

Sinnissippi Centers, Inc.

Administrative office
325 Illinois Route 2
Dixon, IL 61021

Non-Profit Org.
U.S. Postage
PAID
Permit No. 57
Rock Island, IL

24-hour Emergency Phone Number

800-242-7642

www.sinnissippi.org

Office Locations

- Dixon
 - Illinois Route 2
 - Town Square Centre
- Freeport
- 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.



United Way of Lee County
Community 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.



Donations

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

You can also donate online, visit:

www.sinnissippi.org/donate

You can specify if you would like to give your donation in honor or in memory of a family member or loved one.

Recent Donations

Gary & Cris Gehlbach
Dawn Jones-Goldstein
Hutchison Family Charitable
Fund
Mary Jordan
McMaster-Carr

In Honor of

...Kay Fisher's years of service to
the Boards of Directors
Jim & Inger Sarver

In Memory of

...Jason Bonnell
Scott & Marika Hargrave

...Chet Kobel
Andrew & Beverly Jackson
Larry & Ann Prindaville

...Shirley Manning
Randall & Joyce Peterson

...Cathy Phelan
Jim & Inger Sarver

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The Digest

Latest News

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- Taking a Chance Success p. 3.

Out In The Community

- Cinco de Mayo Wellness Festival YWCA Sterling May 6th.
- Child Fair June 4th at Sauk Valley Community College

Events

- Stay Home for Sinnissippi Non-Event Gala April 23-30
- Red Cross Blood Drive at Sinnissippi Centers' Dixon office, 325 Illinois Route 2 April 26th.
- 30th Annual Sinnissippi Centers Golf Open August 4th, Rock River GAP, Rock Falls, IL.

Untold Stories of Recovery

We often don't hear the untold number of individuals' journeys

Mental illnesses and substance use disorders affect millions of Americans each year - at least 20% of the population. Each person has their own unique story to tell that we often never hear. There are literally untold millions of those stories.

The fact is, treatment works and recovery is possible. Like any chronic disease, seeking the proper treatment, coupled with support, is key. Over the past years we have seen the understanding increase that behavioral health conditions are chronic diseases with physiological causes no different than having heart disease, diabetes, or any other chronic condition.

We also know that telling individuals' stories encourages others to seek the treatment they need that helps them enjoy a higher quality of life. It also reduces the stigma around these diseases and increases awareness that anyone can have a mental illness or substance use disorder.

One Sinnissippi Centers' Recovery Home resident told us their entire life had changed for the better and they had been sober for nearly two years now because the treatment and support was there that they needed. They started from a place most of us might not know: Being in jail for 6 months, not trusting others, having no self-worth, and without much hope. But while in the Recovery Home they learned tools to cope, to recover, to get a job, to stay sober all that time.

Sometimes we have an image of individuals who have substance use disorders as people we don't personally know. We often have images based on stereotypes. More often than not those stereotypes are wrong. One of our clients described to us what you might call a great childhood. Small friendly town, loving mother, had everything they needed-food, clothes, even frequent vacations. They camped, hunted, fished, and engaged in other fun activities. They got good grades, A's and B's in fact, but in high school got involved with drugs, something that can happen so easily. That turned to partying every night, schooling suffered, and they eventually quit school altogether. It was at the age of 18 they first went to treatment. However it wasn't an easy road. It often isn't.

So, there was more drug use, in and out of detox and inpatient treatment, destruction of relationships including a young daughter, even



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Governor Proposes New Funding

A much needed and long overdue increase in funding and support for behavioral health has been proposed in Illinois Governor JB Pritzker's Fiscal Year 2023 budget draft and in a bill in the legislature. The Governor revealed some of the details for increased funding of behavioral health in the state in a February 2022 speech.

"This is by far the largest investment in mental health proposed during my time in the field," says Sinnissippi Centers' President/CEO Patrick Phelan. "It is the most advantageous proposed budget we have seen in many years, and we thank the Governor, all of our friends in the legislature, and especially Representative Tom Demmer, who essentially was a co-sponsor of this legislation," adds Phelan.

