



# The Digest

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## Out In The Community

- Sinnissippi staff and KSB Hospital will have a joint booth June 21st at the Oregon, IL Concert in the Park on the courthouse lawn from 5:00 to 7:00

## Events

- Sinnissippi Centers Night at Triple P BBQ. June 23, 2022, 4:00pm - 8:00pm at the Dixon and Rock Falls Locations.
- 30th Annual Sinnissippi Centers' Golf Open August 4, 2022 at Rock River GAP Rock Falls. Noon tee-off

## This is How My Recovery All Started

Mother of two tells her story to encourage others to seek treatment

It started when I was in 7th grade after all the trauma I went through. I'm a survivor of sex trafficking and abuse. It made me have anxiety, depression, and Post Traumatic Stress Disorder. I went in to a really dark place for years.

I turned to drugs and my first choice was Adderall. Then it turned into pain killers. By the time I was in 8th grade I was using meth. That became my drug of choice. It had me for awhile.

When I had my first overdose you would think that would open my eyes and I would stop and get help. I got help but soon I got out and I went back to that drug. Meth became a routine in my life for years. But in 2014, I became homeless and I finally moved back to Illinois with my grandparents. I got sober and stayed sober and in 2016 I was two years clean.

That's when I found out I was pregnant with my first daughter. I was 17, a junior in high school. Five years went by and I was still sober until 2018. I relapsed and went back to meth.

I said, "It will only be a weekend thing," then it went to every other day, then to every day. I had a double life. A mom and housewife during the day and at night I was this person I didn't even know. This drug changed everything in my life. It took everything from me and it almost took my life.

In 2019, I was still using meth - a year of using. I was getting deeper in the game and the devil was taking over me. I was at rock bottom when I had trusted someone and that person took \$500 from me and I was up for 6 days, 12 days, without eating. I had a mental break down I tried to kill myself again. I ended admitting myself at KSB psychiatric ward to get help.

I should also mention that In 2017 I lost a really good friend in a terrible accident. When I lost her I wasn't grieving properly nor coping with her death. I also wasn't coping with my mental health or my trauma. But I finally faced my problem and started to go back to counseling at Sinnissippi and also going back to church.

**Talking about my mental health and actually admitting that I needed help was a huge step in my recovery.** It's 2022 and I'm going to be three years sober this year. I can say that I'm 100% glad to be here and say I'm glad that I'm sober and alive. I got my own place, my daughters, and I'm in a healthy relationship with my boyfriend. I have a huge



*How My Recovery Started - continued on page 2*

## Workforce Challenges

A common theme during the COVID-19 pandemic right up to the present day has been staffing shortages. In fact, it is estimated that the U.S. will need to hire 2.3 million new health care workers by 2025. An aging population, a rise in chronic diseases, and increased behavioral health conditions contribute to the need to strategically plan for a workforce that can meet the demands of today and tomorrow.

"We are facing unprecedented workforce challenges," says Patrick Phelan, Sinnissippi Centers President/CEO. While we are meeting needs right now, we find ourselves at a crossroads of finally having more financial resources to expand our services but now we don't have the staffing to fill all the areas that we need to," adds Phelan.

Sinnissippi Centers served over 7,000



*Workforce Challenges - continued on page 2*

## What's New?

### Sinnissippi Centers' New CCO

Tammy Stewart was recently named Sinnissippi Centers' new Chief Clinical Officer (CCO). Stewart had been Sinnissippi's Director of Specialty Services. Her position prior to that was Associate Director of Adult Services. Stewart has been with Sinnissippi Centers for over 19 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.



### New to Our Website

Sinnissippi Centers has added Spanish translation to our website. Any text on our website can be converted using Google translate. Images and other graphics cannot be translated. We also have added a page to our website to reflect our commitment to diversity, equity, and inclusion. Visit [sinnissippi.org](http://sinnissippi.org), then click About, and you will see the page link in the drop down.

### June is Men's Health Month

On the heels of May is Mental Health Awareness Month, and Women's Health Month, June is designated as Men's Health Month. Over 6 million men suffer from depression each year. The highest suicide rates in the U.S. are Caucasian men over 85. Gay and bisexual men are more likely to develop mental health disorders and are at an increased risk for suicide especially before age 25. Overall, male suicides have been on the rise since 2000.

## Mental Health Awareness Month

Each year in May we observe Mental Health Awareness Month. Declared in 1949 by Mental Health in America, during May we try to raise awareness of mental illnesses and reduce the stigma that still exists around these chronic diseases of the brain.

This May, millions more Americans no doubt had awareness of the importance of their mental wellness due to living through the global COVID-19 pandemic. Nearly one in five U.S. adults lives with a mental illness, over 50 million people.

Wellness is essential to living a full and productive life. Stress affects our wellness and is something we all experience but there are ways to either better deal with stress or reduce it in our lives.

Anxiety disorders affect around 40 million Americans annually making them the most common mental health condition in the United States.

Depression affects nearly 8% of the U.S. adult population.

post-traumatic stress disorder affects around 11 million Americans annually. bipolar disorder affects around 6 million Americans annually.

It is common for mental illnesses to co-occur with substance use disorders and other diseases like diabetes, heart disease, etc.

Sinnissippi staff marked the month by conducting what we have come to call "color wars", a decoration extravaganza that includes a lot of information about mental illnesses.



Sinnissippi's Sterling office



Sinnissippi's Dixon-Route 2 office



Sinnissippi's Mt Carroll office

## How My Recovery All Started

*Continued from page 1*

support system with my grandparents, my best friend, and my boyfriend.

