

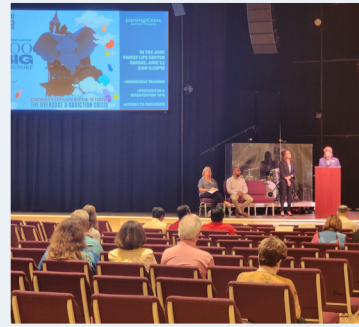


2750 Old Alabama Rd., Suite 200  
Johns Creek, GA 30022

### Community Insights

by Cathy Murphy, Director of Community Outreach

The Summit's team is out and about in the community! Whether they are speaking to a business group about well-being in the workplace, providing mental health awareness workshops, or participating in a third-party fundraising event hosted by one of our partners...our team believes that it is important to meet people where they are....at work, school, their place of worship...and even where they play (a community 5K)! During the month of May, we had the opportunity to partner with the ATL Braves and pitcher Kyle Wright to talk about our school-based program and the importance of mental well-being. You can visit our website to view the video. Our therapists have also been busy presenting to many of our local organizations including CURE Childhood Cancer, Women's Clinic of Atlanta, Jack and Jill of America, Stonecreek Church, Dunwoody UMC, She is Safe, Johns Creek Interfaith Alliance, and City of Johns Creek, just to name a few! If you are interested in learning more about our Mental Health Awareness and Suicide Prevention program, contact me, Cathy Murphy, at 678-893-5304 or cmurphy@summitcounseling.org.



### The Summit @ Dunwoody Open House

Wednesday, September 13th  
4:30 - 7:00 PM  
@ Dunwoody Office (View address on page 6)  
Registration not required - we hope to see you there!

**4:30 - 6:00 PM Meet & Greet:** Tour our offices and meet our team of therapists  
**6:00 - 7:00 PM Let's Talk About Our Kids:** Join Summit therapists for an open discussion about anxiety and bullying



Anxiety Presentation by Madeline Redetzky, LPC



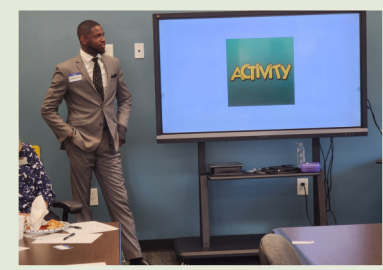
Golf Women Mean Business Presentation by Lanota Fludd, LPC



Summit @ Milton Open House



For The Love of Ryan 5K Fun Run/Walk



North Fulton Community Charities Presentation by Nehemiah McClendon, LADC



View All Upcoming Community Outreach Events

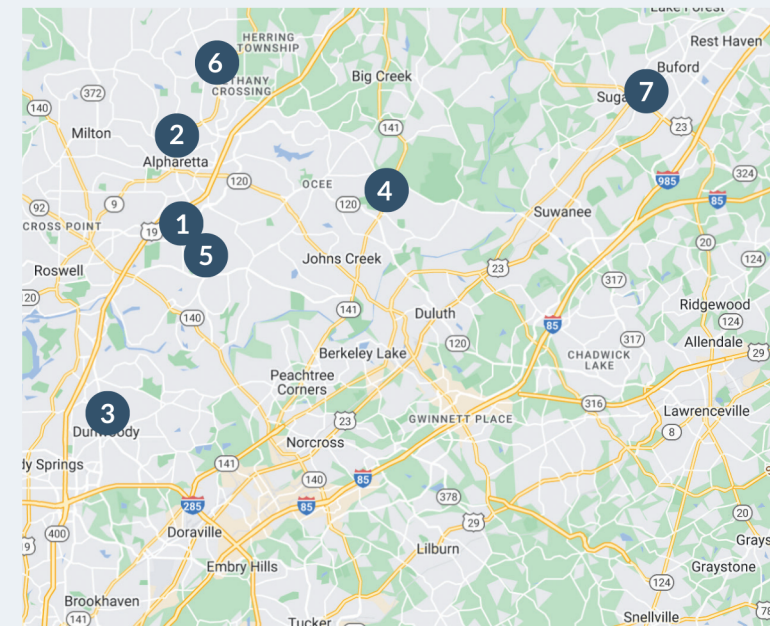


Atlanta Women's Clinic Co-Parenting Presentation by Terresha Anthony, LCSW and Nathan Butzen, PsyD

The Summit is a trusted 501(c)(3) nonprofit community counseling organization that has helped individuals, couples, and families in north metro Atlanta experience hope, healing, and restoration since 1990. Summit therapists offer professional counseling integrating body, mind, spirit, and relationships.

