



Meeting People ***Where They Are***

Achieving Mental Wellness In Our Community



www.SummitCounseling.org

2019–20 Annual Report



"I'm extremely proud of the work we've done together (Fulton County Government and The Summit) in driving and really breaking down the conversation around mental health as well as breaking down the barriers to awareness, accessibility and affordability and ensuring that all the citizens of North Fulton have quality behavioral healthcare."

— Commissioner Bob Ellis, District 2, Fulton County Government

Summit Mission & Vision

The Summit is a leading 501c3 non-profit outpatient counseling center serving all six major North Fulton cities with additional locations in both DeKalb and Gwinnett Counties.

The Summit Counseling Center provides professional counseling, consultation and education services utilizing an integrated approach to care for the whole person – Body, Mind, Spirit, and Relationships.

*With your support, The Summit envisions a community where everyone, without exception will have full access to professional behavioral healthcare services. **Together, we can make a difference by removing the barriers to Awareness, Accessibility and Affordability that stand in the way of mental health in our community.***



A Message from Executive Director, David M. Smith

Dear Friends of The Summit,

To say that this year has been a year like none other would be an understatement. As a result of fallout from COVID-19 a substantially higher number of kids, teens, adults and seniors suffer in silence with increased anxiety, depression, grief, isolation, financial stress, relational conflicts, suicidal ideation, trauma, as well as job uncertainty and more.

Yet, despite logistical challenges posed by the global pandemic, through your on-going support, our therapists are **"meeting people where they are"** virtually anywhere, more than ever before... at home, at school, at your office or ours... in-person or via telehealth!

I never cease to be amazed by the providential provision provided through your generous sacrificial giving and advocacy through online giving, in-kind gifts, volunteering, stocks, charitable giving funds, event sponsorships, business partnerships, family foundation grants and government support.

Your support continues to move mountains (barriers) by providing tens of thousands of life-giving and life-saving clinical hours to thousands of people this past year by making counseling acceptable (removing stigma), accessible (increasing access) and affordable (reducing cost).

At the end of the day, this and every Summit Annual Report is a heartfelt gratitude report. Gratitude for your passion. Gratitude for your compassion. Gratitude for our partnership, in bringing hope and healing to your families and neighbors, through our shared mission at The Summit.

Now more than ever, my prayer is that your family's every need will be met abundantly as you continue your faithful support of bringing hope and healing to the hurting families of our community.

May His peace and joy fill your heart this season and throughout what we believe, by faith, will be a blessed one in the year to come!

David M. Smith, Executive Director
The Summit Counseling Center



Beth: A Client Story

Beth (not her real name) is an emergency room nurse who came to The Summit for help dealing with trauma flashbacks. She is one of those kind-hearted heroes who volunteered to work with COVID-19 patients in New York when the Coronavirus pandemic began. During her time in New York, she worked 7 days a week, 12 hours a day for 5 weeks, surrounded by disease, death and grief.

Compelled by her faith, she felt it important that those dying didn't die alone and that they were comforted in their final moments on this earth. She also felt it important that their bodies were treated with dignity and respect after they passed. Beth returned home exhausted and traumatized, finding it difficult to detach from the sights, sounds and smells of her time on the COVID-19 unit.

Beth started working with her Summit therapist a couple of months after her return. During their third session, they worked on de-traumatizing her memory. At the beginning of the session, Beth stated that her anxiety and horror were at a 9 on a scale of 0 to 10. By the end of the session, she said she could remember the events, but felt they were at a 3 out of 10 and she felt more sad, than traumatized. The following week, she reported she no longer was experiencing any nightmares or intrusive thoughts about the events and found herself surprisingly laughing in amazement at how the anxiety had just melted away.

This is the joy we get to participate in at The Summit – watching the power of healing in action, watching people find freedom from the tyranny of their trauma, watching them embrace love and truth and ultimately find peace of mind.



2019-20 Highlights

Response to Covid-19

Austerity Measures

Confronting the financial challenges posed by COVID-19, The Summit took stringent measures to reduce expenses through payroll and operational reductions while being guided by a commitment to continue to meet the social and emotional needs of our community in the process.

