





2022/23 Fiscal Year Annual Report

www.SummitCounseling.org | (678) 893-5300

Support The Summit's Year-End Campaign

Donate now to support the mission of Summit Counseling Center and **help us exceed our year-end goal** of \$100,000 between October 23rd – December 31st!

How to Give

Online Visit: <u>summitcounseling.org/give</u>



Offline (by check) Mail to:

Summit Counseling Center c/o Director of Development 2750 Old Alabama Rd, Suite 200 Johns Creek, GA 30022

For additional giving options, visit the inside back cover

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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 Dialectical Behavior Therapy, 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!

Consider making a 100% tax-deductible donation. 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.



Visit summitcounseling.org/give

A Message from Our Executive Director,



Rev. David M. Smith, LPC, CPCS

Dear Friends of The Summit,

We are grateful for your ongoing encouragement, partnership, and support as The Summit has continued to change, adapt, and grow to serve our community in a post-pandemic world. The challenges and disruptions of the past several years continue to resound with significant impacts for mental health!

More people globally experienced symptoms of anxiety and depression during the pandemic according to the World Health Organization, and for many those symptoms have not been effectively addressed and have not abated. In the United States, clinicians and public-health experts continue to raise alarms about the state of mental health, particularly among children and adolescents.

Large-scale studies at the beginning of 2022 found that of a nationally representative sample of U.S. students:

- 44.2% experienced persistent feelings of sadness or hopelessness
- 19.9% had seriously considered attempting suicide
- 9.0% had attempted suicide.

At The Summit, we are combating these statistics by serving our community in 6 community-based locations (including partnering with faith communities), in 31 schools (28 Fulton County, 2 Dekalb County, and 1 Private School), and by providing mental health awareness education and suicide prevention training.

While providing less telehealth services now than at the height of the pandemic, Summit therapists now work in a permanent 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, stocks, charitable giving funds, event sponsorships, business partnerships, family foundation grants, and government support. Your contribution 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 and 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.

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!

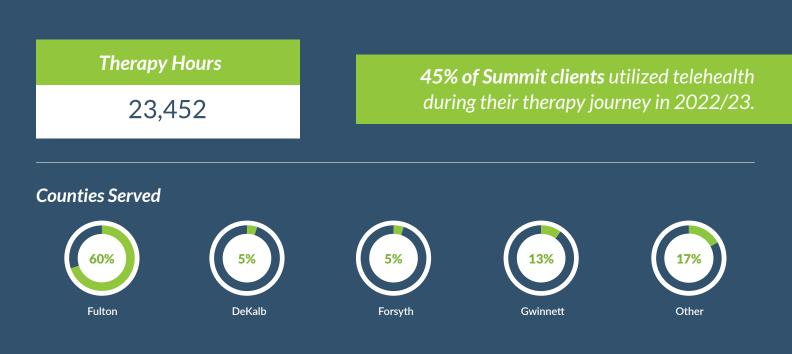
Navid M. Smith

2022/23 Impact

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



2,719 Clients Served in 2022/23



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70% of clients served in 2022/23 were 23 and under.



The Summit strives to provide culturally sensitive care to all individuals seeking support, fostering a diverse and inclusive team that reflects the community we serve.



View Our Clinical Team Visit summitcounseling.org/find-a-counselor/

Child & Adolescent Program

The Summit's therapists see children for lots of reasons - about as many reasons as there are children! We know that each child is unique and that parents want them to be understood, considering all their strengths and weaknesses as they are being helped.

We use play therapy, cognitive-behavioral therapy, attachment-based interventions, and other trauma-informed and evidence-based practices to help children and their families heal from difficult life events, improve their relationships with friends and family, and function better at home and school.

We work with children and families through:

- Developing social skills
- Changing unwanted behaviors
- Recovering from trauma or grief

- Conquering fears
- Improving parent-child relationships
- Addressing sibling conflict

School-Based Mental Health

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 at school during the day. This flexibility allows the therapist to quickly intervene, so students get the help they need to achieve their best at school.