### The Summit Counseling Locations

- 1. Alpharetta Office**  
3800 Mansell Rd, Ste 100, Alpharetta, GA 30022
- 2. Alpharetta Office (Summer Only)**  
59 North Main St, Alpharetta, GA 30009
- 3. Dunwoody Office**  
1548 Mt Vernon Rd, Dunwoody, GA 30338
- 4. Johns Creek Office**  
11180 Medlock Bridge Rd, Johns Creek, GA 30098
- 5. Johns Creek Office**  
2750 Old Alabama Rd, Johns Creek, GA 30022
- 6. Milton Office**  
13680 Hwy 9 North, Bldg G, Ste 500, Milton, GA 30004
- 7. Sugar Hill Office**  
4600 Nelson Brogdon Blvd, Sugar Hill, GA 30518



### Summit OnSite Locations

- |                                    |                                      |                                 |                               |
|------------------------------------|--------------------------------------|---------------------------------|-------------------------------|
| Abbotts Hill Elementary School     | Crabapple Crossing Elementary School | Hopewell Middle School          | Ocee Elementary School        |
| Alpharetta Elementary School       | Crabapple Middle School              | Innovation Academy              | Peachtree Middle School       |
| Alpharetta High School             | Creek View Elementary School         | Johns Creek High School         | River Trail Middle School     |
| Autrey Mill Middle School          | Dolvin Elementary School             | Lake Windward Elementary School | Summit Hill Elementary School |
| Barnwell Elementary School         | Dunwoody High School                 | Milton High School              | Sweet Apple Elementary School |
| Birmingham Falls Elementary School | Esther Jackson Elementary School     | Mountain Park Elementary School | Taylor Road Middle School     |
| Cambridge High School              | Findley Oaks Elementary School       | Northview High School           | Webb Bridge Middle School     |
| Chattahoochee High School          | Greater Atlanta Christian School     | Northwestern Middle School      |                               |

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# THE OVERLOOK

by Summit Counseling Center - Summer 2023

### From Our Executive Director

by David Smith, M.Div., M.A., LPC

Welcome to the inaugural edition of The Overlook. In addition to providing individual and family counseling services, The Summit focuses on providing mental health awareness and suicide prevention resources to the communities we serve. Whether you are a director of human resources, medical provider, school administrator, community leader, or an individual who would benefit personally from mental health resources, we hope that you find this information helpful.

The Summit has been a mental health provider in North Fulton for over 30 years and have expanded our facilities to include:

- Alpharetta
- Dunwoody
- Milton
- Johns Creek
- Sugar Hill
- 31 Public & Private Schools
- View a full listing of locations on page 6



When it comes to mental health, one size does not fit all. With over 30 therapists on staff, our goal is to meet each individual where they are at every age and stage of life. From children as young as 3-years old to a growing retirement population, we have a trained team of therapist whose specialties include:

- Addiction
- Anxiety
- Depression
- Grief & Loss
- Psychological Testing & Assessments
- Relationships (Couples & Family)
- Suicidal Ideation
- Trauma

Visit our website at [SummitCounseling.org](http://SummitCounseling.org) for a full listing of our services and biographies on each of our therapists.

In addition to our office locations, we also partner with many schools, faith organizations, healthcare providers, and other nonprofits to provide mental health services to their constituents. If you are interested in learning more about our services and how we can partner directly with your organization, please reach out to me personally at [dsmith@summitcounseling.org](mailto:dsmith@summitcounseling.org). Together, we can make a difference!

David M. Smith, M.Div./M.A.

Executive Director | Licensed Professional Counselor



[summitcounseling.org](http://summitcounseling.org)

@SummitCounselingAtlanta

(678) 893-5300

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[info@summitcounseling.org](mailto:info@summitcounseling.org)

[tinyurl.com/summitcoctr](https://tinyurl.com/summitcoctr)



The Summit Counseling Center provides professional counseling, psychological services, school-based mental health and community education services utilizing an integrated approach to care for individuals and families - Body, Mind, Spirit, and Relationships. We envision a community where everyone, without exception, will have full access to professional, integrative behavioral healthcare services.

