HILLSIDE®

Healing and Hope for Children and Families

Growing & Transforming

Annual Report | 2017

A Letter from the President & CEO

Dear Hillside Community,

As I reflect on the past year at Hillside, I am proud of the many transformations we have experienced. The years 2016 and 2017 have been years of profound growth, and we have only strengthened our objective to be renowned leaders in our field.

At Hillside, we remain intensely committed to our Vision 2020 Strategic Plan. Many of the developments in 2016 and 2017 reflect the Strategic Priorities that form the foundation of our Plan: to Be the Mental Healthcare Provider of Choice and to Be the Mental Healthcare Employer of Choice. It has been a challenging and fulfilling era, and I am excited to continue sharing it with you.

Among the extensive progress Hillside has made, we kicked off a campus-wide remodeling project, installed a new playground for children, and launched the first installment of our annual Hillside Presents... series at the Buckhead Theatre.

In this time of rapid growth and change at Hillside, we remain aware that there is so much more to do. Please consider making a financial gift and support our ability to help children and families facing the difficulties of mental illness.

Sincerely,

Emily R. Acker
President & CEO

A Letter from Kerstin Valdés Benden

Board President 2016-17

When I look back on my second and final year serving as President of Hillside's Board of Directors, I am filled with pride at our organization's evolution, and I am filled with gratitude that I have been a part of something so special. As we approach 130 years in Atlanta, we remain deeply committed to the children and families that we serve.

As Emily noted, Hillside has maintained its dedication to Vision 2020. As we do so, we have reached out to the community more than ever before, to support and enhance vital services. Undoubtedly, the community support we received made this a very special year.

As you look through the annual report, I hope you will see how influential your support has been. Thank you for bringing our mission to fruition; and thank you for making my service so fulfilling.

Sincerely,

Kerstin Valdés Benden

2016-17 President, Board of Directors at Hillside

Here We Grow: Hillside's Campus Remodel

With the help of longtime supporters Square Feet Studios and Gay Construction Company, we launched campus-wide cottage renovations to enhance our facilities and the way we deliver our evolving services to children and families.

Following the successful opening of the Teresa Stoker Dining Hall in 2014, areas of our cottages were no longer used for food preparation and meals. To make the most of these unused spaces, we began converting them into activity rooms, therapy offices, and space for family visitations. Additionally, the restrooms on each cottage will be remodeled to provide more personal hygiene space and improve safety.

Our Jo Williams cottage will get the most significant face lift with new siding, windows, and a full interior remodel to provide a welcoming home for up to seven adolescent girls focused on integrating Dialectical Behavior Therapy skills into their everyday lives. Hillside's onsite clinic will also benefit with an improved waiting area and better work flow for our nurses and doctors.

These exciting renovation efforts began at the end of our 2017 Fiscal Year, and the project was smooth and straightforward from the start. The early success is a testament to our generous supporters, the flexibility and commitment of our staff, and a talented building crew. We are so excited to share the finished project with everyone in the very near future!

Introducing Hillside's Playground

The importance of play in growth and development for children is often overlooked. The children we serve at Hillside, in particular, need access to play and exercise that enhances motor skills development. Additionally, play is essential to socialization among children. Many of the young people we serve at Hillside need assistance in these two key areas.

Our longtime provision of Recreation Therapy has demonstrated our appreciation of the body/mind connection in healthcare. This playground offers an exciting new dimension to this therapy.

Once our playground was completed in the Fall of 2016, it immediately added excitement, joy, and comfort to our campus. Children can play together and alone, and they can also engage in healthy play with their guardians and families. These are essential bonds that must be fostered, particularly when kids are away from home for treatment.

The children and families love the new climbing structures, balance bars, slide and swings. We love to watch them simply enjoy being kids!

The Mindfulness Retreat: A New Therapeutic Space for Children

In addition to free and organized play, children benefit from opportunities to rest, relax, and practice mindfulness. This is a central tenant of Dialectical Behavior Therapy and was the inspiration behind the construction of our Mindfulness Retreat.