Video Therapy

Since the onset of COVID-19 was announced in mid-March of 2020, every Summit therapist completed a 12-hour certification program in teletherapy and has access to their own HIPAA compliant Zoom (video conference) platform to serve their clients anytime that it is the best available option.

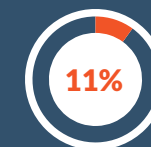
Today The Summit's counselors are "meeting people where they are" at home or school, in their office or ours. This also provides counselors the ability to conveniently and legally serve clients anywhere in the entire state of Georgia; something that was not viable previously.

The COVID-19 pandemic is having a significant impact on our mental health. According to a recent CDC study:

All Adults



40% reported an **adverse mental/behavioral health condition.**



11% seriously considered **suicide.**

Young Adults (18-24)



75% reported an **adverse mental/behavioral health condition.**



25% seriously considered **suicide.**



“Through our partnership with The Summit our students are able to access both on-campus and off-campus mental wellness services and other life-saving support. When it comes to educating the whole child, we simply cannot do this work without them.”

— Dr. Chris Matthews, Assistant Superintendent of Student Support Services, Fulton County Schools

2019-20 Highlights (cont.)

Summit Onsite Program

(School-Based Therapy)

Research shows that students are more likely to seek counseling when services are available in schools. That is why The Summit partners with local private schools and public school districts to provide school-based counseling services in our community.

This past year, 16 Summit OnSite therapists provided services to 1665 students in 28 Fulton & DeKalb County elementary, middle and high schools throughout the north Atlanta suburbs.

School-based services include: Individual and group therapy for students, consultation with school administrators, mental health awareness presentations for parents and teachers and suicide prevention training for students, staff and parents.



2019-20 Highlights (cont.)

Mental Health Awareness & Suicide Prevention

The topics of mental health and the growing suicide epidemic continued to be a growing concern over the previous 12 months. In 2019-2020 The Summit therapists and partners conducted 200+ mental health awareness and education events to an estimated 2,000 adults in our community, both in person and through video conferencing.

Mental illness does not discriminate... anyone can be affected, regardless of age, race, religion or income. However, people are still afraid to talk about it due to shame, misunderstanding, negative attitudes and fear of discrimination.

1 in 5 U.S. adults experience mental illness each year.



Suicide is the **2nd leading** cause of death among people aged 10-34.



1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.

The Summit is committed to creating a well-informed and stigma free community by encouraging open conversations and education on mental health topics. Workshops included the following trainings:

Signs of Suicide Trusted Adult Training (SOS), Mental Health 101, Maternal Mental Health, Building Resilience in Youth, Soul Shop, Mental Health First Aid (MHFA), and Applied Suicide Intervention Skills Training (ASIST)

“The Summit has become a critical partner with Fulton County as we work to address the mental health needs of our community, especially in the area of teen suicide. We’ve partnered with The Summit to address these needs and they are amazing in their ability to reach these young people at the time of their crisis. We couldn’t do it without them!”

— Commissioner Liz Hausmann, District 1, Fulton County Government



2019-20 Highlights (cont.)

Diversity Training in Schools & The Workplace

Cultivating greater understanding and acceptance in the melting pot that is the United States of America was front and center this past year. Racial equality and social justice are prominent in our nation's headlines and among our highest felt needs as a society and local community.

In FY 2019-20 the Summit hosted trainings empowering hundreds of students and adults to empathize on a greater level with those from different backgrounds than themselves.

Embracing diversity is more than inclusion... it's about listening, learning and understanding the unique things about one's race, color, ethnicity, sexual orientation, religion, gender, age and physical and mental abilities that make each of us different and unique individuals. The Summit designed the **DREAM Diversity Workshop** to be an interactive experience in diversity sensitivity and social justice in the areas of:

Developing Sense of Identity

Recognizing Importance of Diversity

Ensuring Justice Through Better Understanding of Injustice

Acting to Implement Change

Making an Impact at a Local Level

Online Mental Health Screenings

Taking an online screening is a quick and easy way to *'help meet people where they are'* to determine whether one is experiencing symptoms of a mental health condition. **The Summit provided well over a thousand online free mental health screenings to both individuals and organizations in FY 2019-20.**

Designed to provide a safe and anonymous way for individuals to check in on their mental health, our online self-assessments allow users to screen for the following conditions:

Alcohol or Substance Misuse, Anxiety, Bipolar, Depression, Disordered Eating, Opioid Misuse, Posttraumatic Stress, Psychosis, Well-Being

2019-20 Highlights (cont.)