Common Issues We Address:

- Anger Management, Anxiety, Career/Work Issues, Communication Skills, Couples Counseling, Depression, Divorce/Separation, Eating Disorders, Emotional & Physical Abuse, Family Conflict, Grief & Loss, Parent-Child Relationships, Postpartum Issues, Spiritual Issues, Trauma & PTSD, Social Skills, Substance Misuse, Suicidal Ideation, And more



The North Fulton Mental Health Collaborative is normalizing the conversation surrounding mental health through engaging community leaders and families in an on-going dialogue to promote mental health awareness and suicide prevention in our faith communities, schools, businesses, and community at large.

At our most recent meeting, The United Way of Greater Atlanta presented findings on the 2023 Child Well-Being Index - a set of 14 measures to use as a tool to help regions assess how children, families, and communities are doing in order to drive transformative results for the next generation



Save the Date for Our Next Meetings!

Ken Burns Presents: Hiding In Plain Sight - Film Screening & Panel Discussion Thursday, August 31st 9:30 AM Networking, 10:00 AM - 12:30 PM Film Screening & Panel Discussion Vinebranch Chapel at Alpharetta First UMC | 69 N Main St., Alpharetta

Hiding in Plain Sight focuses on more than 20 young people who provide an intimate look at what it's like to experience the symptoms of mental illness, from depression to addiction to suicide ideation. The film includes insights from families, providers, and advocates and explores the impact of childhood trauma, stigma, and social media. Join us for a morning of education, connection, and inspiration - together, we can make a difference!

Addressing the Opioid Epidemic Thursday, November 30th

The Impact of Social Media Thursday, February 29th

The Intersection of Faith & Mental Health Thursday, April 28th

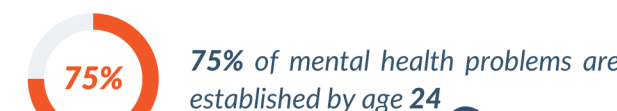
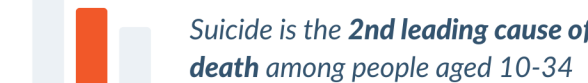
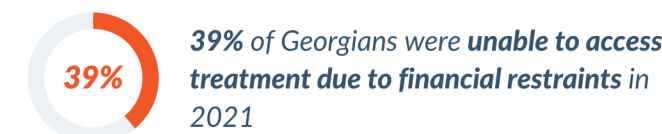
Learn More & View Previous Meetings



View All Upcoming Events

summitcounseling.org/events

Did you know...



Fundraising Events

North Point Mall Children's Fashion Show benefitting Summit Counseling Center Saturday, September 9th | 10:00 AM @ North Point Mall

The 17th Annual Summit Golf Classic Monday, September 25th @ Country Club of the South

The 3rd Annual Jingle Jog Sunday, December 3rd @ The Hotel at Avalon

The 9th Annual Summit Gala February 24th @ The Hotel at Avalon

The Summit Young Professionals Alliance (YPA) is a unique group for adults aged 18-40 providing opportunities to network with like-minded young professionals, give back to the community, and be a part of the vital mental health movement. The Summit YPA meets 10 times per year at a mix of virtual and in-person networking events.



Upcoming YPA Meetings

Tuesday, August 22nd 6:30 PM | @ Deep Roots Wine Market

Tuesday, September 19th 6:00 PM | Virtual Meeting with Signs of Suicide Trusted Adult Training

To get involved with The Summit YPA, contact Rachel Newcomer, Director of Development, by emailing rnewcomer@summitcounseling.org



The Summit is a trusted 501(c)(3) nonprofit community counseling organization that has helped individuals, couples, and families in north metro Atlanta experience hope, healing, and restoration since 1990. By removing barriers, implementing prevention, and providing assessments and therapy, the Summit is striving to remove the stigma surrounding mental health in our community - and we can't achieve this without your help!

