

Navigating unparalleled times



Annual Report FY2020



SINNISSIPPI CENTERS



SINNISSIPPI
FOUNDATION



Patrick Phelan,
Sinnissippi Centers'
President/CEO

From Patrick Phelan, President/CEO

It certainly is funny how life can put things in perspective for you. In previous years I have talked about challenges such as reductions in funding, delayed state budgets, and the pace of change in behavioral health. The last year has truly taught us all what hardships can come our way. I am proud to say that Sinnissippi Centers has not only persevered, but we also learned so much that will be of great value to our future.

The COVID-19 pandemic has shaken our communities and our nation. This virus has touched my family personally, as I know it has many of yours. In March of 2020, when the pandemic became very real for those of us in Illinois, we quickly shifted gears and moved the vast majority of our services to a virtual platform almost overnight. We had two goals at that time, to continue to serve our consumers in the most robust way possible, and to keep our employees safe, healthy, and employed with Sinnissippi Centers.

Although it has been far from easy, we are continuing to serve our communities through a combination of virtual and on-site treatment and we have actually increased our employee count since the start of the pandemic. Sinnissippi Centers has grown existing programs like Community Support Team (CST) and Intact, opened a new Recovery Home, and expanded our use of technology by leaps and bounds. We know that virtual telehealth services will now always be a critical component of our service array, although we look forward to the day very soon when we can come together more often.

The past year has put an increased emphasis on racial and social injustice. We will lend our voice now and in the future to any group who is marginalized. For many years, individuals with a mental illness or substance use disorder have been viewed as "less than", and we are all too familiar with the pain that causes. Sinnissippi's vision is to create more joy and hope in every life we can possibly touch. These trials are far from over for us all. At Sinnissippi Centers we know that the events of the last year will result in lingering trauma which will require support for years to come. Sinnissippi Centers will be there for our communities for those many years thanks to the support and dedication of our consumers, employees, boards, donors, funders, and friends. Thank you so very much, and I hope to see you all and shake your hands again soon.



The Impact of Coronavirus

The impact of the Coronavirus pandemic has reached every person around the globe. It's hard to measure what the long term effects of this experience will be, but the short term effects have been numerous and profound.

On March 16, 2020, Sinnissippi Centers' leadership team decided to transition virtually all services to telehealth, limiting in-person appointments to a very few and only when necessary. In less than 24 hours staff were working from home and conducting appointments via phone and video conference. It was an amazing pivot and all credit goes to the staff members without whom we could not have achieved this.

It was amazing that we were able to continue core operations and quickly adapt over the following weeks to offer almost every service via technology that we did with in-person visits.

In June it looked like the pandemic might have been subsiding and a staged, cautious, plan to open up was composed. Almost immediately that plan was put on hold as our region's metrics were showing a surge in cases. As the fall progressed it was clear we were looking at a "second wave". At the time of this report, Sinnissippi Centers is operating on a footing that is very much like we had at the beginning of the mitigation efforts in March and April 2020.

We continue to operate and provide services and the health and safety of our clients and employees remains our paramount concern.

Increased Use of Telehealth

Telehealth has always been an important resource for providing behavioral healthcare services in rural areas. It became indispensable once the Coronavirus pandemic reached our shores. In the first quarter of 2020, the number of telehealth visits of all kinds nationwide increased 50% with a 154% increase in the final week of March 2020. The vast majority of Sinnissippi client visits have been via telehealth since the middle of March 2020. Even though Sinnissippi will eventually return to primarily in-person appointments, it is hoped that more individuals than before will use telehealth when it would be beneficial and appropriate for them. However, there is concern that the same policies that facilitated the ability to provide the huge increase in use of telehealth services will be eliminated or reduced post-pandemic. Sinnissippi Centers is working with state organizations and legislatures to advocate for continuation of these policies that will allow for long-term ability to provide telehealth services. We are encouraged by the positive feedback clients have provided related to telehealth services.



