

Recovery for Life



**2009 Cumberland Heights
Donor Report**

A message from the CEO...

Thank you for your gifts to Cumberland Heights.

In 2009, your generosity allowed us to treat 2,618 individuals and strengthen 3,326 family members. We provided the tools so they can seek recovery for life. We are so grateful to our philanthropic community — you have given us the means to develop outstanding programs, secure qualified staff, build beautiful facilities and change lives. We could not have done it without you!



Here are a few fundraising highlights from 2009:

- The 12th annual John Hiatt Concert for Adolescent Programming was held at the historic Ryman Auditorium. Boz Scaggs and John Hiatt performed to a packed house and raised \$236,000 for youth treatment. Bob Jackson and Al Thomas chaired the signature event.
- The first comprehensive Annual Fund Drive was led by Joe Roberts and his children, Jody Roberts and Leslie Dabrowiak. With the help of Board and Alumni Association volunteers, the drive exceeded all expectations.
- The Cumberland Heights Endowment Society recognized and thanked those who have made planned gifts at its annual celebration dinner at Hillwood Country Club. The evening's highlight: the 19-year-old speaker who described his personal recovery and credited Cumberland Heights' Patient Assistance funding.
- Friends of Cumberland Heights gifted more than \$50,000 for upkeep and support of the Meditation Walk, culinary department and children's programs, made possible by the success of the Friends' annual Fashion Show and Jeff Fisher Celebrity Roast.

We present this report to recognize and thank our donors for caring about Cumberland Heights, and generously sharing their gifts and talents. We are optimistic we will be even more successful in 2010 and continue to change lives for decades to come.

A handwritten signature in black ink, appearing to read "James B. Moore". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

James B. Moore
Chief Executive Officer

Mission highlights for 2009

Programs for Men

Our Traditional Program for men is based on a minimum 30-day stay. This allows for in-depth exploration of the impact of addiction and provides time to establish a foundation for lifelong recovery. The shorter-term First Step Program, as well as our extended treatment and outpatient programs, offers a broad continuum of care for male patients. A relapse prevention program is available for those who have had prior treatment.

Programs for Women

Our Women's Program is tailored to the sensitive issues women face when coping with addiction and recovery. In addition to the 30-day treatment program, the First Step Program is also available to women. In 2009, a women's extended care house and apartment were opened with less supervision and more freedom to help women transition back into their own communities. A grant from the Community Foundation of Middle Tennessee has provided more services for the children of mothers in treatment.

Both adult programs treat young adult men and women between the ages of 18 and 24, with emphasis on individualized treatment for this special age group.

