

Giving Hope

Cumberland Heights
2010 Donor Report



One patient

One family

One day

at a time





A message from the CEO...

Thank you for your gifts to Cumberland Heights. In 2010, your support helped us treat 1,599 patients and their families, resulting in 32,783 days of primary patient care, 5,341 days of extended care and 10,529 intensive outpatient sessions.

2010 was a year of change and a new vision for Cumberland Heights as we responded to the challenging economy and healthcare environment. We were proactive in following health reform legislation that affects Cumberland Heights, and we joined the Coalition for Parity along with other treatment centers and professional organizations to ensure we had a voice in that process. In addition, we reaffirmed our belief that addiction is a primary disease most efficaciously treated through a residential treatment program based on the spiritual principles of the Twelve Steps of Alcoholics Anonymous.

With leadership from the Board and help from alumni, friends and supporters, development efforts produced more than \$1.1 million in one of our best fundraising years ever, adding to funds for patient assistance and services. Rest assured, Cumberland Heights continues to abide by our mission of providing the highest quality care possible, in a cost-effective manner for people and their families who are at risk for, or suffering from, the disease of chemical dependency.

We celebrated several fundraising achievements in 2010:

- The second comprehensive Annual Fund Drive was graciously led by brothers Vaden, Raymond and Gil Lackey. With generous help from so many, the drive exceeded our goals and topped the prior year.
- In September, Lyle Lovett and his Large Band performed to a sold-out crowd at Nashville's Ryman Auditorium for the always-successful John Hiatt Concert Series. The event, chaired by Drew Healy, raised \$249,000 for the Adolescent Program at Cumberland Heights, benefiting our most at-risk population.
- Our planned giving program, the Cumberland Heights Endowment Society, honored its new and sustaining donors with a reception in December hosted by Rob and Pam Crichton.
- Cumberland Heights Friends had a successful year with their Celebrity Roast in honor of Senator Mark Norris and their annual Fashion Show. Funds raised support the meditation walk, culinary department and children's aftercare.

Through this report we recognize and thank donors like you for caring about Cumberland Heights and generously sharing your gifts and talents. Your support gives hope to those in need, and we are ever grateful.

James B. Moore
Chief Executive Officer



“I owe so much to Cumberland Heights for giving me the tools to begin my journey on the road to recovery.”



My sobriety date is April 17, 2010. I was 17 years old when I got sober. I started drinking at a young age, and by 16 I was drinking every morning, afternoon and night. I drank to fit in, to escape reality and to feel the high it gave me. I was oblivious to how it started to control my life.

I was an athlete. I did pretty much every sport, but rugby was the sport I loved, the sport I lived for. I was going to be on the USA women's rugby team, but alcohol stood in the way of my dreams. At the end of my senior year I was suspended from school for drinking at 7 a.m. with a blood-alcohol level of 3.27. I still could not admit that I had a drinking problem. So I stopped drinking for about a month until it was time for me to be the star of my powder puff football game. That was the night of my last drink and I will never forget how awful and helpless I felt. I was suspended again from school, and the next day I was on my way to treatment.

I am so grateful to have gone to Cumberland Heights. I had the time of my life and will never forget the laughs I shared with the friends I made there. Because of them I was able to graduate high school. I learned so much about myself while I was there. They suggested that I move into a halfway house when I left and I did exactly that. I wanted this recovery so bad that I was willing to do whatever they said.

Today I am a student, a friend, a daughter and a better athlete than I have ever been in my life. I owe so much to Cumberland Heights for giving me the tools to begin my journey on the road to recovery.

Ashley



“This low point, in retrospect, was the most significant moment of my life — the day I decided to enter treatment at Cumberland Heights.”



I lacked the solution to my own problem

— an unfamiliar and frightening feeling. Up to that point, I felt as if I managed reasonably well. The time came when the pressures of life became difficult to handle. Worse, alcohol had long since stopped providing the relief I needed. I dreaded the future. Work and social and financial pressures bore down harder and harder. I reached the breaking point.

