



The Digest

Strategic Decisions and New Staff

Sinnissippi Centers is making changes in response to a changing world

Sinnissippi Centers has been going through a period of growth with our staff and management to meet the behavioral healthcare needs of our clients and to position the agency well for the future. As a result we evaluated the structure of our organizational chart as part of our ongoing strategic planning process. Some of the changes to this structure and our staffing have already happened, and some of the changes will happen over time in the future.

Staff who are new or have changed responsibilities include **Stacie Kemp**, **Dr. Annie Fridh**, **JD Waldschmidt**, **Jennifer Thomason**, **Tammy Stewart**, **Rebecca Johanning**, and **Katie Hazek**.

Stacie Kemp started at Sinnissippi five years ago as the Chief Clinical Officer and was promoted to Chief Operating Officer in July of 2020. Kemp received a Bachelors in Psychology and a Masters in Social Work and is a Licensed Clinical Social Worker. Kemp is a “boomerang employee”; she first worked at Sinnissippi as a clinician in the Mt. Carroll office from 2000-2002, later returning to the agency.

Dr. Annie Fridh replaced Stacie Kemp as Chief Clinical Officer. Kemp says, “Annie brings with her a great deal of leadership experience in the field, and I couldn’t be more excited for her to join our leadership team and our Sinnissippi family!” Fridh has over 25 years of experience in behavioral health, working with individuals of all ages in the mental health and substance use fields. She has worked in several settings including inpatient, outpatient, and long-term residential services. Dr. Fridh holds a Doctorate in Clinical Psychology and a Master’s degree in Marriage and Family Therapy. Dr. Fridh says, “I’m so excited to have joined the Sinnissippi Centers team. Sinnissippi does amazing work for those we serve and I’m grateful to be part of an incredible team.” Dr. Fridh was most recently working as the President/CEO at Rosecrance Jackson Recovery Centers in Iowa.

JD Waldschmidt started as our new Director of Information Technology in October 2020. JD brings a wealth of knowledge and experience in the field, most recently serving as the IT manager at IFH Group in Rock Falls. Prior to that JD worked as the Infrastructure Manager at Clifton Larson Allen and the Director of Technology for the Bureau Valley School District. JD resides in Sterling, where he is very involved in coaching and volunteering in the local communities. JD is married and has 3 children ages 21, 18, and 14.



Sinnissippi’s Stacie Kemp



Sinnissippi’s Annie Fridh



Sinnissippi’s JD Waldschmidt

Strategic Planning - continued on page 2

Status of the Agency Under COVID-19

With full distribution of a COVID-19 vaccine still weeks, probably months, away, Sinnissippi Centers is continuing to offer behavioral healthcare services primarily through telehealth with only a handful of in-person appointments where necessary and safe.

New clients can call our toll-free number at **800-242-7642** (also our 24-hour crisis number after hours) and ask for admissions to make an initial appointment.

We continue to offer our wide array of services during the pandemic including individual and group services, psychiatric services, and recently added Genoa on-site Pharmacy at our Route 2 office location (see story page 3)



What's New?

Intact Expansion

Upon request of DCFS, Sinnissippi Centers recently began providing Intact Services in Ogle, Stephenson, and Jo Daviess counties. 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.

Holiday Food Basket Project

The Sinnissippi Foundation conducts a holiday food basket project every year during the Christmas holiday. 53 families received baskets this year. The basket project was already well suited to operate under COVID-19 restrictions as it already operated essentially as a curbside pickup. Every family gets a meat item, some non-perishable fruits, vegetables, and starches, and a dessert. It takes about \$25.00 to fund one basket for one family. You can make a donation to the Holiday Food Basket Fund online at www.sinnissippi.org/donate-foundation.

Green River Riders Donation

Thank you to the Green River Riders Association (GRRRA) for their recent donation to the Sinnissippi Foundation.

We appreciate their support. The GRRRA is a dedicated local group with a big heart for helping.