FY 2019-20 Fund-Raising Events

The Summit held five successful, seasonal fund-raising efforts in Fiscal Year 2019-20. Each event provided a meaningful opportunity for The Summit's supporters to come together to make a huge difference by raising funds to help The Summit's therapists *"meet people where (ever) they are."*



Fall - Summit Rocks

On Saturday, October 12, 2019, 1300 raving fans gathered in peace, love and harmony on a glorious autumn evening to sing, dance and party to the number one musical act of its genre in the world today...The Yacht Rock Revue. A record **\$170,000** (net) proceeds were raised and an amazing time was had by all.



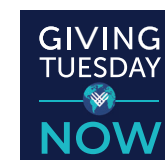
Winter - Summit Society (Calendar) Year End Giving Campaign

During the several weeks of thanks and giving preceding December 31, 2019, supporters generously gave over **\$140,000** in tax-deductible charitable checks, family foundation gifts, as well as online and stock donations.



Spring - Summit Gala

Amy Grant, the Queen of Christian pop, graced our stage at the Hotel at Avalon on Saturday, February 15, 2020 as 500 The Summit supporters dressed to impress and gave until it helped; to the sum of an all-time high of **\$350,000** (net) raised to promote community mental wellness throughout the neighborhoods of North Fulton.



Spring - Summit Giving Tuesday

On Tuesday May 5, 2020, a day of global unity and giving, millions of people expressed their generosity through advocacy of causes, time and money through Giving Tuesday. The Summit was the recipient of more than **\$15,000** to help serve struggling families on this special day during a period of quarantine and great uncertainty.



Summer - Summit Gives (Fiscal) Year End Giving Campaign

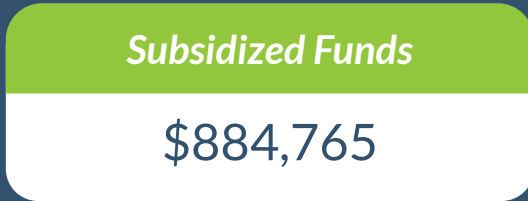
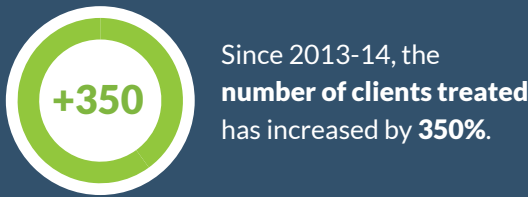
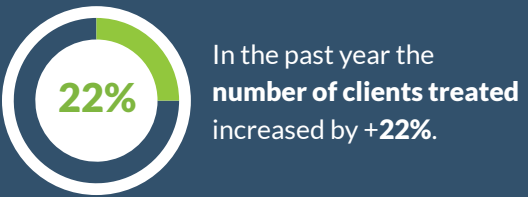
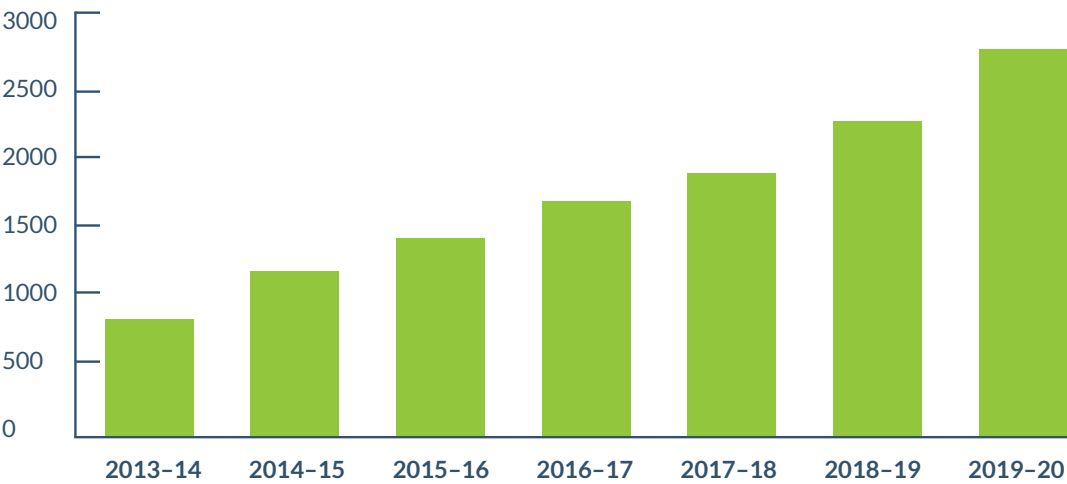
A Fiscal Year End Giving Campaign replaced our Annual Summit Golf Classic which was postponed due to COVID-19. Supporters rallied together like champs to pull together **\$107,000** (net) in sorely needed funding to help The Summit get through a dry summer.

