



Meeting People **Where They Are**

Achieving Mental Wellness In Our Community



www.SummitCounseling.org

2021-22 Annual Report



"Coming back from Covid has been a challenging adjustment for everyone, especially our students. The extended lack of in-person social contact and structure that school typically provides impacted our students as they grappled with challenges associated with reentering school after such a long disruption - not just to their academic learning, but their social learning as well. I am grateful for our mental health partner, Summit Counseling."

— Kibbey S. Crumbley, EdD Zone 7 Superintendent Fulton County Schools

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,

At The Summit, we continue to change and adapt and are grateful for the opportunity to serve our community! We continue to emerge from the COVID Pandemic – the greatest public health and mental health – challenge of our time!

We now know that more people globally and locally experienced symptoms of anxiety and depression in the first year of the pandemic according to the World Health Organization. In the U.S., therapists and public health experts continue to raise alarms about the state of mental health – particularly among children and adolescents.

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, job uncertainty and more.

We now know that the technological shift to telehealth that helped us to continue providing services during the pandemic is here to stay. While providing less telehealth services now than at the height of the pandemic, Summit therapists now work in a permanently “hybrid” environment. Through your on-going support, our therapists are “meeting people where they are” virtually anywhere, more than ever before... at home, at school, at their office or ours... in-person or via telehealth!

The Summit has continued to be blessed by 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 remove the barriers to mental wellness 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).

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.

May peace and joy be yours this season and may the coming year be a time of hope and blessing for you and your family!

David M. Smith, Executive Director
The Summit Counseling Center



Claire's Journey: A Client Story

Claire (not her real name) is a high school student who started to see a Summit therapist after coming in for a required suicide assessment. She had seen several therapists in the past and this was her 4th suicide assessment. She had also been self-harming for the past 2 years with nothing helping the suicidal thoughts or self-harm. After making sure she was safe, we started working together using DBT. She and her parent did our classes and started learning skills and using them at home. In individual sessions, we worked together on making sure she knew when to use skills and how to identify/understand herself and her emotions.

Claire started to slowly make progress and we started to see her lengthen time in between self-harming instances. She also brought her DBT book to church and shared with youth pastors. Eventually she went a month without a suicidal thought. Then it went longer and longer. She brought her DBT book to school and started sharing skills with teachers. It's been 4 years and she only comes in occasionally for therapy and check in. She now goes to school, has a job, and has positive relationships with family and friends. She feels more in control of her life and her emotions!

DBT is one of the top supported evidence-based therapies used to address suicidality, self-harm, treatment-resistant depression, anxiety, bipolar, trauma, and borderline personality disorder. Using concrete tools along with focus on mindfulness, DBT teaches clients to manage their emotional distress by finding balance between the dialectics in our lives.



"I am grateful for our mental health partner Summit Counseling who has been 1. available to listen to our students' needs and 2. willing to support our students who need it most. Parents have told me they are grateful for the on-site counseling option Summit provides through the private/public partnership they share with Fulton County Schools. As our school communities continue to rebound from the pandemic, now more than ever, we are thankful for the positive influence of the counselors who, with parent consent, guide students in need to improved mental health, ultimately improving their chances for successful academic outcomes."

— Kibbey S. Crumbley, EdD Zone 7 Superintendent Fulton County Schools

2021-22 Highlights

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, 17 Summit OnSite therapists provided services to 658 students in 31 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.



2021-22 Highlights (cont.)

FY 2021–22 Fund-Raising Events

The Summit held three successful, seasonal fund-raising efforts in Fiscal Year 2021-22. 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.”*



Winter: Summit Rocks Matching Campaign

The Summit was unable to hold the Summit Rocks concert in October as planned. The Summit pivoted to hold an online fundraising campaign called the Summit Rocks Matching Campaign with a goal of \$200,000. \$100,000 were secured in anonymous matching funds ahead of the campaign launch. The campaign kicked off in October of 2021 and ended on the last day of November 2021 raising a cumulative total of **\$206,191**.



