



The Digest

Latest News

- I Thought I Was Doomed pp. 1-2
- Emerging Women Leaders pp. 1-2
- Sinnissippi Centers' upcoming events details p. 3
- New Study on THC pp. 3-4

Out In The Community

- Child Fair June 1, 2024, at Sauk Valley Community College
- Dixon Pride June 15, 2024, Dixon's Page Park

Events

- American Red Cross Blood Drive Tuesday April 23, 2024, 1p-5p Sinnissippi Centers Dixon office Conference Center
- Culver's Share Night Tuesday May 21, 2024, 5-8pm, Rock Falls Culver's

I Thought I Was Doomed

Client tells their story of PTSD and recovery

Mental health issues run in my family, so I was doomed either way. Insomnia plagued me throughout my childhood. One evening, I could not sleep so I went to get a snack from the kitchen. This revealed a grim scene of my parents in a physical altercation. Months later, their divorce set the stage for my PTSD diagnosis, prompting a journey through various therapies following ongoing custody battles. At other organizations and agencies, I never felt comfortable with the staff and would often run away from sessions. They would call my mother to look for me because I would hide from the staff. A few years ago, the custody battles ended because my father did not want to see me anymore altogether.

In the spring of 2022, I was psychiatrically hospitalized again. I felt suicidal and was scared that I would hurt someone. My mother suggested that I wait it out a few days, but my thoughts worsened. Later that week, I packed clothes and snuck out during the night to hitchhike to the emergency room. I was afraid of seeing my family again, I believed that they would be better off not knowing me. I wanted to remove myself from the picture before I made things worse. I remember begging the ER staff not to call my mom, but they did anyway. She was overwhelmed and confused. After the experience, my mother made many calls to many places. Sinnissippi Centers was the first to respond.

My therapeutic history lacked meaningful connections until I encountered Sinnissippi. The bond that I formed with my initial therapist surpassed all my, and my family's, expectations. In our first session, I vulnerably shared my experiences, which was previously inconceivable to me. They helped me more in four months than eight years of previous therapy combined. A few months later, my initial therapist left to go back to school, and I was transferred to my current therapist. Initially, I was hesitant to believe that I could connect with another therapist in that way, but I was proven wrong. My current therapist is equally understanding and has a positive energy without making me feel overwhelmed or uncomfortable. Their understanding and



I thought I Was Doomed - continued on page 2

Emerging Women Leaders

Sinnissippi Centers' President/CEO **Stacie Kemp** was invited to present at the March 2024 **Emerging Women Leaders Conference** in Springfield, Illinois. Also presenting with Kemp was **Angie Hampton**, CEO at Egyptian Health Department. The Emerging Women leaders Conference is hosted by Illinois House Minority Leader **Tony McCombie** and the Republican caucus. The conference brings together women leaders from across Illinois for a day of recognition and leadership development programming.

Following a recognition brunch with dozens of women leaders from across the state, the Emerging Women Leaders Conference included a day of programming designed to inspire and empower women leaders. The main program featured a panel discussion with **Linda Renee Baker** a professor from the Paul Simon Public



*Sinnissippi Centers' President/CEO
Stacie Kemp*

Emerging Women Leaders - continued on page 2

What's New?

Freeport Office Expands - Again

Last spring Sinnissippi's Freeport office began construction on an additional suite due to growing demand. This was completed in May 2023 and included two clerical offices, a staff lunchroom, four clinicians' offices, a conference room, and a large room that will be the home of two more offices and a group room. Since then, the Freeport office has added the Community Support Team, a Psychiatric Coordinator, peer support services, and two interns. This has resulted in the need for at least five new offices and a CST group room. The construction starts late spring and will happen in three to four stages.

Staff Milestones

Two Sinnissippi staff members received their Licensed Clinical Professional Counselor (LCPC) licensing recently: **Amanda Rousonelos** and **Josh Vos**. An LCPC license is awarded to professionals who have met the requirements to practice clinical counseling. This typically requires the licensee to successfully complete a master's degree in a related field, such as psychology or counseling, and accumulate a certain number of direct-service counseling hours under the supervision of a licensed counselor prior to earning their license.