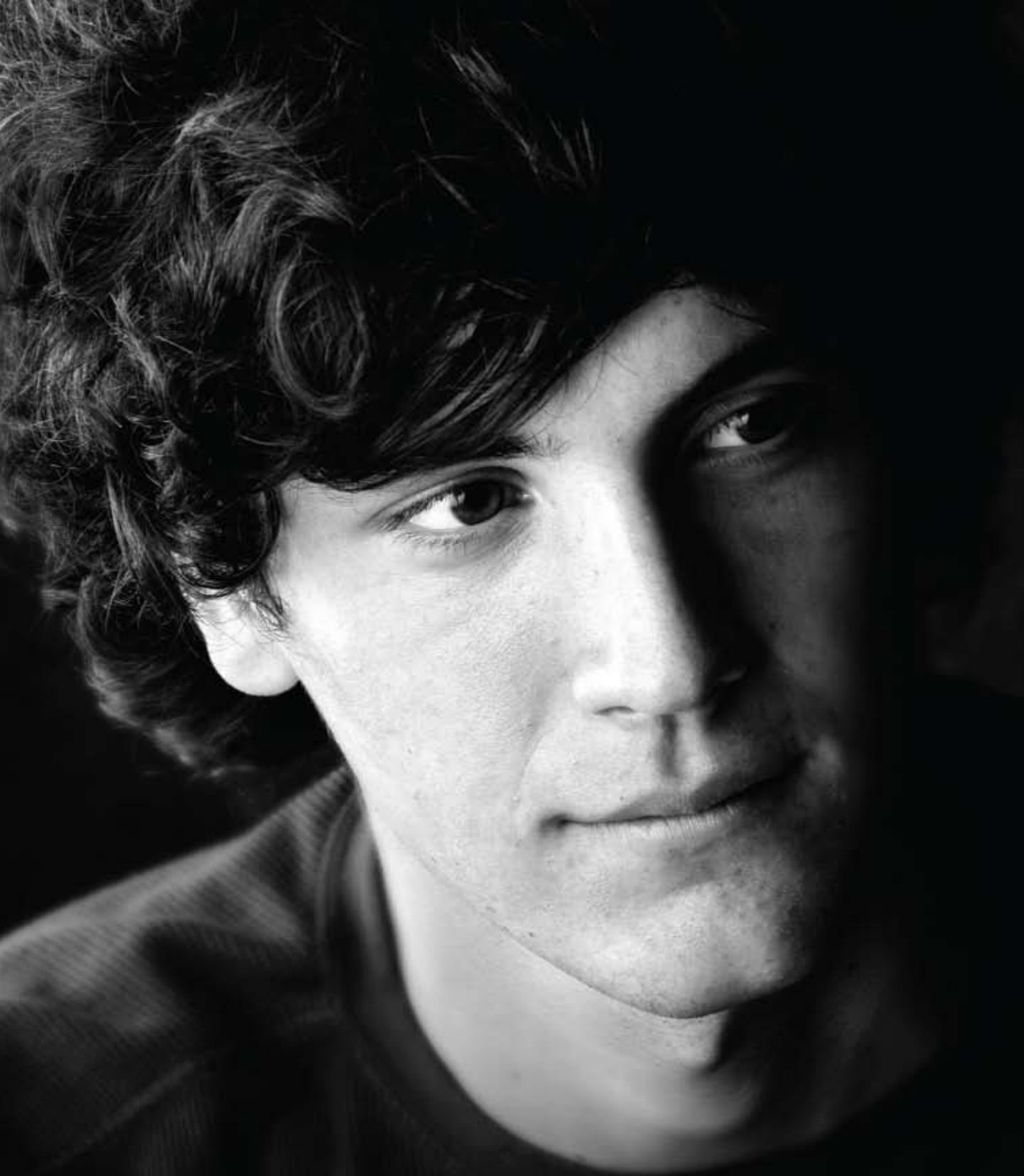
Programs for Adolescents

Cumberland Heights has a 30-day treatment program for adolescents and a 90-day Extended Care Program. This gives young people the opportunity and time to practice their personal recovery skills while continuing their education at River Road Academy, a state-approved private school on the grounds of Cumberland Heights' main campus.

A peer accountability program called CARE (Community Awareness Raising Exercise) began this year within adolescent treatment programming, with positive results.

Medical Services

Cumberland Heights named Chapman Sledge, MD, FASAM, as its new Chief Medical Officer. Nationally known for his work in addiction treatment, Dr. Sledge served as medical director of addiction treatment services at Pine Grove Behavioral Health and Addiction Services in Hattiesburg, Mississippi, for more than 15 years.