Spring - Summit Gala

Ray Ray McElrathbey featured in the Disney Plus movie *Safety* rocked the stage with his truly raw story of hope and resilience. Over 375 Summit supporters dressed to impress for this remarkable even of giving back. The event raised over **\$525,000** to promote community mental wellness throughout the neighborhoods of North Metro Atlanta.



Summer - Summit Golf Classic

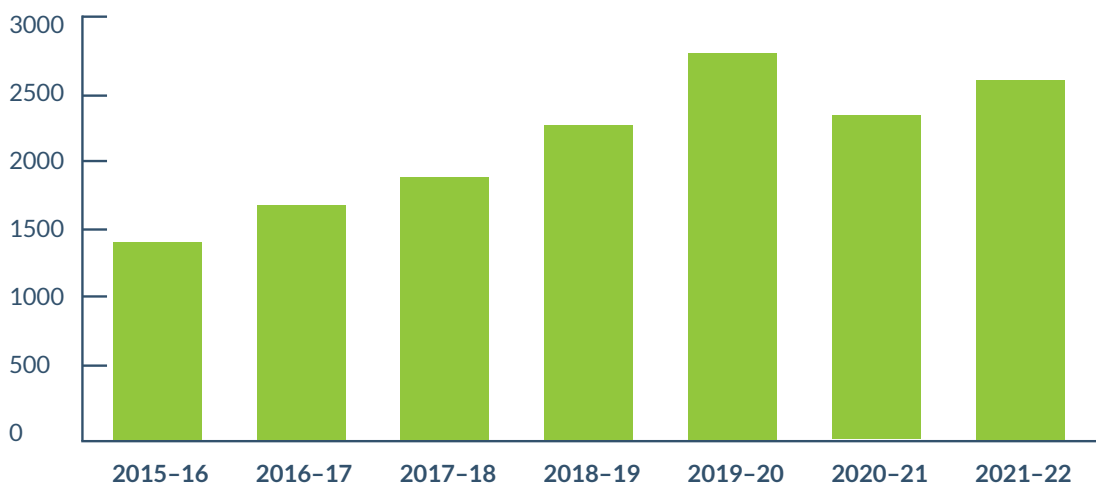
The 16th Annual Summit Golf Classic took place on June 20th, 2022 at Country Club of the South. The tournament raised a Summit record-breaking of **\$117,000** to support the vital mission of The Summit Counseling Center.

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.

2660 Clients Served in 2021-2022



Therapy Hours

21,870

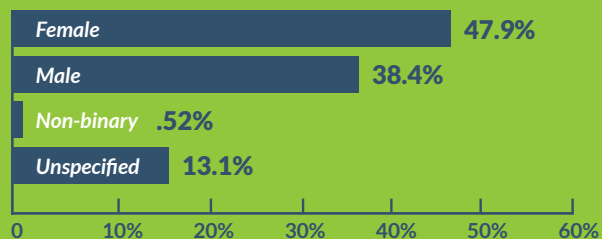
Subsidized Funds

\$337,974

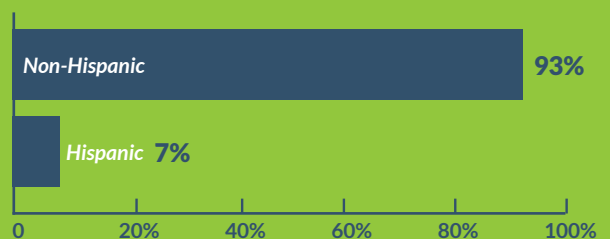
Meeting People At Their Point Of Need

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.

