

Together, We Can Make A Difference

Summit Counseling Center
Business Partnership



www.SummitCounseling.org



Together, We Can Make A Difference!

"Summit Counseling 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

A Very Special Invitation

As a recognized business leader that invests generously in our community, you are invited into a valued partnership with The Summit to cultivate mental wellness and wellbeing throughout Greater North Atlanta.

Confronting the financial challenges posed by COVID-19, The Summit has taken stringent measures to reduce expenses through payroll and operational reductions while being guided by a commitment to meet the social and emotional needs of our community. Through your sponsorship investment in The Summit you will help us reach our **annual goal of \$1.5 million that is necessary to provide 30,000 clinical hours of hope and healing** to over 3,500 children, teens and adults in FY 2020-21.

With your support, we envision 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 social, emotional and mental well-being for our community.





Awareness

Due to stigma and the resulting shame around the topic of mental illness, the average person is delayed up to 11 years from the onset of mental illness to seeking and receiving the treatment they need.

The Summit is a leading catalyst in normalizing the conversation surrounding mental health through engaging community leaders and families in an on-going dialogue and facilitating over 200 trainings and workshops each year in our schools, churches, businesses and community at large.

Accessibility

The Summit has strategically placed our main office, five satellite locations and twenty-five school-based offices throughout our community, allowing our clinical team to serve our community where they live, work, and learn. In 2019 we served over 3,000 individuals, couples and families.

When the COVID-19 pandemic struck our community, we quickly pivoted to have each of our therapists trained and certified in tele-mental health and secured a HIPAA-compliant platform that now positions us to provide on-going video therapy, allowing even greater accessibility for those in need.

Affordability

The cost of healthcare is never cheap and the same is true for mental health. With high insurance deductibles and inequity in the way that mental health services are covered, it is often hard for individuals and families to afford the services they need. In 2019 The Summit raised over \$914,000 in client assistance funds that served 1,178 clients.

We know that 2020-21 will be a year like none other as we face the fallout caused by the dual impact of COVID-19 and social unrest that include:

- The critical need for mental health resources to address the anxiety, loss and trauma in our community.
- **The financial support needed for families whose income has been dramatically affected by the economic impact of COVID-19.**

Meeting the Mental Health Needs of Our Community

Good mental health is critical to a child's success in both school and life.



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

Suicide is the **2nd** leading cause of death for children aged 10 to 24 in Georgia.



In 2019, more than

61,000

Georgia students in 6th through 12th grades reported harming themselves, nearly

78,000

reported having seriously considered attempting suicide and nearly

40,000

reported attempting suicide.

50% of all lifetime mental illness begins by age 14, and **75%** by age 24.



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

School-based services include:

- Individual Therapy for Students
- Group Therapy for Students
- Consultation with School Administration
- Mental Health Awareness Presentations for Parents & Teachers
- Suicide Prevention for Students, Staff and Parents

"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



Left untreated, mental illness can make it challenging to live everyday life.

The good news is there are effective treatments that allow people to recover and live long and healthy lives. The Summit's team of diversely trained clinicians walk alongside each client on their journey to recovery from:

ADHD

Alcohol/Substance Misuse

Anger Management

Anxiety and Panic Disorders

Autism Spectrum Disorder

Bipolar Disorder

Borderline Personality Disorder

Depression

Divorce/Separation

Eating Disorders

Family Conflict

Grief

Life Transitions

Marital/Couple Distress

Self-harm

Suicidal Ideation

Trauma/PTSD

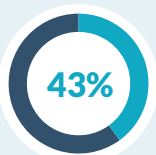


1 in 5 U.S. adults experience mental illness each year.

Depression is the **leading** cause of disability worldwide.



Anxiety disorders affect **40 million** adults in the U.S. each year.



Only **43.3% of U.S. adults** with mental illness received treatment in 2018.



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders.



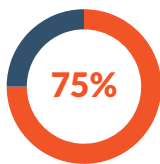
The overall **suicide rate** in the U.S. has increased **31%** since 2001.