Experience

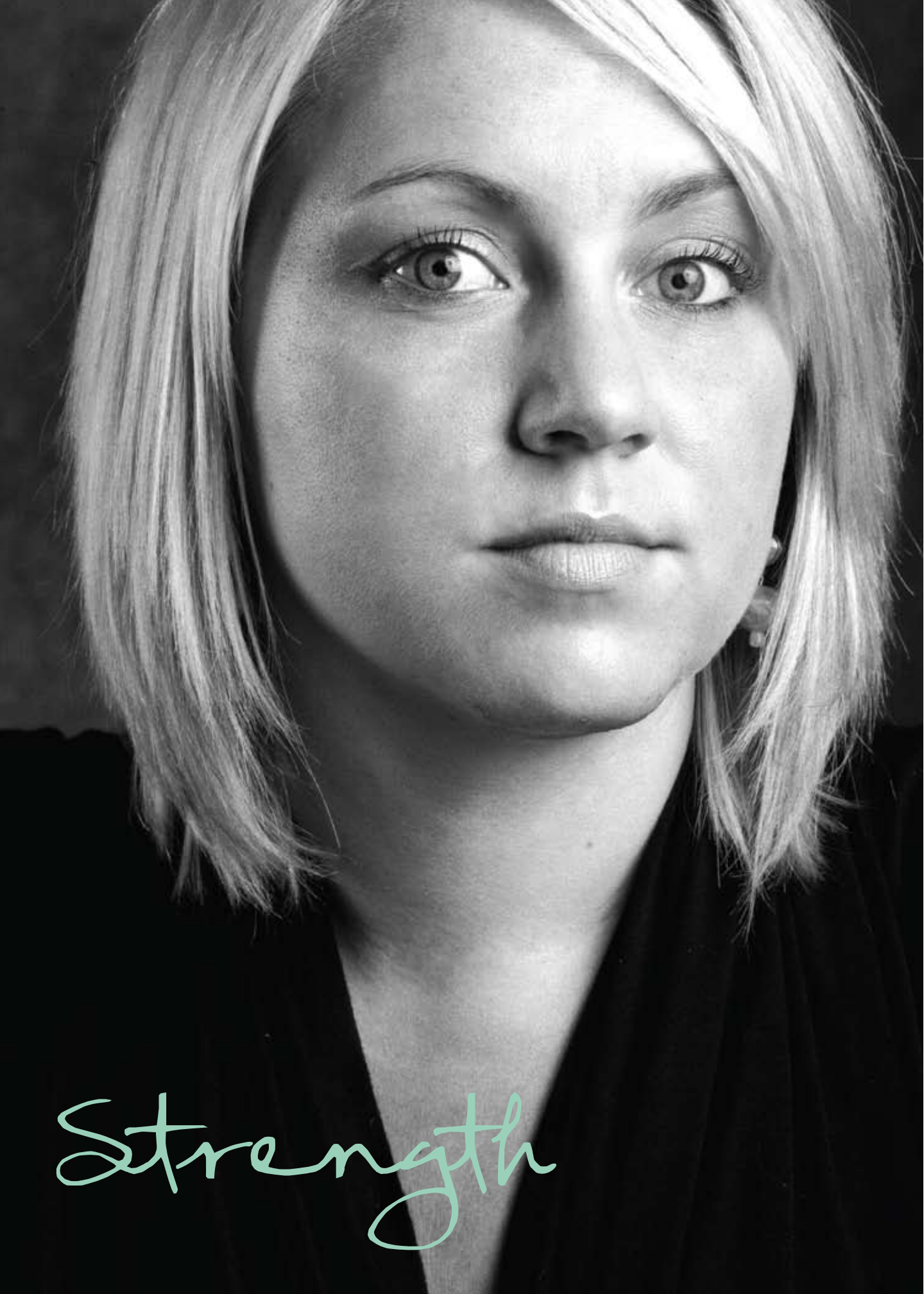
Wow. I've come a long way! Before I got to Cumberland Heights I was looking for answers in all the wrong places — in drugs and alcohol especially. My life was going down the drain and I knew it, but I couldn't stop it. I was throwing myself at girls and bad friends and getting hurt. After I got arrested I knew something had to change.

Thanks to scholarship assistance at Cumberland Heights I was able to get the treatment I needed. I am now experiencing a new and better way of life I wasn't able to find on my own.

Cumberland Heights gave me the tools to give myself a better-than-average chance of staying on the right path. This experience has been God-sent, not only to myself but also to my family. For that I want to thank everyone involved in Cumberland Heights.

I am now 19 years old, working, and have my own apartment. The staff at Cumberland Heights has helped me to a great start. They have been there to listen and love me even when I thought I didn't deserve it. They really did save my life. Looking back, I know I never had as much fun in my using days. And when I feel down, I know the place on River Road will give me a hug with open arms. I am trying to take responsibility for my life, and I feel I have a huge supporting cast of people who are dying to see me succeed.

