HILLSIDE® ATLANTA | Healing and Hope for Children and Families | HILLSIDE® ATLANTA | Foundation

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,

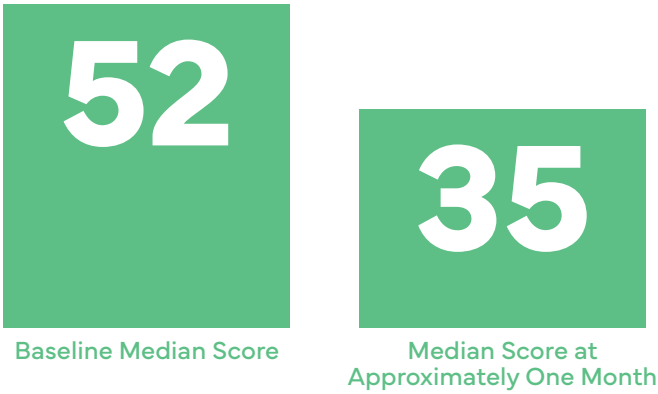
Lance Stafford
Chair of the Board

Evan Pearson
Executive Director

# Hillside outcomes

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

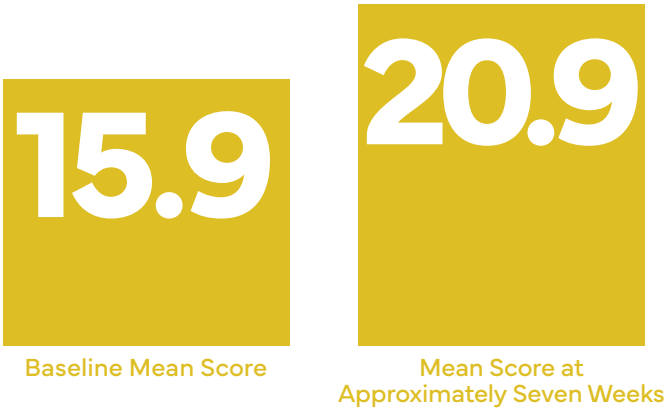



Scores on the Difficulties in Emotion Regulation Scale range from 16-80. Higher scores indicate greater difficulty regulating emotions.

### RESIDENTIAL PROGRAM: DISTRESS TOLERANCE

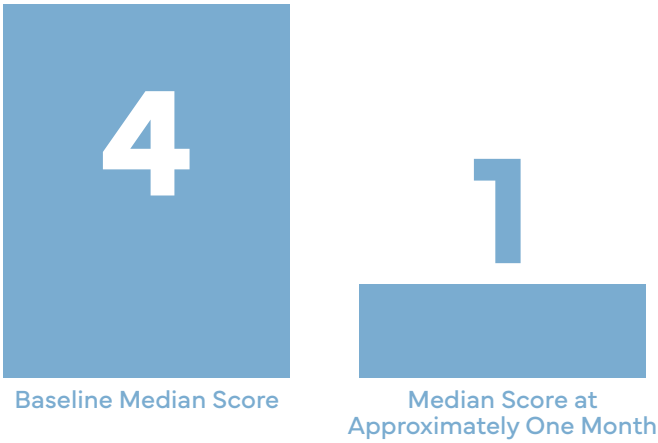
Scores on the Distress Tolerance Scale range from 1-5. Higher scores indicate a greater ability to withstand negative emotional experiences.

### RESIDENTIAL PROGRAM: MINDFULNESS




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

### VIRTUAL INTENSIVE OUTPATIENT PROGRAM: IRRITABILITY




Scores on the Affective Reactivity Index range from 0-12. Higher scores indicate greater irritability.

# Breaking the Cycle

*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.*

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!

