Dear Friends,

In the last annual report, we called 2020 an extraordinary year. In 2021, we continue to live in extraordinary times.

Everyone has experienced profound change throughout the pandemic. For some of us, it felt as though time was standing still – roads were quiet, children learned at home, and adults worked from home. For others, the pace was frantic, causing relocations, career changes, and all the stress that accompanies major life disruptions.

For all of us at Hillside, we have survived together and wherever possible thrived together through these times fraught with uncertainty. We grew stronger together. We deepened our resolve and lifted our expectations.

Throughout the year, we stood strong for our children and their families. We strove to be a source of consistency, safety, and guidance, helping navigate mental healthcare while the world around us presented unique and unprecedented challenges.

This work was made possible by the dedication and inspiration of our professionals, supporters, and volunteers. All played significant roles in 2021, holding us up so we could continue to provide vital care to kids and families.

Our consistency enables a continuous focus upon hope and healing—which can be urgent, is always vital, but cannot be rushed. While we certainly continue to evolve at Hillside, we are extremely proud of the way our teams have responded during uncertain times. They have ensured that we continue to be here for families, and their children continue to heal.

Sincerely,

Emily R. Acker
President & CEO

Katie Downs
Chair of the Board
Dear Hillside Community,

The Hillside Atlanta Foundation supports Hillside’s efforts to help children and families heal and flourish. We provide critical financial resources to strengthen Hillside’s outstanding residential and community mental and behavioral health services.

One example of our commitment to healing can be seen in a new community program launched this year. This program serves 200 families in an apartment complex in southwest Fulton county, who without Hillside, would not have access to effective and life altering care. The success of the program and the changes within the community are proof that proper services can alter the narrative of many young lives.

Whether a child is treated on campus in our residential program, attends our day program, or receives services at home, the knowledge and expertise of our staff helps reduce risk factors, breaks the cycle of inadequate treatment, and builds stronger families and communities.

There is much more to be done for young people suffering with mental illness; none of which is possible without the Hillside staff and YOU, our supporters. We hope you enjoy reading about the successes you helped us achieve in the past year, and that you will remain our partner as we work to alleviate suffering and support healing.

Sincerely,

Lance Stafford
Chair of the Board

Evan Pearson
Executive Director
Hillside measures clients’ progress in several areas key to optimal mental health including emotion regulation, distress tolerance, and mindfulness. Irritability, commonly seen in children and adolescents with mental health disorders, is also measured. Across programs, statistical analyses reveal that children and adolescents receiving Hillside services significantly improve in these important areas.

### DAY PROGRAM: EMOTION REGULATION

<table>
<thead>
<tr>
<th>Baseline Median Score</th>
<th>Median Score at Approximately One Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>52</td>
<td>35</td>
</tr>
</tbody>
</table>

Scores on the Difficulties in Emotion Regulation Scale range from 16-80. Higher scores indicate greater difficulty regulating emotions.

### RESIDENTIAL PROGRAM: DISTRESS TOLERANCE

<table>
<thead>
<tr>
<th>Baseline Mean Score</th>
<th>Mean Score at Approximately Seven Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.5</td>
<td>3.2</td>
</tr>
</tbody>
</table>

Scores on the Distress Tolerance Scale range from 1-5. Higher scores indicate a greater ability to withstand negative emotional experiences.

### RESIDENTIAL PROGRAM: MINDFULNESS

<table>
<thead>
<tr>
<th>Baseline Mean Score</th>
<th>Mean Score at Approximately Seven Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.9</td>
<td>20.9</td>
</tr>
</tbody>
</table>

Scores on the Child and Adolescent Mindfulness Measure range from 0-40. Higher scores indicate greater mindfulness.

### VIRTUAL INTENSIVE OUTPATIENT PROGRAM: IRRITABILITY

<table>
<thead>
<tr>
<th>Baseline Median Score</th>
<th>Median Score at Approximately One Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

Scores on the Affective Reactivity Index range from 0-12. Higher scores indicate greater irritability.
Before Zander was admitted to Hillside he had been hospitalized 5 times due to depression and self-harming. Prior to this, he had always been a happy, sociable child and was identified as being both academically and musically gifted at school.

His happy demeanor began to change at the age of 15. He found it hard to focus, lost interest in things, withdrew from spending time with his family and generally did not seem like himself.