Gender



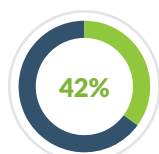
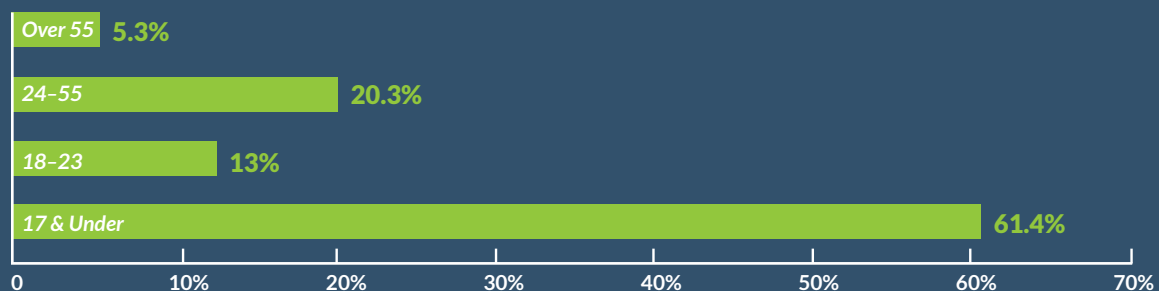
Ethnicity



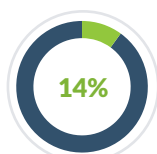
Race



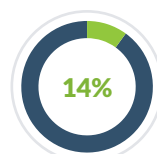
Age



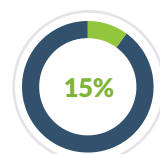
Anxiety



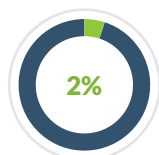
Depression



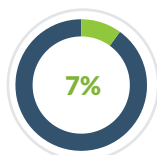
Behavioral Issues



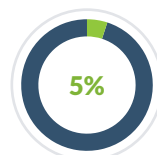
Grief/Trauma/Loss



Recovery/Addiction



Family Therapy



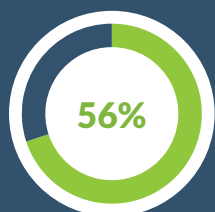
Couples Therapy



Meeting People

Throughout Our Community

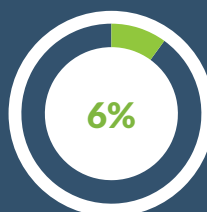
The Summit has historically seen clients almost exclusively from North Fulton. Today, we are seeing a growing number from surrounding counties as indicated below.



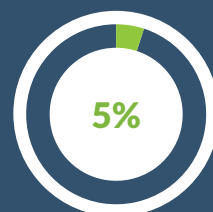
Fulton



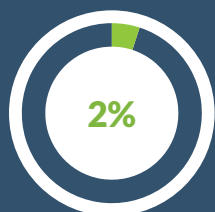
Gwinnett



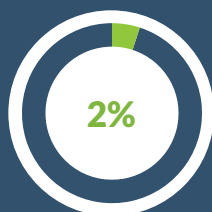
Forsyth



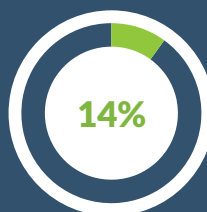
DeKalb



Cobb



Cherokee



Other

Our Wonderful Donors That Support The Mission Of The Summit

\$50,000 – \$99,999

J. David & Cindy Smith
John & Susie Trautwein

\$25,000 – \$49,999

William Osterbrock
Scott & Stacey Vansant
Doug Williams

\$10,000 – \$24,999

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Bruce Barfield
Mike & Lauren Edmonds
Jay Geier
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Russell Rindik
Mark & Jane Schilling
Marshall & Terri Turner
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\$2500 – \$4999

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Michael Stolz
Randy Winchester

\$1,000 – \$2499

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Garret & Cindy Dvorsky
Bob & Jennifer Ellis
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Jeff Ferry
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Terry Horner
Ali Howard
Mark Jennings
Kelly Keeter
Tony Kepano
Richard Kerns
Robin Kilgore
Bill & Paula Lohnes

Donors List *(Continued)*

Connie McIntyre
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Paul Pinto
Valerie Scott
Paul Shiman
Russ & Isa Spencer
Matt Toddy
Bradley Tucker
Janis Volkommer
Brian Washburne
Cynthia Weaver
Marie Woods

