



# The Digest

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## Out In The Community

- Mental Health First Aid Training at the Mt. Carroll Public Library July 14, 2026
- Grandma Bonnie's School Supply Giveaway July 29, 2026, at Elevate Youth Center in Sterling

## Sinnissippi Centers Events

- Golf Open August 13, 2026, at Deer Valley Golf Club (see p.3)
- Wellness & Recovery Celebration September 18, 2026, John Dixon Park, Dixon, IL

## Sixty Years of Providing Service

Sinnissippi Centers commemorates its 60th anniversary year

2026 is a very special year for Sinnissippi Centers. It is the agency's 60th Anniversary year. It was in May 1966 that the Sinnissippi Mental Health Center, as it was called then, came into being.

The beginning of Sinnissippi Centers was the result of the early leadership of the Lee County Mental Health Association and the Lee Mental Health Clinic as well as changing attitudes towards mental health treatment.

The first part-time clinic opened in 1964 which was located at the Lee County Health Department and later, Galena Avenue in Dixon, IL. The following year, the clinic expanded due to overwhelming demand and a lack of other mental health resources for those in the community.

Building on this foundation and the efforts of hundreds of area citizens, the Sinnissippi Mental Health Center was established on May 31, 1966, to provide services to individuals in Carroll, Lee, Ogle, and Whiteside Counties. Sinnissippi then began providing services in July of 1966.

Sinnissippi started by providing professional, short-term outpatient evaluation and treatment services from office locations in Dixon and Sterling. The goal was to get people back on their feet as quickly as possible with the least interference to their daily living. In 1972, a 24-hour emergency service was started to serve those in crisis. At the same time, a network of services was enhanced to help people return to, and become well integrated in, the community once they had been discharged from either a public or private psychiatric hospital. Similarly, a program was created to take into account the special needs of individuals with a substance use disorder.

In May of 1968, Sinnissippi moved out of the original Dixon location into its present location at 325 Illinois Route 2, Dixon. In 1976, Sinnissippi established part-time offices in Mt. Carroll, Oregon, and Rochelle. In 1981, Sinnissippi established permanent full-time offices in Oregon and Mt. Carroll. In 1983, a permanent full-time office was established in Rochelle to serve citizens of eastern Ogle County and northeast Lee County. In 1997, Sinnissippi opened a new full-time office in Sterling to better serve individuals and families in Whiteside County.

Meanwhile, in 1988 the name of the



*Sinnissippi Centers original Dixon office. This building still stands on Galena Avenue to this day.*

*Sixty Years - continued on page 2*

## Wellness & Recovery Celebration

Sinnissippi Centers' annual Wellness & Recovery Celebration is in the planning stages with a date of September 18, 2026, at John Dixon Park in Dixon. The event coincides with National Recovery Month.

The Wellness & Recovery Celebration is for all those seeking wellness and wanting to learn more about supporting individuals in their recovery from a substance use disorder or mental illness.

The celebration features food and beverages, a basket raffle, games and more. A key feature of the event is a special panel of guest speakers who will discuss their recovery stories and ongoing wellness journeys.

For more information check the events section of [Sinnissippi Centers website](https://www.sinnissippicenters.org) in late June or early July, or call 815-284-6611.



## What's New?

### Scholarship Winners

Sinnissippi Centers awarded four \$1,000 scholarships this spring to high school seniors under Sinnissippi's Human Services Career College Scholarship program. The winning students were Evangelina Adams - Rock Falls High School; Cadence Bollman - Prophetstown High School; Lilyana Herrera - Dixon High School; and Allison Kessler - Eastland Jr/Sr High School. Information on the scholarship program is on our website under the Careers tab; click on Scholarships.

### Red Cross Blood Drive

Sinnissippi Centers hosted an American Red Cross blood drive at our Dixon office on April 21, 2026. Since 2017, Sinnissippi has hosted blood drives nearly every year. Thanks to the Red Cross staff and our staff volunteers for helping make this year's blood drive another success.



*Sinnissippi's Laura Smith helping at the blood drive*

### Staff News

Lynnsey Worrell, Sinnissippi Centers' Byron office Supervisor completed her Licensed Clinical Professional Counselor requirements in May.

### PTSD Awareness Month

June is Post Traumatic Stress Disorder (PTSD) Awareness Month. Although often associated with combat veterans, PTSD is a mental health condition that can impact any person of any age after experiencing or witnessing a traumatic event. About 6% of the population, roughly 12 million, have PTSD during any given year. PTSD is a serious condition that should be diagnosed and treated by a qualified mental health professional.

## 60 Years of Providing Service

*Continued from page 1*

agency was changed to Sinnissippi Centers, Inc. to better reflect the expansion of programs and services that had occurred since 1966. That expansion of programming continues and has been the result of cooperation between Sinnissippi and a variety of community resources. This cooperation has focused on making services more accessible to the people and the communities Sinnissippi serves.

One result of the expansion of services; Sinnissippi Centers began offering supervised residential living at its first apartment site in Sterling, beginning in July of 1990. Later three more apartment sites were added: Rochelle in March 1997, Mt. Carroll in May 2001, and Dixon in June 2002. Finally, the new Sterling Apartments replaced the original location in 2005. Those four apartment sites continue to serve individuals with a serious mental illness who stay for varying periods of time before ideally moving back to independent housing in their communities.

Continuing expansion resulted in the founding of a Men's Recovery Home in 2018, quickly followed by the establishment of a Women's Recovery Home in 2020. In 2021, Sinnissippi opened an office in Freeport. In 2025, Sinnissippi opened its third Ogle County office in Byron.



