Looking back on my first year of service at Hillside, I see tremendous growth springing up from a foundation of dedicated, comprehensive care that began over a century ago. I have been so proud to witness children and families transform as they receive life-changing care delivered by our determined staff with encouragement and hope.

Hillside’s long history is characterized by our commitment to **evolving**, **expanding**, and **enhancing** services while positively impacting young lives. This year has been no exception! Advancements have been made across our organization to provide proven, effective services to children and families with an array of mental health needs.

In order to address these needs, we employ evidence-based therapeutic modalities, rooted in Dialectical Behavior Therapy, to deliver residential and day treatment, community intervention, treatment foster care, and more recently, outpatient clinical services in Buckhead. Alongside our therapeutic work, we provide highly specialized, targeted education to individuals in our residential and day treatment programs.

As a 501(c)3 not-for-profit organization, Hillside is only able to provide this growing array of services thanks to the generosity of our supporters. If you are moved by our important work and wish to assist us in our mission to provide hope and healing, please make your donation on our website: www.hside.org.

Hillside remains committed to evolving, expanding, and enhancing our critical services. With your help, we are on course to impact thousands of young lives for years to come.

Emily R. Acker
President & CEO
Hillside helps children & families thrive by providing outstanding residential & community mental health services.

Hillside Programs

- Psychiatric Residential Treatment
  - Day Treatment
- Hillside DBT Outpatient Clinic
- Community Intervention Programs
- Connections Treatment Foster Care
Hillside’s story has been one of expansion and adaptation. In June of 2015, we embarked upon one of our most exciting new ventures. Located at The Piazza at Paces in North Atlanta, the Hillside DBT Outpatient Clinic offers Dialectical Behavior Therapy (DBT) services to local children, teens and families.

Therapeutic services are provided by Hillside licensed therapists, who guide the youth through four focus areas of DBT: Decreasing life-threatening behaviors, decreasing behaviors that interfere with therapy, decreasing behaviors that interfere with quality-of-life, and, most importantly, increasing coping skills. Participants learn effective communication with peers and adults, how to understand and tolerate difficult emotions, and develop healthy self-acceptance.

It is the goal of our therapists that these skills continue to develop long after the sessions come to an end. In fact, the DBT Clinic reflects Hillside’s emphasis on the future. As one of the Southeast’s first care providers to use DBT with children, we anticipate our new clinic will provide a lifetime of skills to a variety of individuals we have not previously served.
As of September 2014, Hillside’s Teresa Stoker Dining Hall serves breakfast, lunch and dinner to our children and staff. Featuring fresh, all-natural ingredients prepared by Sage Dining, the facility has been a tremendous benefit to our residential campus. It offers greater efficiency, provides a sense of community at mealtime, and is a beautiful venue for Hillside guests, visitors and donors.

The Dining Hall is also tied directly to one of our children’s activities. Many of the fresh vegetables the children and staff enjoy come directly from our vegetable garden on campus. Under the leadership of Board Member and master gardener Ms. Gloria Seymour, and with assistance from our new horticulture therapist, Ms. Barbara Bohannon, kids at Hillside plant and harvest their own vegetables. Now, there’s an example of farm-to-table eating!

Hillside’s Conant School has incorporated the Learning-Focused approach which accelerates progress towards grade-level work. This led to a much needed library remodel to better meet educational needs of our students. Thanks to the generous support of the Sartain Lanier Family Foundation and the Rich Foundation, the library now features floor-to-ceiling shelves stocked with a wide variety of fiction and non-fiction books for all ages and across all genres. We are also deeply grateful to Friends of the Sandy Springs Library for their generous donations of books.

The library acts as a quiet spot for kids to relax and escape with a good book. Our teachers host presentations and open house events in this spacious area. Teachers also use the facility to introduce and guide their students through the research process. Now, posters throughout school illustrate their research and how much our kids are learning!
Monique

At just seventeen years old, Monique is a remarkable success as a student, leader and mother. A few years ago, she entered Hillside’s Community Intervention Program (HCIP) while facing difficulties with her family and in school. Her clinical coordinator, Ms. Clinethia Chaney, worked tirelessly to develop and enact a treatment plan that would help Monique remain in the community and live with her grandmother. “Clinethia saved me a lot when I was with my biological family,” Monique recalls. “I could call her at one o’clock in the morning, and she’d be there in a second.”

Not long after Monique’s involvement in HCIP began, she learned that she was pregnant. She suddenly feared the stability she had begun to establish in her life would be undone. Fortunately, with HCIP services in place, Hillside arranged all of Monique’s medical appointments and organized community support. Then, for continued stability, she entered Connections Treatment Foster Care while HCIP services continued.