Meeting More Clients

Where They Are

Each year The Summit and supporters have risen to the challenge to serve the growing number of clients in need of behavioral health services.

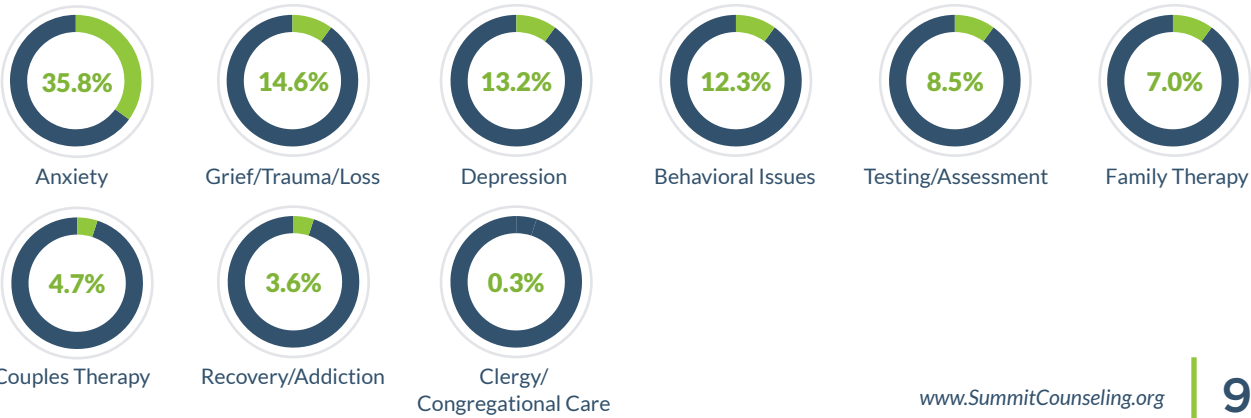
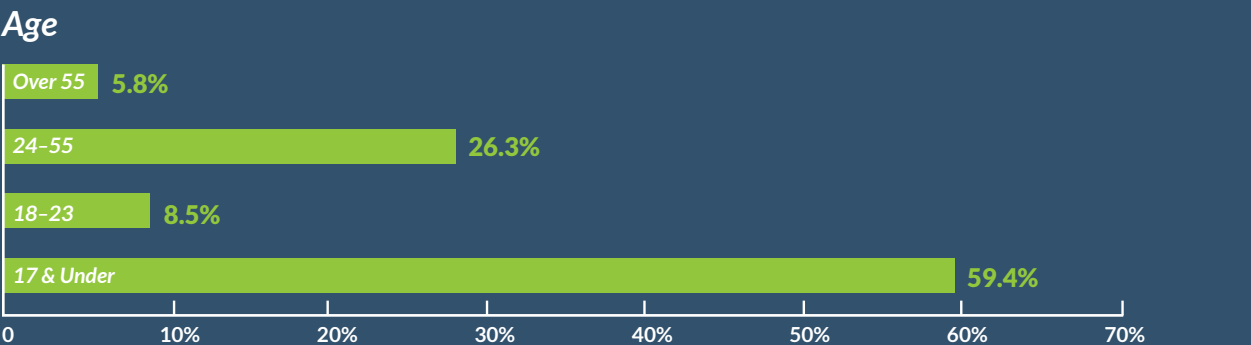
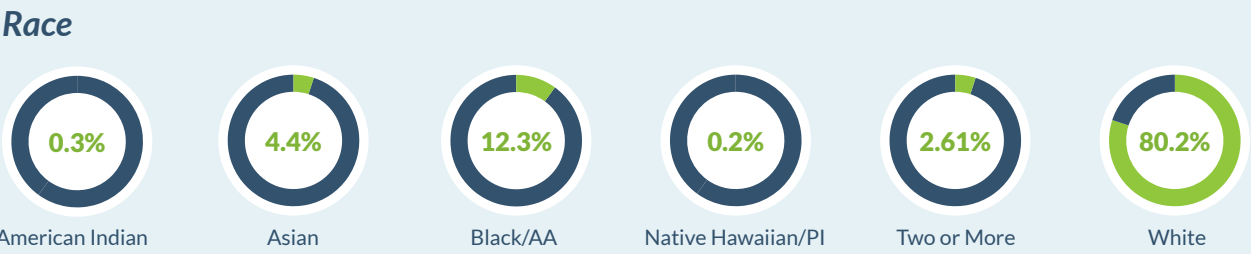
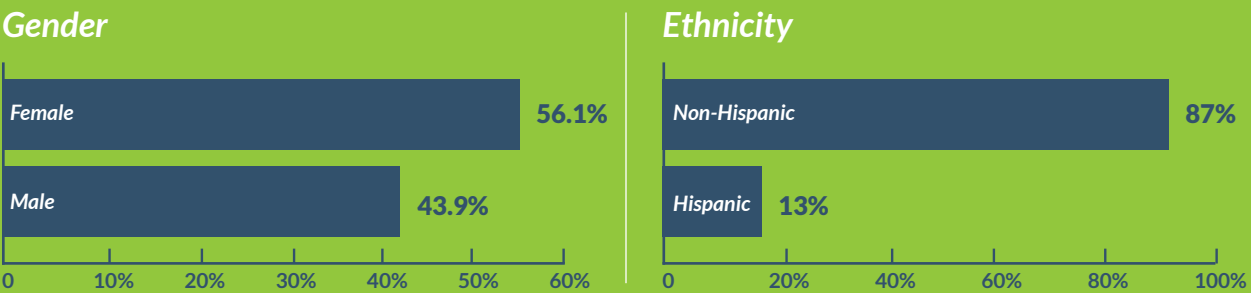
2818 Clients Served in 2019-2020



