

# Sinnissippi Centers, Inc.

Annual Report for Fiscal Year 2005



It is the mission of Sinnissippi Centers to provide quality, coordinated and responsive behavioral healthcare services to individuals, families and communities.



# Highlights of Fiscal Year 2005

- Addressed Fetal Alcohol Spectrum Disorder (FASD) through planning and prevention programming.
- Recognized by the National Alliance for the Mentally Ill (NAMI) Illinois for Sinnissippi's innovative supervised living program.
- Addressed the stigma of mental illness with various media campaigns and a special presentation by Dr. Otto Wahl of the University of Hartford who spoke to clients, staff and the public about stigma and mental illness.
- Led the development of community coalitions, which are providing the public with anti-drug messages and pro youth and family activities.
- Implemented a new electronic record system, eCET. This system provides a paperless assessment tool for clinicians to use with clients.
- Completed a community needs assessment in Whiteside County with the help of over 300 residents. Concerns identified included depression, stress and substance abuse.
- Broke ground on a new 12 unit supervised living facility in Sterling.
- Provided 11 trainings to 131 law enforcement officers in all four counties. The trainings focused on how officers can effectively deal with individuals with a mental illness and the Illinois Mental Health Code.
- Began work on a new project in partnership with the state of Illinois to Enforce Underage Drinking Laws (EUDL). Participating in this initiative are the communities of Amboy (Lee County), Mt. Carroll, Savanna and Thomson (Carroll County).
- Served as a lead agency for the National Youth Service Day. Local NYSD projects involved more than 200 youth and adult volunteers.
- Expanded treatment groups and educational classes to better meet the needs of current clients and others in the community.
- Enhanced training opportunities for agency staff through a special grant from The Sinnissippi Foundation.
- Sought external funding through a systematic grant seeking process and secured over \$500,000 in new funds for programs and services.
- Expanded the Sinnissippi Art and Photography Exhibit to a two day event featuring art from clients, staff and family members.
- Expanded the STAR (Strengthening Treatment Access and Retention) initiative to Ogle County with a special emphasis on youth exhibiting an alcohol or drug problem.
- Implemented program changes to the Screening, Assessment and Support Services (SASS) Program, which provides services to children and youth who are at risk for psychiatric hospitalization.
- Made key staff additions to improve crisis and assessment, psychiatric services and medication room assistance.



## After Hours at Sinnissippi Centers

When the clock strikes 5 o'clock, most employees head home for the evening. That's not the case for a group of Sinnissippi employees who provide valuable on-call duties, seven days a week, 365 days a year.

These staff members are an important resource to Sinnissippi Centers and to children, adults and families who are in crisis. During fiscal year 2005, Sinnissippi provided over 370 after hour evaluations in the four-county region.

Their phone may ring at 8:00 p.m. or at 3:30 a.m. Depending on the severity of the crisis, the on-call worker may be called out to an area hospital, law enforcement agency or even to a private residence.

The worker's role is to assess the individual and make a recommendation. Sometime it involves hospitalization. In less severe cases, an appointment may be made for the next day with a Sinnissippi clinician.

## The Last Year at a Glance

Age		Gender	
Children/Adolescents	18.0%	Female	54.0%
Adults (18-64)	81.0%	Male	46.0%
Older Adults (65+)	1.0%		
Race		County of Residence	
Caucasian	90.0%	Carroll	13.0%
Hispanic	4.5%	Lee	22.0%
African-American	4.0%	Ogle	25.0%
Other	1.5%	Whiteside	38.0%
		Other	2.0%

### Vital Statistics for FY '05

Miles traveled by agency vans	230,927
Events of service delivered	199,348
Total people served by SCI	5,817
Appointments with Doctors	5,084
Intakes across all programs	3,479
Hours of psychiatric services	2,089
Clients receiving help with medication	546
After hours emergency evaluations	370
Home visits by outreach workers	

# More about Sinnissippi Centers, Inc.



**“There can be no health without mental health.”**

Former U.S. Surgeon General David Satcher in a groundbreaking federal study on mental health and substance abuse

Sinnissippi Centers exists to address the mental health and substance abuse needs of people living in Carroll, Lee, Ogle and Whiteside Counties. This not-for-profit community behavioral healthcare agency was established in 1966. Sinnissippi currently has over 170 employees who live in over 30 area communities, and an annual agency budget of over \$9.0 million dollars. Employees are the backbone of Sinnissippi, and include psychiatrists, psychologists, social workers, nurses, counselors, case managers, and many other support and administrative staff. Sinnissippi offers professional, affordable and confidential help for people of all ages.