What at first appeared to be typical teenage behavior escalated, until one day, his mother received a call to say that Zander had self-harmed, cutting his arm, and had to be hospitalized. This would be the first of 5 stays in a hospital, trying different medications, but nothing seemed to alleviate Zander’s symptoms for long.

Throughout the cycle of hospitalizations, Zander’s parents and siblings were all worried about leaving him alone, for fear of him hurting himself, and they missed him spending time with them during everyday family activities. On some occasions, Zander would sleep on the floor of his parent’s room because they were worried that he might not make it through the night.

Zander and his family were finally referred to Hillside where he was diagnosed with Major Depressive Disorder and Anxiety. His parents were reassured by how much the staff cared for Zander at Hillside and they were encouraged to hear about the Dialectical Behavioral Therapy (DBT) that he would receive. Zander’s mother told us “I stand behind DBT 100%, to have that as a therapy is amazing.” It became clear that behavioral therapy was the missing link in Zander’s treatment, whereas he had been medicated before, he hadn’t received the therapy to go alongside it and help him better manage his emotions.

The family really appreciated how treatment was tailored to Zander’s needs. Hillside doctors switched Zander’s medication finding levels that stabilized him, he was allowed to use his laptop so that he could access his classes online (this was pre-COVID, before online learning) and helped Zander to keep up with his accelerated classes. Together with DBT, this tailored approach helped everything to come together for Zander at Hillside. When he was discharged from Hillside, Zander continued to receive DBT and therapy sessions to help him transition home and back into the community. He graduated high school not only as an honor graduate, but also an AP graduate.

Today, Zander is studying Computer Science and Engineering at Georgia State University, and in contrast with a few years ago when he was sleeping on his parent’s floor, he has his own dorm room. He is committed to keeping up with his regimen of medication and therapy and continues to use the DBT skills that he learned at Hillside to keep himself well and thriving!

The family has come a long way from the days when they didn’t know what was going to happen nightly let alone the future.

Zander visits home from Georgia State every weekend and his family is delighted to have him participating in movie and game nights with them. He has a part time job which he enjoys and he loves playing his guitars, keyboard and ukulele. His mother told us, “Hillside is the reason he is alive today and we are so thankful.”

In the current environment, we see too many kids cycling through periods of crises, inadequate treatment and being discharged too soon, causing the child to relapse back to crisis and the cycle starts again. Zander is an example of a child in this cycle who benefitted from Hillside’s services.
Hillside kids...

783 total kids served

come from many states*

*2 children did not provide home state data
varies in age

0-5 years: 2
6-12 years: 170
13-18 years: 601
19+ years: 10

PRIMARY AND CO-OCCURRING DIAGNOSES:

- MDD (Major Depressive Disorder)
- ADHD (Attention-Deficit/Hyperactivity Disorder)
- DMDD (Disruptive Mood Dysregulation Disorder)
- PTSD (Post-Traumatic Stress Disorder)
- Anxiety Disorders
- Bipolar Disorder

RESIDENTIAL PROGRAM

- 456 clients served
- Average age at admission: 14 years
- Average length of stay: 66 days

COMMUNITY PROGRAMS

- 339 clients served
- Average age at admission: 14 years
- Average length of stay: 118 days

DAY PROGRAM & INTENSIVE OUT PATIENT

- 221 clients served
- Average age at admission: 15 years
- Average length of stay: 23 days

THERAPEUTIC FOSTER CARE:

- 25 clients served
- Average age: 11 years

23% of kids utilize more than 1 Hillside program.
We are so thankful for Hillside and the staff. Y’all have been life changing.

90% of parents were satisfied with child’s treatment

The staff treated my daughter with care and compassion.
94% of parents would recommend Hillside to someone looking for treatment.

