

## Treatment Works

Research shows that **treatment can help people to overcome emotional problems.**

Our trained therapists use recommended and effective treatments for **stress, depression anxiety, and a variety of other concerns.**

From our recent **client satisfaction survey**, 97% of responders felt supported and 96% felt they improved through treatment. People accessing our services were satisfied with the treatment they received.

**Most people who complete treatment feel a lot better**, 50% people fully recover from their difficulties in less than 6 months.



## Sinnissippi Centers Offices

### 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**

### Recovery Home

Dixon, IL 61021  
**(815) 994-4129**

**24-hour Emergency Phone**  
**800-242-7642**

Connect with us!



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

# Welcome!



We appreciate you choosing  
Sinnissippi Centers for your  
healthcare.

Inside this brochure is information  
on what you can expect.





## Concerns about therapy?

People can feel nervous or uncomfortable about the idea of disclosing details about their personal lives.

This is normal, since many of us value our privacy. **Confidentiality is important and your therapist will discuss this with you.** We know that



sometimes people are unsure about accessing therapy and have concerns about how

they will feel. This is also normal, and for most people these concerns tend to ease once they start treatment.

**If things don't seem to be going well, rather than just quitting, we would encourage you to talk to your therapist** and see if together you can develop a plan to better meet your needs.

## How does it work?

Therapy can help you to better understand your symptoms and problems, and to regain control of your life.

- You and your therapist will work together to identify key problems or areas to work on and how to meet the goals that matter to you.
- You will receive information and guidance about coping skills which you can apply in between therapy meetings.
- Therapy sessions are often used to review progress and to work together to solve any problems.

Although you may see some symptom relief during your first session, **we suggest you attend at least 4-6 sessions** to help you gain trust to feel safe and to open up your feelings while developing a therapeutic relationship with your therapist. Your individual treatment plan will be tailored to meet your needs.

## You're in charge:

You don't have to reveal your private feelings all at once. This is entirely up to you and you're in control of how much you decide to share with your therapist.

**What matters most in therapy are your personal goals and improving your quality of life.**

Helpful tip: **People can sometimes feel concerned about attending their appointments.** To help you to manage these concerns, consider this statement: "As I feel concerned about attending my appointment, I will tell myself this is perfectly normal, but I will still attend my next appointment so I can discuss those feelings with my therapist."

