

2018-19 SUMMIT ANNUAL REPORT

Celebrating



of MOVING MOUNTAINS

Achieving
Mental
Wellness
In Our
Community

SUMMITCOUNSELING.ORG

A Message from Our Executive Director, **David Smith**



Dear Summit Partner in Caring,

Wow! It's hard to imagine the Summit is celebrating our 30th Anniversary!

For 18 of those seasons I've had a front row center seat to witness one door of opportunity open up after another. Doorways that providentially brought to the Summit gifted therapists, generous Board members, skilled staff members and passionate partners representing every segment of our community; business, education, faith, government, healthcare, non-profit, and more.

Yet, through it all, I've been most humbled and honored to observe people, like you, who've sacrificed to support the mission of the Summit with a huge Good Samaritan-like heart to help their hurting neighbor reeling from the loss of the love of their life or their neighbor's child who is looking for a reason to not end their life.

Fact is, without you and your gifts and faithful investments, large or small, we simply would not, be the organization that we are today. Nor would we have the inspired vision to move the mountains (barriers) surrounding mental wellness in Greater North Atlanta and beyond...mountains of stigma, accessibility and affordability of care.

As we stand at the threshold of a new decade, I want to express my heartfelt gratitude for your partnership and wish you every blessing as we continue to face life's challenges together. Thank you for always being there for us as we promise we will always do our very best to be there for you, your family and your friends in the years ahead.

May His peace be with you this season & throughout the year to come!

A handwritten signature in blue ink that reads "David M. Smith".

David Smith
Executive Director
Summit Counseling

Presenting **30 REASONS** to SUPPORT the MISSION of the SUMMIT

1-6

1 Leadership. Summit is the leading catalyst promoting behavioral health and emotional well-being in North Fulton County.

2 Experience. Summit is a trusted and treasured community partner with 30 years of faithful service to Greater North Atlanta.

3 Vision. Summit envisions a community where everyone, without exception, (children, teens, adults and seniors), has full access to professional, spiritually integrated, behavioral healthcare.



4 Trust. Summit is a Guidestar Gold Star Award recipient ranking among the top 5% of non-profits nation-wide in financial transparency.

5 Community. Summit is actively striving to serve every segment of our community from emotional survival for police officers to raising the bar of mental health with bartenders.

6 Satisfaction. Summit customer satisfaction survey conducted in 2019 indicated that 83% of Summit clients “strongly agree” and 16% “agree” that they are satisfied with the counseling and care they have received at The Summit.

Presenting **30 REASONS** to SUPPORT the MISSION of the SUMMIT

7-12

7 Early Intervention. Summit is committed to treating youth. 75% of mental illness presents itself by the age of 24. Because early intervention is a priority, 66% of Summit clients are between age 3 and 24.

8 Awareness. Summit's staff conducts 200+ events annually through our partners, in an effort to raise awareness regarding mental health issues.

9 Education. Summit conducts pro bono best practice trainings such as Mental Health 101, ASSIST Suicide Training, Mental Health First Aid & Trusted Adult Training.



10 Affordability. Summit works year-round to raise \$1M+ each year to provide Client Assistance Funds and program services and to make counseling available to all seeking help.

11 Accessibility. Summit is a rapidly expanding network with a Main Office, 5 Satellite locations and 28 Summit OnSite locations.

12 Partnership. Summit proudly partners with dozens of major community stakeholder organizations to maximize missional impact.

Presenting 30 REASONS

to SUPPORT the MISSION of the SUMMIT

13-18

13 Collaboration. Summit leads the North Fulton Mental Health Collaborative convening 50 to 100 community leaders monthly to address topics and solutions related to behavioral health.

14 Staff. Summit has a total staff of over 50 personnel, 37 therapists in 33 locations, and is well positioned to “move mountains” when it comes to behavioral health in North Fulton and beyond.

15 Students. Summit is the largest provider of school-based therapy for students in north Fulton through the work of 17 Summit OnSite therapists in 28 schools.



16 Supervision. Summit’s therapists receive supervision and training to grow in their profession and rate the quality of their supervision as ‘very high’.

17 Integration. Summit provides an integrated approach that promotes healing of Body, Mind, Spirit and Community.

18 Specialization. Summit offers multiple areas of specialization to serve a broad spectrum of people including such services as play therapy, alcohol and substance abuse, EMDR trauma therapy and Dialectical Behavior Therapy (DBT) for emotional dysregulation.