Great communication with parents which allowed for an open dialogue. Staff took time to address my child’s concerns.
### Residential Treatment Program

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Revenue</td>
<td>12,758,568</td>
<td>76.03%</td>
</tr>
<tr>
<td>Department of Education</td>
<td>1,428,133</td>
<td>8.51%</td>
</tr>
<tr>
<td>Contributions, Grants, and Other Sources</td>
<td>2,437,513</td>
<td>14.52%</td>
</tr>
<tr>
<td>USDA</td>
<td>158,544</td>
<td>0.94%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>16,782,758</td>
<td>100.00%</td>
</tr>
</tbody>
</table>

### Partial Hospitalization & Intensive Outpatient

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Revenue</td>
<td>1,139,582</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1,139,582</td>
</tr>
</tbody>
</table>

### Community Intervention Program / Outpatient

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Revenue</td>
<td>1,576,835</td>
<td>90.26%</td>
</tr>
<tr>
<td>Contributions, Grants, and Other Sources</td>
<td>170,111</td>
<td>9.74%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1,746,946</td>
<td>100.00%</td>
</tr>
</tbody>
</table>

### Therapeutic Foster Care Program

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Revenue</td>
<td>672,799</td>
<td>99.55%</td>
</tr>
<tr>
<td>Contributions, Grants, and Other Sources</td>
<td>3,010</td>
<td>0.45%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>675,809</td>
<td>100.00%</td>
</tr>
</tbody>
</table>

### Total

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intensive Residential Treatment Program</td>
<td>16,782,758</td>
<td>82.49%</td>
</tr>
<tr>
<td>Partial Hospitalization &amp; Intensive Outpatient Program</td>
<td>1,139,582</td>
<td>5.60%</td>
</tr>
<tr>
<td>Community Intervention Program</td>
<td>1,746,946</td>
<td>8.59%</td>
</tr>
<tr>
<td>Therapeutic Foster Care</td>
<td>675,809</td>
<td>3.32%</td>
</tr>
<tr>
<td><strong>Total Support and Revenue</strong></td>
<td>20,345,096</td>
<td>100.00%</td>
</tr>
</tbody>
</table>
### AGENCY EXPENDITURES BY TYPE FY 2020/21

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>18,345,770</td>
<td>90.7%</td>
</tr>
<tr>
<td>Management &amp; General</td>
<td>1,639,208</td>
<td>8.1%</td>
</tr>
<tr>
<td>Fundraising</td>
<td>239,200</td>
<td>1.2%</td>
</tr>
<tr>
<td><strong>TOTAL SPENDING</strong></td>
<td><strong>20,224,178</strong></td>
<td><strong>100.0%</strong></td>
</tr>
</tbody>
</table>

### RESIDENTIAL TREATMENT PROGRAM FUNDING BY SOURCE FY 2020/21

- Service Revenue: 76%
- Department of Education: 15%
- Contributions, Grants, and Other Sources: 8%
- USDA: 1%

### TOTAL REVENUE BY PROGRAM FY 2020/21

- Intensive Residential Treatment Program: 82%
- Partial Hospitalization & Intensive Outpatient Program: 9%
- Community Intervention Program: 6%
- Therapeutic Foster Care: 3%

### AGENCY EXPENDITURES BY TYPE FY 2020/21

<table>
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### RESIDENTIAL TREATMENT PROGRAM FUNDING BY SOURCE FY 2020/21

- Service Revenue: 76%
- Department of Education: 15%
- Contributions, Grants, and Other Sources: 8%
- USDA: 1%
Hillside Atlanta board of directors

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Ms. Katie Downs
4C Consulting, LLC

Vice-Chair
Mr. Russell Wagner
WSB-TV

Secretary
Dr. Gregory Pennington
Pennpoint Consulting Group, LLC

Treasurer
Mr. Chris Wilson
13Red, LLC.

Mrs. Kerstin Valdes Benden
Altium Packaging

Mr. Mark Dukes
Physicians Reality Trust

Mrs. Maridale Goff
Aetna

Mrs. Renee Guttmann
Campbells

Mrs. Machell Harper
Association of General Contractors

Mr. Tommy Herrington
Gay Construction

Mrs. Mary Hughes
Bear Corbett Woodward & Moore, Inc.

Mr. Chad Hutchison
The Rhodes Group

Mr. Charlie Ivey
All Pro Pest Services

Ms. Jerbrina Johnson
J.L. Johnson & Associates, LLC

Mrs. Gail Lewin
Accesso

Mr. Allen Sautter
Atlanta Federal Reserve Bank

Mr. Lance Stafford
Contiger Ventures

Hillside Atlanta Foundation board of directors

Chair
Lance Stafford
Contiger Ventures

Secretary
Mary Hughes
Bear Corbett Woodward & Moore, Inc.