Strategic Decisions

continued from page 1

Jennifer Thomason has been named the Director of Outpatient Services. Thomason has a Master's degree in Human Development Counseling from the University of Illinois at Springfield and just finished a Master's in Business Administration with a Healthcare Administration specialty from Southern Indiana University. She is a Licensed Clinician Professional Counselor and Mental Health First Aid instructor. Thomason has been with Sinnissippi Centers for 14 years and she was recently promoted from Director of Adult Services to Director of Outpatient Services. She will oversee operations in all our outpatient offices.

Tammy Stewart has been promoted to Director of Specialty Services. Tammy is responsible for the Supported Living Program, Community Support Team, Community Support Services, Wellness Support and Mentoring Program, Hospital Care Coordination along with the Med Room and Psychiatric Services. Her previous position was Associate Director of Adult Services. Stewart has been with Sinnissippi Centers for 18 years. She received her undergraduate and graduate degrees from Western Illinois University and is a Licensed Clinician Professional Counselor and a Mental Health First Aid instructor.

Rebecca Johanning has been promoted to Associate Director of Substance Use Services. She oversees all outpatient substance use services, the men's and women's recovery homes, jail services, specialty court services, overdose prevention services, and safe passages services. Johanning started at Sinnissippi in 2015 as a clinician prior to being named to her previous position of Manager of Substance Use Prevention and Recovery Services. Johanning holds a Master's degree in Community Mental Health and Substance Abuse Counseling from Southern New Hampshire University and a Bachelor's degree in Psychology from Rockford College. She is a Certified Alcohol and Drug Counselor.

Katie Hazek is an Licensed Clinical Social Worker with a Master's degree in social work and business administration from Aurora University. She recently transitioned to a new position as Associate Director of Healthcare Innovation that will focus on Sinnissippi Centers programs providing care coordination as well as managing the mobile crisis response team.



Sinnissippi's Jennifer Thomason



Sinnissippi's Tammy Stewart



Sinnissippi's Rebecca Johanning



Sinnissippi's Katie Hazek

Buy Online Help Locally

With COVID-19 many people are staying home and shopping online even more than they already had been prior to the pandemic. Wouldn't it be nice if you could shop online and help a local charitable cause? You can in a couple of ways.

One way is to purchase an item for Sinnissippi's Recovery Homes or one of our four residential apartment sites from our two Amazon wish lists:

Recovery Home Wish List: <https://tinyurl.com/yy7fckwy>

Residential Program Holiday Wish List: <https://tinyurl.com/y5x2oafw>

The other way to benefit Sinnissippi Centers is to login to Amazon Smile whenever you shop. Amazon already donates a small portion of every purchase you make to charities and you can choose the charity your purchases benefit. When you go to www.smile.amazon.com you can choose Sinnissippi Centers as the organization to benefit each time you make a purchase, and it doesn't cost you anything extra.



Genoa On-Site Pharmacy

Genoa Healthcare began offering on-site pharmacy services in late 2020 at Sinnissippi Centers' Dixon office.

The Genoa Healthcare pharmacy is open and available to serve both Sinnissippi Centers' clients and staff, including those using tele-medicine.

The pharmacy provides a higher level of service, specifically designed for the individuals served by Sinnissippi Centers.

Genoa provides a wide variety of pharmacy services including filling any prescription for medications (*not just for behavioral health conditions*), mailing



of medications at no extra cost, and curbside pick-up. They can organize the medications based on the date and time they need to take them. They also assist consumers to transfer prescriptions from other pharmacies

The Genoa Healthcare Pharmacy hours are Mon-Fri 8am-4:30pm, closed 12:30pm-1pm daily for lunch. The pharmacy is closed most major holidays.

Genoa on-site is located in the lower level of Sinnissippi Centers Dixon

office at 325 Illinois Route 2, Dixon, IL 61021.

They can be reached by phone at 779-251-1002.

More News

A Very Successful Campaign

The Sinnissippi Foundation's Employee, Board, and Alumni campaign was postponed from May to September due to the Coronavirus pandemic. It's usually done in May as part of May is Mental Health Awareness Month. However September was an appropriate month as well, as it's National Recovery Month. Thanks to our employees, board members, and former employees and former board members, the campaign raised a record amount of funds.