During 2022/23, The Summit provided

- 🔗 8,203 sessions to 970 students in 28 Fulton County schools, 2 DeKalb County schools and Greater Atlanta Christian
- 535 free parent intake sessions
- 451 free student intake sessions
- Free summer groups for 188 students









Alex's Story

After receiving a suicide crisis assessment in summer 2021, Alex - whose name and photo have been changed to protect her identity - started seeing a therapist at her school through The Summit OnSite (SOS) school-based therapy program. Thanks to the funding through the SOS program, Alex was able to receive therapy at no cost. After two years of consistent therapy at her school, Alex broke the news to her therapist that her family was relocating her out of the school district. This meant her access to the therapist at the school was coming to an end, and she would soon be unable to access services she needed for her mental health.

Knowing Alex needed ongoing support after battling suicidal thoughts, depression, and self-harm for years - and now 18 and lacking the financial means to continue counseling in person - her therapist wanted her to know she had an advocate in her corner. Through a community grant and individual donations, funds were made available for Alex to receive counseling from her therapist through virtual sessions, ensuring the therapeutic process could continue seamlessly.

The Summit's trust in our therapists to advocate for their clients, coupled with our commitment to removing financial barriers, is what sets us apart. By prioritizing the well-being of clients and removing financial obstacles, we strive to empower individuals like Alex, letting them know that their best interests are always at the forefront of our mission.

Program Highlights Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) is a specialized form of therapy that is designed to help adults, adolescents and their families cope with dysregulated emotions and behaviors in combination with some of the following issues:

- Impulsivity
- Thoughts of suicide or self-injury

- Struggles with identity or constantly changing "sense of self"
- Difficulty maintaining healthy relationships
- Overwhelming emotions such as sadness, anxiety, or anger

Summit Counseling Center offers a full protocol DBT program that includes individual counseling and skills groups for adults, adolescents and their families facilitated by trained DBT clinicians.

During 2022/23, The Summit provided **481 hours of DBT services to 41 clients**.



Max's Story

Max - whose name and photo have been changed to protect his identity - is a teenage client in a local high school served by The Summit OnSite (SOS) program. Although it seems that simply being a teenager is hard enough, Max began to feel the effects of depression in the wake of some very stressful life events. As his mental health began to decline, Max's school grades began to fail, he quit participating in his usual extracurricular activities, he withdrew from family and friends, and he also began feeling suicidal.

Thanks to a referral from a caring school administrator, Max entered The Summit's SOS program where our therapist met with Max, recognized the warning signs of suicidal behavior, and developed a safety plan with the young man and his parents to ensure his safety. As he began to open up and develop a trusting relationship with his therapist, Max eventually shared that he could no longer keep himself safe. The Summit team connected him and his parents with a brief, intensive program to stabilize him and to start medication for depression.

After leaving the program, this teenager returned to The Summit's care and started our Dialectical Behavior Therapy (DBT) program - a service that includes group and individual therapy to help with regulating emotions when feeling upset. His therapist also engaged Max and his parents in family therapy in order to surround him with support.

After completing the DBT program, Max shared that he was feeling much better - his depression had gone down considerably, he was participating in sports again, and he even started working an after-school job. Max continued in therapy at his own request for the next year to pursue positive growth in his life, and with help from his therapist, he set goals to improve his grades, develop close friendships, improve communication with his family, graduate high school, and enter college.

During his last therapy session before leaving for the college of his choice, Max looked his therapist in the eyes and said, "Thank you for everything - you guys saved my life."

With your generosity, The Summit provides crisis assessments free of charge to students in need, connects them with a therapist at their school through our Summit OnSite program, and offers life-changing clinical services like DBT to bring about healing and restoration.

Program Highlights Mental Health Awareness

Together, we can make a difference. When "I" is replaced with "We", even illness becomes wellness.

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.

- 50% of mental health problems are established by age 14 and 75% by age 24
- The average delay from when symptoms first appear, and intervention is approximately 11 years
- Suicide is the second leading cause of death among people aged 10-34

Mental Health Awareness Conversations

The Summit is committed to creating a well-informed and stigma free community by encouraging open conversations and education on mental health topics. In 2022/23, we provided 83 workshops and presentations, reaching over 1,000 individuals in our community. Past events included:

- Understanding Eating Disorders
- Positive Discipline for Parents
- Relationship Building for Couples
- 🤣 Well-Being in the Workplace
- Building Self-Confidence

- Postpartum Anxiety & Depression
- Talking to Teens About Grief
- 🤣 Intersection of Faith and Mental Health
- 🤣 And more

Suicide Prevention Trainings

The Summit is committed to creating a community where everyone feels supported and valued. Through our evidence-based trainings, we strive to equip individuals, organizations, and businesses with the tools they need to recognize warning signs, give support, and save lives.