B-CALM Line Launch

The Sauk Valley got a new resource for individuals who need just a little support in dealing with stress, isolation, or other difficult feelings. The B-CALM line is a collaboration between Sinnissippi Centers and the CGH Health Foundation. It came online June 1, 2020.

The line is a free service available 8am - 5pm Monday through Friday. Anyone can call to chat with someone trained in coping and self-care. The number is 888-33B-CALM.



Sinnissippi's New COO

Sinnissippi Centers' Stacie Kemp was named Chief Operating Officer in July 2020. Kemp first worked in Sinnissippi's Mt. Carroll office then spent time working in Wisconsin before returning to the agency in 2015. Kemp previously served as Chief Clinical Officer. Her promotion was the first step in a series of leadership changes that are part of Sinnissippi Centers' strategic planning process for FY2021 and FY2022.



Sinnissippi Centers'
COO, Stacie Kemp

Women's Recovery Home Opens

Sinnissippi Centers' Women's Recovery Home opened in early July, a little over two years after the Men's Recovery Home opened in May 2018. COVID-19 precautions are in place at both recovery homes (and in Sinnissippi's residential sites), but client services are continuing despite these challenges.



Sinnissippi Centers'
Womens' Recovery Home

Intact Services Expands

Upon request of DCFS, Sinnissippi Centers recently began providing Intact Services in Ogle, Stephenson, and Jo Daviess counties and the agency has also expanded jail services into Jo Daviess County. Intact Services helps families investigated by DCFS for child abuse/neglect and found to need further support. This program connects families to services to provide support to mitigate stressful situations, allowing them to provide care and support for their children and to maintain safety in their lives.

Be Here Tomorrow

Every year in the U.S. around 1.5 million people make suicide attempts, and around 50,000 die.

There are millions of stories out there and one compelling story of suicide and survival is told by award winning global speaker Kevin Hines. Sinnissippi Centers brought Hines to Sauk Valley Community College's Mathis theatre in September 2019. Hines' presentation was frank, and informative. It's this kind of sharing that increases understanding and reduces stigma and potentially saves lives.



Community Support Team Growth

After a successful year in Lee and Whiteside Counties, the Community Support Team (CST) has expanded into Ogle County. The Ogle team is located in our Oregon office and will serve clients from our Rochelle and Oregon locations providing services mostly in home and in the community. CST is an intensive outpatient program that provides alternatives to residential treatment.

The New PCCE Program

Sinnissippi Centers started a new program in FY2020. PCCE is a care coordination program that works with clients identified as requiring ongoing support to manage their needs. Currently, there are 3 care coordinators and 1 manager to serve approximately 165 clients. Many of the clients receive home based medical services that staff are responsible for assessing and authorizing. The goal is to help individuals stay in their home with community-based support instead of receiving support from a live-in facility.



Stay Home for Sinnissippi

The Sinnissippi Foundation "hosted" a new fundraiser in 2020-the Stay Home for Sinnissippi Non-Event Gala. When this was planned, no one had heard of COVID-19 yet. It was a decision to host



our first virtual event and it was a great success. The idea was to stay home and enjoy yourself, but make a donation to the Sinnissippi Foundation in place of attending an actual event. "Participants" were also encouraged to engage in activities that promoted their own mental wellness. Stay Home for Sinnissippi will be back again in 2021. Watch for details.

Virtual Golf Open

Virtual is probably the most used word of 2020 besides Coronavirus and COVID-19. Because of the pandemic, many events were canceled or were done very differently. This year the Sinnissippi Foundation Golf Open was modified to stay within the COVID-19 guidelines. It took place August 1-9, 2020, and golfers picked their own day and tee time to go out on the course. Thanks to our sponsors and golfers the event was still a great success. The Golf Open raised much needed funds to benefit clients of Sinnissippi Centers.