This low point, in retrospect, was the most significant moment of my life — the day I decided to enter treatment at Cumberland Heights. I had no idea what the next month would bring, and no clue how I could expect to handle life without alcohol. As it happened, this was just the beginning of what the staff at Cumberland Heights taught me. In those early days I struggled with fear and anger. Now I have the tools to handle them if they crop up. I began to shift from regretting yesterday and dreading tomorrow to loving what today offered me. At the end of the Traditional Program, I wanted more. I entered the Extended Care Program and learned even more about how to build a new life in recovery.

Now, two years later, paradoxically, longtime friends recognize the person they first met many years ago. I go to sleep each night grateful for the gift of the day that has just ended, and I awaken each morning relishing the day ahead.

Paul



“The only way I can describe what Cumberland Heights has been for me is divine intervention.”



I had two choices: continue on my drug-addicted path, which would surely lead me to death, or surrender, get help and let someone show me how to get to the road to recovery. The only real thing that stood in my way was not having any money. I did not know how I was going to pay for this stay, and I knew that I was in so much financial debt that I could not get a loan. And my family was so sick of me, they did not want to help.

I felt helpless. Why would anyone want to help an addict who could not even help herself? The only way I can describe what Cumberland Heights has been for me is divine intervention. If it had not been for the scholarship that allowed me the opportunity to be here, travel the road of recovery, experience a new life, and find me and love me, the only other answer for me was the road to death. I am alive with my eyes wide open. I am on the right road for the first time in a very long time, and it feels awesome! My children see *me*; they see the real me and they are so excited. I love seeing that excitement.

Laura

Mission Highlights for 2010

The Adolescent Center

- The former Adolescent Center moved staff offices, group rooms and River Road Academy to the Hazel Hawkins Martin Memorial Adolescent Center, allowing therapeutic services and sleeping quarters to be housed in the same building and giving our youth their very own space.
- With the addition of Clinical Coordinator Dean Porterfield, LPC, MHSP, we have begun to work more regularly with educational consultants, which allows more adolescents to stay in our care longer through our Youth Extended Care community.

The Women's Center

- The Women's Center expanded and moved to downstairs Craig Hall, opening up space for all our women-focused treatment programs: First Step, the Traditional Program and our Extended Care community.
- *Reaching New Heights*, an event to benefit the ongoing work of these programs, launched.

The Men's Center

- Our Men's Extended Care community is growing. Open to men who need additional time to deepen their recovery experiences and address barriers to recovery, this program is especially well-suited to the needs of recovering professionals.
- We are now an approved provider for the treatment of physicians for nine state medical boards. We also treat a variety of other professionals, including attorneys, nurses and pilots.

Medical and Nursing Services

- Dr. C. Chapman Sledge, FASM, Chief Medical Officer Dr. William C. Anderson, and RN/Director of Nursing Nita Chester continue to guide patients through our state-of-the-art detox and rehabilitation services, ensuring an atmosphere of respect and concern.
- Dr. Sledge served on the Board of Directors for the American Society of Addiction Medicine this year, representing the philosophy of abstinence as the goal of addiction treatment.
- Dr. Howard Burley, our addiction psychiatrist, provides psychiatric services to those who need assistance while beginning their recovery process.

Still Waters

- Our recovery immersion retreat, located in Lobelville, Tennessee, completed its first full year of operation, serving 74 individuals.
- The first Still Waters alumni reunion was held in September — a wonderful recovery celebration!

Intensive Outpatient Services

- With sites in five Middle Tennessee cities, our outpatient services continue to offer care to those in early and middle stages of addiction recovery and provide a much-needed transition between residential care and Twelve-Step meetings.

2010 River Society

Cumberland Heights, bordered by the Cumberland River, provides patients with the tools they need for their recovery journey.

Our donors, known as the River Society, give hope and support to those seeking our help through their generous gifts. The giving levels represent the attitudes of those on this road 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 \$249
- Circle of Members – \$1 to \$99

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