



The Digest

The Next Big Step in Providing Care

Sinnissippi partners with the State of Illinois for CCBHC grant

Sinnissippi Centers is now able to take the next step in an ongoing project to become a Certified Community Behavioral Health Clinic (CCBHC). Earlier this month the state of Illinois announced they had been selected as one of ten states to participate in the Department of Health and Human Services CCBHC Medicaid Demonstration Program designed to expand and improve access to coordinated mental health care and substance use services.

“Sinnissippi Centers was provisionally certified as a CCBHC earlier this year, dependent upon Illinois receiving the demonstration grant,” says **Stacie Kemp**, Sinnissippi Centers President/CEO. “Now, we move forward as a partner with the state in paving the way for the CCBHC model in the state of Illinois,” adds Kemp. “This opportunity sets the stage for Sinnissippi as a leader in the state of Illinois and also provides opportunities for us an organization, as we ensure that clients have access to the full array of services that are needed,” says Kemp.

The grant award designating Illinois as an CCBHC demonstration state will make behavioral health treatment more accessible and change the behavioral health system landscape for decades to come,” said Illinois Chief Behavioral Health Officer **David T. Jones**. The Illinois Department of Healthcare and Family Service anticipates that this program will bring an additional \$150 million into Illinois’ behavioral health system.

CCBHC’s were created to strengthen mental health and substance use treatment across the country through comprehensive community outpatient behavioral health treatment. Their services must meet federal standards, and they must serve anyone who requests care for their mental health or substance use condition, regardless of age, ability to pay, or location. This model has been proven to significantly increase access to behavioral health care, including crisis care, for individuals who may otherwise have a difficult time accessing the services they need.

CCBHC’s provide access to a range of services, including care coordination, and they incorporate evidence-based practices and other supports based on a community needs assessment. This includes crisis services that are available 24/7. CCBHC’s expand access to comprehensive mental health, substance use and crisis services; provide integrated care that focuses on the whole



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- Wellness & Recovery Celebration September 12, 2024

End the Stigma by James Shover

The stigma of mental health is something that, unfortunately, will never go away. However, at Sinnissippi, we are working our best to help curb that stigma and normalize mental health issues. When people hear that someone has a mental health issue, they are generally dubbed as someone who is unstable, but that isn’t always the case. Mental health issues can range from anxiety, depression, to some of the more extreme cases, such as schizophrenia or psychosis. We need to understand that all these are an illness, and no one chooses to feel that way. That is the biggest part of the stigma in my opinion. We don’t judge someone if they have diabetes or cancer, because those are an accepted illness, whereas mental health illnesses are still frowned upon. The irony is that these illnesses can be helped with therapy and/or medications.

Another part of the stigma comes from the movies or television shows where people lie on a couch, with their hand on their head, and blame everything on their parents. Counseling or therapy sessions are nothing like that. The easiest way to explain what a regular session is like, is sitting in a room, on a chair and venting to someone who will never judge you about your problems, or maybe more importantly, never repeat what you have said to anyone else. That is the part I have always appreciated, the anonymity of therapy. There



End the Stigma - continued on page 2

What's New?

Destiny Yeager

Destiny Yeager started with Sinnissippi in 2021 as a med room nurse prior to being named Manager of Medical Services and later, Associate Director of Medical Services. Yeager has a Bachelor of Science in Nursing from Rasmussen University and is a Registered Nurse and a CPR Instructor. She recently transitioned to a new position as Director of Medical Services where she provides oversight of clinical procedures and practices of the nurses, psychiatrists, and primary care providers. Additionally, she oversees the initiatives and operations of the care coordination programs.



David Ginn

Sinnissippi Centers welcomed David Ginn as Senior Director of Corporate Operations and Compliance in March of 2024. In this new role, Dave will work with the directors and managers in the Information Technology, Facilities, and Compliance departments. He will share his expertise as the agency grows and these departments become pivotal to our continued success. Ginn came to Sinnissippi from KSB Hospital where he was a member of the management team for many years, serving as the Director of Information Systems and member of the Compliance team.



Fentanyl Seizures Spike

Law enforcement seizures of illicit fentanyl increased dramatically between 2017 to 2023 in the U.S., especially in pill form, according to a new study funded by the National Institutes of Health's (NIH) National Institute on Drug Abuse (NIDA). The number of individual pills containing fentanyl seized by law enforcement was 2,300 times greater in 2023 compared to 2017.

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person; and closely partner with hospitals, law enforcement, and schools. CCBHC's help ensure everyone in their communities has equitable access to high-quality care, when and where they need it.

- 83% of CCBHC's provide services on-site in schools, childcare centers, or other youth-serving settings.
- 80% of CCBHC's offer one or more forms of medication-assisted recovery for opioid use disorder.
- 98% of CCBHC's are actively engaged in one or more innovative activities in partnership with criminal justice agencies.
- 75% of CCBHC's increased outreach to people who have historically been underserved or underrepresented.



Stacie Kemp, Sinnissippi Centers' President/CEO

The Illinois Department of Healthcare and Family Services, which administers the Illinois Medicaid program identified 19 mental health and substance use treatment providers, across the state, including Sinnissippi Centers, to participate in the demonstration program.

Sinnissippi Centers has been laying the groundwork for this moment over the past 3 years. "Sinnissippi Centers had received a grant from the Substance Abuse and Mental Health Services Administration to become a CCBHC in 2021, but at that time the state of Illinois was not part of the nationwide demonstration project," says Kemp. "Now that Illinois has received their grant, we can begin to move forward for a fuller implementation of this model of care," adds Kemp.

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are also some clinicians who will have your session outside at a picnic table, or go on a walk, or even on the telephone. Whatever the client is comfortable with.