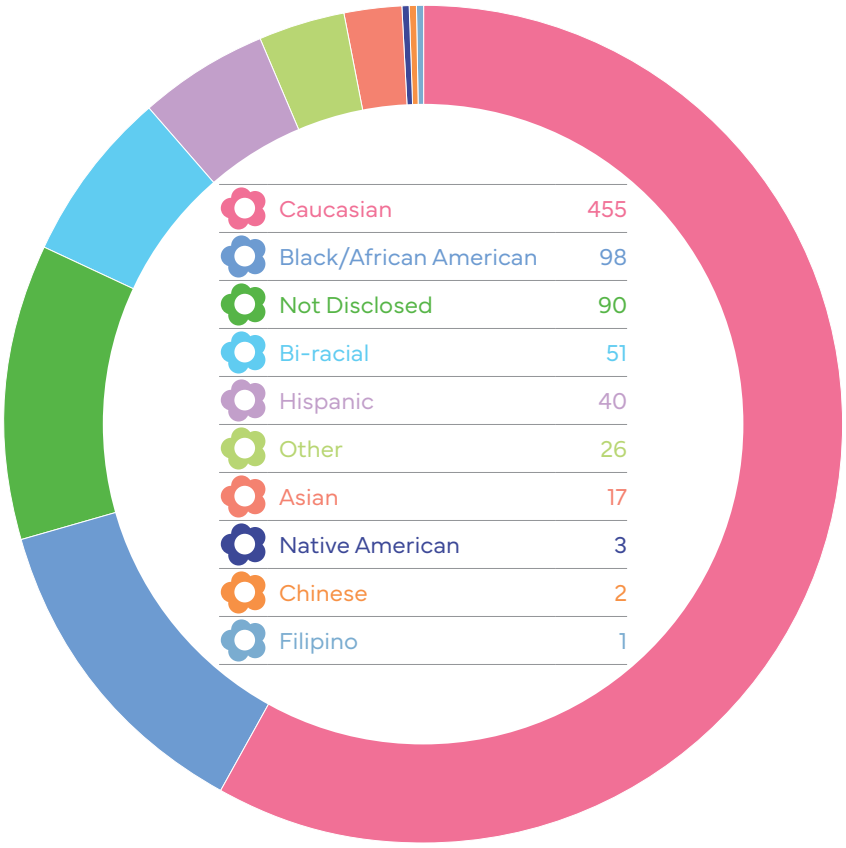
The family has come a long way from the days when they didn't know what was going to happen nightly let alone the future.

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."

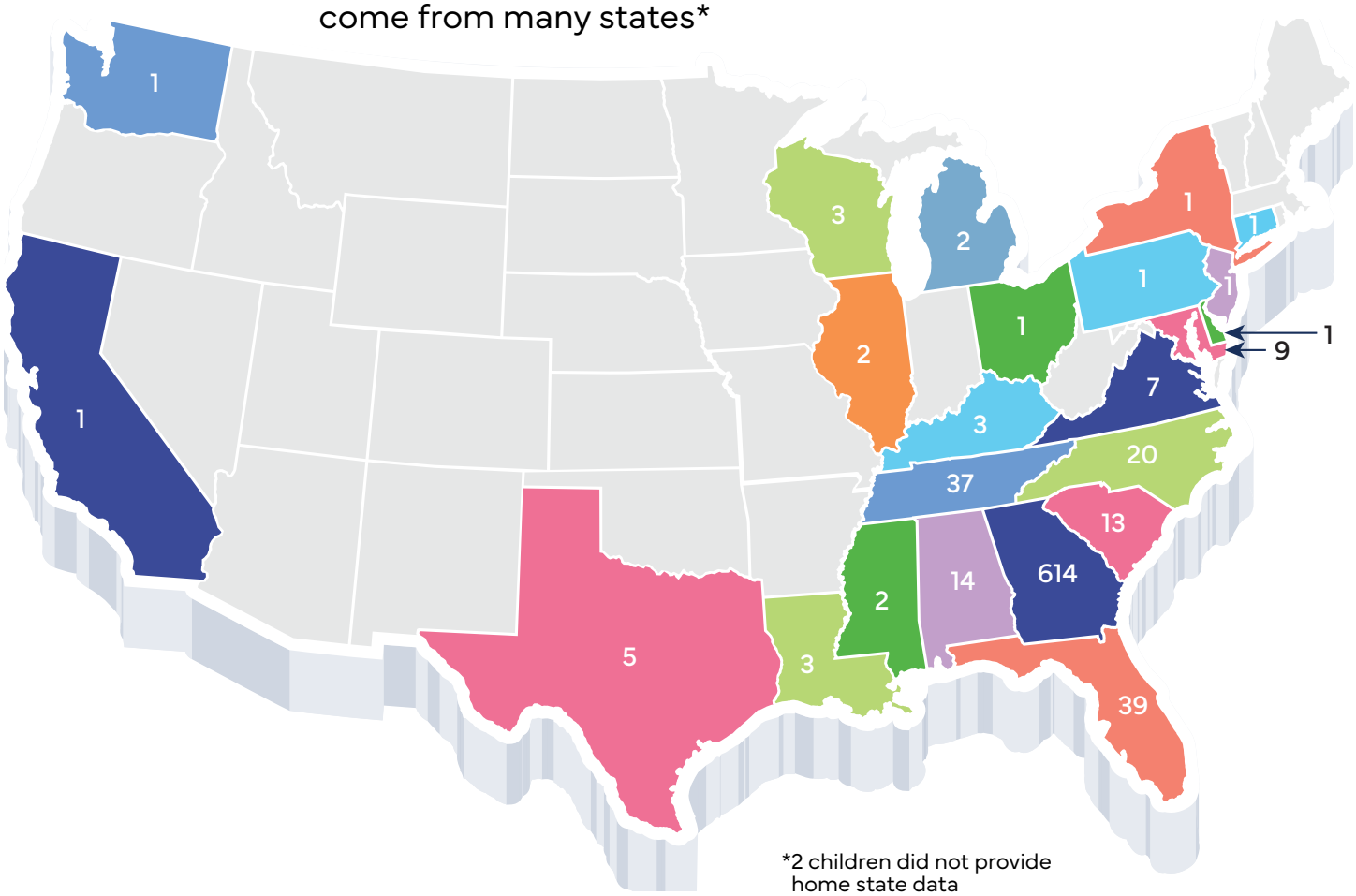
# Hillside kids...

