

2017-18 SUMMIT ANNUAL REPORT

Together SE (CAN) MOVE









Achieving Mental Wellness In Our Community

Envision a COMMUNITY where everyone.

where everyone, without exception, (children, teens, young adults, adults, senior adults) have full access to the professional, spiritually-integrated behavioral healthcare they need.

Together, we can move mountains of Stigma,
Accessibility, Affordability, and Growing Needs, which are the real barriers to mental healthcare.



Mountain of STIGMA

Stigma Kills. Due to general ignorance and the resulting shame around the topic of mental illness, the average person is delayed 8 to 10 years from the onset of mental illness from seeking and receiving the treatment they need.

Normalizing the Conversation. The Summit is the leading catalyst in North Fulton, engaging community leaders and families in an on-going dialogue and facilitating over 200 events each year in our schools, churches, businesses, non-profits, etc.



Mental health problems can be hard for anyone to cope with, but it can be made worse by having to deal with stigma, misunderstanding or discrimination from others. Many will not seek support due to this stigma. Summit believes the "mask" should be removed - no one should feel embarrassed to seek mental health care.

Mountain of ACCESSIBILITY

Convenient Locations. Multiplying the number of convenient locations where people already live, work, and play (also learn and worship) that offer counseling is strategic in removing a major barrier to receiving healthcare.

Lack of Transportation. Not everyone has access to available or reliable transportation. Less convenient it is the less likely a child, teen, or senior adult is to receive care.



Research has shown that persons with serious mental disabilities travel less than others, and that poor access to public transport leads to social isolation and aggravates symptoms. Ample access to transportation or multiplying close proximity locations for treatment has the opposite effect.

Mountain of AFFORDABILITY

Professional Healthcare is Costly.

Bottom-line is quality healthcare is never cheap. Same is true of receiving help from a Master's level state licensed professional counselor (LPC) or doctoral level neuro-psychologist.

Client Assistance Funds (CAF) level the Playing
Field. They do this by making wellness possible for
everyone. Clients receive care based upon their ability
to pay. Private pay clients are people with the ability
to pay for their own therapy. Insurance covered
clients are people who receive a superbill from the
Summit, pay a deductible and submit the rest for
reimbursement from their insurance carrier. Sliding
scale clients receive care based upon a sliding scale
fee structure. And low-resource students that qualify
for the lunch program receive pro bono counseling so
that no student is ever turned away who needs help.



Summit Counseling operates on a sliding-scale payment system, and raises Client Assistance Funds making care more affordable, and thus more accessible.







ON SITE

Summit OnSite is a partnership between Fulton County Schools and

Summit Counseling Center to offer confidential mental health therapy. Conveniently located in 17 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.

Climber's Story: Gracey

Gracey's* family had been through a lot of change. Her mother lived in another country and her father was often away. Gracey experienced suicidal ideation and needed support. Her family could not afford sessions, but with the Client Assistance Funds (CAF) she was able to receive free counseling at school for 14 sessions. Transportation was an additional problem for the family. Fortunately, Summit OnSite eliminated that barrier by having counselors present during school. In spite of the lack of support at home, Gracey now has a safe place to express herself and her emotions in session. By being able to process her family's situation, Gracey is less distracted during classes and has learned healthy coping skills to manage stress. Through the support of donors, Gracey was and is able to receive the help she needs to navigate her high school experience.



Summit OnSite program is on track to provide 1600 individual counseling sessions to more than 400 at risk students in Fulton County Schools in 2018-19 school year 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

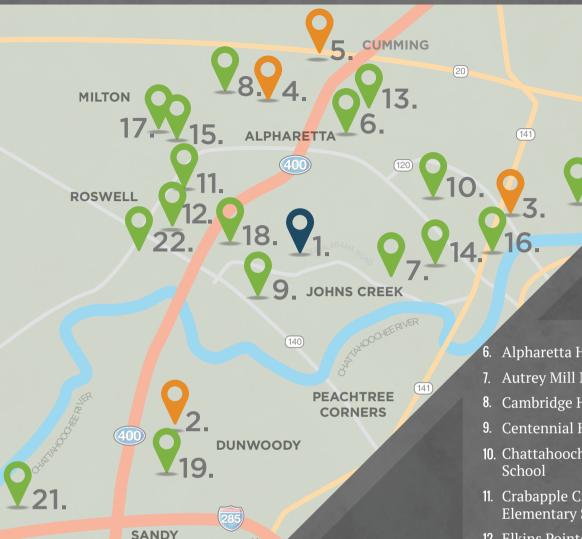
This event in Spring unmasks stigma before 600 Community leaders.