The FY23 budget proposal includes key investments to support the State's critical behavioral health partners. The proposed budget includes \$140 million to fund behavioral health provider rate enhancements through Health and Family



Illinois Governor J.B. Pritzker

Investments - continued on page 2

What's New?

Staffing Update

Sinnissippi Centers still has a number of positions available. Behavioral health agencies are not immune to the staffing shortages that have plagued so many other industries during COVID. For a list of our current positions visit www.sinnissippi.org/available-positions.

Meanwhile Sinnissippi Centers' staff who have received recent promotions include Destiny Yeager, Manager of Medical Services, Connie Davis, Associate Director of Outpatient Services, and Heather Krick, Care Coordination Supervisor.

Crisis Collaboration

Sinnissippi Centers has begun work on a crisis "co-responder model" with the Dixon Police Department. Our Crisis staff will be consulting with the department and will periodically meet them in the community as they respond to mental health crises. This is a first step toward the work Sinnissippi Centers will take on eventually when the 988-crisis hot line rolls out which is currently scheduled for July 2022.

Golf Open is Back

The 30th Annual Sinnissippi Golf Open will be Thursday, August 4, 2022, at Rock River GAP, 3901 Dixon Rd., Rock Falls. Tee off is at a new time this year, one-half hour earlier, at Noon. The event remains the same as last year as an 18-hole scramble, often called a best-ball event, followed by a dinner and awards ceremony. Information is posted online at www.sinnissippi.org.

Recovery

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some jail time, until one day it all changed with a single phone call. We were able to help them with comprehensive treatment, connection to a support network and 12-step meetings. Now they have over 2 years sober and their life continues to change for the better.

Another client told us their story of a great childhood with a larger family, active in high school athletics, good grades, and college including a sports scholarship and later early success in small business in their early twenties and a family. But they told us looking back their substance use problems started at the height of all that success. They didn't realize it was a problem at the time. After two DUI's they sought treatment and stayed clean for 5 years. However a relapse happened at the end of that 5 year sober period.

Relapse is not a sign of failure of the treatment or recovery process. These setbacks occur no more frequently than they do for diseases like diabetes or hypertension.

So, they were able to get back onto

their recovery road until a traumatic event occurred, the death of a family member a few years later. Trauma is a major trigger for relapse in an attempt to cope with overwhelming feelings. This relapse lasted a few years, but they did find their way back again to recovery through treatment and support. Things are better now than they have ever been before.

You can see while all these individuals, and so many more, have a substance use disorder in common, everything else in their life can be completely different.

No one is immune from this disease. The important thing is there is treatment available, support available, and hope.

These are just three of the untold millions of stories out there about treatment and recovery. Many of these individuals struggle in silence, but if we can all continue to learn more about these diseases and treat them just like any other chronic illness-something that needs medical attention and support, then maybe one day there will be no more untold stories, and the silence will be over.

Investments

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Services (HFS) and the Department of Human Services (DHS).

Additionally, in collaboration with the DHS Divisions of Mental Health and Substance Use Prevention and Recovery, HFS is requesting federal approval of a two-component approach to address shortages in the behavioral health workforce and to further foster quality and innovation in service delivery. HFS is proposing to spend approximately \$20 million in enhanced federal matching dollars for each component, yielding a total of just over \$40 million.

Providers enrolled as Community Mental Health Centers, Behavioral Health Clinics, or as providers of substance use disorder services will qualify to receive Workforce Challenge funding. This funding can be used to address staffing stabilization, retention, recruitment, and related purposes important to ensuring access to critically needed behavioral health services, for the State's Medicaid customers. Fostering Innovation and Quality payments may be used for the creation and expansion of new services, service delivery mechanisms, or enhanced provider capacity and will benefit the same provider types as the Workforce Challenge funding.

The FY23 budget also includes \$150 million to fully implement the Pathways to Success Program for children with serious mental illnesses. This program helps Medicaid-enrolled children under age 21 who have complex behavioral health needs and require intensive services and support. The program provides intensive care coordination and additional home and community-based services and provides children and their families with the services necessary to support their success at home, school and in their communities.