- Each donation to The Summit can make a tremendous impact in the lives of those who rely on us for support, including: Helping us offer sliding-scale fees and completely subsidized services for those who cannot afford the full cost of therapy, Equipping us to train our therapists in specialized areas of treatment, like DBT, trauma-informed therapy, play therapy, and more, ensuring we provide the most effective care possible, Allowing us to develop new programs and initiatives to better serve our community or partner with other nonprofit organizations to maximize impact, And so much more!

By donating to The Summit, you can make a real difference in the lives of those in need of care, helping them gain the tools they need to heal, grow, and thrive. Consider making a 100% tax-deductible donation at the QR code below or by visiting summitcounseling.org/give.

Free Community Trainings

Signs of Suicide (SOS) Trusted Adult Trainings

Join our free 1.5-hour virtual training to learn how to recognize warning signs of suicide, navigate difficult conversations, and take practical steps with youth. By completing the training, you'll become a "trusted adult" for young people seeking support or sharing their struggles.

The Summit will be offering live and virtual Trusted Adult trainings throughout the month of September. Scan the code to the left to view a full listing of dates and locations!



Support The Summit's Mission

Make a 100% tax-deductible donation!

Clinical Groups & Workshops

Gottman's Seven Principles for Making Marriage Work Program Workshop Saturday, October 21st | 8:00 AM - 2:00 PM @ The Rooftop at Crabapple Market Cost: \$210/couple

This workshop is great for pre-engaged, pre-marriage, and married couples wanting to feel closer and more connected, offering tools to improve closeness, manage conflict, and build connection between you and your partner!

DBT Skills - Adults and Adolescent/Family Classes Cost: \$75/week (Adults), \$112.50/week (Adolescent/Family)\*

Emotion Regulation 9-week in-person and virtual classes begin August 16th and 17th

Interpersonal Effectiveness 7-week in-person and virtual classes begin October 25th and 26th

Summit OnSite: School-Based Therapy Because Healthy Students are Successful Students

As a parent, you want what is best for your child, but it is not always easy to know what type of support they need. Mental health therapy helps your child better understand their personal needs and learn new skills to manage life situations and relationships more effectively. The Summit has partnered with private schools and public school districts to offer confidential mental health therapy, conveniently located in the school so that students have the option to see their therapist during the day. This flexibility allows the therapist to quickly intervene, so students get the help they need to achieve their best at school. View our office locations and partner schools on page 6.



Anxiety Therapy Group for High School Students

September 21st - December 7th Thursdays from 6:15 - 7:15 PM @ Johns Creek (Old Alabama) Office Cost: \$500\*

Help your teen understand their anxious thoughts and feelings, connect with peers through engaging discussion, learn coping skills to manage their emotions, and identify when to ask for help.

Social Skills Group for Middle School Students

September 21st - December 7th Thursdays from 5:00 - 6:00 PM @ Johns Creek (Old Alabama) Office Cost: \$500\*

Help your student learn interpersonal skills, effective communication, how to manage conflict, and develop coping skills during the school year!

Family Support Group

September 20th - November 8th Wednesdays from 6:00 - 7:30 PM @ Dunwoody Office Cost: Free

Join our support group for loved ones dealing with alcohol or drug issues, learning tips to empower yourself and your loved one toward healthier behaviors.



Learn More

Dialectical Behavior Therapy (DBT) 101 Friday, September 22nd | 12:00 - 1:00 PM | Free Virtual Event

DBT is a unique approach to counseling that is focused on helping people learn skills and develop strategies to help them navigate even the most challenging life situations. Join us to learn more about DBT and our services for adolescents and adults!

Parent-Child Interaction Therapy (PCIT) 101 Thursday, August 10th | 10:30 - 11:30 AM | Free Virtual Event

Explore evidence-based strategies and techniques to strengthen the parent-child bond and address challenging behaviors, providing parents with practical tools to foster positive and nurturing relationships with their children.

Eating Disorders 101 Wednesday, September 27th | 1:00 - 2:00 PM | Free Virtual Event

Gain a comprehensive understanding of eating disorder diagnoses, their brief descriptions, underlying causes, and commonly co-occurring disorders. Learn valuable strategies on how to support individuals grappling with their relationship with food, including practical guidance for self-assessment if you suspect you may have disordered eating patterns.



Make An Appointment or Referral

\*Client Assistance subsidies are available based on household income.