Presenting **30 REASONS** to SUPPORT the MISSION of the SUMMIT

19–24

19 **Quality.** Summit employs Master's level, state licensed therapists who provide professional, integrated counseling.

20 **Accountability.** Summit is governed by 12 Board of Directors that meet monthly with the Executive Leadership Team to ensure accountability.

21 **Partnership.** Summit partners with local schools, businesses, churches and healthcare organizations to meet their counseling, education and consulting needs.

22 **Accreditation.** Summit is fully accredited by The Solihten Institute insuring administrative, clinical, and fiscal accountability to our clients, donors and supporters.

23 **Community.** Summit serves our community by providing counseling, consulting and educational services that are responsive to community needs and strengthen our community.

24 **Confidentiality.** Summit is strongly committed to client privacy and confidentiality at every level of the counseling experience.



Presenting 30 REASONS

to SUPPORT the MISSION of the SUMMIT

25 – 30

25 Diversity. Summit is committed to being an inclusive community that increasingly reflects and supports a diversified Atlanta area population.

26 Scheduling. Summit's front office first impression team is committed to helping clients select the counselor who is the best fit possible for them.

27 Resilience. Summit recently experienced a devastating flood at its Main Office. Within two business days the entire operation was back up and running at near full capacity.

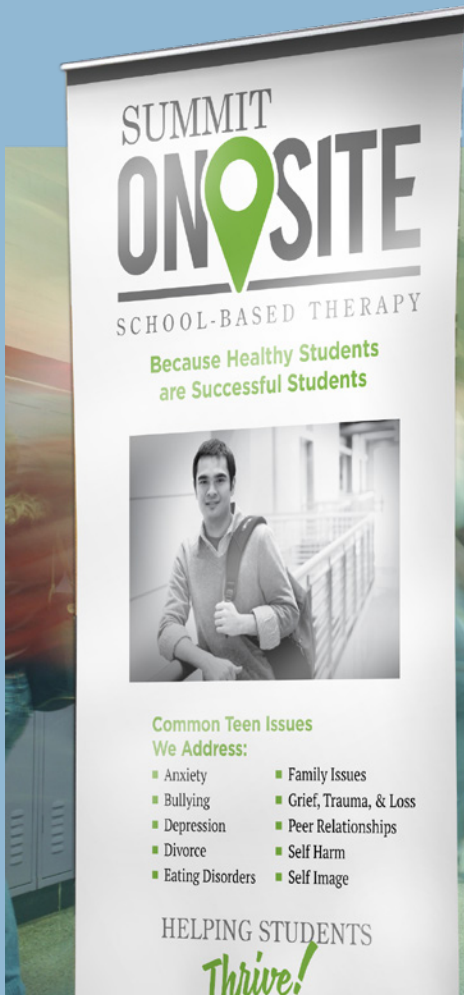


28 Play. Summit has 8 therapists on staff that offer play therapy to help children ages 3-11 better express themselves to their therapists.

29 Crisis Response. Summit responds pro bono to our community partners with a tailored team of therapists in times of crisis such as suicide that effects a school.

30 Groups. Summit provides a wide array of groups for all ages from social skills for kids to grief support groups for adults and much more.


Expanding ACCESSIBILITY



SUMMIT
ON SITE

SCHOOL-BASED THERAPY

Because Healthy Students
are Successful Students



**Common Teen Issues
We Address:**

- Anxiety
- Bullying
- Depression
- Divorce
- Eating Disorders
- Family Issues
- Grief, Trauma, & Loss
- Peer Relationships
- Self Harm
- Self Image

HELPING STUDENTS
Thrive!



Summit OnSite is a partnership between Fulton County Schools and Summit Counseling Center to offer confidential mental health therapy. Conveniently located in 28 area public schools, students have the option to see their therapist at school during the day or at one of our offsite locations in the evening or on weekends.

This flexibility allows the therapist to quickly intervene so children get the help they need to achieve their best at school. From anxiety, bullying, depression, divorce, grief, self-harm, substance abuse or suicidal ideation, Summit is “OnSite” for Students.