Justin



Strength

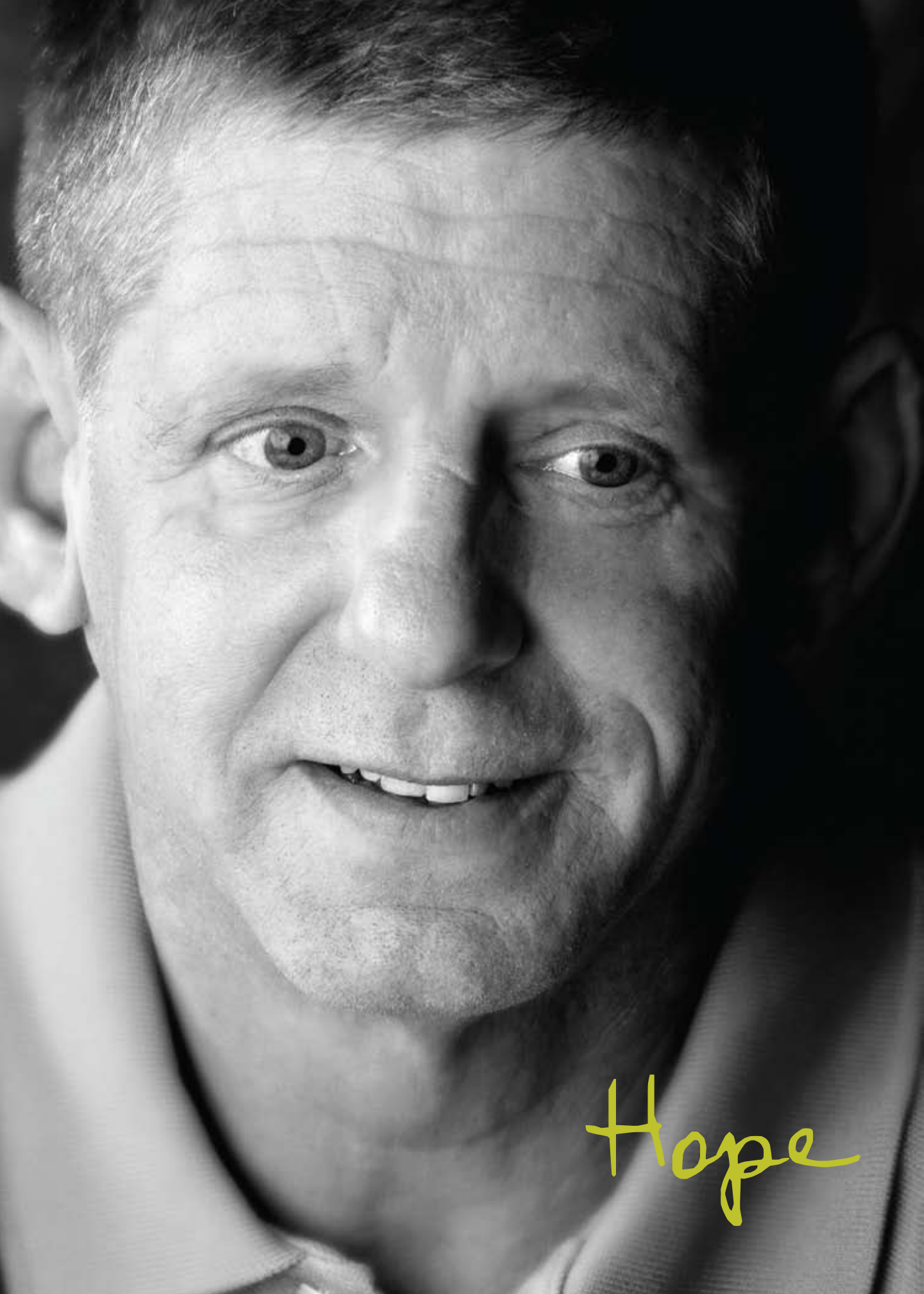
At 32, I thought I was a strong, independent, successful woman. But deep down, I knew something was wrong. I started avoiding social events, and cut out friends and eventually all communication with my family in order to secretly drink alone. I became paralyzed by hopelessness and despair. My family tricked me into flying to Tennessee to spend the weekend, but I found myself checking into Cumberland Heights in my gold stilettos.