Sinnissippi Centers has a link on our website to Mental

Health America's online, free, confidential screening page. Visit www.sinnissippi.org, click on "LINKS" at the top right of the page, and you will see the link to "Screening Tools" at the top of the page. Screenings are available for a variety of behavioral healthcare concerns.



Emerging Women Leaders

Continued from page 1

Policy Institute, Illinois Supreme Court Justice **Lisa Holder White**, and other women leaders.

The session focused on how women leaders can be successful in their multifaceted life roles and still maintain positive mental health for themselves, for their families, and for their employees, as well as be successful women leaders.

"Each state representative was allowed to invite two emerging women leaders from their communities to attend," says Stacie Kemp, Sinnissippi Centers' President/CEO. "I'm both really excited and flattered to be a part of this because it's a topic that I personally feel very passionate about," adds Kemp.



From left to right: Angie Hampton, CEO at Egyptian Health Department, Illinois House Minority Leader Tony McCombie, and Stacie Kemp, President/CEO Sinnissippi Centers.

I Thought I Was Doomed

Continued from page 1

positive energy facilitated unparalleled progress, transforming my overall outlook. My progress with Sinnissippi has been better than I could have ever imagined because of the genuine connections I've had with everyone there.

After two years of zero interaction with anyone my age, online, and in person, it was decided that I would go back to in person for high school. It was a significant transition, but my therapist is my best supporter, and I am so grateful for them. Sinnissippi Centers has done wonders for me; from teaching me coping skills, learning how to socialize, and

learning how to be happy alone. I am 15 now and for the first time, they have found the perfect balance of medications for me, which I never considered to be possible. I have learned how to have happy relationships with my friends and family. For the first time in my life, I am truly happy with who I am and because of the immense support of Sinnissippi, I have no suicidal thoughts and I have been clean of self-harm for almost three years. Truly, thank you to everyone in the Sinnissippi Centers organization. Everybody took part in my mental health progress, and I appreciate all the support that each and every employee has given me.

April is Alcohol Awareness Month

The month of April has been designated **Alcohol Awareness Month** by The National Council on Alcoholism and Drug Dependence. The goal is to raise awareness about the dangers of alcohol use and promote understanding of alcohol use disorder, including its symptoms, prevention, and treatment options. This initiative is crucial because it aims to address the stigma surrounding alcoholism and substance use. Denial is common among those struggling with alcoholism, as well as among friends and family members who may be uncomfortable acknowledging the severity of the situation. By participating in Alcohol Awareness Month, public health bodies and treatment facilities can reach individuals who may not fully appreciate the risks associated with unhealthy alcohol consumption.

**April is
Alcohol
Awareness
Month**

Golf Open “Fun Raiser”

Sinnissippi Centers will continue a decade’s long tradition this August, with one minor change.

Sinnissippi Centers’ 32nd annual Golf Open will tee-off at **noon on Thursday August 8th at Deer Valley Golf Club.**

“The date is a change from the past,” says **Andrew Jackson, Golf Open Coordinator.** “We have moved the golf open to the second Thursday in August to better accommodate our golfers’ and sponsors’ schedules.”

Information is online now at our website under our events section. It’s also posted as an event on Facebook, although replying to the event on Facebook is not a valid registration of course. But you can share it with friends who might be interested.

You can download the PDF registration form to fax or mail in, or you can register and pay online.



The 2023 golf open foursome from Morrison Community Hospital is featured prominently on this year’s golf open save the date postcard and other materials.

This feature is available for both golfers and sponsors.

“If you don’t want to sponsor and still want to participate, you have the option of donating a raffle or golfer prize item,” says Jackson. Raffle items have a value around \$50 or more, things

like baseball tickets, gift baskets, gift certificates. Golfer items can vary in value but can be around \$25 or less. Each golfer that attends the golf open walks away with a free prize.

VIP packages are also an option. Purchasing the VIP package increases the number of raffle, 50/50, and grand prize tickets you receive and there are other benefits.

For more information on the 32nd annual Sinnissippi Golf Open, contact Marketing Manager, Andrew Jackson, at 815-284-6611 extension 8253 or email info@sinnissippi.com.