Signs of Suicide Trusted Adult Training – Workshop empowering adults to become trusted figures for adolescents seeking assistance with suicidal thoughts

Soul Shop - Suicide prevention workshop for individuals who work with youth and/or adults in a faith-based setting

Question, Persuade, Refer (QPR) – Workshop that teaches how to recognize the warning signs of a suicide crisis and how to Question, Persuade, and Refer someone to help



North Fulton Mental Health Collaborative

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.

Through expert panel discussions and shared experiences, our quarterly meetings serve as a catalyst for creating lasting connections and fostering a supportive network that actively contributes to the betterment of mental wellness in North Fulton.

First Responder Counseling

Caring for Our Community

Because we recognize and appreciate all that they do for our community, the First Responder Counseling Program was implemented to provide counseling services to the men and women who tirelessly work to keep us safe and healthy.

With your support, The Summit offers subsidized counseling to first responders and their families so they can get the help they need free from financial burden.

During 2022/23, The Summit provided **182 free counseling sessions** to 31 first responders and their family members



Phillip's Story

Phillip - whose name and photo have been changed to protect his identity - is a first responder proudly serving our community. As someone first to the scenes of car accidents and medical tragedies ending in death, Phillip's "normal" line of duty brings him face-to-face with many abnormal situations every day - often emotionally-charged traumatic events. Due to these events, Phillip started experiencing frequent symptoms of Posttraumatic Stress Disorder, or PTSD - something many first responders face.

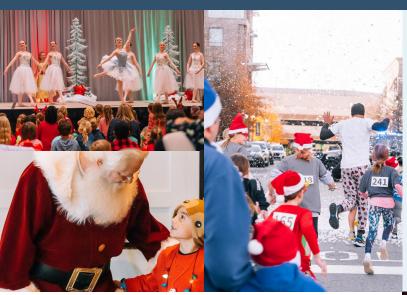
Posttraumatic stress can manifest in many ways, often with symptoms like emotional numbness, heightened sensitivity, flashbacks, or trouble sleeping. For Phillip, PTSD symptoms interfered with his daily life. With each passing day on the job, he started noticing a new level of irritability at home and interpersonal conflict with his coworkers in the line of duty. Experiencing extreme anxiety, nightmares, and a new fear of losing his children, Phillip would often wake up and check on his kids in the middle of the night to make sure they were safe.

Exhausted and confused, Phillip sought out Summit Counseling Center thanks to hearing about the First Responder Counseling Program through his supervisor. Once he was matched with a trusted and caring therapist, Phillip began his first of ten free therapy sessions focused on trauma recovery.

From then on, Phillip's symptoms began to reduce substantially. With help from his therapist, he found tools to manage his feelings of stress and overwhelm, helping to decrease his irritability and improve his relationships both at work and at home. Additionally, Phillip used calming techniques in his daily life and started sleeping better at night, reporting fewer instances of nightmares and fear for his children - overall feeling like a better parent to his kids.

Thanks to The Summit's services, Phillip is better able to manage his responses to stressful situations, allowing him to better serve his community each and every day.

Fundraising Highlights



Jingle Jog and Nutcracker Brunch

A Christmas cheer-filled morning in partnership with The Hotel at Avalon

- Nutcracker dance performance provided by The Atlanta Dance Theatre
- Holiday Vendor market
- Over 200 participated in interactive Jingle Jog around The Avalon
- Over 250 attended The Nutcracker Brunch
- Over \$20,000 raised to benefit The Summit

Register now for the 2023 event: Sunday, Dec 3rd at The Hotel at Avalon





Scan here to learn more

Gala

- Featured mental health expert Nelba Marquez-Greene
- Over 55 sponsors
- Over 500 attendees
- Over \$800,000 raised for The Summit's mission

Secure your 2024 gala seats: Evening of Saturday, February 24th at The Hotel at Avalon









Third-Party Fundraising

Hosting a fundraiser on our behalf empowers you to create a ripple effect of hope and healing in the lives of those who need it most. By organizing an event, whether it's a charity run, a movie night, a community gathering, or a creative initiative, you can raise funds that directly support The Summit's mission and remove the barriers that prevent individuals from accessing the vital mental health care they deserve. Join us in transforming lives, one fundraiser at a time!