Monique moved into the home of foster mother, Ms. Simpson. “I, myself, used to be a foster child,” she explains. “I used to say, ‘When I get older and able, I will definitely [be a foster parent], because it was an awesome experience for me.’” Monique and Ms. Simpson bonded immediately, embarking on an extraordinary journey. “I look at her as a mom. She helped me grow,” Monique shares. As Monique transitioned to a new school and balanced her studies with her responsibilities as an expecting mother, Ms. Simpson provided support and taught her to advocate for herself.

One year ago, Monique delivered a healthy child. “Her son has really changed her life,” Clinethia reflects. “A lot of the decisions she’s made are about how [they’re] going to benefit her son.” She was recently selected to speak at a Teen Parent Connections conference in Washington, D.C. She shared her story in front of United States Senators and advocated for greater support for young mothers. “I hear a lot of kids tell me how I’m lucky to have a foster home,” Monique says. “If we had more foster homes, a lot of kids would become better than they are now... It’s not that we’re bad; we just need somebody to love us and treat us well.”
Brandon is thriving as a healthy, independent 21 year-old. He is enrolled in Job Corps, where he is developing and refining his skills as a welder. His success is a testament to his hard work and the long-term impact of the vital support of Hillside.

Brandon’s childhood had been very challenging, with a drug-addicted mother and struggles with anxiety. He spent a brief time in foster care, which proved very difficult. He recalls, “I acted out in school, at home, in public... I just wanted to be around my real mom.” He then entered Hillside’s residential program, where he developed healthy coping mechanisms that helped him work through his challenges. “I’ve been to other places,” he says. “Hillside is different. They give you a lot of activities. You get to mingle with other kids. You don’t feel like you’re locked up.”

After completing Hillside’s residential program, Brandon transitioned to Connections Treatment Foster Care, where he was placed with an experienced foster family who provided the guidance and therapeutic support he needed. “I grew up without a father and my foster parent became like a father to me.” In this new placement, Brandon was able to continue developing and using his coping skills. He was also fortunate to develop a healthy relationship with his birth mother – one they maintain today.

Now an independent adult, Brandon remains in contact with Hillside and his foster family. These relationships continue to provide him with care and support, even as he succeeds on his own.
For seven years, Susan Adams has been a proud supporter of Hillside, serving as a Member of the Board of Directors and most notably as Board Chair from 2013 to 2015. Her connection to Hillside began long before, thanks to her father’s commitment to our mission and her own involvement with the Kiwanis Club. What’s more, her husband briefly worked at Hillside during his residency at Emory. From all of these different sources, Susan learned to appreciate our extraordinary work with children.

Susan is now an avid supporter herself. “Hillside is an oasis for children who have had a rough time in their lives... They are accepted, nurtured and given tools to thrive,” Susan says, reflecting on the early impressions that drew her - and continue to draw her - to Hillside. “The staff and children develop relationships across years... Whenever I see staff and see kids, it’s so inspiring.” While participating in a variety of activities with the children, including cooking classes, hiking excursions and holiday parties, Susan says she has always been touched by their resilience.

Susan has watched this spirit of hope and courage remain firm as it reaches a growing number of lives. She cites the opening of the Hillside DBT Outpatient Clinic as a clear example of Hillside’s expansion and shares in its hope for the future. “I’d love for more people to know about Hillside and appreciate this incredible asset in Midtown and Morningside.”
One of our most special supporters, Mr. Richard Schweitzer continues to enrich the Hillside Conant School. His dedication to our kids is remarkable as he shares with them a wealth of experiences through his travels around the world. Recently, Mr. Schweitzer has led interactive lessons and told thrilling stories about his special times in East Africa, Japan and Mount Everest. His presentations are more than just talks; he is always accompanied by photos, maps, plants and small models and figurines to illustrate these exciting places.

“I want to try to get kids to put up a bucket list of where they want to go. I’ve been thrilled with the response” he says, explaining what brings him back again and again. Mr. Schweitzer’s presentations have encouraged our students to dream and set goals for their lives beyond residential treatment. Each presentation has helped Hillside’s kids to open their worlds a little bit wider.

As a dedicated supporter for 25 years, Mr. Schweitzer has also witnessed Hillside’s evolution. When discussing these advances, he cites the Conant School, Dining Hall and Hillside’s ability to serve children over a shorter time. Throughout all of these changes, he says, “I am always impressed with the staff’s commitment and dedication... I am impressed with the community for children in treatment.”
Pine Crest Volleyball Tournament

Pine Crest Academy, a private, Catholic school in Cumming, hosted an event that raised funds for Hillside. As one of their efforts to contribute to the Greater Atlanta community, they held a charity volleyball tournament whose proceeds went to support our residential and community-based programming for children.