**783**

total kids served

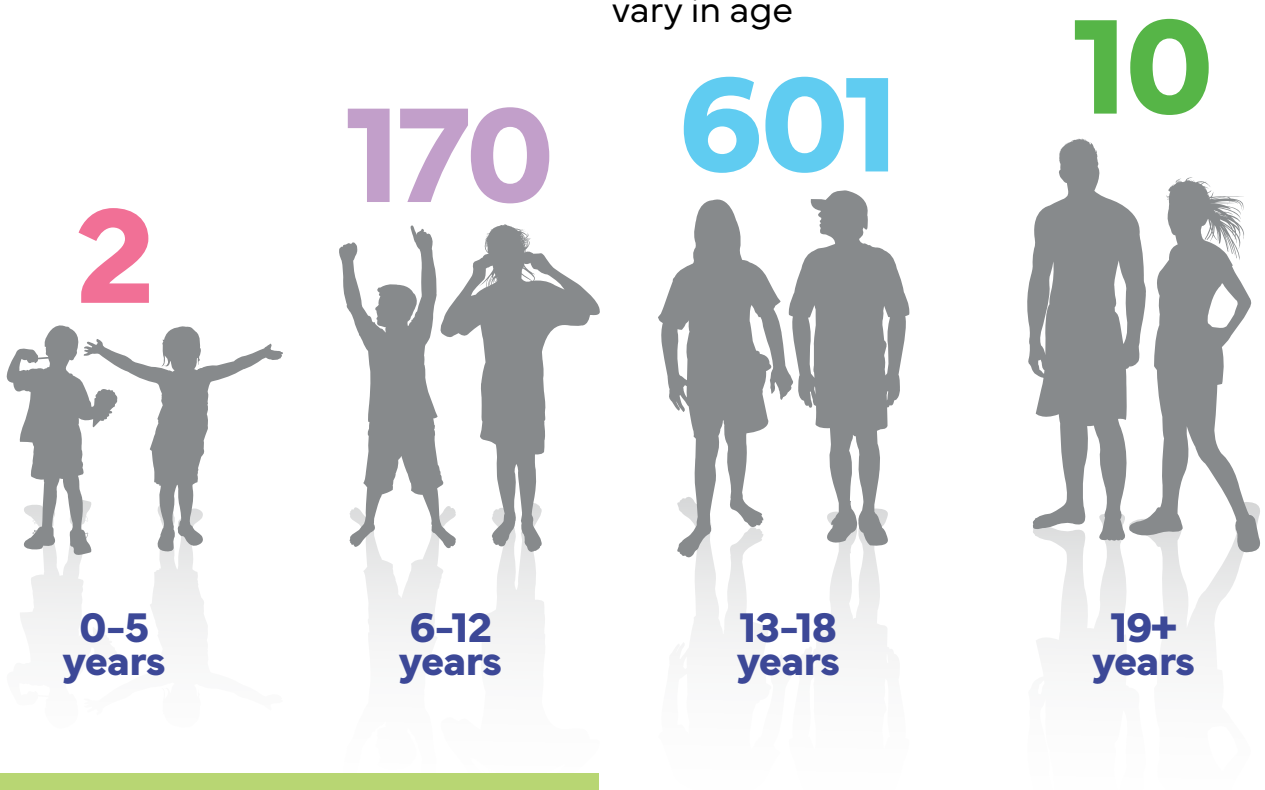



come from many states*




*2 children did not provide home state data

vary in age




**RESIDENTIAL PROGRAM**
**456** clients served
Average age at admission: **14**
Average length of stay: **66** days

**COMMUNITY PROGRAMS**
**339** clients served
Average age at admission: **14**
Average length of stay: **118** days

**DAY PROGRAM & INTENSIVE OUT PATIENT**
**221** clients served
Average at age admission: **15**
Average length of stay: **23** days

**THERAPEUTIC FOSTER CARE:**
**25** clients served
Average age: **11**

**23%**
OF KIDS
utilize more than 1 Hillside program