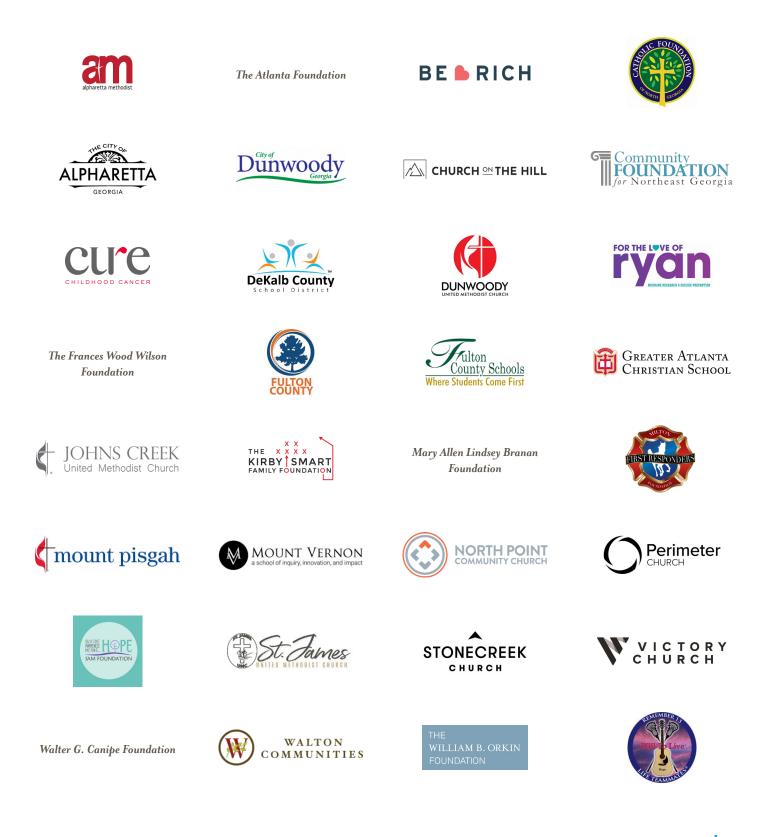
Scan here to learn more

For questions on fundraising events or to plan your fundraiser, contact Rachel Newcomer, Director of Development, at rnewcomer@summitcounseling.org or (678) 893-5329.

Summit Counseling Center

Our Community Partners

The Summit values our relationship with these schools, businesses, non-profit organizations and faith communities that relate to us as an extension of their own mission.





Our Supporters

\$50,000 - \$100,000

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\$25,000 - \$49,999

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\$10,000 - \$24,999

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\$5,000 - \$9,999

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\$2,500 - \$4,999

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\$1,000 - \$2,499

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Our 2022/23 Board



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Fran R. Millar

Rev. David Smith Executive Director Summit Counseling Center

Summit Counseling Center

2022/23 Annual Report



Ways To Give

The Summit is a trusted 501(c)(3) recognized as a gold-level charity by Candid's GuideStar and a Four-Star Charity by Charity Navigator.



Summit EIN/Tax ID: 58-2424268

How can you support The Summit in furthering our vital mission?

Check

Make your check payable to: Summit Counseling Center Mailing address: c/o Director of Development, 2750 Old Alabama Rd, Suite 200 Johns Creek, GA 30022

Online



Visit summitcounseling.org/give

Recurring Donations

- 1. Visit summitcounseling.org/give or scan the QR code above
- 2. Enter your donation amount
- 3. Select "Make this a reoccurring gift"
- 4. Choose the donation frequency in the drop-down menu (Example: Monthly on the 1st)

Donor Advised Fund

A donor-advised fund (DAF) is an investment account for the sole purpose of supporting charitable organizations you care about. When you contribute cash, securities, or other assets to a donor-advised fund, you are generally eligible to take an immediate tax deduction. Those funds can then be invested for tax-free growth, and you can recommend grants to any eligible IRS-qualified public charity including Summit Counseling Center.

Stock Transfer

The Summit accepts gifted stock through the following brokerage account held at Charles Schwab. Investment Firm: Charles Schwab Account No.: 9234-4533 DTC No.: 0164

All donations are 100% tax deductible.

For further information on completing your donation, contact Rachel Newcomer, Director of Development, at **rnewcomer@summitcounseling.org** or **(678) 893-5329**.



Thank you for your support!

The Summit Locations

1. Alpharetta Office (Mansell Rd.) 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 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