Treasurer
Katie Downs
4C Consulting, LLC.

Director
Betty Case
Community Volunteer

advisory council

Mrs. Susan Adams
Mr. Thomas E. Adams (Tom)

Mrs. Lu Allgood
Mr. Ronald E. Alston

Mrs. Katherine Arrington
Mrs. Betty Case

Mrs. Jo Crymes
Mr. Craig Frankel

Mrs. Betty Fuller
Mr. Tom Gay

Mrs. Lynda Griffin
Mrs. Renee Guttmann

Mrs. Mynell Harris
Mrs. Dorothy Herring

Mrs. Charice Heywood
Mr. Julian Howell (Jeb)

Mr. William G. Jones Jr. (Bill)
Mr. Robert E. Minnear (Bob)

Mrs. Martha Peake
Mr. Sadler Poe

Mrs. Gloria Seymour
Col. Irving Schoenberg (Ret.)

Mrs. Faye McDonald Smith
Ms. Peggy Waterfall

Mrs. Virginia P. Welch (Jinny)
Mrs. Barbara Wylly
business & foundation support

$100,000 AND ABOVE
The Lattner Family Foundation, Inc.

$25,000 TO $99,999
Fulton County Dept. of Community Development
Kiwanis Club of Atlanta
The Community Foundation for Greater Atlanta, Inc.
The Imlay Foundation, Inc.
United Way of Metropolitan Atlanta

$10,000 TO $24,999
Bobbie Bailey Foundation
Foundation For A Better World
Ida A. Ryan Charitable Trust
Jesse Parker Williams Foundation
John and Polly Sparks Foundation
Stanley M. Street Philanthropic Foundation Inc.
UPS Foundation

$5,000 TO $9,999
AGC of Georgia Foundation
Atlanta Womans Club
The Scott Hudgens Family Foundation, Inc.
Virgil P. Warren Foundation
Whitehead Children’s Christmas Fund

$1,000 TO $4,999
Accesso Services
Allied International Cleaning Services, Inc.
Amazon
Apollo Roofing
Atlanta Northlake Elks Lodge 78
Bright Wings Foundation
Building Cleaning Solutions, Inc.
Dove Contracting, Inc.
Frances Wood Wilson Foundation, Inc.
Gay Construction Company
GDS Telecom, LLC
GLOBAL SYSTEMS
Hodge & Temple, PC
Ivy Garden Club
LandCare
Marksman Security
Paint Applicators
Physicians Realty Trust
PM&A
Royal Flush Plumbing
Sav A Tree
Sightline
Southern First Bank
Sterling Seacrest Partners
Tull Charitable Foundation, Inc.

$1 TO $999
Amazon Smiles
Box Tops 4 Education
Everclear Enterprises
Frolic Boutique
Frontstream
General Paper Goods
Gill Heating and Air Conditioning Inc.
Glory Haus
Gray Contracting
Kroger Corporation
Morningside Lenox Park Association
Network For Good
Northside Kiwanis Foundation
R. Howard Dobbs, Jr. Foundation, Inc.
REEF Parking
Rooterplus!
Rose Garden Club
Setup, LLC
Southern Paper Group
The Rhodes Group
Thread for Therapy
Trouble Clothes Inc.
UBS Business Solutions
Waste Pro USA
YourCause

individual support

$20,000 AND ABOVE
Anonymous
Hillside Staff
In Loving Memory of Catherine W. Dukehart

$10,000 TO $19,999
Howard and Kerstin Benden
Richard Schwietzer

$5,000 TO $9,999
Betty Case
Tom Gay
Donald and Rosalinda Ratajczak
Bob Marrs and Renee Guttmann-Stark

$1,000 TO $4,999
Ron and Stacey Alston
June Bishop
Dan and Kim Bohlayers
Reynolds and Sally Couch
Katie Downs
Mark Dukes
Linda Exum
Steven and Maridale Goff
Zachary and Penny Grosser
Bob and Mary Hughes
Michael Hutto
David Johnson

Mark and Nova Kopp
Carol Lehan
Greg and Kristy Pennington
Allen and Ebru Sautter
Gloria Seymour
Sam Snider
Lance and Marie Stafford
Mary-Crawford Taylor
Robert and Loretta Vanni
Chris and Betsy Wilson
Jenifer Wright