Thanks to the generosity of the Brightwings Foundation, we created the Retreat by installing hammocks in a serene area next to the Conant School. Shaded by campus trees you will often find a group of kids reading, listening to music, or practicing relaxation techniques in a colorful hammock. Not only does this add to the therapeutic environment at Hillside, but it also improves the comfort our children and families experience on campus.

Our Gardens Keep Flourishing: Horticulture Therapy at Hillside

We would like to thank the Northwood Garden Club, Margaret and Ike Cobb, Donna and Gene Brooks, and Jenny and Vern Nagel for very generously contributing the funding Hillside needed to develop our new sunken garden. Additionally, we must thank Ruppert Landscape for generously reducing the cost of construction. This new garden will be incorporated into our thriving Horticulture Therapy program.

Horticulture Therapy continues to be popular among our children, families, and staff. Kids get to watch as their efforts pay off, and they enjoy the fruits, vegetables, and herbs often served at our Dining Hall! The gardens provide a space for building effective life skills like patience, nurturing, and respect for hard work. These are vital skills that all children can use throughout their lives.

Hillside Presents... Get Your Hair Wet!

Last year, Hillside's growth was more than structural. One major area of expansion into the community included the launch of our very first Hillside Presents... event at the Buckhead Theatre in November 2016. We were proud to introduce guest speaker Meredith Walker, co-founder of Amy Poehler's Smart Girls, to an audience of pre-teen and adolescent girls and their families for *Hillside Presents... Get Your Hair Wet!*

Ms. Walker offered inspirational stories and insights into her rich life experiences, from working with Linda Ellerbee at NICK NEWS of Nickelodeon, serving as head of the talent department at *Saturday Night Live*, and providing aid to refugees in the Middle East.

This special event was designed to encourage young women to pursue their dreams and to be open to new and exciting challenges. Ms. Walker explained that many of her accomplishments had taken her far beyond her expectations, and she succeeded by refusing to accept limits based on gender, age, and experience.

Additionally, we were incredibly fortunate to benefit from the involvement of photographer Kate T. Parker. Ms. Parker featured images from her published work, *Strong is the New Pretty*, depicting young and adolescent girls playfully participating in games and athletics, often quite literally getting their hair wet!

Throughout the theatre lobby, Hillside donors, sponsors and staff members operated different stations where young people could engage in activities, including arts and crafts and even martial arts. Ultimately, this special occasion allowed us to share the powerful messages of Meredith Walker and of Hillside's mission with a new and wider audience.

Just like our campus and our outreach programs, Hillside's community support continues to expand and thrive.

Volunteer Spotlight: George Wieder

Kiwanis Club of Atlanta

Our community of support continues to spread, and we have a foundation of incredibly dedicated supporters to thank for that progress. This year, we'd like to spotlight one of these longtime supporters, Mr. George Wieder.

After serving for 21 years in the United States Air Force, Mr. Wieder settled in Atlanta with his family. He has long sought out opportunities to support children and youth, and his service with the Kiwanis Club of Atlanta introduced him to Hillside. *"Since the Kiwanis goal is to improve the world, one child at a time,"* he explains, *"I decided that I wanted to help Hillside."*

Mr. Wieder quickly discovered a special area where his support would go far. *"When I learned that Art Therapy and Horticulture Therapy are part of the healing process, I started bringing supplies as I found them on sale."* His contributions have made a substantial impact on Hillside's programs and many of our special events. Our children have enjoyed creating art projects and engaging in therapeutic crafts that would not have been possible without Mr. Wieder. In turn, he has made many lasting memories at Hillside.