One Therapist's Story

Our Client, Maria*

I remember the first time I met Maria. She walked into my office with her head down, hood up, and tentatively sat in the chair opposite me. She continued looking down as she told me that she didn't know how to keep living any longer. She shared feeling hopeless and lost without a purpose or belief that anything could be positive for her. When we started talking she slowly shared that as a child she had been continually victimized by a family member. Afterwards whenever she told anyone about it, they told her to stop over-exaggerating. She felt alone and like no one cared what happened to her. Maria's only way of knowing how to deal with those feelings was hurting herself repeatedly. Over the next few months, we worked together to help her find hope. After the first month, she met my eyes and smiled when telling me that she stopped self-harming. After the third month, she told me that she couldn't remember the last time she thought about killing herself. In our last session together, we almost started crying as we talked about how far she has come. She smiled and told me about her hopes for college and the friendships she was developing. Maria said that even after all she had faced, she knew that she was worth something. She told me that she finally felt like she was the main character in her life story and that it could be a story worth telling.



Summit OnSite provided 2,757 counseling sessions to 487 at risk students in Fulton & DeKalb Counties in 2018-19 alone.

**Name changed to protect confidentiality*

OUR ANNUAL *Fund Raising* EVENTS

The Summit has four major seasonal fund-raising efforts. Each Event provides an exciting opportunity for Summit Supporters to participate and together make a *big difference* by raising money to help the Summit move mountains in our community.



Summit Rocks

In Autumn, this event at Johns Creek draws over 1000 concert-goers!



Summit Society

Annual Fund in Winter, attracts last chance tax deductible charitable donations.



Summit Gala

This event in Spring unmasks stigma before 600 Community leaders.



Summit Golf Classic

This event in Summer allows golfers to lower handicaps and raise money.

Summit Counseling LOCATIONS

Since 1990, Summit Counseling has been a trusted community partner; bringing hope, healing, and restoration to children, teens, adults, couples, and families. Through our partnerships with local community organizations, the Summit serves North Atlanta at 33 locations. Whatever your background, you will find us respectful, open, and encouraging.

► Main Office

- 1 📍 2750 Old Alabama Rd, Johns Creek

► Satellite Offices

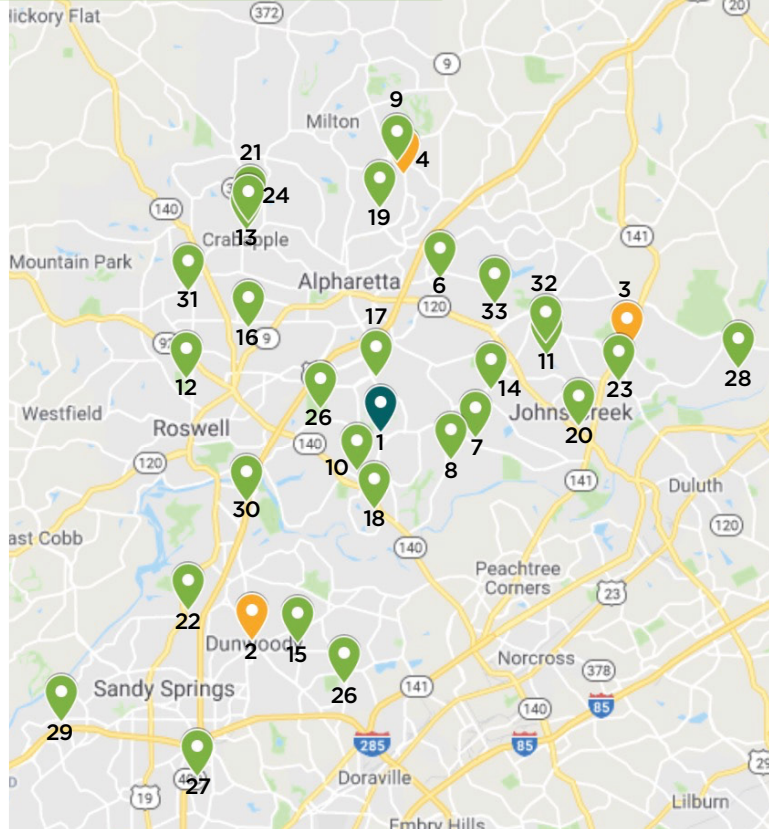
- 2 📍 5054 Nandina Ln, Dunwoody
- 3 📍 11180 Medlock Bridge Rd, Johns Creek
- 4 📍 13680 GA-9, Milton
- 5 📍 770 Canton Hwy, Cumming

► OnSite Locations



Onsite Locations Services are available only to the students and staff at each school listed.