The average delay between symptom onset and treatment is

11 YEARS



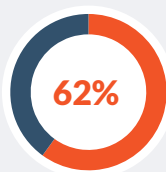
As a business partner, The Summit will work with your company to help prioritize employee mental health as part of your overall workforce health strategy.



According to research done by Kaiser Permanente, about **75% of employees** have struggled with an issue that affected their mental health.



Yet, **8 out of 10 workers** with a mental health condition say shame and stigma prevent them from seeking mental health care. That's a problem for individuals, but it's also a problem for employers — because untreated mental health conditions cost American companies billions every year.



62% of missed workdays can be attributed to mental health conditions.



Mental illness is the **single** greatest cause of worker disability worldwide.

Mental Health Awareness & Suicide Prevention

When “I” is replaced by “we” even illness becomes wellness. The Summit is committed to creating a well-informed and stigma-free community by encouraging open conversations and education on mental health topics. Our team is available to provide a 1-hour presentation on Mental Health 101, a 1-day workshop on Mental Health First Aid, or a presentation customized to meet the specific needs of your organization.



Online Mental Health Screenings

Taking an online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. 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

By providing employers with a statistical overview report each month, they can prioritize the full health of their employees by addressing mental health and substance misuse in the most effective ways.

Diversity in the Workplace

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 enhance your existing diversity programs through an interactive experience in diversity sensitivity and social justice in the areas of:

Developing Sense of Identity

Recognizing the Importance of Diversity

Ensuring Justice Through a Better Understanding of Injustice

Acting to Implement Change

Making an Impact at a Local Level

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Business Partnership Levels

\$50,000

- Opportunity to Apply Contribution Towards Sponsorship of The Summit's Fundraising Events
- Link to Screening for Mental Health Online Screenings on Your Company's Website
- Monthly Screening Report for Your Company
- 4 Workplace Trainings (25 attendees each)
 - Mental Health First Aid in the Workplace Training
 - DREAM Diversity Training
- Monthly Blogs for Your Company's Newsletter
- Company Logo Recognition on Website Homepage, Partner Page and in Annual Report

\$25,000

- Opportunity to Apply Contribution Towards Sponsorship of The Summit's Fundraising Events
- Link to Screening for Mental Health Online Screenings on Your Company's Website
- Monthly Screening Report for Your Company
- 2 Workplace Trainings (25 attendees each)
 - Mental Health First Aid in the Workplace Training
 - DREAM Diversity Training
- Monthly Blogs for Your Company's Newsletter
- Company Logo Recognition on Website Homepage, Partner Page and in Annual Report

\$10,000

- Opportunity to Apply Contribution Towards Sponsorship of The Summit's Fundraising Events
- Link to Screening for Mental Health Online Screenings on Your Company's Website
- 1 Workplace Training (25 attendees each)
 - Mental Health First Aid in the Workplace Training
 - DREAM Diversity Training
- Monthly Blogs for Your Company's Newsletter
- Company Name Recognition on Website Partner Page and in Annual Report

\$5,000

- Opportunity to Apply Contribution Towards Sponsorship of The Summit's Fundraising Events
- Link to Screening for Mental Health Online Screenings on Your Company's Website
- 50% Discount for 1 Workplace Training (25 attendees each)
 - Mental Health First Aid in the Workplace Training
 - DREAM Diversity Training
- Monthly Blogs for Your Company's Newsletter
- Company Name Recognition on Website Partner Page and in Annual Report

Will You Join Us?

Together, with your help, we can make a BIG difference in the emotional wellness of our community. Through your investment in The Summit, you can help us reach our goal of **\$1.5 million** and make it possible to provide over 30,000 clinical hours of counseling to more than 3,500 kids, teens, and adults in FY 2020-21.

"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

For more information about Summit Counseling Center's services and partnership opportunities contact:

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www.SummitCounseling.org • 678-893-5300