Recent Donations

Donations can be mailed to The Sinnissippi Foundation, 325 Illinois Route 2, Dixon, IL 61021.

You can also donate online, visit:

www.sinnissippi.org/donate-foundation

- Dean & Tracy Ahlers
- Charis Allen
- Anonymous
- James & Sandra Arduini
- Gregory Beitel
- Jeff & Phyllis Berge
- John Berge
- David Bingaman
- Jeremy & Nicole Bleuer
- Alison Boothe
- Boss Carpet One Floor & Home
- Lyn Brokaw
- Mic & Tracy Brooks
- Jessica Burrows
- Kevin Buss
- Dean & Darlene Butterbaugh
- David Cain
- Anita Carney
- Shandra Carter
- CGH Medical Center
- John & Beth Chase
- Larry & Connie Clayton
- Amy Cline
- Dr. Mike Colston
- Alan Cooper
- Doug Coppotelli
- Ann Crouse
- Kim Crump
- Tymi Currens
- Connie Davis

Healing Illinois Grant Project

The impacts of events during 2020 have resulted in the need for a lot of healing. Physical healing from the Coronavirus pandemic, emotional healing from the civil strife we have seen, and healing related to the need for more social justice.



Sinnissippi Centers has received a grant from the Chicago Community Trust to achieve a higher level of social justice. "Healing Illinois" funds will provide staff training in diversity, racism, privilege, restorative justice, implicit bias, and inclusion to improve awareness and decrease prejudice. The agency will also conduct Social Justice Committee meetings, team meetings, and leadership discussions to improve our overall culture surrounding social justice concerns.

Sinnissippi will provide training to Spanish speaking clinical staff and add 24/7 Spanish speaking translation services. In addition, there will be a public awareness campaign during the first half of 2021.

The grant project came out of an overall effort by the agency to work on these issues. Social Justice is a part of Sinnissippi Centers' strategic planning process to address social justice issues in the organization & communities.

Recent Donations continued on page 4

The Digest Newsletter Winter 2020-2021

Writer/Editor: Andrew Jackson
 Contributors: Phyllis Berge, Annie Fridh, Katie Hazek, Rebecca Johanning, Stacie Kemp, Tammy Stewart, Jennifer Thomason, J.D. Waldschmidt, & DeAnne White



Donations cont'd

Angie Day
 Shannon Dean
 Terrence & Dolores Derdzinski
 Henry S. Dixon
 Brenda Dorsey
 Catherine Dunn
 Elkay
 Stephanie Englund
 Jana Espinoza
 Kay Fisher
 Annie Fridh
 Gary Gehlbach
 Edythe Geiger
 Teresa Good
 Green River Riders Association
 Jim & Sharon Grot
 Candyce Haag
 Katie Hazek
 Randy & Donna Hayes
 Tom Hermes
 Valerie Howard
 Kendra Hull
 Hutchison Family Charitable Fund
 Andrew Jackson
 John & Jane Jacobs
 Rebecca Johanning
 Doreen Johnson
 Synthia Jones
 Pat Kazmerski
 Britney Keehler
 Stacie Kemp
 Leon & Dolly Kinn
 Kimberly Knight
 Charlene Knudten
 Chet Kobel
 Ashley Koza
 KSB Hospital
 Dolores Payette Kustom
 Maggie LaFever
 Brad & Sharon Law
 Ann & Doug Lee
 Don Lovett
 Judith Magdich
 Debbie Mallicoat
 Lorraine Maltby
 Gloria Martin
 Nancy Mayoral