(continued next page)
### Individual Support

**$1 TO $999**

Diane Achenbach
Brian and Emily Acker
Tom and Anita Adams
Todd Iwanicki and Susan Adams
Christine Alamed
Christine Alligood
Phil Amon
Jane Arney
Marva Bailer
Thomas Barrow
Irma Best
Laure Biel
Tamara Bielski
Bitsy Bloom
Cary Blumenfeld
Chelisa Boyd
Stanley Jones and Bobbi Cleveland
Donna Cobb
Anna Cox
Joseph and Jo Crymes
Mike and Hadyn Culbertson
Richard Cuomo
Rebecca Dietz
David Dozier
Jason Duvall
PJ Edwards
Scott and Sarah Ellyson
Alison Fruedenberg
Elizabeth Fuller
Claudia Fulmer
Carole Galanty
Denise Galpin
Phyllis Ginsberg
Frank Goldman
Carrah Golightly
Hector and Cathy McCabe-Gonzalez
Ann Herrera and Mary Goodwin
Glenn and Melissa Griffin
Lynda Griffin
Jacquelyn Hahne
Michael Hand
John and Martha Head
Linzie Hearron

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Otis and Dorothy Herring
Beth Herring
Tommy and Tammy Herrington
Lauren Herrington
Charice Heywood
Robyn Hicks
Amy Hightower
Homer and Barbara Hill
Jeb and Marsha Howell
John and Jane Huffard
Ian Hughes
Chad Hutchison
Cecelia Ingraham
Charles Ingraham
Joel and Nancy Isenberg
Charlie and Kristi Ivey
Tamika Jackson
Leslie Jenkins
Lucy Johnson
Robert Jones
D. Wesley Jordan
Leigh Kerns
Valerie King
Amy LaPlante
John and Gail Lewin
Kalie Lounds
Gabriella Marvin
Jaymie Matilsky
George Matlock
John and Alma McFarland
Walker Miller
Ashley Myers
Shewell Nash
Andrew and Kerrie Nelson
Sarah O’Leary
Daniel O’Lone
Raymond and Patricia Opperman
Jessica Overby
Blake Palmer
Craig Pigg
Natalie Plowden
Steve and Mary Ramsey
Paul Rappaport
Kimberly Reno

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Debbie Rittmeyer
Ashley Rolader
Rebecca Rollins
Irving and Ann Schoenberg
Ben and Nancy Shapiro
Jordan Sharer
Kyle and Beth Sherman
Rebecca Shragar
Scott and Valerie Sikes
Rodney and Clarisa Southworth
Benjamin Stanford
Delores Sticht
William Swearingen
Jammie Taire
Laura Tapscott
Katie Thomas
Liz Thompson
Amy Thompson
Michelle Vaughn
Richard and Nancy Wamsley
Holli Ward
Jon and Ali Washer
Peggy Waterfall
Arnell Watkins
Vadoll Webb
Aliyah Weiner
Virginia Welch
Kevin Whitlock
George and Judith Wieder
Glenn Williams
Renee Williams
Brice and Anne Williams
Laurie Williams
Jenifer Wright
Kristin Zinser
support us

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

We need your support to continue providing children and families with Healing and Hope. Your donation is vital to Hillside’s ability to expand, enhance and evolve our impactful 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!

Hillside prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation and marital or family status.

HILLSIDE
ATLANTA | Foundation

In support of Hillside Atlanta Foundation, I/we hereby pledge:

Name: ____________________________________________________________

Address: __________________________________________________________

City: ___________________________ State: ______ Zip: __________

Phone: ____________________________

eMail: ____________________________________________________________

Visa ☐ Mastercard ☐ American Express ☐

Card No: __________________________________________________________

Expiration date: CVC:

☐ Enclosed is my contribution of $__________

☐ I would like to make a pledge of $__________

☐ I would like to make a monthly donation of $__________

☐ Please bill my credit card each month on the □ 1st or □ 15th in the amount of $__________/month

Contributions are tax-deductible.

Please make checks payable to:
Hillside Atlanta Foundation | 690 Courtenay Drive NE, Atlanta, GA 30306

Donate online at hillsideatlantafoundation.org/support