My disease was strong and fought hard those first few days. I couldn't be gone from work for a month. Who were my parents to put me in this position? My counselor told me I had to make a decision. I credit her with saving my life. She let me feel strong — that whatever happened next was MY decision. So I stayed. And then I was taught what true strength is.

Cumberland Heights chipped away at the walls I had fortified around myself and let me slowly take off my mask. I learned that it wasn't a weakness to be an alcoholic. It was a weakness not to address it. In the group, I shared things I've never told another living soul. I wasn't judged or criticized or considered weak, but understood and loved — the healing began. The strength and safety gave me courage I didn't know I had to fight to get my life back.

I no longer spend all my strength keeping my stories straight and my mask on. I'm enjoying greater success at work but, more importantly, greater success in my relationships with my family, my friends, my boyfriend and myself. Cumberland Heights gave me the tools to live an authentic and meaningful life, despite this progressive and sometimes fatal disease, and I am grateful to that place and to those people who work there every day.

Laine



Hope

Scared and afraid. That is how I felt during my first couple of days at Cumberland Heights. I think most new patients share those feelings. I soon realized it was where I needed to be to save and change my life. It didn't take much longer before I came to believe that Cumberland Heights is the place I wanted to be to begin my journey in recovery.

Being away from my family, especially during the holidays, was difficult. When faced with the option of being at home with my active alcoholism versus getting treatment and getting well, the decision to stay was a no-brainer. My sobriety and recovery are the best gifts I could ever give my family.

The additional 30-day stay at Cumberland Heights following the initial treatment program helped cement my early recovery and built a solid foundation for my transition to normal life.

I regularly make the trip back to River Road to participate in the Aftercare program, attend speaker meetings and thank the people who helped me reclaim myself from the pits of despair.

Hopeful. That's how I felt when I left Cumberland Heights. Given where I was when I entered, the feeling of hope is such a breath of fresh air and helps fuel my faith that I can stay in recovery for the rest of my life, one day at a time. I am so grateful for the role Cumberland Heights played in helping me gain my sobriety and continues to play in my recovery.

Don

2009 River Society

Cumberland Heights, bordered by the Cumberland River, provides patients with tools for their *recovery for life*. Our generous contributors, known as the River Society, provide the means to make recovery possible. The levels of recognition within the River Society represent the attitudes of people on their journey to recovery.

River Society levels of giving are as follows:

Circle of Hope – \$25,000 and above

Circle of Serenity – \$10,000 to \$24,999

Circle of Freedom – \$5,000 to \$9,999

Circle of Courage – \$1,000 to \$4,999

Circle of Acceptance – \$500 to \$999

Circle of Faith – \$250 to \$499

Circle of Surrender – \$100 to \$250

Circle of Members – \$1 to \$99

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Cumberland Heights completed 2,605 assessments last year to determine if individuals needed treatment for alcohol and drug addiction.

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In 2009, 167 adolescents received alcohol and drug addiction treatment ranging from 30 to 120 days.