- 6 📍 Alpharetta High School
- 7 📍 Autrey Mill Middle School
- 8 📍 Barnwell Elementary School
- 9 📍 Cambridge High School
- 10 📍 Centennial High School
- 11 📍 Chattahoochee High School
- 12 📍 Crabapple Middle School
- 13 📍 Crabapple Crossing Elementary School
- 14 📍 Dolvin Elementary School
- 15 📍 Dunwoody High School
- 16 📍 Elkins Pointe Middle School
- 17 📍 Haynes Bridge Middle School
- 18 📍 Holcomb Bridge Middle School
- 19 📍 Hopewell Middle School
- 20 📍 Johns Creek High School
- 21 📍 Milton High School
- 22 📍 North Springs High School
- 23 📍 Northview High School
- 24 📍 Northwestern Middle School
- 25 📍 Northwood Elementary School
- 26 📍 Peachtree Middle School
- 27 📍 Ridgeview Charter Middle School
- 28 📍 River Trail Middle School
- 29 📍 Riverwood International Charter School
- 30 📍 Sandy Springs Charter Middle School
- 31 📍 Sweet Apple Elementary School
- 32 📍 Taylor Road Middle School
- 33 📍 Webb Bridge Middle School



Summit Counseling provides care during each season of life:

Adults Wellness cultivated
Transitions Hope renewed
Couples Relationships revived
Families Families strengthened
Parenting Parents equipped
Kids Kids celebrated

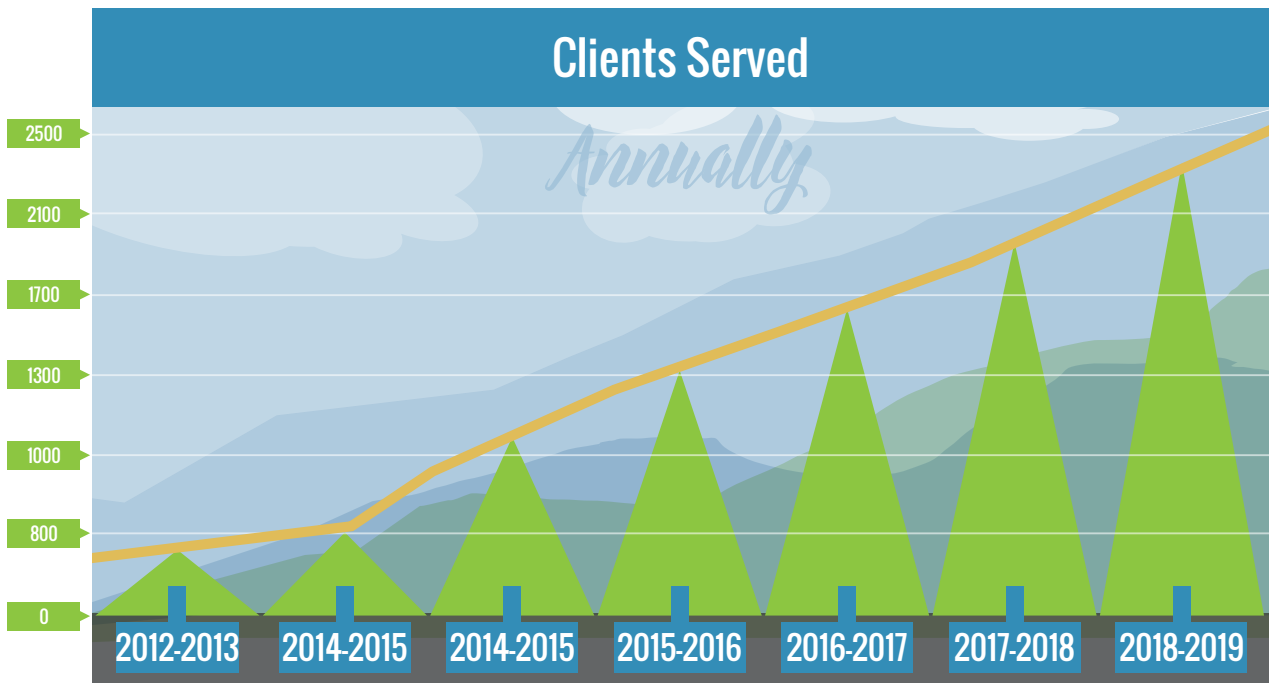
Teens Teens empowered
College Futures navigated
Worklife Leadership inspired
Recovery Freedom reclaimed
Churches Ministry enhanced



Call: 678-893-5300
Visit: SummitCounseling.org

THE *Mountain* of **GROWING NEEDS**

As North Fulton asks the Summit, as a community-focused non-profit, to rise to meet the growing demand for behavioral healthcare needs for at-risk youth and low income families, so too does the need to increase community participation in sharing the burden.