**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**

**90%**
**of parents**

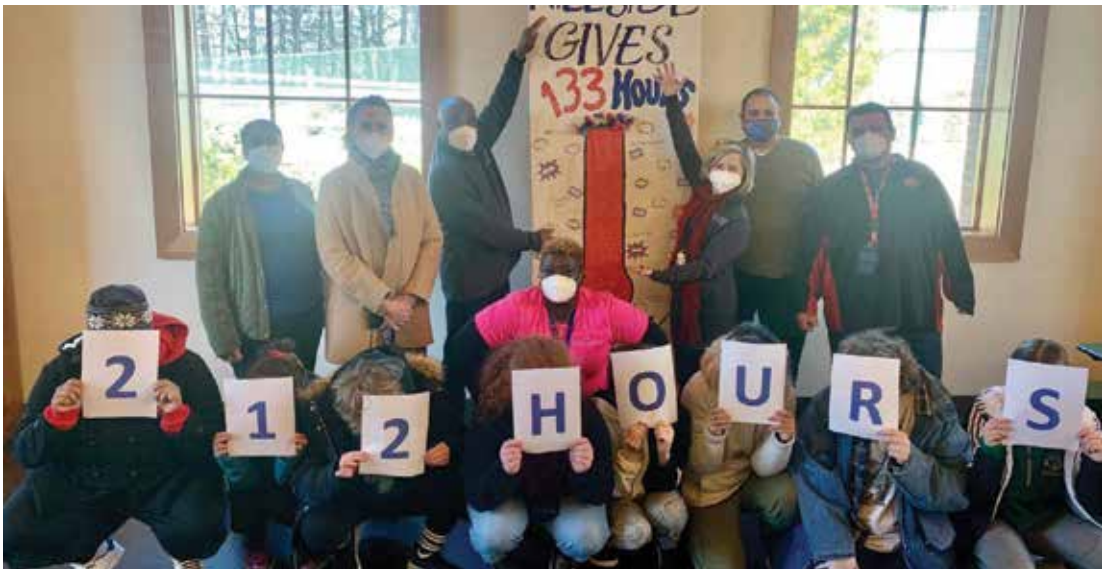
were satisfied with child's treatment

> We are so thankful for Hillside and the staff. Y'all have been **life changing**.

> 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.

# the numbers...

## RESIDENTIAL TREATMENT PROGRAM

| | | |
|---|---|---|
| Service Revenue | 12,758,568 | 76.03% |
| Department of Education | 1,428,133 | 8.51% |
| Contributions, Grants, and Other Sources | 2,437,513 | 14.52% |
| USDA | 158,544 | 0.94% |
| | 16,782,758 | 100.00% |

## PARTIAL HOSPITALIZATION & INTENSIVE OUTPATIENT

| | | |
|---|---|---|
| Service Revenue | 1,139,582 | 100.00% |
| | 1,139,582 | 100.00% |