## SCI Employee Satisfaction....

### ...a priority to meet client needs

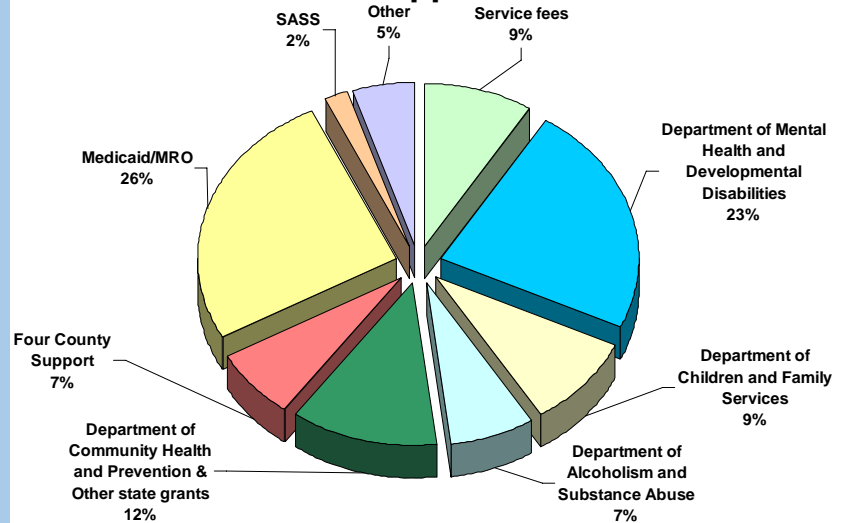
Sinnissippi's vision is to foster a future in which everyone with mental health issues can receive early, effective treatment and can experience recovery. Sinnissippi's most important resource to make this vision a reality is its staff of 170+ employees.

These employees, with educational backgrounds ranging from General Education Diplomas (GED) to medical degrees, deliver high quality, fiscally responsive services to over 5,500 people each year. Sinnissippi works hard to create a stimulating and positive environment to both challenge and reward its employees.

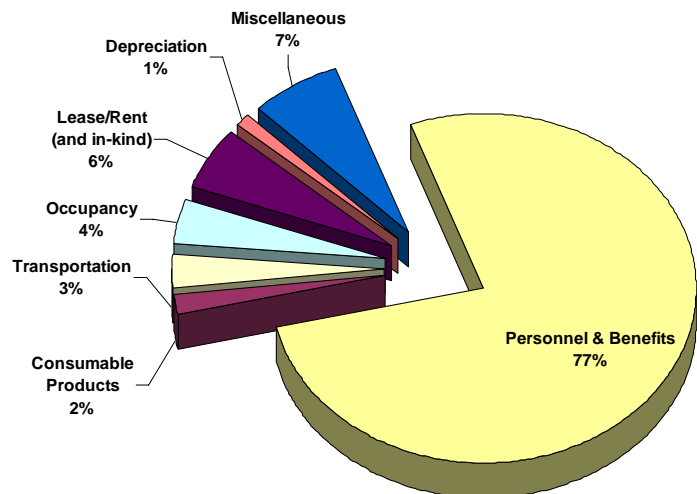
Every year Sinnissippi reviews staff satisfaction in a variety of areas to ensure that the agency continues to meet employee workplace needs. Sinnissippi uses a formal satisfaction survey process as well employee suggestion boxes, team meetings and informal discussion groups to measure and analyze satisfaction.

Year after year, employees rate “The Work Itself” as the part of their job that they value most. This is closely followed by their satisfaction with co-workers, supervisors, and the ethics of the organization. Sinnissippi is proud and appreciative of its employees and of their commitment to helping others.

### How Sinnissippi is Funded



### How Sinnissippi uses its funding



# A Look Ahead to Fiscal Year 2006

- Sinnissippi will conduct a community needs assessment in Carroll and Lee Counties. This will complete Sinnissippi's assessment of its four county area.
- Sinnissippi will continue to provide information to state decision makers on issues related to behavioral healthcare and of the importance of maintaining adequate funding for community services.
- The agency will continue to seek grants, contracts and other external funds to meet new and emerging needs, and improve existing services.
- Tenants will settle in to the new supervised apartments in Sterling. The facility, located at 2104 East 23rd Street, opened its doors on September 28.
- An alumni group of former addictions clients will be formed.
- In a continuing commitment to providing help to those in need, Sinnissippi Centers will provide free, confidential mental health and substance abuse screenings in the four-county region.
- Sinnissippi will launch an initiative to expand outreach to older adults in order to increase treatment of those 60 and older with mental health issues.
- The Strengthening Treatment Access and Retention (STAR) initiative will expand its reach during the third year of the federal substance abuse grant. The expansion will focus on Carroll and Whiteside Counties.
- The after school program, Teen Action Zone (TAZ), will continue its valuable services to youth in the Sterling-Rock Falls area.
- The agency will prepare for its 40th Anniversary, which will include an emphasis on public awareness of mental health, effective treatment, and stigma.
- Special training for clinicians will be provided in the areas of play therapy, eating disorders and recovery, with funding provided by The Sinnissippi Foundation.
- Sinnissippi will strengthen relationships with strategic partners to facilitate the collaborative efforts that are helpful in addressing complex behavioral health issues in the four counties.
- Sinnissippi will continue to assist community coalitions, the Enforcing Underage Drinking Laws initiative and other local efforts to combat alcohol and other drug abuse.
- The agency will continue to explore ways to improve individual and group treatment in the four county area.
- Sinnissippi will move forward with a commitment to helping individuals of all ages achieve their recovery goals.
- Sinnissippi will expand electronic communication and record keeping systems.
- Sinnissippi will continue to work with other agencies and the state of Illinois to develop a Fee for Service (FFS) system that is fiscally responsible and maintains access to services for people in need.