"It has been a joy to attend Foster Care luncheons and the playground dedication," he says. *"One of the most memorable events was a Kiwanis gathering held in the dining hall. Table floral decorations were created by the residents, and we enjoyed great food and a drum demonstration."*

Whether he is on campus for a special event or delivering new arts and crafts supplies, Mr. Wieder always shares a warm smile of gratitude for the hope and healing that he is a part of at Hillside. His outlook on Hillside's future is quite optimistic, as well. *"I continually learn of the recognition that Hillside receives for its innovative treatment models,"* he explains. *"That, along with organizational partnerships, can only bring continued growth and healing advancements."*

Volunteer Engagement

Volutneer Ren Brennan

2016 BOMA Holiday Party

Special Equestrians of Georgia

The Atlanta Opera Studio Tour

The Hillside Scholarship Fund: Finding Opportunities and Changing Lives

Providing effective Healing and Hope takes time. Often, the funding for treatment from Medicaid and private health insurance is limited and does not adequately cover the completion of prescribed care. At Hillside, we have opted to view these challenges as opportunities to improve our programming and service delivery. In 2016, thanks to the generous support of The John and Poly Sparks Foundation and the Lattner Family Foundation, we were able to launch the Hillside Scholarship Fund. This fund provides financial assistance to children and families whose health coverage will no longer cover the cost of necessary treatment.

We are proud to share one example of how generous donors to the Scholarship Fund impacted a young life. A young boy was receiving residential care to help him manage psychosis and aggression that had become too difficult for him and his family to effectively manage at home. While at Hillside, his father was involved in a critical automobile accident and was ultimately taken off life support and died. Immediately following this tragedy, the family's insurance abruptly cut funding for the child's treatment – at perhaps the most vulnerable moment of his life. Understandably, the loss of a parent had triggered increased instability in his behavior. The Scholarship Committee was able to allocate funds to cover 25 days of additional treatment for him. This allowed us to make critical medication adjustments and coordinate home visits that aided in his transition out of residential treatment. He was successfully discharged home after making significant progress that would not have been possible without Hillside's Scholarship Fund.

The Hillside Scholarship Committee consists of Clinicians and Admissions personnel who determine when, where, and how funding can be used most efficiently and effectively to ensure improved outcomes and decreased risk of recidivism to Hillside or acute care.

While we are incredibly grateful for the Committee's amazing work, we also recognize that this project simply would not be possible without the support of private foundations and individuals, who continue to provide the funding that becomes our Scholarship.

Saying Goodbye to Dr. Jennifer Gould

Growth often includes goodbyes.

One of the most bittersweet events of the past year was our farewell to Dr. Jennifer Gould, Hillside's Medical Director of 23 years. Dr. Gould provided healing and hope for thousands of children over her tenure and was instrumental in establishing Hillside's reputation as a center for excellence in mental healthcare for children. Her leadership led to the incorporation of Dialectical Behavior Therapy (DBT) into Hillside's Residential Program in 2006. Under Dr. Gould's expertise, we became the first DBT-based residential facility in the Southeast.

While her passion and care are greatly missed, we are so proud of Dr. Gould for following her heart and relocating back to her home state of Florida. In her typical fashion, she was committed to finding a talented successor to build upon the incredible foundation she established.

Ultimately, Dr. Gould remains a member of the Hillside family and is still a vital supporter, even from afar.

... Saying Hello to Dr. Adam Silberman

Shortly after Dr. Jennifer Gould announced that she was moving to her home state of Florida, Hillside began the difficult search to find a medical director who would carry forward our commitment to high quality medical and clinical care. After an intensive process, Hillside extended the offer of Medical Director to Dr. Adam Silberman, who accepted the role and began his transition in May. Thanks to the committed efforts of both Dr. Gould and Dr. Silberman, as well as Hillside's dedicated clinical and medical staff, the transition moved forward smoothly, ensuring our children enjoy the same consistent, quality care.