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Mr. Daniel T. Peck
Ms. Carrie Peery
John S. Phipps, Jr.
Mr. and Mrs. James R. Pickel, Jr.
Barbara and Doug Pierce
Ms. Vicki Pillow
Maurice W. Pinson
Dr. and Mrs. Steven R. Plunkett
Margaret E. Pomy
Rachel S. Price
Mr. and Mrs. Joseph O. Price, Jr.
Dr. Ronald E. Pruitt, M.D.
Jim and Marilyn Rackard

K.K. Rainey
Lisa and Bill Ramsey
Reverend Dr. Sandra Randleman
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Robert L. Reeves
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Raymond Thomasson
Nancy and John Thorpe
Mr. and Mrs. John H. Tipton, Jr.
Mr. Stephen Todd
Ron and Judy Tolbert
Mr. and Mrs. Ripley Trammell

**In 2009, Cumberland Heights treated 2,618 adults
for addictions relating to drugs and alcohol.**

Mr. and Mrs. Byron R. Trauger
 Mr. and Mrs. Al Voecks
 Mr. and Mrs. Leon Volkert
 Hunter O. West
 Mr. and Mrs. Andrew H. Whetsel
 Ms. Mary G. Whitson
 Deena and Richard Whitt
 Ms. Denise E. Whitty
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 Cathy D. Wilson
 Russ and Debbie Wingo
 Mr. and Mrs. Lewis F. Wood, Jr.
 Ms. Yvette A. Woodard
 Jayne Ann and Frank Woods
 Rosemary N. Worley
 Dr. and Mrs. Taylor M. Wray
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 Mandy and Stephen Young

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 Mr. Michael B. Adams
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 Heath Chitwood
 Mr. and Mrs. Thomas G. Cigararr
 Mr. Charles R. Claud
 Mr. Ted M. Clayton
 Mr. and Mrs. Matthew D. Clift
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 Steve Cook
 Ms. Teddy M. Cook
 Mr. and Mrs. H. Terry Cook, Jr.
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 Mr. and Mrs. James R. Cox
 Mike and Nancy Crace
 Mike and Polly Craig and family
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 Gail and Watt Crockett
 Mr. and Mrs. George W. Crook
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 Mr. and Mrs. Charles Daugherty
 Ms. Virginia M. Dearborn
 Mr. and Mrs. Scott Deathridge
 Mr. and Mrs. F. Walton Debolt
 Emily and David Demeter
 Mr. and Mrs. Vernon S. Denney
 Mr. and Mrs. J. William Denny
 Ms. Patricia L. Dickerson
 E. T. Dickinson
 Dr. and Mrs. William Downey
 Ms. Angelia N. Duncan
 Mrs. Dorothy B. Earthman
 Mrs. Susan Winters Edwards
 Mary Ann Ehrhardt
 Ms. Melanie Elam
 Mr. and Mrs. William J. Elliston, Jr.
 Bob and Jamie Fairweather
 Mr. and Mrs. Robert A. Farnsworth
 Mr. Phillip F. Fenton
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 Mr. and Mrs. Brendan Finucane
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 Mr. and Mrs. Jerry E. Flatt, Sr.
 Mr. and Mrs. Benjamin H. Folk
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 Ms. Jill J. Freeman
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Mr. Earl T. Gilliam
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 Gulf Pride Seafood
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 Laetitia W. Hardin
 Ms. Peggy Hardin
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 Tina Kraft
 Amy Kurland
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 Ryan and Laura Lake
 Mr. Robert R. Lawhon
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 Laurence O. Trabue, Jr.
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 Ms. Ann Watrous
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 Mrs. James A. Webb
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 Mr. and Mrs. W. Ridley Wills II
 Ms. Sheri A. Wilson
 Ms. Norma E. Wimberly
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 and Bob Stocker
 Leonard and Clara Wood
 Carol and Tom Woodard

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 Mrs. George M. Allen

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 Mrs. Dorothy B. Earthman

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In Memory of Laura Betty Lightcap Barrier
 Mr. and Mrs. Robert B. Jackson

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 Ms. Ann C. Boyd
 Ms. Suzanne M. Cantrell
 Cooks United Methodist Church
 Ms. Teddy M. Cook
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 Mr. and Mrs. Phillip R. Shaw

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 Rob and Pam Crichton

In Memory of Zela Elizabeth (Polly) Bennett
 Mr. and Mrs. John Bearden
 Rob and Pam Crichton
 Torry and Mary Leyden Johnson
 Ginny and Bob Ripley
 Mary and Chris Simonsen
 Ms. Mary Alice S. Smith