More News

Culver’s Share Night

Enjoy your favorite delicious Culver’s treats and help raise funds to support



Sinnissippi Centers clients. **Join Sinnissippi Centers at the Rock Falls Culver’s for a Share Night on May 21, 2024, from 5:00 pm to 8:00 pm.** A percentage of all sales during that time will be donated to Sinnissippi Centers. Culver’s Rock Falls is located at **1901 Harley Davidson Drive** in Rock Falls, IL.

New Study on THC Use

Approximately 11% of 12th-grade students across the United States reported past-year use of delta-8-tetrahydrocannabinol (delta-8-THC, or delta-8 for short), according to an



National Institute on Drug Abuse

analysis of data from the 2023 Monitoring the Future survey, which is funded by the National Institutes of Health. Delta-8 is a psychoactive substance that is typically derived from hemp, a variety of the Cannabis sativa plant. Delta-8 has intoxicating effects similar to delta-9-THC (delta-9), the primary THC component responsible for the “high” people may experience from using cannabis.

The researchers measured delta-8 use for the first time in 2023 to investigate the drug’s popularity among teens as more hemp-derived THC products enter the market and become more accessible. Studies show an association between cannabis use and negative health impacts for teens, underlining the importance of monitoring use of delta-8 and other

THC Use - continued on back page

Sinnissippi to Host Blood Drive

Sinnissippi Centers will host an **American Red Cross Blood Drive** at our Dixon office Conference Center on **April 23, 2024.**

The American Red Cross declared an emergency blood shortage in January of this year. They are seeing the lowest number of blood donations in the last 20 years. Blood and platelet donations are desperately needed.

The blood drive at Sinnissippi will be from **1:00 pm to 5:00 pm** on Tuesday April 23, 2023. **Appointments are preferred** but walk-ins are more than welcome (subject to availability). Please enter at the doors marked Conference Center.

For an appointment you can call the Red Cross at 800-733-2767, visit their website www.RedCrossBlood.org, or contact **Destiny Yeager** at Sinnissippi Centers’ Dixon office at 815-284-6611 ext. 300. You can also save some time by visiting www.RedCrossBlood.org/RapidPass and filling out your donation information online.



The Digest Newsletter Spring 2024

Editor: Andrew Jackson
 Writers: Anonymous, Tiffany Chander, Andrew Jackson
 Contributors: Tiffany Chander, Autumn Jordan, Stacie Kemp, Sue Linder, Yariela Lopez, Julie Sprecher, DeAnne White, Destiny Yeager.



SINNISSIPPI CENTERS
 Together we inspire wellness

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
- 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.

THC Use

Continued from page 3

cannabis products among younger people.

Among those who reported delta-8 use, close to 91% also reported marijuana use, contributing to the approximately 30% of 12th graders overall who reported past-year marijuana use. The survey also showed delta-8 use was more common in the South and Midwest regions and in states without cannabis legalization or delta-8 regulations. In contrast, levels of marijuana use did not differ by state-level cannabis policies. The findings were published as a brief report in Journal of the American Medical Association. The Monitoring the Future survey is conducted by researchers at the University of Michigan, Ann Arbor, and funded by the National Institute on Drug Abuse (NIDA), part of NIH.

“11% is a lot of people – that’s at least one or two students in every average-sized high school class who

may be using delta-8. We don’t know enough about these drugs, but we see that they are already extremely accessible to teens,” said Nora Volkow, M.D., NIDA director. “Cannabis use in general has been associated with negative impacts on the adolescent brain, so we must pay attention to the kinds of cannabis products teens are using, educate young people about potential risks, and ensure that treatment for cannabis use disorder and adequate mental health care is provided to those who need it.”

Delta-8 is one of over 100 cannabinoids in the Cannabis sativa plant. There is no federal minimum age requirement to purchase delta-8 products, which may be sold online or in gas stations and convenience stores. In 2022, the U.S. Food and Drug Administration issued a consumer update warning of the serious health risks associated with use of delta-8 THC, including reports of adverse events involving use of delta-8 products and risks of exposure to toxic byproducts. *This article is from a news release from NIDA.*



SINNISSIPPI CENTERS
Together we inspire wellness

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.

Dean Ahlers
Anonymous
Wendy Cann
Brenda Dorsey
Elkay
Farmers National Bank
Gary Gehlbach
Randall & Joyce Peterson
Larry & Ann Prindaville
St. Paul Lutheran Church
Susan Schroeder