askegaard	Lee & Kay Fisher	M&M Aviation	Virginia Schauf
Asterisk Boutique	Carolyn Fitzgerald Sweeney	Judith Magdich	Roger Schipper
Byron Bank	Les & Tani Flaherty	Carrie Mahar	Mark & Kathy Scholl
Basil Tree Ristorante	Flowers Etc.	Debbie Mallicoat	Susan L. Schroeder
Kim & Mark Becker	Charis Foust	Lorraine Maltby	Sarah Schuler-Popp
Greg & Sandy Beitel	Craig & Jill Froeter	Manny's Sterling	Harold & Mary Scuffham
Phyllis & Jeff Berge	G&M Distributing	Natalie Marshall	Matthew Severing
John Berge	Greg & Melissa Gates	Gloria Martin	Tom & Tammy Shaw
Rev. Frank & Johanna Berman	Gary & Christyne Gehlbach	Kevin Marx	Warren & Paula Sherman
David & Sarah Bingaman	Edythe Geiger	Brenda A. Mason	Lloyd & Jane Sidwell
Jeremy & Nicole Bleuer	Shirley Genz	Joanne Mayes	Ashley Siepka
Joseph Bobbitt	Linda Giesen & Henry Dixon	Nancy Mayoral	Sikich
Bill & Connie Bontz	Teresa Good	Jessica McCarver	Silver Ridge Golf Course
Alison Boothe	Good Time Oldies 1060 AM	McCormick's Nursery & Garden Center	John & Carrie Simonton
Ashley Boothe	Grace United Methodist Church	Robert McLane	Joan Smith
BorgWarner Emissions Systems	Amy & Jamie Graff	LeAnna McMeekan	Laura Smith
Richard Born	Green River Riders Association	Kourtnee Meiners	Smoked on 3rd BBQ Bistro & Catering
Boss Carpet One Floor & Home, Ben Boss	James & Sharon Grot	Ken & Joyce Meinsma	Somkit
Brandywine Banquets	Grot Imaging Studios	Anita & Charles Meltzer	SPF Development Corporation
Stacy Britvich	Candyce Haag	Dirk & Jennifer Meminger	Bob & Michelle Spinden
Dr. Kim & Mary Brokaw	Hairy Cow Brewing Company	Midland States Bank	St. John's Ev. Lutheran Church
Lyn Brokaw	Louise & Dale Hall	Mary Milne	Starbuck's
Michael & Tracy Brooks	Ronald & Julia Hammer	Moeller, Myers & Associates	Gary Steinert
Linda Brose	Jan Harvey	MorningStar Media Group	Sterling Federal Bank
Pam Browning	Randy & Donna Hayes	Mt. Carroll United Methodist Women	Sterling Park District
Buffalo Wild Wings	Scott Heise	Cris Mugrage	Tammy Stewart
William & Beverly Burkardt Family	Tom & Jean Hermes	Ellen & Carl Mumford	Christine & Daryl Stienstra
Foundation NFP	James Hey	Frank Nelsen & Nelsen Insurance	Kevin Stier
Jessica Burrows	Hill's Electric Motor Service	Karen Nelsen	Streamwood Behavioral Health System
Kevin Buss	Holland and Sons	Network for Good	Rebecca Suarez
Dean & Darlene Butterbaugh	Diana Hoover	Kristen Nichols	Bettie Sullivan
Graydon Cafarella	Mackenzie Hopping	Northern Illinois Cancer Treatment Center	The Fairways Golf Course
David & Marlene Cain	Valerie Howard	NRG Media	The First National Bank in Amboy
Candlelight Inn	Brandice Howell	Olson Insurance & Financial Services, Inc.	Jennifer Thomason
Joanne Carlson	Sara Howell	Orom Restaurant	Bill Thompson
Shandra Carter	Suzie Hubbard	Daniel & Erin Otto	Robert J. Thompson
CGH Medical Center	Hugh F. Miller Agency	Richard & Karen Palmer	Sharon U. Thompson