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Mr. R. Barry Shipp
Mrs. Margaret H. Sloan
Mr. Frank L. Smith III
Percie Tidwell Snider
Mr. and Mrs. Thomas Steele
Mr. Lee Steinhouse
Mr. Jack W. Steinmeyer
Eleanor H. Templeton
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Ms. Mary G. Whitson
Sue Whitson
Boonie Wiley
Mr. and Mrs. Frank A. Wilk, Jr.
Mr. and Mrs. Bill Williams
Ms. Norma E. Wimberly
Leonard and Clara Wood
John and Cynthia Yancey

In Memory of Jerell Cook
Family Life Sunday School Class

In Memory of Perry Dale
Eleanor H. Templeton

In Memory of Jonathan Dickerson
Reese and Emily Payne
Jan and Butch Wolff and Ann and
Bob Stocker
Mr. and Mrs. Tommy White

In Memory of Sean Patrick Edmondson
Sherryl Byrd
Raymond James Financial Services, Inc.

**Last year, 3,326 family members of patients
participated in the four-and-a-half days of
family therapy.**

In Memory of Bernard Elam
Rob and Pam Crichton

In Memory of Phillip Englert
Bill and Jane Gauchat

In Memory of Brian Fabian
Jane M. Fabian

In Memory of John L. Farris
Mr. Glenn M. Bradley, Jr.
Mr. and Mrs. Benjamin H. Folk
Mr. Robert R. Lawhon
Mr. and Mrs. John G. Oliva
SunTrust Bank

In Memory of Mrs. Alice Sherrill Figuers
Cumberland Heights Friends

In Memory of Rick Finney
Cumberland Heights Friends

In Memory of Hayden Goins
Eric and Kathy Gasser

In Memory of Lewis S. Graham
Mr. and Mrs. Watkins Crockett III

In Memory of Ray Green
Bettye and George Haley
Kay Hudson

In Memory of Paul Gordon
Dobbins and Venick

In Memory of Mabel Coleman Gross
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Frances C. Jackson

Mrs. David J. Mahanes
Mr. and Mrs. A. Wylie McDougall
Mr. and Mrs. John McDougall, Jr.
Mr. and Mrs. Robert H. Napier, Sr.
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Joe and Linda Roberts
Mr. and Mrs. Gerald E. Sheridan
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Mr. and Mrs. Robert H. Street
Bolin and Larry Stumb
Laurence O. Trabue, Jr.
Nancy J. Weaver
Mrs. John Warren White
Dr. Horace E. Williams
Mr. and Mrs. W. Ridley Wills II
Mr. and Mrs. Lewis F. Wood, Jr.
Carol and Tom Woodard

In Memory of Rife S. Hughey, Jr.
Rob and Pam Crichton

In Memory of Mark Jackson
E.T. Dickinson

In Memory of Jay Jacques
Fred and Paula Crosson

In Memory of Glenn Johnson
Ms. Billie B. Roney

In Memory of Dr. Ira Johnson
Mr. and Mrs. J. Jernigan Sanders, Jr.

In Memory of Nancy Johnson
Rob and Pam Crichton

In Memory of Audrey Kennedy
Eleanor H. Templeton

In Memory of Edward Kennedy
Cumberland Heights Friends

In Memory of Jane Lamb
Wayne and Carole Howell

In Memory of Nellie Leslie
Cynthia B. Taylor

In Memory of Jimmie Lewis
Cumberland Heights Friends

In Memory of Mrs. Elinor Lykins
Mr. and Mrs. John Bearden
Ann Huddleston Brothers
Cumberland Heights Friends

In Memory of Dr. Edward Martin
Rob and Pam Crichton

In Memory of Doris Medlin's
daughter
Cumberland Heights Friends

In Memory of Joseph O'Brien, Sr.
Ms. Mary O'Brien

In Memory of Regen Peebles
Mr. and Mrs. Andrew D. Crichton

In Memory of Karole Pinson
Cumberland Heights Friends

In Memory of Mary Ann Quirk
Ms. Carol M. Boone
Mr. James P. Buckley
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Cumberland Heights Friends