What's Next for Sinnissippi Centers

Successful and effective organizations rarely stand still. Sinnissippi Centers has prided itself on embracing a constant process of improvement. We have regular updates to our strategic plan. Looking forward to the next 12 to 24 months and beyond, we will look at possible areas of service expansion, social justice initiatives, and a focus on expanded peer supports. We have strengthened our leadership structure, added staff to critical areas of need, and are embarking on a remodel of our Dixon office as we grow as an agency. Another key area of focus will be to capitalize on the recent increased use of telehealth, a critical need for rural health. Heraclitus, a Greek philosopher, has been quoted as saying "change is the only constant in life." It is very true of behavioral health.



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 890 individuals were helped in FY2020 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

234 individuals and organizations chose to support the Sinnissippi Foundation through their donations and sponsorships. Over \$71,000 in gifts were received. It's an overwhelming response. You can see all of our FY2020 donors & sponsors 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.



Thank you for your support of the Sinnissippi Foundation during FY2020!

Anonymous
Aero Ale House
AFLAC - Tom Rosengren
Dean & Tracy Ahlers
Charis Allen
Lawrence R. Allen
Natalie & Margaret Andrews - DeLaFuenta
Applebee's
Kim & Mark Becker
Gregory Beitel
Jeff & Phyllis Berge
John Berge
David & Sarah Bingaman
Molly Bishop
Jeremy & Nicole Bleuer
Joseph Bobbitt
Bill & Connie Bontz
Alison Boothe
BorgWarner Emissions Systems
Ben Boss
Boss Carpet One Floor & Home
Roy & Jill Bridgeman
Lyn Brokaw
Linda Brose
Jessica Burrows
Kevin Buss
Dean & Darlene Butterbaugh
Byron Bank
Joanne Carlson
Shandra Carter
CGH Medical Center
Sharon Chadwick
Eugene & Beulah Chaplin
Chapter CC PEO Sisterhood
John Chase & Beth Nelson Chase
Jon Church
Larry & Connie Clayton
Clinical Education Partners, Inc.
Alan & Kathleen Cooper
Kimberly Crump
Tymi Currens
Connie Davis
Shannon Dean
Deer Valley Golf Club
Carol Deibert
Rep. Tom Demmer
Terrence & Dolores Derdzinski
Distinctive Gardens
Catherine Dunn
Jennifer Elder
Stephanie Englund
Jana Espinoza
Factory Pub & Grub
Farley's Appliance
Farmers National Bank of Prophetstown
Lee & Kay Fisher
Les & Tani Flaherty
G&M Distributors
Arthur J. Gallagher & Co.
Greg & Melissa Gates
Gary & Christyne Gehlbach
Edythe Geiger
Georgia & Donald Petty Family Fund
Linda Giesen & Henry Dixon
Galena Avenue Steakhouse
Teresa Good
Jamie & Amy Graff
Green River Riders Association
James & Sharon Grot
Grot Imaging Studios
Candyce Haag
Ronald & Julia Hammer
Randy & Donna Hayes
Gary Hefner

Scott Heise
Tom & Jean Hermes
Hill's Electric
Diana Hoover
Valerie Howard
Brandice Howell
Hugh F. Miller Insurance Agency
Kendra Hull
Mary Ann Hutchison
Andrew & Beverly Jackson
Andy Jackson
Tom & Kim James
Rebecca Johanning
Doreen Johnson
Carol Jones
Britney & Tim Keehler
Kelly's
Kelley Williamson Company
Stacie & Joshua Kemp
Ken Nelson Auto Group
Leon & Dolly Kinn
Kimberly Knight
Charlene Knudten
Chet Kobel
Ashley Koza
Kreider Services, Inc.
KSB Partner in Health
Dolores Kustom
Maggie LaFever
Lake Carroll Golf Course
Randy & Sandi Law
Douglas & Ann Lee
Lee County Health Department
Jeffrey & Susan LeMay
Susan Linder
Lockhart & Law Insurance
Dr. Bill & Annette Long
Lost Nation Golf Club
Don Lovett
Samantha Lovett
Judith Magdich
Deborah Mallicoat
Lorraine Maltby
Mama Cimino's
Gloria Martin
Kevin Marx
Joanne Mayes
Nancy Mayoral
Denise McCaffrey
Jessica McCarver
McCormick's Nursery & Garden Center
LeAnna McMeekan
Anita & Charles Meltzer
Dirk & Jennifer Meminger
Kourtnee Mezo
Midland States Bank
Mary Milne
Moeller, Myers & Associates
MorningStar Media Group
Mt. Carroll United Methodist Women
Cris Mugrage
Ellen & Carl Mumford
Frank Nelsen
Audrey Nesbitt
Kristen Nichols
Olson Insurance & Financial Services, Inc.
Terrance and Karen O'Malley
Bill & Renie Palen
Richard & Karen Palmer
Brenda Palmieri
Gary Palmieri
Papa Murphy's
Wendy Parker
John & Nona Parks