Dr. Silberman is Board Certified in General and Child & Adolescent Psychiatry, and he is trained in Dialectical Behavior Therapy (DBT). His undergraduate and graduate work was completed in Wisconsin, and his postgraduate work in New York. He came to Georgia in 2013 and has worked in private practice, and two PRTF facilities before Hillside. He is excited to be part of Hillside due to his wealth of experience and belief in the impact of DBT, his love of residential and family work, and his commitment to developing strong teams and collaborations. He is high-energy, visionary, full of optimism, and deeply committed to providing excellent care to children and families.

2017 Transformation: Spotlight on Shawn

When Shawn came to Hillside, he and his grandmother were afraid of what the future may hold. The past two years had been full of struggles, including a series of back-to-back hospitalizations across the state. Shawn's local elementary school had nearly given up hope, insisting his behavioral issues and aggression made him unfit for attendance. It was during one of Shawn's final hospitalizations that his grandmother grew desperate and began to consider what was previously unthinkable: giving up custody of Shawn. Before she surrendered all hope, a nurse recommended she investigate Hillside's programming. From there, a major shift began to take hold.

Shawn was enrolled in Hillside's Residential Program, where he began learning and developing vital skills to help him cope with the difficulties that had burdened his life thus far. This skill development carried over as he returned home with his grandmother, now enrolled in Hillside's Community Intervention Program (HCIP). Shawn's grandmother credits his HCIP case worker, Dionne Smith, with connecting him to tutoring services and advocating for him to attend his local school, where he is now making A's and B's. In fact, his studies and behaviors have improved so considerably that he is now participating in the school's basketball program, a longtime dream of his.

Speaking of dreams, Shawn's vision of the future is filled with promise. He plans to graduate high school, attend college, and pursue a career in paleontology or marine biology. *"The talks he gets from Mrs. Dionne have left a lasting impression on him, and he really thinks about his actions now,"* his grandmother explains. Shawn concurs, saying, ***"I want to be successful in society like Mrs. Dionne tells me I can be."***

Taking Root: Intensive In-Home Therapy

What is Intensive In-Home Therapy and how does it work?

In 2015, Hillside entered into one of the first ever private insurance Intensive In-Home Therapy contracts in the state of Georgia. This allowed Hillside to build on 20 years of preserving and strengthening Metro Atlanta families through in-home community services, providing more families with access to these vital services.

Through our contract with Blue Cross Blue Shield of Georgia, we provide four hours of Intensive In-Home Therapy per week to families of children who are at risk of out-of-home placement or hospitalization. These services are typically delivered in two 2-hour sessions per week and last 3-4 months on average. The services we provide include individual and family therapy, case management, advocacy, DBT skills training, phone coaching and crisis support. We collaborate with other service providers to ensure that all necessary services are wrapped around each family.

What is the impact on the children and families we serve?

An example of one of our most challenging and rewarding cases involves the family of a teenage girl who had been hospitalized multiple times for suicide attempts and self-harming behavior. We worked with the family to assess their needs and provide supports for healing. When residential treatment became a necessity, we continued our work while the child was placed in Hillside's residential program. This same young woman has now gone 9 months without cutting herself, is attending school full time, and is participating in a weekly dance class she loves. Her Hillside therapist just attended her first dance recital this summer!

What do we hear from other providers?

Community service providers recognize the unique elements of treatment, which families could not receive elsewhere. Because we work in the family's home, we can practice skills within the child's natural setting, observe family dynamics, report information back to the community service providers, and help implement plans that have a better chance of succeeding.

What do we hear from parents?

Parents say that we help children see how therapy can help them and even be fun (our therapists frequently get children to participate in different activities as part of treatment). Many children who previously refused to see a therapist in the community are able to see that therapy can help them in ways they couldn't even imagine were possible, helping them move toward their life-worth-living goals.

How has our Intensive In-Home Therapy program grown?