\$500 – \$999

Lester & Kathleen Archambeau
Larry Brownlee
Dr. Nathan & Jennifer Butzen
Bennett Carpenter
Didi Chapdelaine
Betsy Craig
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Eki Ehigiamusoe
Fred Erler
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John Fitzgibbons
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Carlin Hanza
Brandy Hogan
Dozier Hood
Brooks Kieffer
Dr. Christopher & Denise Leggett
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Stephen & Linda McCain
David McMiller
Tressie Norrell
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Josette Perez
Mathew Pinson
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Cliff & Katie Reeves
Alcindor Shaw
Colleen Solomon
Julie Smith
John & Katha Stuart
The Mimosas
Alan Toland
Cristina Weatherby
Chris & Amanda York

\$250 – \$499

Paul Aase
JoAnn Akers
Cameron Austin
France Badia
Scott Brady
Charlie Brock
Joyce Bryant

Didi Chapdelaine
Amy Consoli
Dean Crownover
John Curry
David Duke
Michael Friedlander
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Matt & Victoria Rooks
Beth Schilling
Clarke Scott
Anne Sessa
Taveres Stephens
Trent Sunde
Mark Vasquez
Mary Williamson
Jack Wolfe

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.

The Abreu Foundation



The Atlanta Foundation



BE RICH

The Branan Foundation



The Frances Wood Wilson Foundation



Jesse Parkers Williams Fund



John & Mary Franklin Foundation



Mary Allen Lindsey Branan Foundation



Walter G. Canipe Foundation



Our Fantastic Business Partners That Support The Mission Of The Summit





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.

Our Board of Directors

J. David Smith, Board Chair

Lisa Amundsen, Board Member

Lester Archambeau, Board Member

Ray Bachman, Board Member

Karen Ford, Board Member

Andy Gibson, Board Member

Keith Griffin, Board Member

Justin Y. Hester, Board Member

Andrew Johnson, Board Member

Quentin "Q" Jones, Board Member

Steve Korb, Board Member

Dr. Chris Leggett, Board Member

Chuck McElroy, Board Member

Bill McLendon, Board Member

Karlee Middlebrooks, Board Member

Fran Millar, Board Member

Jim Pope, Board Member

Jane Schilling, Board Member

Stephanie Skipper, Board Member

Marshall Turner, Board Member

Scott Vansant, Board Member

Barbara Williams, Board Member

Rev. Steve Wood, Ex-Officio
Board Member



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.

Which is easiest for you?

1. Online at secure site:
[SummitCounseling.org/give](https://www.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.



www.SummitCounseling.org
678-893-5300

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 32 locations. Whatever your background, you will find us respectful, open and encouraging.

1. Main Office

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

2. Dunwoody Satellite Location

Dunwoody UMC,
1548 Mt. Vernon Rd., Dunwoody, GA 30338

3. Johns Creek Satellite Location

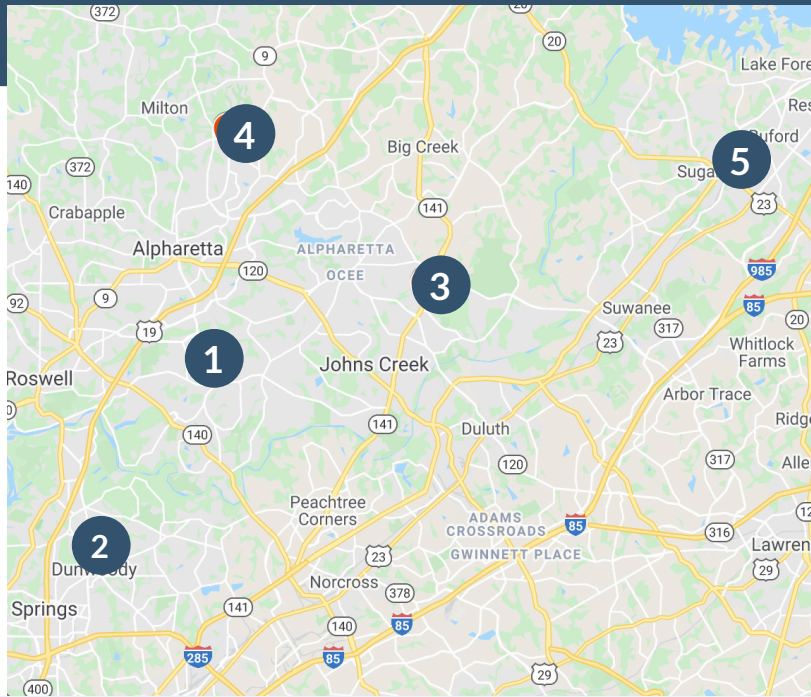
Johns Creek UMC
11180 Medlock Bridge Rd, Johns Creek, GA 30097