In regard to the stigma of mental health treatments, I think the biggest misconception is that once you start therapy, you will always be in therapy. That couldn't be further from the truth. In fact, most people will not always need therapy. Maybe life has just been kicking your butt lately and you need someone to vent to. There are people who only need a couple months of therapy and there are others who need a little bit longer, but both are equally viable, depending on your situation. Some people are also afraid of getting into therapy and then realizing they have a lot more issues than they thought. I ask, is that such a bad thing? We all have things about ourselves that we would like to change, and therapy is easily the simplest thing you can do. While you are working on yourself, it is just you and your clinician in a room, by yourselves. There are no judgmental or condescending looks or glances, only simple conversation.

The last stigma that I will touch on is that some people think therapy is for the weak minded. Another inconceivable lie that has been proven wrong many times over. Modern day NFL, NBA and MLB teams have therapists on staff that even travel with the teams. These are people who are at the pinnacle of their jobs and have a very strong mental fortitude to reach that plateau and sometimes they need help as well. If million dollar athletes who are consistently in the public spotlight rely on the help of mental health professionals, why can't you?

Sinnissippi has offices in five counties (Carroll, Lee, Ogle, Stephenson, Whiteside) with many different types of clinicians and programs to assist everyone. It also goes without saying, but, we have different clinicians that specialize in LGBTQ matters as well. It doesn't matter what your race or sexuality is, we have clinicians that will understand and represent your best interests at heart. We also have many youth and veteran programs that can range from groups to solo sessions. We are truly a community mental health organization. So, if you have been on the fence about reaching out to us, or feel the need to come back, please reach out, because there is nothing wrong with having a little help to reach your goals.

James Shover is a Recovery Support Specialist for Sinnissippi Centers

In the Community

Sinnissippi Centers conducted two fundraisers and attended a large community event in the past few months. The first was our Take a Chance on Youth 50/50 fundraiser. Raffle tickets were sold during February and March with the winner announced in April 2024. **Mary Oros** of Dixon was the winner of the 50/50 prize.

Proceeds from the 50/50 raffle support summer youth activities that are not typically funded without donations such as outings to state parks and other recreational facilities, field trips, and a variety of other activities that youth might not have the opportunity to enjoy. The goal of this program however is not just enjoyment, but to promote mental wellness using the outdoors and other locations as an additional therapeutic space.

Then in May Culver's Rock Falls hosted a Share Night for Sinnissippi Centers. Diners could participate by eating in the restaurant or getting their food via the drive through. Culver's donated a portion of all proceeds during a 3-hour period. The Culver's team was fantastic to work with and we thank **Ashlee Alber** and her staff at the restaurant for their support.

Finally, in June, Sinnissippi Centers' staff (photo right) attended the Dixon Pride event in Page Park. This is the third year for the event and the second year it has been held at Page Park. The attendance appeared to have increased over last year.



Mary Oros of Dixon won the prize in our Take a Chance on Youth 50/50 fundraiser in February and March 2024.



We had a great time with the Staff at the Rock Falls Culver's share night, raising over \$600.00 total



Join Us for our Fun-Raiser!

The Sinnissippi Centers' 32nd Annual Golf Open will be held Thursday August 8, 2024, at Deer Valley Golf Club in Deer Grove, Illinois. Check-in is from 11:00 am to Noon and tee-off is promptly at Noon. Information is on our website at www.sinnissippi.org, under events.

This year's golf open will benefit Sinnissippi's Peer Services. This is a Peer led program providing support to individuals in the community. Peer staff have the flexibility to engage with clients in their environment and assist with community resources, engagement, advocacy, one-time needs, post hospitalization support and more.

Peer services staff have lived experience and unique talents and qualifications to help others with behavioral healthcare needs.

For more information contact **Andrew Jackson** at 815-284-6611.



Sinnissippi Centers' Peer Services staff gathered at a recent in-service event.

Recent Donations

Qualified Charitable Distributions

Have you ever considered including a non-profit organization in your estate planning? Recently a former Sinnissippi Board member named Sinnissippi Centers as a 15% beneficiary of their IRA. Another way to support Sinnissippi can be a Qualified Charitable Distribution (QCD) A QCD is a tax-free donation from your IRA to a qualified charity. There are some requirements to meet, but a QCD can count toward your minimum distributions. Before making any decision you should consult your financial advisor. For more information reach out to Sinnissippi Centers' President/CEO Stacie Kemp.

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The Digest Newsletter Summer 2024

Editor: Andrew Jackson
 Writers: Andrew Jackson, James Shover
 Contributors: Autumn Jordan, DeAnne White



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

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

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

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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.

DeAnna Wilson
Sally Woessner
Sarah Wolf

In Honor of

...All staff, past & present
Beth Nelson-Chase

...The family, friends, current and former Sinnissippi Centers board members and staff.
Phyllis & Jeff Berge

...Phyllis Berge
Randall & Joyce Peterson

...Phyllis Berge, a beautiful lady, full of dedication, hard work, and kindness toward all.
Jim & Inger Sarver

...Phyllis Berge. Her lifelong dedication to this agency has provided the needed continuity through changes and growth while maintaining the atmosphere of a small family centered business.
Wendy Wiersema

The individuals Sinnissippi serves that may be struggling with mental health concerns that often exist with Autism. From the perspective of someone living with ASD, there are struggles but also there are gifts. Learning to cope with ASD can build strength and insight, self-acceptance and love - It's OK to be different. Other people can also learn and grow from the sensitive person.
Catherine Dunn

...Patrick Phelan
Mic Brooks

...Larry Prindaville
Darlene Butterbaugh

In Memory of

...Dorothy Carr
Phyllis & Jeff Berge
Mick & Pat Kazmerski
Larry & Ann Prindaville
DeAnne & Jeff White

...Payton Kelly
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