When we first started our Intensive In-Home Therapy Program in March 2015, we were providing services to one family. In just over two years, we found ourselves ending June 2017 with a caseload of 24 families – a caseload that doubled over the course of the fiscal year. Through marketing, word-of-mouth, positive results and increased staffing, we have positioned ourselves to continue to grow as we enter fiscal year 2018.

How does Intensive In-Home Therapy tie in with Hillside's future?

Intensive In-Home Therapy is a specialized service that enables Hillside to provide services to families in their homes. The more we can help families get the support they need, help children heal, and keep the family whole, the more Hillside will be fulfilling its mission long into the future.

The Numbers

Residential Treatment Program

Service Revenue	12,262,025	84.89%
Department of Education	1,451,255	10.05%
Contributions, Grants, and Other Sources	397,860	2.75%
United Way	203,500	1.41%
USDA	129,295	0.90%
	14,194,402	100.00%

Community Intervention Program / Outpatient

Service Revenue	925,942	90.62%
United Way	76,322	7.47%
Contributions, Grants, and Other Sources	19,487	1.91%
	1,021,751	100.0%

Treatment Foster Care Program

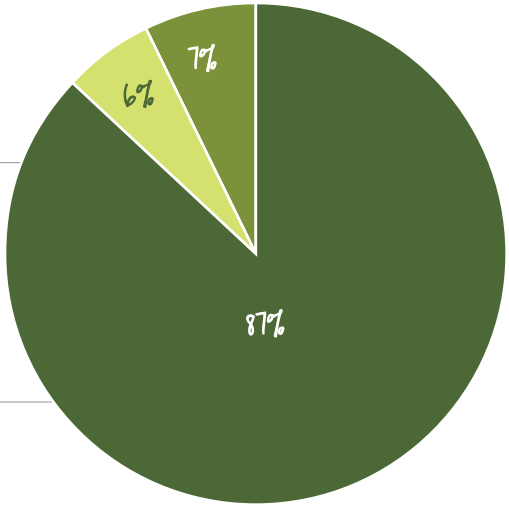
Service Revenue	1,124,608	99.97%
Contributions, Grants, and Other Sources	310	0.03%
	1,124,918	100.00%

Total

Intensive Residential Treatment Program	14,443,935	87.06%
Community Intervention Program / Outpatient	1,021,751	6.16%
Treatment Foster Care	1,124,918	6.78%
TOTAL SUPPORT AND REVENUE	16,590,604	100.00%

Total Revenue by Program

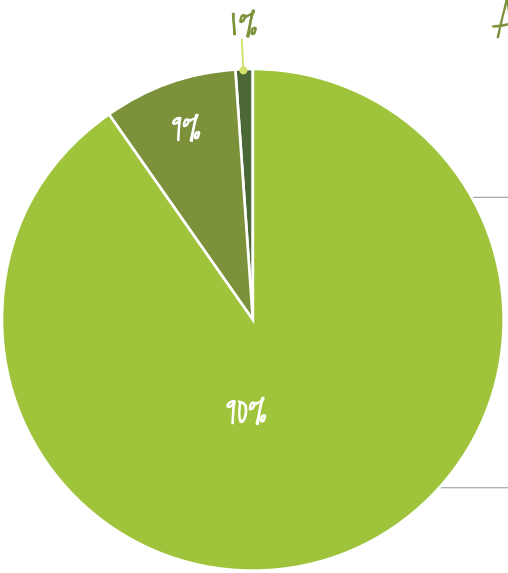
FY 2016/17



- Intensive Residential Treatment Program
- Community Intervention Program / Outpatient
- Treatment Foster Care