Meeting People

At Their Point Of Need

When it comes to mental health, one size does not fit all. Our services at The Summit are designed to meet each individual where they are, at every age and stage of life.





The Summit Counseling Locations

Since 1990, The Summit 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 34 locations. Whatever your background, you will find us respectful, open and encouraging.

> Main Office

- 1 📍 2750 Old Alabama Rd, Johns Creek

> Satellite Offices

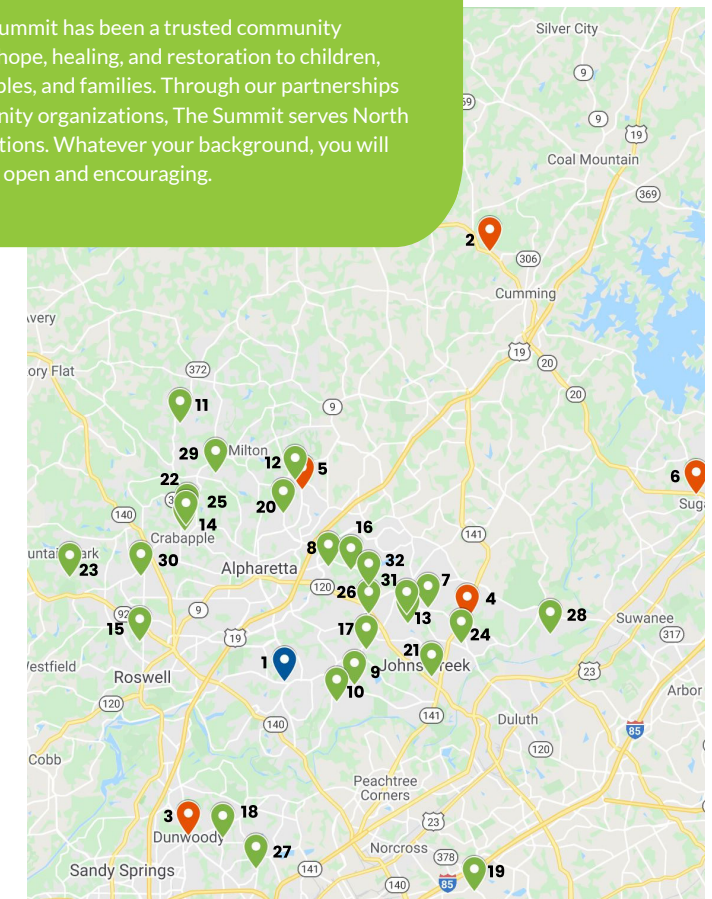
- 2 📍 770 Canton Hwy, Cumming
3 📍 5054 Nandina Ln, Dunwoody
4 📍 11180 Medlock Bridge Rd, Johns Creek
5 📍 13680 GA-9, Milton
6 📍 4600 Nelson Brogdon Blvd, Sugar Hill

> OnSite Locations



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

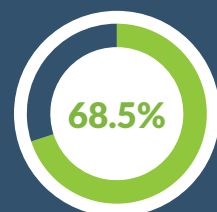
- 7 📍 Abbotts Hill Elementary School
8 📍 Alpharetta High School
9 📍 Autrey Mill Middle School
10 📍 Barnwell Elementary School
11 📍 Birmingham Falls Elementary School
12 📍 Cambridge High School
13 📍 Chattahoochee High School
14 📍 Crabapple Crossing Elementary School
15 📍 Crabapple Middle School
16 📍 Creek View Elementary School
17 📍 Dolvin Elementary School
18 📍 Dunwoody High School
19 📍 Greater Atlanta Christian School
20 📍 Hopewell Middle School
21 📍 Johns Creek High School
22 📍 Milton High School
23 📍 Mountain Park Elementary School
24 📍 North View High School
25 📍 Northwestern Middle School
26 📍 Ocee Elementary School
27 📍 Peachtree Middle School
28 📍 River Trail Middle School
29 📍 Summit Hill Elementary School
30 📍 Sweet Apple Elementary School
31 📍 Taylor Road Middle School
32 📍 Webb Bridge Middle School



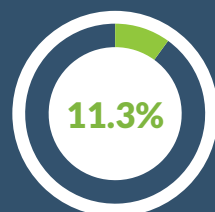
Meeting People

Throughout Our Community

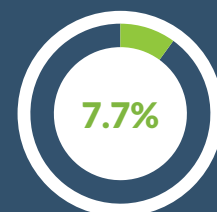
The Summit has historically seen clients almost exclusively from North Fulton. Today, we are seeing a growing number from surrounding counties as indicated below.



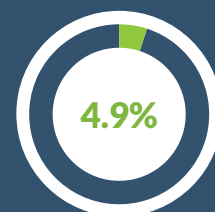
Fulton



Gwinnett



Forsyth



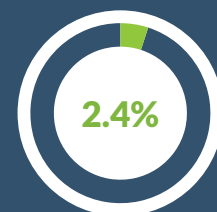
DeKalb



Cobb



Cherokee



Other

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

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Our Amazing Community Partners That Support The Mission Of The Summit

We value our relationship with these schools, businesses, non-profit organizations, foundations and faith communities that relate to us as an extension of their own mission and support us through an ongoing referral relationship.















Our Fantastic Business Partners That Support The Mission Of The Summit

EMORY
JOHNS CREEK
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How To Help People
Where They Are

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

Meeting People Where They Are
Through Servant Leadership

Summit Counseling is blessed with a dedicated group of Board Members with diversified experience and expertise who are committed to the mission of The Summit.

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www.SummitCounseling.org
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