Summit Golf Classic

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

SUMMIT COUNSELING LOCATIONS



Summit strives to place counselors in close proximity to where people groups, such as students (in schools) and communicants (in faith communities), already gather. This level of accessibility increases the likelihood that all people will receive professional mental healthcare.

SPRINGS

1. MAIN OFFICE

2750 Old Alabama Rd., Suite 200 Johns Creek, GA 30022

5054 Nandina Lane, Suite B Dunwoody, GA 30338

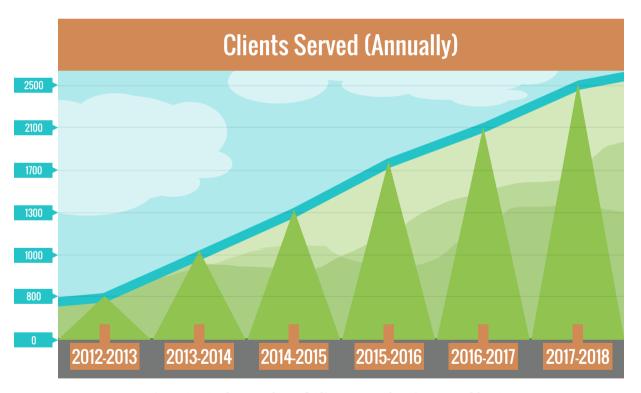
- 3. 11180 Medlock Bridge Rd. Johns Creek, GA 30097
- **4**. 13680 Highway 9 North Building G, Suite 500 Milton, GA 30004
- 5. 770 Canton Hwy Cumming, GA 30040



- Alpharetta High School
- 7. Autrey Mill Middle School
- 8. Cambridge High School
- 9. Centennial High School
- 10. Chattahoochee High
- 11. Crabapple Crossing Elementary School
- 12. Elkins Pointe Middle School
- 13. Hopewell Middle School
- 14. Johns Creek High School
- **15**. Milton High School
- **16**. Northview High School
- 17. Northwestern Middle School
- 18. Northwood Elementary School
- 19. North Springs Charter High School
- 20. River Trail Middle School
- 21. Riverwood International Charter School
- **22**. Sweet Apple Elementary School

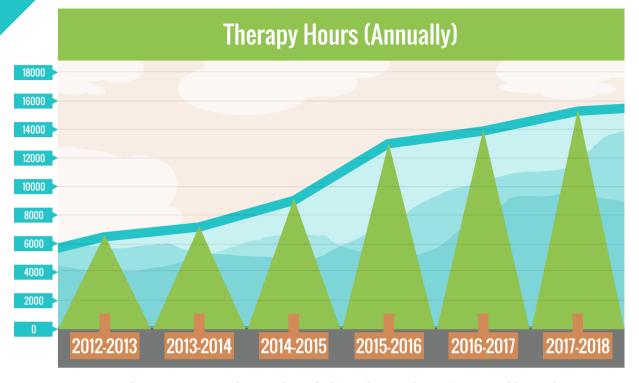
Mountain of GROWING NEEDS

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.

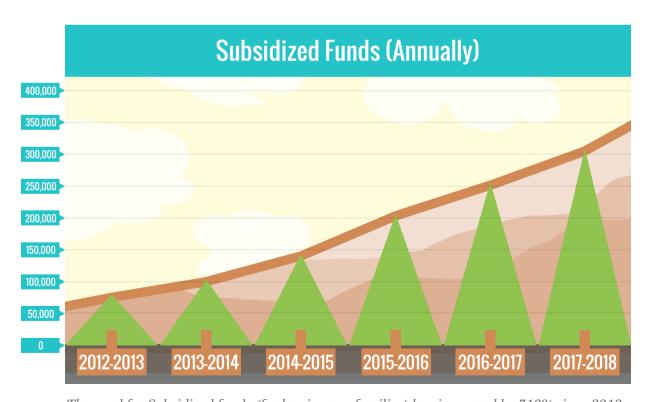


Since 2012, the number of Clients seen has increased by 212%.

[4] (cont)



In the past 6 years, the number of Client therapy hours increased by 125%.



The need for Subsidized funds (for low income families) has increased by 310% since 2012.

* Giving OPTIONS

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?

Online at secure site:

SummitCounseling.org/give

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.

678-893-5300

SummitCounseling.org