Jessica McCarver
 McCormick's Nursery & Landscaping
 LeAnna McMeekan
 Anita Meltzer
 Dirk Meminger
 Kourtnee Mezo
 Hugh F. Miller Insurance Agency
 Katie Mitchell
 Cristina Mugrage
 Ellen & Carl Mumford
 Kristen Nichols
 Rick & Karen Palmer
 Leo & Linda Patterson
 John Payne
 Randall & Joyce Peterson
 Cathy Phelan
 Patrick & Tricia Phelan
 Jillian Piske
 Larry & Ann Prindaville
 Kristine Pultorak, D.O.
 Raynor Manufacturing
 Bill Reigle
 Jay & Alice Reter
 Rochelle Veterinary Clinic
 Christine Romesburg
 Hope Roop
 Amanda Rousonelos
 Greg & Kris Sandrock
 Ginnie Schauff
 Mark Scholl
 Sue Schroeder
 Sara Schulfer-Popp
 Harold & Mary Scuffham
 Matt Severing
 Monique Shaw
 Tom & Tammy Shaw
 Lloyd & Jane Sidwell
 Ashley Siepka
 Laura Smith
 Wendy Sofolo
 Tammy Stewart
 Jennifer Thomason
 Peggy Ulferts
 Nicki Webb
 Clarice Whaley
 DeAnne & Jeff White
 Wendy Wiersema
 John & DeAnna Wilson

Charles Winterton
 Sarah Wolf
 Tamara Wolf
 Jeffrey Woods
 Connie Zuck

In Honor of

...Penny S. Burkardt
 William & Beverly Burkardt Family Foundation

...Kelly Burrow
 Lynsay Rosinkski

...Kay Fisher
 Rich & Mary Coon

...DeAnne White
 Barbara Weiner

...Congratulations on opening the
 Women's Recovery Home
 Jim & Inger Sarver

...in recognition of Sinnissippi
 Centers' staff and board
 Larry & Ann Prindaville

...our dedicated staff who care
 for our clients and their family
 members
 David Bingaman

... The work, dedication, and
 service of staff and volunteers to
 meet the needs of those most
 vulnerable in our communities
 compels our greatest support
 Beth Nelson Chase

In Memory of

...Mary Kay Buss
 DeAnne & Jeff White
 John & DeAnna Wilson

...Michael Delp
 Pamela Delp

... Laurie Meling Harris
 Anonymous

...Dale Janssen
 Randall & Joyce Peterson
 Larry & Ann Prindaville
 Jim & Inger Sarver
 Charles & Connie Wessels
 DeAnne & Jeff White

...Marjorie Miller
 DeAnne & Jeff White

...Carol Novak
 Anonymous
 Barbara E. Ferrara

...Marilyn Parks
 John Parks
 William & Diane Ritenour
 Harold & Mary Scuffham

...James Phelan
 Jeff & Phyllis Berge
 Lee & Kay Fisher
 KSB Hospital
 Gloria Martin & Sinnissippi Centers'
 Sterling office
 Larry & Ann Prindaville
 DeAnne & Jeff White
 John & DeAnna Wilson

...Paul Potts
 Elizabeth Potts

...W.S. Rybak
 Jim & Sharon Grot

...Jeff Wermers
 Kristin Wermers

...The many client's we lose to
 substance use and overdoses
 yearly and in honor of those who
 are continuing to fight and to
 those that struggle daily but are
 pushing through with courage
 LeAnna McMeekan

To sign up for the electronic version of The Digest visit sinnissippi.org/newsletter

Sinnissippi Centers, Inc.

Administrative office
 325 Illinois Route 2
 Dixon, IL 61021

24-hour Emergency Phone Number

800-242-7642

www.sinnissippi.org

Office Locations

- Dixon
 - Illinois Route 2
 - Town Square Centre
- Mt. Carroll
- Oregon
- Rochelle
- Sterling

Apartment Sites

- Dixon
- Mt. Carroll
- Rochelle
- Sterling

Recovery Homes

- Dixon
- Amboy



Sinnissippi Centers is funded, in part, by the Illinois Department of Human Services and is a United Way of Lee County Partner.

Sinnissippi Centers is accredited by The Joint Commission and recipient of the Gold Seal of Approval.

The Digest is a publication of Sinnissippi Centers, Inc., and the Sinnissippi Foundation