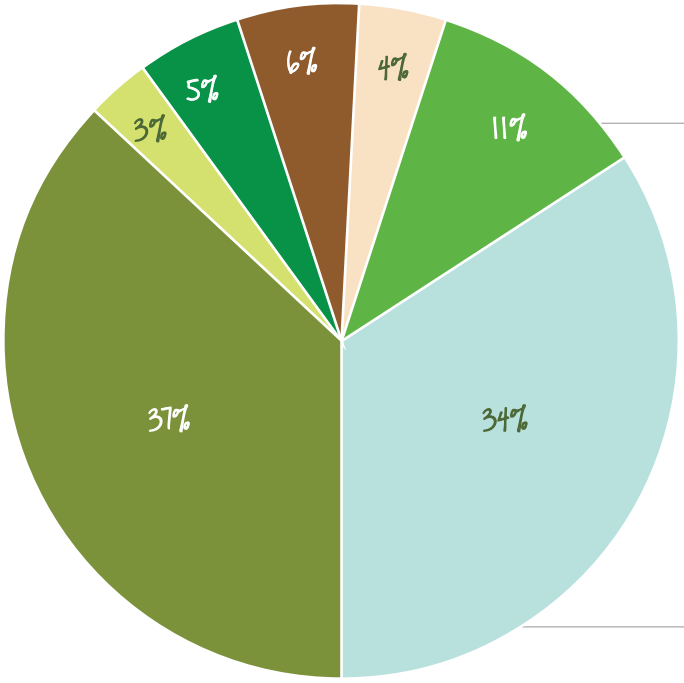
Agency Expenditures by Type

FY 2016/17

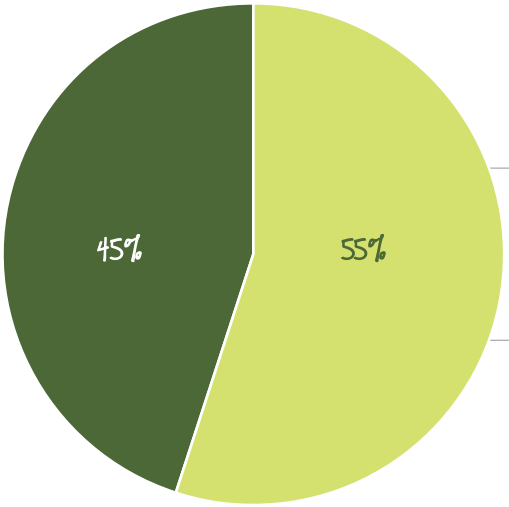


Program Services	14,889,291	90.3%
Management & General	1,414,358	8.6%
Fundraising	180,978	1.1%
Total Spending	16,484,627	100.0%

Primary Diagnosis

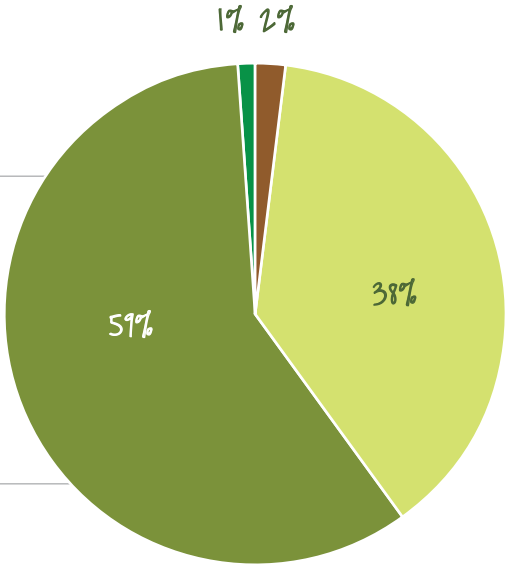


- Disruptive Mood Dysregulation Disorder
- Post traumatic Stress Disorder
- Psychotic Disorder
- Anxiety
- Bipolar Disorder
- Depression
- Other