4. Milton Satellite Location

Bethany Bend Village
13680 Highway 9 North, Building G, Suite 500
Milton, GA 30004

5. Sugar Hill Satellite Location

Church On The Hill
4600 Nelson Brogdon Blvd, Sugar Hill, GA 30518



Summit OnSite Locations

Abbotts Hill Elementary School
5575 Abbotts Bridge Rd
Johns Creek, GA 30097

Alpharetta Elementary School
192 Mayfield Rd
Alpharetta, GA 30009

Alpharetta High School
3595 Webb Bridge Rd
Alpharetta, GA 30005

Autrey Mill Middle School
4110 Old Alabama Rd
Johns Creek, GA 30005

Barnwell Elementary School
9425 Barnwell Rd
Johns Creek, GA 30022

Birmingham Falls Elementary School
14865 Birmingham Hwy
Milton, GA 30004

Cambridge High School
2845 Bethany Bend
Milton, GA 30004

Chattahoochee High School
5230 Taylor Rd
Johns Creek, GA 30022

Crabapple Crossing Elementary School
12775 Birmingham Hwy
Milton, GA 30004

Crabapple Middle School
10700 Crabapple Rd
Roswell, GA 30075

Creek View Elementary School
3995 Webb Bridge Rd
Alpharetta, GA 30005

Dolvin Elementary School
10495 Jones Bridge Rd
Johns Creek, GA 30022

Dunwoody High School
5035 Vermack Rd
Dunwoody, GA 30338

Esther Jackson Elementary School
1400 Martin Rd
Roswell, GA 30076

Findley Oaks Elementary School
5880 Findley Chase Dr
Johns Creek, GA 30097

Greater Atlanta Christian School
1575 Indian Trail Lilburn Rd NW
Norcross, GA 30093

Hopewell Middle School
13060 Cogburn Rd
Alpharetta, GA 30004

Innovation Academy
125 Milton Ave
Alpharetta, GA 30009

Johns Creek High School
5575 State Bridge Rd
Johns Creek, GA 30022

Lake Windward Elementary School
11770 E. Fox Ct
Alpharetta, GA 30005

Milton High School
13025 Birmingham Hwy
Milton, GA 30004

Mountain Park Elementary School
11895 Mountain Park Rd
Roswell, GA 30075

Northview High School
10625 Parsons Rd
Johns Creek, GA 30097

Northwestern Middle School
12805 Birmingham Hwy
Milton, GA 30004

Ocee Elementary School
4375 Kimball Bridge Rd
Johns Creek, GA 30022

Peachtree Middle School
4664 N Peachtree Rd
Atlanta, GA 30338

River Trail Middle School
10795 Rogers Circle
Johns Creek, GA 30097

Summit Hill Elementary School
13855 Providence Rd
Alpharetta, GA 30004

Sweet Apple Elementary School
12025 Etris Rd
Roswell, GA 30075

Taylor Road Middle School
5150 Taylor Rd
Johns Creek, GA 30022

Webb Bridge Middle School
4455 Webb Bridge Rd
Alpharetta, GA 30005