In 2021, Sinnissippi Centers received a Certified Community Behavioral Health Clinic (CCBHC) expansion grant to become a CCBHC. CCBHC's provide a wide array of behavioral healthcare services as well as primary care services for clients.

Over the last several years Sinnissippi has greatly expanded peer services, expanded counseling services onsite at schools, and grown from pre-COVID employment levels of around 150 staff to over 300 at present.

Today, Sinnissippi continues to strive to help those who need it most within Carroll, Lee, Ogle, Stephenson, and Whiteside counties. Sinnissippi provides a comprehensive and wide array of programs and services.

Sinnissippi has been the recipient of the Ernest A. Codman Award from the Joint Commission as well as the American Psychiatric Association's Psychiatric Services Award. Sinnissippi Centers has been accredited by the Joint Commission since 1997.

Presently, Sinnissippi Centers provides services at main offices in Byron, Dixon, Freeport, Mt. Carroll, Oregon, Rochelle, and Sterling, as well as through designated schools, medical facilities, and work sites in our five-county area, at our two Recovery Homes, and at our four supervised living apartment sites. We also have a Living Room/Drop-In Center. in Downtown Dixon.

## Ragnar Race

A Citizens State Bank (CSB) sponsored Ragnar Road Race team will once again participate in a relay race. This year the race is October 2-3, 2026, with proceeds benefiting Sinnissippi Centers' clients. The team is also running to bring more awareness to behavioral health.

A Ragnar race is a long-distance relay race where teams of 6 to 12 runners compete to complete a course of approximately 200 miles over two days and one night. Each runner takes turns running segments of varying distances, typically 3 to 8 miles.

The team will run a relay route from Clermont to Lexington, Kentucky again this year. Information and a link to donate are in [Sinnissippi's events section on our website](#). You can also mail a donation to "Ragnar Race" to the Dixon office address on page four.



*2025 CSB Ragnar Race Team*

## Join us for our Fun-Raiser

Sinnissippi Centers' 34th Annual Golf Open will be held Thursday August 13, 2026, 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](http://www.sinnissippi.org), under events.

Proceeds benefit the unmet needs of Sinnissippi Centers clients that contribute to their mental wellness.

This is a special year for the golf open as Sinnissippi Centers is celebrating its 60th anniversary year. There will be some hints of that milestone at the event.

The golf open has its own long history. It was 34 years ago that the very first Sinnissippi Golf Open took place with 51 golfers enjoying a day on the links to raise funds to benefit Sinnissippi clients. There has been growth and changes to the event over the years, but the common element for each and every Golf Open is that it's a very fun event for a great cause.

The registration form has been posted on Sinnissippi's website at [www.sinnissippi.org](http://www.sinnissippi.org). A registration form has been mailed to our postal and email lists. The deadline to register is July 16, 2026. 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



*Sinnissippi Centers' David Ginn (left) and Andrew Manzano (3rd from left) at the 2025 golf open.*

call Sinnissippi's Marketing Manager 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.

## Gathering for Good Recap

Sinnissippi Centers' 2nd Annual Gathering for Good fundraiser was held May 16, 2026, at the Dixon Elks Lodge. We would especially like to thank our Platinum sponsors CGH Medical Center and Raynor Manufacturing Company for helping to make this event a success.

We also want to thank all our sponsors, donors, participants, Elks Lodge staff, and our Fundraising and Events Committee. The 2nd annual event was a lot of fun and raised funds to support the unmet needs of Sinnissippi Centers' clients.

Gathering for Good featured the dueling pianos group Howl2Go from Chicago, a silent auction, dessert auction, and all tips were donated back to Sinnissippi Centers. The committee is already planning the 3rd annual event for next spring.



## More News

### Sinnissippi Partners with Clinically AI to Modernize Clinical Documentation



Sinnissippi Centers has partnered with Clinically AI to streamline clinical documentation and support behavioral health providers. The new technology is designed to reduce time spent on notes, improve consistency and compliance, and give clinicians more time to focus on what matters most: Delivering quality care to clients. Clinical documentation is one of the most essential parts of behavioral healthcare, but it is also one of the most time-consuming. Accurate, timely, and complete notes are critical for continuity of care, quality improvement, and regulatory requirements. Sinnissippi is investing in a solution that helps address these challenges while keeping the focus where it belongs: on people.

### Recent Donations

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Crystal Cork  
Curt Delhotal  
Discover Dixon  
Dixon Elks Lodge  
Dixon Petunia Festival  
Kayla & Drew Fordham  
Becky Eberle

*Recent Donations continued on back page*

## The Digest Newsletter Summer 2026

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## Sinnissippi Centers, Inc.

Administrative office  
325 Illinois Route 2  
Dixon, IL 61021  
815-284-6611

### 24-hour Emergency Phone Number

**800-242-7642**

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

#### Office Locations

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

#### Apartment Sites

- Dixon
- Mt. Carroll
- Rochelle
- Sterling

#### Recovery Homes

- Dixon
- Amboy



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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](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.

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#### In Appreciation of

...Bill Reigle  
Larry & Ann Prindaville

#### In Memory of

...Marcie Arno  
Larry & Ann Prindaville

...Sinnissippi Centers retiree Mike  
Delimata 2/6/48 - 3/3/26  
Larry & Ann Prindaville

...Edythe Geiger, Nona Parks,  
Shirley Manning, Jerry  
Heisinger, Dave Bracken, Jim  
Sarver, Lloyd Sidwell  
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...James R. Sarver, my dear  
husband  
Inger Sarver

...Timothy Stewart  
Tammy Stewart

#### Gathering for Good Sponsors

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