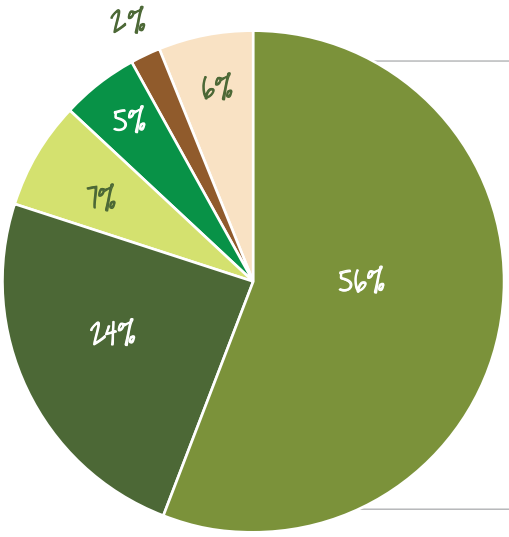
Gender

- Female
- Male



Age

- 0-6 years
- 7-13 years
- 14-18 years
- 19-21 years

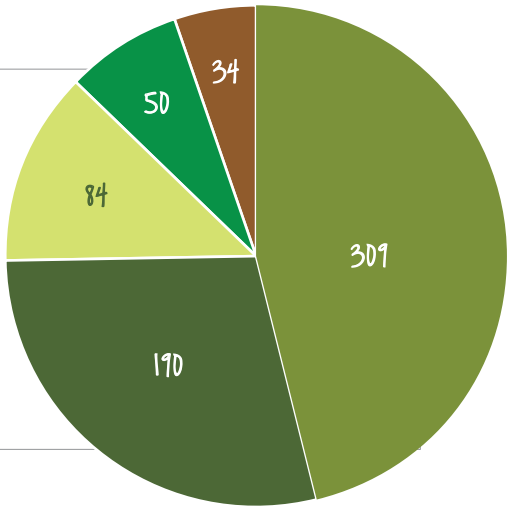


Ethnicity

- Caucasian
- African American
- Bi-racial
- Hispanic
- Asian
- Other / Unknown

Clients Served in Programs

- Residential
- Community Intervention
- Outpatient
- Foster Care
- Partial Hospitalization



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Mrs. Josephine C. Williams (Jo)
Mrs. Barbara Wylly

Capital Campaign

Anonymous

Tull Charitable Foundation, Inc.

David, Helen & Marian Woodward Fund

Business and Foundation

$250,000 and Above

United Way of Metropolitan Atlanta

$25,000 - $99,000

Lattner Family Foundation, Inc.
Kiwanis Club of Atlanta

$10,000 - $24,999

Foundation For A Better World
John and Mary Franklin Foundation
John and Polly Sparks Foundation
Fulton County Dept. of Human Services
Gertrude and William C. Wardlaw Fund
Waffle House Foundation

$5,000 - $9,999

Rose Garden Club
Capital Group Charitable Foundation
Whitehead Children's Christmas Fund
Royal Caribbean Cruises LTD
Silent Partners for the Kids
The Scott Hudgens Family Foundation, Inc.
Wells Fargo Foundation

$1,000 - $4,999

BOMA Georgia
Dollar General Literacy Foundation
Garrard Construction Group
Allied Claims Administration
City Club of Buckhead
Georgia Health Foundation
Tull Charitable Foundation, Inc.
SunTrust Bank Foundation
Square Feet Studio
Richardson Boom & Lines LLC
Ernst & Young
Frolic Boutique
Dove Contracting, Inc.
DeKalb County
SERVPRO of Decatur
Virgil P. Warren Foundation/SunTrust Bank, Atlanta
Atlanta Northlake Elks Lodge 78
Kiwanis Club of Buckhead
Northwood Garden CLub
Bright Wings Foundation
LCG Associates, Inc.
Parker Hannifin Foundation
Sightline

$500 - $999
United Way of Metropolitan Atlanta CFC
Dazzl Ltd.
Truist
Action For Healthy Kids
New England Novelty
Forsyth Family Counseling, LLC
Best Friend Gifts
John H. & Wilhelmina D. Harland Charitable Fnd.
Global System of America Corp.
H&R Commercial Flooring
Kimberly-Clark Corporation
Trove, Inc.
Sikes Paper