I also suffer from borderline personality disorder. Being a working mom who suffers from these mental disorders, I have my good days and my bad days. But no matter how hard the days get, my girls are always there to get me through it. On the days when I feel like using, all it takes is one look at my girls and I know I have to remain sober for not only them, but for me too!

I still struggle every day and some days are hard but I find ways to cope like music. I love music. It helps me in so many ways. If I can't openly express myself with words I use music. Also I have TikTok that I use to cope - I make mental health awareness videos. I help others who deal with addictions or trauma. I hope I can help others to reach out and get help. **Everyone who deals with addiction can get help and you can recover.** We do recover, I promise, one step at a time.

## Workforce Challenges

*Continued from page 1*

clients in the previous 12-month period, a number that was under 6,000 a couple years ago and around 5,000 a few years prior to that.

"Sinnissippi Centers has already seen some incredible growth in the last few years. However, the demand is increasing at a level that far surpasses the supply of applicants," says Phelan. "A lack of psychiatrists and master's level clinicians has been a growing reality for us for some time. The new reality is that we are facing increased competition for employees at all levels," adds Phelan. "Many industries are implementing dramatic salary increases, and we have attempted to keep pace."

"We hope that part of the answer for us will be the desire, especially among those new to the field, to have careers that are meaningful and provide a sense of fulfillment, which this type of work definitely does," says Phelan.



## 30th Annual Golf Open

Thirty years ago this year the very first Sinnissippi Golf Open took place with 51 golfers enjoying a day on the links to raise funds to benefit clients of Sinnissippi Centers. There have been changes to the event over the years, but the common element for each and every Golf Open is that it's always been a "FUN-raiser" - A great time raising funds for a good cause.

The tradition continues this year on August 4th at Rock River GAP in Rock Falls with a **brand new start time**: A **12:00 noon** tee-off.

The registration form has been posted on our website, [www.sinnissippi.org](http://www.sinnissippi.org), and we mailed out the form to our postal and email lists in mid May. Deadline to register is July 15, 2022. If you didn't receive a form in the mail or in an email, and you want to participate, go to the website listed above or you can call Sinnissippi's Marketing Coordinator **Andrew Jackson** at 815-284-6611, or email us at [info@sinnissippi.com](mailto:info@sinnissippi.com).



The Golf Open is a scramble format, often called best-ball, so you don't have to be a low handicap or scratch golfer to be able to enjoy the event. Golfers of all skill levels are welcome.

**Proceeds will go toward purchasing Automated External Defibrillators (AED's) for Sinnissippi Centers' offices, apartment sites, and recovery homes.**

AED's are important life saving equipment. They are portable devices. 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.



An example of an AED

## Stay Home For Sinnissippi

The 3rd annual Stay Home for Sinnissippi Non-Event Gala was another success.

Planned before COVID-19 as a virtual event, the event encourages "participants" to stay home, have fun, relax, and work on their mental wellness while supporting the event with a donation or purchase of online auction item. It's also intended as a kickoff event for May is Mental Health Awareness Month, and the secondary goal of the event is to bring awareness to mental health and to offer resources for participants to improve their mental wellness.

This year's proceeds, like with the Golf Open, will go to purchase Automated External Defibrillators for Sinnissippi Centers' offices, apartment sites, and recovery homes.

Thank you to all our donors and participants, and we look forward to planning a bigger and better Stay Home Non-Event Gala next year.



## More News

### Recent Donations

102.3 The Coyote FM  
 Anonymous  
 Dean Ahlers  
 Charis Allen  
 Basil Tree Ristorante  
 Jeff & Phyllis Berge  
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 Alison Boothe  
 Boss Carpet One Floor & Home  
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 Jana Espinoza  
 Faith Lutheran Church Rochelle  
 Trudie Flaningam  
 Hairy Cow Brewing Company  
 Julie & Ron Hammer  
 Katie Hazek  
 Tom Hermes  
 Renee Hill  
 Valerie Howard  
 Dr. Thomas Hughes  
 Jason Hull  
 Rebecca Huntley  
 Jessica Hutchinson  
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 Rebecca Johanning  
 Doreen Johnson  
 Synthia Jones  
 Kelly's Mexican Restaurant  
 Stacie & Joshua Kemp  
 Ashley Koza  
 Dolores Kustom  
 Maggie LaFever  
 William LeFevre

*Recent Donations continued on back page*

## The Digest Newsletter Summer 2022

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## Sinnissippi Centers, Inc.

Administrative office  
325 Illinois Route 2  
Dixon, IL 61021

### 24-hour Emergency Phone Number

**800-242-7642**

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



United Way of Lee County  
Community Partner



*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.*



## 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](http://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.

### *Donations continued*

Sue Linder  
Gloria Martin  
Nancy Mayoral  
Jessica McCarver  
McCormick's Nursery & Landscaping  
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### In Honor of

...Phyllis Berge  
Jim & Inger Sarver

...Tracy & Chad Brooks  
Mic Brooks

...Gloria Martin & Teresa Good  
Beth Nelson Chase

### In Memory of

...Joanne Carlson  
Randall & Joyce Peterson

...Stephanie Carreno  
Brenda Dorsey

...Edythe Geiger  
Pat Kazmerski  
Harold & Mary Scuffham

...Laurie Meling Harris  
Reed Harris

...Chet Kobel  
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Lloyd & Jane Sidwell  
Shirley Manning  
Harold & Mary Scuffham

...Marilyn Parks  
John & Nona Parks  
Harold & Mary Scuffham

...In memory of Tim Stewart  
Tammy Stewart

### Sponsors & Supporters to date Sinnissippi Golf Open

CGH Medical Center  
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Prairie View Golf Club  
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