Rev. Dr. Leo & Linda Patterson
Randall & Joyce Peterson
James & Cathy Phelan
Patrick & Tricia Phelan
Pinney Printing
Jillian Piske
Elizabeth Potts
Prairie View Golf Course
Larry & Ann Prindaville
William Reigle
Russ Rice
Rachel Richmond
Rochelle Broadcasting Company
Rochelle Veterinary Hospital, PC
Rock River Golf & Pool
Christine Romesburg
Hope Roop
Deborah Ropinski
Rosecrance Health Network
Amanda Rousonelos
Michael & Jennifer Sarno
Jim & Inger Sarver
Sauk Valley Bank - Dixon
Sauk Valley Bank - Sterling
Ed & Joan Saunders
SBM Business Equipment Center
Virginia Schauff
Mark Scholl
Susan Schroeder
Joanie Schulfer
Sarah Schulfer-Popp
Harold & Mary Scuffham
Matthew Severing
Shady Oaks Country Club
Tom & Tammy Shaw
Lloyd & Jane Sidwell
Ashley Siepka
Sikich, LLP
Silver Ridge Golf Course
Joan Smith
Wendy Sofolo
SPF Development Corporation
Bob & Michelle Spinden
Sterling Federal Bank
Sterling Park District - Emerald Hill Golf Course
Tammy Stewart
Streamwood Behavioral Health Systems
Strickland & Associates
Elizabeth Sullivan
Sunset Golf Club
Carolyn Fitzgerald Sweeney
Steve & Stephanie Terranova
Sean Terry
The First National Bank in Amboy
Jennifer Thomason
Robert J. Thompson
Triple P BBQ
Wahl Clipper Corporation
Walmart stores
Ward, Murray, Pace, & Johnson, PC
Ed & Nicki Webb
Rose Wendler
Kristin Wermers
Clarice Whaley
DeAnne & Jeff White
Bud & Pat Wiener
Michael & Wendy Wiersema
William & Beverly Burkardt Family
Foundation NFP
Kathleen Wilson
Tamara & Martin Wolf
Sarah Wolf
Woodcrafters, Inc.
David Yeager



