

Community Insights

by Cathy Murphy, Director of Community Outreach

August was back-to-school month for our team of school-based therapists. From parent meet-and-greets to staff trainings, they have been busy collaborating with their schools to normalize the conversation surrounding mental health. Statistics show that 50% of all lifetime mental illness begins by the age of 14 and 75% by the age of 24. That is why The Summit has partnered with 31 schools in our community to offer confidential mental health therapy, conveniently located in the school so that students have the option to see their therapist during the day. With Summit therapists on site, students have the option to receive services during their school day with less interruption to learning. We are grateful for our partnerships with Greater Atlanta Christian School, Fulton County School District, DeKalb County School District, Fulton County Government and DeKalb County Government to provide these services in our schools.

September was Suicide Prevention Month. Did you know that Suicide is the 2nd leading cause of death among people aged 10-14 and the 3rd leading cause of death among those aged 15-24 in the U.S? In September, our staff provided Signs of Suicide (SOS) Trusted Adult Training to school staff, faith leaders, young professionals and parents throughout the month. The Trusted Adult Training is a crucial program aimed at equipping adults with the knowledge and skills to recognize warning signs of suicide, engage in sensitive conversations, and provide meaningful support to youth in need. This evidence-based training is designed to empower participants, enabling them to become trusted figures for adolescents seeking assistance with their struggles.

If you are interested in learning more about any of our programming, contact me at (678) 893-5304 or cmurphy@summitcounseling.org.



Free Community Training

Soul Shop for Communities

Wednesday, January 24th | 12:00 - 1:30 PM

This community-oriented program is designed to increase awareness of suicide and discuss the steps that can be taken to reduce risks. Perfect for any concerned citizens who might want to learn how to ask the question of suicide, learn about the prevalence of suicide in the community, and get more engaged with how to be a part of the solution!



Open House Events @ Summit OnSite Partner Schools



The Summit @ Dunwoody Open House



Eva Salazar Torres @ Roswell Day of Hope



North Point Mall Children's Fashion Show



Dr. Mollie Innocent-Cupid Presenting @ Fulton County Schools' Continuing Education for Social Workers



View All Upcoming Community Outreach Events



Kerri Chadwick Presenting at Advancing Connections for Recovery Conference @ Kennesaw State University



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

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

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

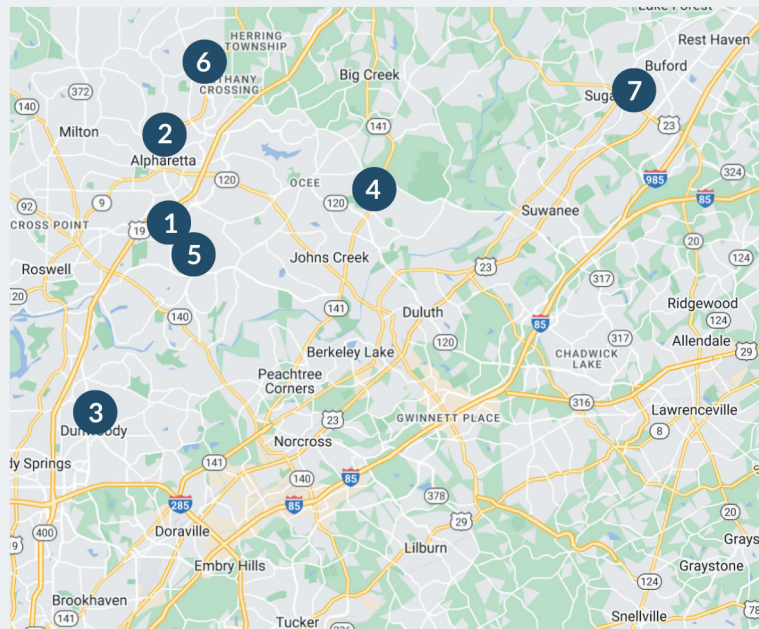
Summit OnSite Locations

Abbotts Hill Elementary School
Alpharetta Elementary School
Alpharetta High School
Autrey Mill Middle School
Barnwell Elementary School
Birmingham Falls Elementary School
Cambridge High School
Chattahoochee High School

Crabapple Crossing Elementary School
Crabapple Middle School
Creek View Elementary School
Dolvin Elementary School
Dunwoody High School
Esther Jackson Elementary School
Findley Oaks Elementary School
Greater Atlanta Christian School

Hopewell Middle School
Innovation Academy
Johns Creek High School
Lake Windward Elementary School
Milton High School
Mountain Park Elementary School
Northview High School
Northwestern Middle School

Ocee Elementary School
Peachtree Middle School
River Trail Middle School
Summit Hill Elementary School
Sweet Apple Elementary School
Taylor Road Middle School
Webb Bridge Middle School



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THE OVERLOOK

by Summit Counseling Center - Fall 2023

From Our Executive Director

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

"Autumn is the season that teaches us that change can be beautiful." – Unknown

During the month of October, many Georgians make the trek north to enjoy apple picking, pumpkin patches, cornfield mazes, and to take in the beautiful mountain views as leaves change from green to a patchwork of yellow, orange, and red. In our own lives, we may not always associate change with beauty. Leaving the comfort of our status quo to step into the unknown can be frightening. When faced with change, we can experience a range of feelings from hope and excitement to anxiety and fear. However, embracing change with a growth mindset can lead to positive outcomes.

When dealing with change:

- Be mindful of the future to prepare for what may come.
- Focus on positives of the change vs. negatives.
- Find comfort in structure by establishing a daily routine.
- Seek out support from friends and family.
- Practice self-care.

Continuing the theme of change, I am excited to announce several new additions to our leadership at The Summit.