Sinnissippi Centers' full press release on this news can be accessed on our website at www.sinnissippi.org, then click on News Releases on the Newsroom drop down.

Stay Home for Sinnissippi Gala

In the last issue of the Digest we gave you a preview of Sinnissippi Centers' 3rd Annual Stay Home for Sinnissippi Non-Event Gala that will take place in April.

The very first Stay Home for Sinnissippi was designed as a virtual event before the Coronavirus pandemic ever began, but having a virtual fundraising event has certainly worked out wonderfully and been a great benefit in terms of ease of participation. Stay Home will remain, as designed, a virtual event.

This year's event will feature the same opportunity to make a donation to support the event. But we have added some features.

New this year is an event web page with an online auction option. We also have content on the event

web page to help participants enjoy some time at home with your family, friends, or whomever you choose to spend time with as you participate in our virtual event. You can get more information on our website under events.

The whole idea behind Stay Home is to have fun, relax, promote mental wellness, and support a good cause.

This year proceeds from Sinnissippi Centers' events, including the Stay Home Gala, will go to purchase Automated External Defibrillators (AED's) for Sinnissippi Locations.

Sinnissippi has six main offices (Dixon, Freeport, Mt. Carroll, Oregon, Rochelle, and Sterling), a drop-in center at Town Square Centre in Dixon, four supervised living apartment sites (Dixon, Mt. Carroll, Rochelle, & Sterling), and two Recovery Homes (Amboy & Dixon).

Sinnissippi's funding sources don't provide support for this type of life-saving equipment. AED usage combined with CPR saves lives. The survival rate of a patient defibrillated within the first three minutes of a cardiac arrest approaches 95%. AEDs are as essential as fire extinguishers. Sinnissippi Centers conducts regular CPR and AED training. Having AED's on site is the next step in protecting clients and staff while on site.



1st Annual Fundraiser a Success

The 1st Annual Take a Chance on Youth 50/50 fundraiser was a great success.

447 tickets were sold for a total of \$8,940 in sales and a prize to the winner of \$4,470.

Proceeds benefit Sinnissippi Centers' youth services. To encourage healthier, happier futures for as many kids as possible, Sinnissippi provides socialization and adventure therapy experiences while exploring local parks and recreational areas. As one youth said, "this was the best day ever."

Depending on the year there are other activities planned like the Running Group, Creative Expressions Group, Self-Esteem Group and others. We appreciate everyone who purchased a ticket and look forward to next year's raffle.



More News

Red Cross Blood Drive at Sinnissippi

Sinnissippi Centers will host an **American Red Cross blood drive Tuesday, April 26, 2022, from 2:00 pm to 6:00 pm** at our

Dixon office, 325 Illinois Route 2 Dixon in our **training center** area.



Anyone is welcome to donate. You can download the Red Cross Blood Donor App on the Apple App store, on the Google Play store or text BLOODAPP to 90999. With the app you can schedule appointments, view your blood type and results of your mini-physical, and track your donations. Blood is needed due to the effects of the Coronavirus pandemic, and traditionally supplies are lower during colder weather.

Dixon Office Ribbon Cutting

Sinnissippi staff, board members, and ambassadors from the Dixon Chamber of Commerce conducted a



ribbon cutting March 3rd at Sinnissippi Centers' Dixon office (325 Illinois Route 2) to commemorate the remodeling project completed in late 2021. The most visible feature of the project is the new secure covered entrance seen in the photo above. The entrance leads to a new reception area with new restrooms immediately inside and other enhancements.

Condolences

Sinnissippi extends condolences to the family of our dear friend, Chester "Chet" Kobel, who passed away on March 8th. Chet was a member of the Sinnissippi Board of Directors, or affiliates, from 1974 until May 2013. Chet will be remembered for his smile, his kind words, and his vast knowledge. In July 2014, Sinnissippi's new Oregon Office was dedicated in Chet's honor.

The Digest Newsletter Spring 2022

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