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

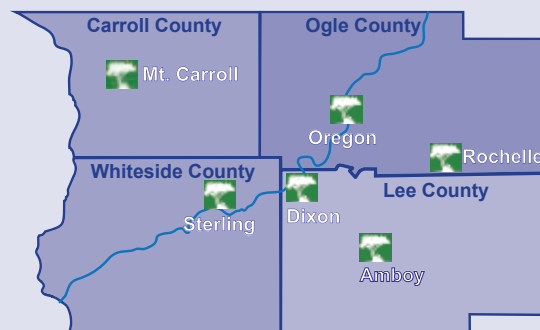
Mental Health

Services in Many Locations

Community

Schools

Hospitals



Sinnissippi Offices

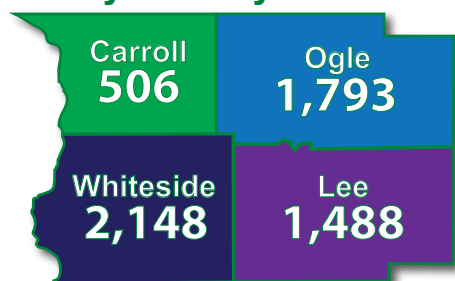
Tele-health

Homes

Supported Residential

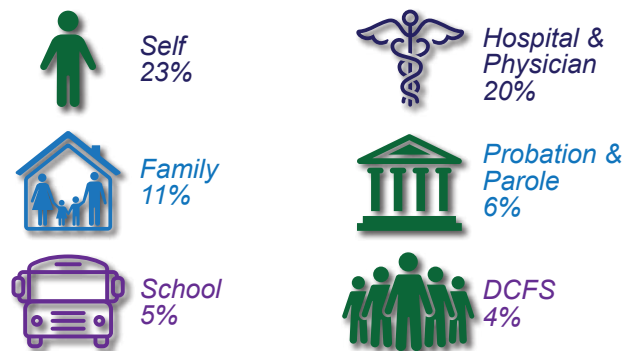
Recovery Homes

Clients by County of Residence

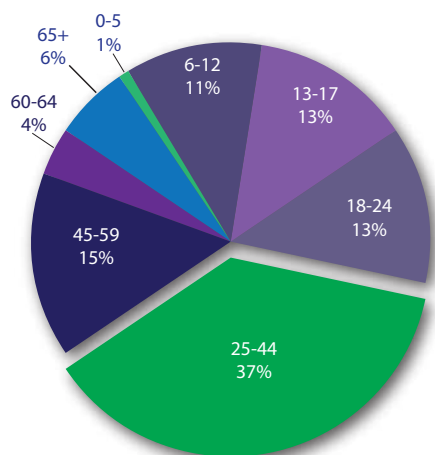


Other counties 394
Total Client Served 6,329

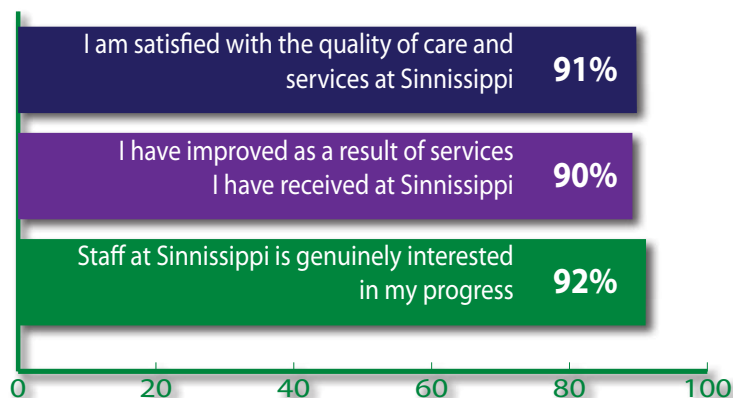
Top Referral Sources



Age of Our Clients by Percent



Client Satisfaction Survey Results



Crisis Evaluations

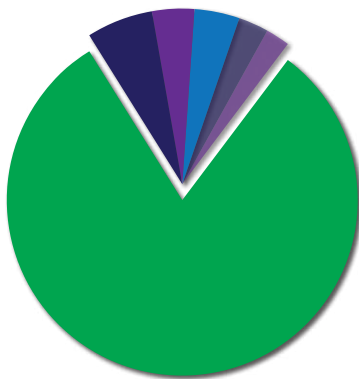


Educational Attainment of Our Staff



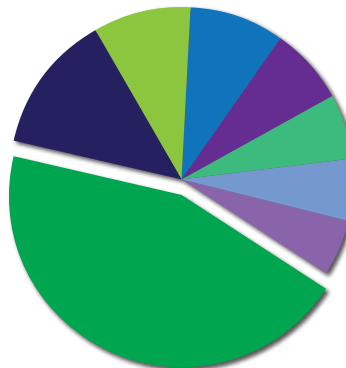
FY 2020 Expenses

81% Personnel & Benefits
6% Rent/Leases
4% Other
4% Occupancy
3% Consumables
2% Transportation
0% Depreciation



FY 2020 Revenue

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



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

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