Sharon Chadwick	Kendra Hull	Gary Palmieri & Doris Spradlin	Timber Lake Playhouse
John & Beth Chase	Glen Hummel	Paone's Blackhawk Lanes	Trein's Jewelry, Inc.
Circa 21 Dinner Playhouse	Becky Hundreiser	Papa Murphy's	Bette & Andrew Trimble
Larry & Connie Clayton	Mary Ann Hutchison	Wendy Parker	Peggy Ulferts
Amy Cline	Andrew & Beverly Jackson	John & Nona Parks	Nancy Uresti
Rev. Jeff & Mary Coester	Tom & Kim James	Tim & Nannette Pashon	Wahl Clipper Corporation
Community State Bank	Jim Prescott's BBQ Shop	Rev. Dr. Leo and Linda Patterson	Wal-Mart Distribution Center #7024
Katy Conklen	Rebecca Johanning	The Honorable John & Janet Payne	Walmart Super Center - Dixon
Richard & Mary Coon	Donald & Ellen Johnson	Randall & Joyce Peterson	Walmart Super Center - Rochelle
Alan & Kathleen Cooper	Doreen Johnson	Georgia & Donald Petty Family Fund	Ward, Murray, Pace, & Johnson, P.C.
Doug Coppotelli	Michael & Pati Johnson	James & Cathy Phelan	Ed & Nicki Webb
Crest Foods Company, Inc.	Synthia Jones	Patrick & Tricia Phelan	Weeds Florals, Designs, & Décor
Kim Crump	Jumer's Casino & Hotel	Pinney Printing Company	Barbara Weiner
Crystal Cork	Britney & Tim Keehler	Jillian Piske	Mick Welding
Curate Kitchen	Mary Jo Keith	Pizza Ranch	John Wemmer
Tymi Currens	Kelly's	Elizabeth Potts	Harold & Rose Wendler
Connie Davis	Stacie & Josh Kemp	Jay & Dawn Powell	Clarice Whaley
Jill Davis-Kuzmanich	Ken Nelson Auto Group	Anne Powers	DeAnne & Jeff White
Shannon Dean	Charles Kerr	Larry & Ann Prindaville	Bill White
Deer Valley Golf Club	Kitto	John & Kristine Pultorak	Morris (Bud) & Pat Wiener
Pamela Delp	Charlene Knudten	Jennifer Ranken	Wendy & Mike Wiersema
Terrence & Dolores Derdzinski	Chet Kobel	Raynor Garage Doors	John & DeAnna Wilson
Julia Deutsch	Paul & Harriet Koepke	Ray-O-Vac Spectrum Brands	Kathleen Wilson
Christiana DeVoney	Ashley Koza	Ken Reif	Charles & Susan Winterton
Jennifer Dewey	Kreider Services Inc.	William Reigle	Tammie & Martin Wolf
Distinctive Gardens	KSB Partner in Health	Jay & Alice Reter	Sarah Wolf
Dixon Family YMCA	Kunes Country Auto Group	Ester Reyna	Kari Wolfe
Dixon Petunia Festival	Robert & Dolores Kustom	William & Diane Ritenour	Woodcrafters, Inc.
Dixon Stage Left	Maggie LaFever	River Ridge Animal Hospital	Jeffrey Woods
Tim & Rose Drane	Lake Carroll Golf Course	Rochelle Veterinary Hospital	David Yeager
Catherine Dunn			Daniel & Cheryl Zinnen



SINNISSIPPI CENTERS
Providing care, offering hope
800-242-7642
www.sinnissippi.org

Services for All

Infants & Children

Teens

Adults



Individuals

Couples

Families

A Variety of Services

Community Support

Groups

Intensive Outpatient

Aftercare

Substance Use



Prevention

Early Intervention

Treatment

Skills Learning

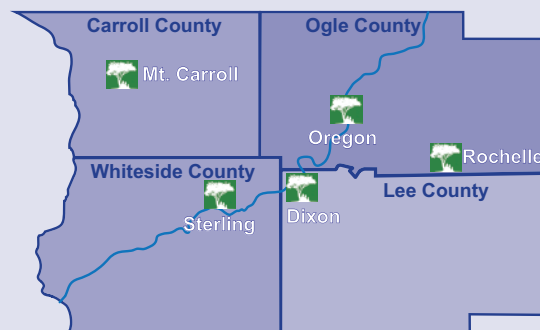
Mental Health

Services in Many Locations

Community

Schools

Hospitals



Sinnissippi Offices

Tele-health

Homes

Supported Residential

Recovery Home