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Ms. Kathy Collins
Ms. Sharon Staley
Stites & Harbison, PLLC

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Max Geary

In Memory of Olivia Chilton
Shwab
Boonie Wiley

In Memory of Michael Sullivan
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In Memory of James A. Webb
Rob and Pam Crichton

In Memory of Charles Whitworth
Cumberland Heights Friends
Nancy Nunnelley

In Memory of Cal Young
Cumberland Heights Friends

In Honor of Austin Archer
Ed and Hettie Stuart

In Honor of Robert M. Crichton
and John B. Colmore
Lynn and Bill Parsons
Mr. and Mrs. Kile Patrick
Jack and Susan Steinmeyer

In Honor of the Crichton Family
and Mary Pope Whitson
Valery Crichton Minges

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In Honor of Duke Kennedy
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Drs. Bob and Fern Richie
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Martin
Rachel S. Price

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Jane M. Fabian

In Honor of Peggy Mince
Mr. Mike Mac Millan

In Honor of Al Noorda and
Nattilee Cook
Mr. and Mrs. A. Wylie McDougall

In Honor of Will Parsons
Lynn and Bill Parsons

In Honor of Emily and Reese Payne
John and Cynthia Yancey

In Honor of the Roberts family
Mr. and Mrs. John W. Eakin, Jr.

In Honor of Mike Simon
John S. Phipps, Jr.

In Honor of Eleanor Templeton
Mrs. Myrtle Ann Archer
Mr. and Mrs. John W. Poindexter

In Honor of Susan Wallace
Nancy Nunnelley

During 2009, Cumberland Heights' patients were residents of Tennessee, Kentucky, Alabama, Georgia, North Carolina, Mississippi, New Jersey, Pennsylvania, New York, Ohio, South Carolina, Illinois, Indiana, Texas, Missouri, Michigan, Florida, Virginia, California, Wisconsin, Arkansas and Arizona.



ENDOWMENT SOCIETY OF CUMBERLAND HEIGHTS

Planned and endowment gifts provide the opportunity to combine personal charitable interests with long-range financial and estate planning. It is a way to memorialize your commitment to Cumberland Heights and ensure we are able to provide *recovery for life* for future patients.

As of December 31, 2009, the funds totaled \$1,498,847.

The following are members of the Cumberland Heights Endowment Society:

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Rob and Pam Crichton	Sheila Keeble Endowment Fund	The Dorothy "Dottie" Threadgill Cumberland Heights Friends Endowment Fund
R. M. Crichton Endowment Fund	Duke Kennedy	Alice Warfield Tyne +
John Denson*	Genie Laurent	Bette White
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The Thomas F. Frist, Sr. Endowment Fund	John E. Mayfield Fund for Cumberland Heights at the Community Foundation	
Frank & Amy Garrison	John E. Mayfield Patient Assistance Fund	<i>* New names since last printing + Deceased</i>
The General Endowment Fund	Bob McDevitt	
William L. (Red) Granbery Endowment Fund	Jim Moore	

If you have included Cumberland Heights in your estate planning or would like to discuss the variety of methods to do so, please contact the Development Office at 615.432.3226.

If you made an annual gift to Cumberland Heights in 2009 and your name does not appear in this report, we apologize for the omission and ask that you contact the Development Office at 615.432.3228 or email emily_demeter@cumberlandheights.org. You will be included in our next quarterly magazine.



CUMBERLAND
HEIGHTS
A Non-Profit Foundation

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Cumberland Heights is a not-for-profit corporation committed to the tradition of providing the highest quality care possible, in a cost-effective manner, for persons and their families who are at risk for or who are suffering from the disease of chemical dependency. Treatment encompasses the physical, mental, emotional and spiritual dimensions of recovery by offering a safe, loving and healing environment, combining professional excellence and the principles of the Twelve Steps.

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The stories told here are from our actual patients. To preserve anonymity, photographs and names have been changed.