## Celebration of Recovery

Participants in the Wellness Recovery Action Plan (WRAP) Group release balloons following their successful completion of the 12 session group.



## Psychiatric Services...

### ..Resource for Rural Residents

While many rural areas in Illinois and nationwide do not have specialized mental health professionals such as psychiatrists working in their communities, Sinnissippi is fortunate to have three psychiatrists on staff to serve area residents.

These well-qualified, experienced, and hard-working psychiatrists practice compassionate care for all clients. At Sinnissippi, psychiatrists work hand-in-hand with clients and case managers as part of a treatment team to provide quality service. Psychiatrists are involved in diagnosing and treating clients of all ages. They also provide consultation and education to staff, and serve as a resource to physicians in the four county area.

In order to be accessible to people throughout the four counties, Sinnissippi's three psychiatrists keep office hours at each of the agency's five main locations.

During this past year Sinnissippi's psychiatric services have been recognized by other agencies as being innovative, well-organized and well-managed. Agencies have visited Sinnissippi to learn more about its system of care.

Sinnissippi's three psychiatrists are: Maria-Maria Anleu, M.D.; Delsie Gavali, M.D., and Mark Fischer, M.D.



**Greg Sandrock**  
Chairperson  
SCI Board of Directors

## Sinnissippi continues to grow...

Dear Friends,

On behalf of the Sinnissippi Centers Board of Directors it is my honor to bring you this message. I personally appreciate Sinnissippi's strong commitment to serve the people of our area. At the same time, I am pleased that Sinnissippi stays in touch with Springfield, especially in these uncertain times, and with the larger behavioral healthcare field. Sinnissippi is a leader in its industry, and has earned that position through hard work and dedication to the field. I encourage you to take a few minutes to read this report. If you do, I know that you will gain a new appreciation for the many ways Sinnissippi is taking the lead in helping people in your own community.



**James R. Sarver**  
President/CEO  
Sinnissippi Centers, Inc.

## A message of recovery and hope...

Dear Friends,

"Recovery" is fast becoming a watchword in the behavioral healthcare field. I am pleased to say that at Sinnissippi Centers we have been practicing recovery concepts for nearly 40 years in everything we do. As we conclude Fiscal Year 2005 and begin a new year, Sinnissippi will continue to provide client-focused, evidence-based treatment services that will assist people in their recovery journey. We are committed to maintaining the high standard of quality and professionalism that you and we expect from Sinnissippi Centers. Thank you for your support this past year and in the coming year.

## Some Community Highlights of FY '05



Fiscal Year 2005 was a busy one for Sinnissippi Centers. In October, Sinnissippi Centers, along with The Sinnissippi Foundation and the Dixon Park District, sponsored the 2nd Annual Meadows Lark 5K Walk for mental health. In November, Sinnissippi Board Members and other dignitaries joined one another to break ground on new supervised living apartments in Sterling. In April, Sinnissippi served as a lead agency for the National Youth Service Day. Numerous community projects were completed as part of NYSD including the repainting of playground equipment at Riverdale School in Rock Falls.

# Sinnissippi Centers Offices and Supervised Living Apartments



*Dixon Office*  
325 Illinois Route 2  
Dixon, IL 61021  
815-284-6611



*Mt. Carroll Office*  
1122 Healthcare Drive  
Mt. Carroll, IL 61053  
815-244-1376



*Oregon Office*  
125 South 4th Street  
Oregon, IL 61061  
815-732-3157



*Rochelle Office*  
1321 North 7th Street  
Rochelle, IL 61068  
815-562-3801



*Sterling Office*  
2611 Woodlawn Road  
Sterling, IL 61081  
815-625-0013



*Sterling Apartments*  
2104 East 23rd Street  
Sterling, IL 61081  
815-622-0938  
**Opened in September 2005**



*Fairview Apartments*  
555 Fairview Drive  
Rochelle, IL 61068  
815-561-9003



*Parks Place Apartments*  
322 Depot Avenue  
Dixon, IL 61021  
815-288-6057



*Sullivan Apartments*  
1126 Healthcare Drive  
Mt. Carroll, IL 61053  
815-244-4200

## Sinnissippi Centers, Inc.

1-800-242-7642

[www.sinnissippi.com](http://www.sinnissippi.com)

*It is the mission of Sinnissippi Centers, Inc. to provide  
QUALITY, COORDINATED AND RESPONSIVE behavioral  
healthcare services to individuals, families and communities*

*Sinnissippi Centers is the recipient of the  
Joint Commission on Accreditation of Healthcare  
Organization's GOLD SEAL of Approval*



**Other Office Locations of Sinnissippi Centers:** Amboy, Downtown Dixon, Morrison and Teen Action Zone (Sterling)

*Sinnissippi Centers and the FY '05 Annual Report are funded in part by the Illinois Department of Human Services.*