## COMMUNITY INTERVENTION PROGRAM / OUTPATIENT

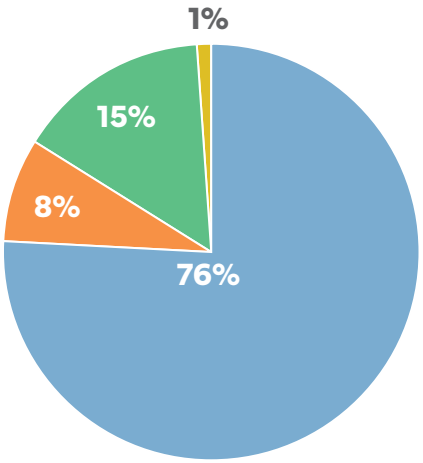
| | | |
|---|---|---|
| Service Revenue | 1,576,835 | 90.26% |
| Contributions, Grants, and Other Sources | 170,111 | 9.74% |
| | 1,746,946 | 100.00% |

## THERAPEUTIC FOSTER CARE PROGRAM

| | | |
|---|---|---|
| Service Revenue | 672,799 | 99.55% |
| Contributions, Grants, and Other Sources | 3,010 | 0.45% |
| | 675,809 | 100.00% |

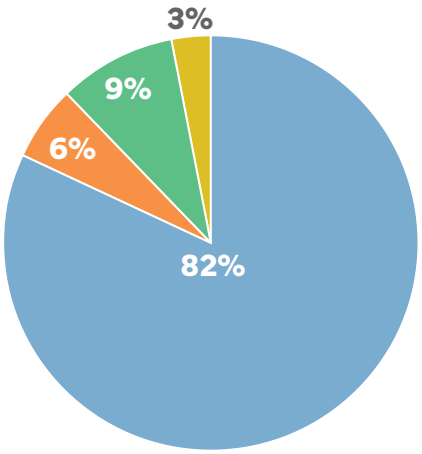
## TOTAL

| | | |
|---|---|---|
| Intensive Residential Treatment Program | 16,782,758 | 82.49% |
| Partial Hospitalization & Intensive Outpatient Program | 1,139,582 | 5.60% |
| Community Intervention Program | 1,746,946 | 8.59% |
| Therapeutic Foster Care | 675,809 | 3.32% |
| **TOTAL SUPPORT AND REVENUE** | 20,345,096 | 100.00% |



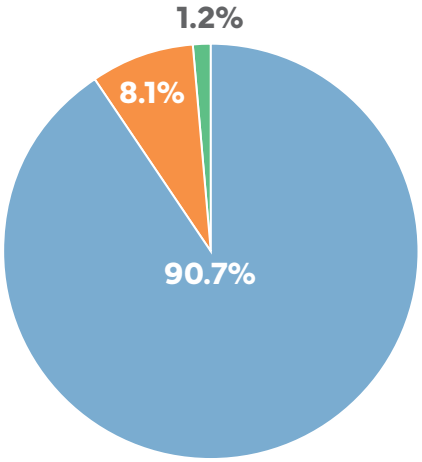

## RESIDENTIAL TREATMENT PROGRAM FUNDING BY SOURCE FY 2020/21

- Service Revenue
- Department of Education
- Contributions, Grants, and Other Sources
- USDA




## TOTAL REVENUE BY PROGRAM FY 2020/21

- Intensive Residential Treatment Program
- Partial Hospitalization & Intensive Outpatient Program
- Community Intervention Program
- Therapeutic Foster Care




## AGENCY EXPENDITURES BY TYPE FY 2020/21

| | | |
|---|---|---|
| Program Services | 18,345,770 | 90.7% |
| Management & General | 1,639,208 | 8.1% |
| Fundraising | 239,200 | 1.2% |
| TOTAL SPENDING | 20,224,178 | 100.0% |

# Hillside Atlanta board of directors

*Chair*
**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 (continued)

**$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
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
Debbie Rittmeyer
Ashley Rolader
Rebecca Rollins
Irving and Ann Schoenberg
Ben and Nancy Shapiro
Jordan Sharer
Kyle and Beth Sherman
Rebecca Shrager
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!

HillsideATL @HillsideATL hillside-inc hillsideatl hside.org

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: _____

**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

## pledge form

☐ 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

HILLSIDE® ATLANTA | Healing and Hope for Children and Families | HILLSIDE® ATLANTA | Foundation

690 Courtenay Drive NE, Atlanta, 30306 | 404-564-0695

**www.hside.org | www.hillsideatlantafoundation.org**