Our newly appointed board members bring a wealth of experience and expertise in diverse fields, further strengthening The Summit's mission to support the mental well-being of our community.

- Ana Franco, Head of Strategy and Product Management for US Electrical Products for Siemens
- Minutha Parker, Manager of Diversity, Equity, and Inclusion at Eversheds Sutherland
- Cherylann Sherwood, Change Manager for Business Technology at Salesforce
- Tracy Triplett, Media Consultant through her company Hidden Treasure Media, LLC
- Nikeisha Whatley-Léon, Licensed Professional Counselor and System Director of Behavioral Health for Northside Hospital

Additionally, we are thrilled to announce Will Atkins, LPC as our new Director of Clinical Services. Will brings a wealth of experience and expertise to guide our therapeutic interventions. His focus on uncovering meaning and purpose in life aligns perfectly with our mission, offering clients a path towards resilience in the face of challenges. With a background in diverse therapeutic approaches, including ACT, person-centered, CBT, and mindfulness techniques, Will is poised to lead our clinical team with compassion and insight.

Summit Counseling Center is honored to welcome these distinguished individuals to our team. Their diverse backgrounds and expertise will play a pivotal role in shaping the future of mental health services in our community. We look forward to this season of growth and progress at The Summit, guided by our dedicated leadership and the support of our community.



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Left to right: Minutha Parker, Nikeisha Whatley-Leon, Cherylann Sherwood, Tracy Triplett (Ana Franco, not pictured)
Photo by Stanley Leary



Will Atkins, Director of Clinical Services
Photo by Stanley Leary



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
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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.



Make An
Appointment
or Referral

DBT Skills - Adults and Adolescent/Family Classes

Cost: \$75/week (Adults)*,
\$112.50/week (Adolescent/Family)*

Interpersonal Effectiveness

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

Distress Tolerance

8-week in-person and virtual classes
begin January 10th and 11th

Self-Esteem for Girls Group

6-week in-person group
January 18th - February 22nd
Thursdays from 5:00 - 6:00 PM
Cost: \$300*

This group is designed to nurture the confidence and self-worth of young girls, aiming to equip them with the skills necessary to navigate life with resilience and a steadfast sense of self.



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!

Children of Divorced Parents Group

6-week in-person group
January 18th - February 22nd
Thursdays from 6:15-7:15 PM
Cost: \$300*

This group is aimed to develop a space for children to openly express their feelings, experiences, and build resilience while navigating or healing from the challenges of their parents' divorce.



View All
Upcoming
Clinical Events



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.

The August 31st North Fulton Mental Health Collaborative meeting featured a screening of the Ken Burns documentary "Hiding in Plain Sight," shedding light on the struggles of young people with mental health challenges. This was followed by an incredible panel discussion, led by Fulton County Commissioner Bob Ellis, involving community mental health leaders. Thanks to all who attended!



Save the Date for Our Next Meetings!

Addressing The Opioid Epidemic

Thursday, November 30th, 10:00 AM - 12:00 PM
Vinebranch Chapel at Alpharetta First UMC | 69 N Main St., Alpharetta

Studies have shown the rapid rise of opioid use in north Fulton and surrounding northern counties in recent years. Join us for an imperative morning as we delve into the critical issue of opioid use and abuse within our community. Our panel discussion promises insightful perspectives and actionable strategies to combat this pressing concern. Together, we can make a difference and foster a healthier, more informed environment for all!

The Impact of Social Media Thursday, February 29th

The Intersection of Faith & Mental Health Thursday, April 25th

Learn More, Register, &
View Previous Meetings



Learn More

Positive Discipline Parent Workshop

Thursday, November 9th | 10:00 - 11:00 AM | Free Virtual Event

This discussion will cover strategies to increase parent confidence when setting limits and increasing your child's overall cooperation with rules and expectations.

Supporting Kids & Teens with Anxiety & Depression

Friday, November 10th | 2:00 - 3:00 PM | Free Virtual Event

Join us to better understand the subtle signs of anxiety and depression in kids and teens, enabling you to provide the crucial support and guidance youth need for their emotional well-being.

ADHD & Psychological Testing

Wednesday, November 15th | 1:00 - 2:00 PM | Free Virtual Event

Join Summit Psychologist Dr. Marshall as she gives an overview of ADHD, including criteria for diagnosis of ADHD, common accommodations for students at school, and signs for individuals and parents to seek a psychological evaluation.

Dialectical Behavior Therapy (DBT) 101

Friday, December 8th | 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!



3rd Annual Jingle Jog & Nutcracker Brunch Morning of Sunday, December 3rd @ Hotel At Avalon

Enjoy a Christmas-cheer filled jog and activities at The Hotel at Avalon, including Holiday Brunch and a mini Nutcracker ballet performance!



Learn More



9th Annual Summit Gala

A Charity Event
Benefiting
Summit
Counseling Center

Evening of Saturday,
February 24th
@ Hotel at Avalon

Event Highlights

- Attendees include corporations, faith community representatives, government officials, healthcare entities, non-profit partners, small business partners, & more
- Silent Auction
- Live Auction
- Wine Pull
- Opportunities to win fine jewelry & a vacation package
- New for 2024:
 - After-party celebration
 - Live entertainment featuring Band X
 - VIP bar and lounge available for specific sponsorship levels



Get Involved

Scan to view
sponsorship
opportunities, event
details, and more



View All Upcoming Events

Find fundraising, groups,
workshops, and more at
summitcounseling.org/events



Help us raise \$100,000 by December 31st!

Give to The Summit's Giving Tuesday and Year End Campaigns

Make a 100% tax-deductible donation - scan the QR code or give at
summitcounseling.org/give

View Our
2022-2023 Annual Report
See how your support makes a
difference in our community