$200 - $499
Imagine Nation Books
Dazzl Jewelry Boutique
Publix Super Markets Charities, Inc.
Standard Office Systems
Savvy Fashions Inc.
For the Kid in All of Us, Inc.
Network For Good

$1 - $199
Goodshop
Kings III Emergency Communications
Expect Compliments, LLC
Amazon Smiles
Artlite Office Supply
United Way of Metro Chicago
Chosen Janitorial Services
BELFOR Property Restoration
Honeysuckle Soap
American Orchid, LLC
Pink Barre
Box Tops for Education
Kroger Corporation
Construction Financial Management Association - GA Chapter
Salon Lotus
Smart Circle International LLC
ABNN Accessories, LLC

Individuals

$20,000 and Above
Hillside Staff

$10,000 - $19,999
Mrs. Catherine W. Dukehart
Mr. Richard Schweitzer

$5,000 - $9,999
Mr. & Mrs. George E. Case III
Mr. William M. Dukes
Mrs. Elaine C. Dyer
Mr. P. D. Yates Jr.
Ms. Teresa Claugus

$1,000 - $4,999
Mr. & Mrs. Howard Benden
Mr. & Mrs. Mark Kopp
Mr. & Mrs. Thomas E. Adams
Mr. & Mrs. Raymond Rudd
Ms. Gloria Seymour
Mr. & Mrs. Andrew Jones
Ms. Renee Guttmann & Mr. Robert Marrs
Ms. Katie Downs
Mr. Albert W. Hutchison
Mr. Tom Gay
Mr. & Mrs. Lance Stafford
Mr. Thomas Doran
Mr. Mark Pulliam
Dr. & Dr. Edward Gotlieb
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Mrs. Lynda H. Griffin
Rev. Louis Schueddig
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Mrs. Lulyanne S. Allgood
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Mr. Tom A. Barrow Jr.
Mr. & Mrs. Keith Vay
Mr. & Mrs. Dan Bohlayer

Individuals

$500 - $999 (continued)

Mr. & Mrs. Brian Acker
Mr. Andrew Hoover
Mr. & Mrs. Takahiro Yamada

$200 - $499

Mr. & Mrs. Fredrick Smith
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Ms. Mary Brittain
Mr. & Mrs. Paul H. Anderson Jr.
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Mr. David Johnson
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$1 - $199

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Ms. Mary Hermann
Mr. & Mrs. Willard Jule
Mr. & Mrs. Bert Hogeman
Ms. Katrina Word
Ms. Amanda Zimmerman
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Mr. & Mrs. Dan Sweat
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Mr. Hector Chaviano
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Dr. Gregory Pennington, Ph.D.
Mr. & Mrs. Steve Ramsey
Mr. Warren Kim
Ms. Janet Smith
Mr. Paul Rappaport
Mr. Jeffrey Harrison
Ms. Gail A. Lewin
Mr. David Benson
Mr. Knox O'Callaghan
Ms. Wanda Brown
Mr. Lloyd Lorenzsonn
Mr. & Mrs. Brad Dickey
Ms. Cameron Tyer
Ms. Rena Coleman
Ms. Beth Marshall
Mr. Alex Vadnais
Ms. Landria Voigt
Mr. Hilton Ball
Ms. Haven Long
Ms. Amy Brumfield
Ms. Maria Vaneri
Ms. Elizabeth Marshall
Mr. John Breton
Ms. Caroline Cooley
Ms. Julie Love
Mr. & Mrs. Robert C. Boozer
Mr. & Mrs. Dean Copeland
Ms. Janet Austin
Mr. Lance King
Mrs. Jacquelyn Hahne
Mr. James Satterfield & Mrs. Sandra Garber
Mr. & Mrs. F. Scott Brumfield
Mrs. Barbara Briscoe
Mr. & Mrs. Brad Phelps
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