Brewing A Better Future

This March, Hillside hosted Brewing a Better Future, a coffee tasting event at the City Club of Buckhead. Baristas from Taproom prepared exotic blends from Africa and South America, while Mr. Jorge Cespedes of Blue Morpho provided lessons on coffee’s origins, its role in international trade, and how one prepares the perfect cup. The event also served to raise awareness and support for Hillside’s important work with children and families, with proceeds donated to our organization.
**Fleming’s Luncheon**

Thanks to the generous efforts of BOMA Georgia and Fleming’s Prime Steakhouse & Wine Bar, the 2014 Fleming’s luncheon was a great success. The event included a live auction featuring donations from a variety of organizations, including Southwest Airlines and Georgia Pacific. The event was another remarkable success, raising over $20,000 for Hillside.

**Silent Partners Ride to Hillside**

Silent Partners for the Kids has been supporting Hillside since 2007. Their annual Ride to Hillside is always a thrilling success for everyone involved. Silent Partners not only contribute to Hillside financially, but they use this special occasion as an opportunity to provide a campus-wide event for our kids. The motorcyclists ride from Hall County to Hillside, where they parade through the campus and enjoy an afternoon cookout with the children.

**BOMA Christmas**

During the holiday season, BOMA Georgia makes a tremendous contribution to our children through their Angel Tree. BOMA members donate special, customized gift packages for children who are without families or whose families struggle to provide gifts. In addition to this incredible generosity, BOMA hosts a holiday pizza party, complete with fun and games with Santa, Rudolph, and dancing elves.
Children Served in Hillside Programs
*Fiscal Year 2015*

By The Numbers

**Residential**

**Community Intervention**

**Outpatient**

**Connections (TFC)**

**Day Treatment**

**Agency Expenditures by Type**
*Fiscal Year 2014-2015*

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>13,478,450</td>
<td>90.1%</td>
</tr>
<tr>
<td>Management &amp; General</td>
<td>1,319,020</td>
<td>8.8%</td>
</tr>
<tr>
<td>Fundraising</td>
<td>160,525</td>
<td>1.1%</td>
</tr>
<tr>
<td><strong>TOTAL SPENDING</strong></td>
<td><strong>14,957,995</strong></td>
<td><strong>100.0%</strong></td>
</tr>
</tbody>
</table>

**Program Services**

**Management & General**

**Fundraising**
Ethnicity of Children Served
Fiscal Year 2015

- Caucasian: 57%
- African American: 33%
- Hispanic: 4%
- Other: 4%
- Asian: 1%
- Unknown: 1%

Children by Gender & Age
Fiscal Year 2015

- Male
- Female

- 0-5:
  - Male: 1
  - Female: 0
- 6-12:
  - Male: 24
  - Female: 61
- 13-18:
  - Male: 183
  - Female: 202
By The Numbers

Total Revenue by Program
Fiscal Year 2015

Intensive Residential Treatment Program
Community Intervention Program
Therapeutic Foster Care

90% Intensive Residential Treatment Program
4% Community Intervention Program
6% Therapeutic Foster Care

TOTAL
Intensive Residential Treatment Program 14,138,972 89.80%
Community Intervention Program 695,174 4.41%
Therapeutic Foster Care 912,235 5.79%

TOTAL SUPPORT & REVENUE 15,746,381 100.00%

92% of parents/guardians surveyed said they would recommend Hillside to a friend.
Board of Directors

Hillside 2014-2015 Board Members

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Atlanta Neighborhood Development Partnership

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Mrs. Lucy Smith
Ms. Peggy Waterfall
Mrs. Virginia P. Welch (Jinny)
Mrs. Josephine C. Williams (Jo)
Mrs. Barbara Wylly
Dr. C. Michael York*

*deceased
Supporting

For children and families struggling with mental and behavioral challenges, Hillside provides the most powerful antidote:

Healing and Hope

WE NEED YOUR SUPPORT to help us continue to provide children and families Healing and Hope. YOUR donation is VITAL to Hillside's ability to Expand, Enhance, and Evolve our services. We rely on generous support from the community to deliver life-changing care to Georgia's children and families.

THANK YOU for contributing to our important work!

www.hside.org

In support of Hillside, I / we hereby pledge:

Name_______________________________________________
Address__________________________________________________________________________
City____________________ State__________ Zip___________
Phone______________________________________________
Email______________________________________________
___ VISA    ___ MasterCard    ___ American Express
Card #_____________________________________________
Expires ____________ / ____________ CVC________________

Contributions are tax-deductible.
Please make checks Payable to: Hillside
Donate online at: www.hside.org/support-hillside/donate-to-hillside

PLEDGE FORM

☐ Enclosed is my contribution of $____________________

☐ I would like to make a pledge of $____________________

☐ I would like to make a monthly donation of $_____________ / month on the _____ 1st   - or -   _____ 15th

☐ Please bill my credit card each month in the amount of $_____________ / month