Since 2012, the number of Clients seen has increased by 212%.

Therapy Hours

22,000

Annually

Subsidized Funds

\$600,000

Annually

678-893-5300



SummitCounseling.org

THE *Mountain* of GROWING NEEDS

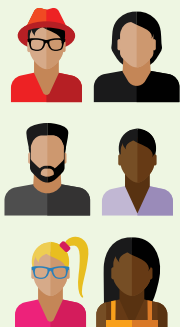
Summit Client Demographics



| Gender | Client Count |
|-------------|--------------|
| Female | 1267 |
| Male | 943 |
| Unspecified | 203 |



| Ethnicity | Client Count |
|---------------|--------------|
| Hispanic | 160 |
| Non-Hispanic | 1481 |
| Not Specified | 772 |



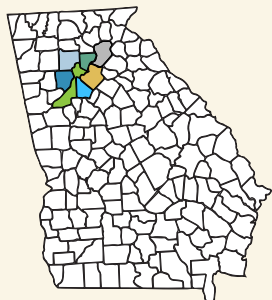
| Race | Client Count |
|--------------------------------------|--------------|
| American Indian | 7 |
| Asian | 74 |
| Black/African-American | 189 |
| Native Hawaiian/ Pacific Islander | 6 |
| Not Specified | 594 |
| Two or More | 34 |
| White | 1509 |

THE *Mountain* of **GROWING NEEDS**

Summit Client Demographics *continued*



| Age | Client Count |
|------------|--------------|
| 17 & Under | 1057 |
| 18 to 23 | 383 |
| 24 to 55 | 614 |



| County | Client Count |
|---------------|--------------|
| Fulton | 1278 |
| Not Available | 414 |
| Forsyth | 245 |
| Gwinnett | 219 |
| DeKalb | 142 |
| Cherokee | 41 |
| Cobb | 34 |
| Hall | 9 |
| Misc | 31 |



Summit Clients Served 2018-2019:

2413

Mountains Moved

Wonderful DONORS

that **SUPPORT** the MISSION of the SUMMIT

\$100,000 & Higher

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\$50,000 - \$99,999

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North Point Ministries

\$25,000 - \$49,999

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Emory Johns Creek Hospital

\$10,000 - \$24,999

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Dunwoody United Methodist Church
Northside Hospital

\$5,000 - \$9,999

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\$1,000 - \$2,499

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that SUPPORT the MISSION of the SUMMIT

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Scott Schuck
Randy Schwartzman
Greg Seawright
James Spencer
Rebecca Williams

**"KID, YOU'LL MOVE MOUNTAINS!
YOU'RE OFF TO GREAT PLACES.
TODAY IS YOUR DAY!
YOUR MOUNTAIN IS WAITING.
SO...GET ON YOUR WAY!"**

—Dr. Seuss

678-893-5300



SummitCounseling.org

Fantastic COMMUNITY PARTNERS

that SUPPORT the MISSION of the SUMMIT

BE-RICH



buckhead
church



cure
CHILDHOOD CANCER



EMORY
JOHNS CREEK
HOSPITAL



Fulton
County Schools
Where Students Come First



THE GEORGE LINK JR.
CHARITABLE TRUST



GWINNETT
CHURCH

HomeStretch™
temporary housing • permanent solutions



mount pisgah
CHRISTIAN SCHOOL



NORTH
SIDE
HOSPITAL



WITH YOUR SUPPORT
MOUNTAINS
Are Being
MOVED
and lives being saved.



Mountain Moving OPPORTUNITIES

A gift of any size can go a long way in the effort to make services available to all persons without regard for their ability to pay. Our goal in generosity is 100% participation. Which is easiest for you?

1

Online at secure site:

SummitCounseling.org/give

2

Or, mail your check to:

Summit Counseling

2750 Old Alabama Rd., #200

Johns Creek, GA 30022

All Gifts To The Summit Are Tax-Deductible.

*Your gift will make such a big difference
in our quest to help families thrive.*

Thank you!

678-893-5300



SummitCounseling.org