MISSION
To transform lives, giving hope and healing to those affected by alcohol or drug addiction.

CORE VALUES
Our core values honor our history and traditions by

- Always putting the patient first.

- Providing the highest quality care throughout our continuum of services.

- Recognizing the principles embodied in the 12 Steps as the essential foundation of lasting recovery.

- Providing a physical and therapeutic environment conducive to the transforming power of a spiritual awakening.

- Valuing the importance of family participation in the recovery process.

- Remaining grateful for those who support our mission and share our passion for recovery.

- Demonstrating the same care and respect for our employees they show for our patients.
TO OUR ANNUAL DONORS,

In 2015, we began looking to the future and the past. We were reviewing our past as we prepared for our 50th anniversary this year. We were telling stories about the founders and reliving our beginning. This put us on the path to planning a most successful 2016 celebration of our fifty years. Since those early humble beginnings we have come a long way and treated thousands of patients and families helping to renew lives and rekindle dreams. We also began dreaming about our future and forming the next half century of how we see Cumberland Heights evolving.

Our focus today is in helping people achieve lasting, abstinent based recovery. This is more than a dream but a journey to a seamless Continuum of Care for better outcomes for our patients and their families. We want to continue this path into the new half century and invite you our donors on this mission. Your support will make us stronger, and you will be investing in our patients as they take the 12-steps of recovery.

Many thanks for your involvement and support, and most importantly, for making a difference in the lives of those we touch.

Sincerely,

Jay Crosson
CEO
# Statistics and Testimonials

**CUMBERLAND HEIGHTS IS MADE UP OF**

- **177** ACRE MAIN CAMPUS
- **10** INTENSIVE OUTPATIENT OFFICES (IOP)
- **2** 12-STEP IMMERSION CAMPUSES
- **345** STAFF MEMBERS

**Patients Served**

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
<th>Adolescents</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>1,278</td>
<td>570</td>
<td>96</td>
</tr>
<tr>
<td>2012</td>
<td>2,473</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>2,555</td>
<td></td>
<td></td>
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<tr>
<td>2014</td>
<td>2,416</td>
<td></td>
<td></td>
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<tr>
<td>2015</td>
<td>2,991</td>
<td></td>
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</tbody>
</table>

**Total Amount Raised Toward Patient Assistance in 2015**

- **$626,636**
- **Total Amount Awarded (as courtesy)**: **$979,909**
- **Total Amount Awarded (in scholarship)**: **$575,993**

**Programs** (Total Number of Individuals Served)

- **IOP Adults**: 817
- **IOP Adolescents**: 74
- **Women**: 570
- **Men**: 1,278
- **Young Men**: 148
- **Adolescents**: 96

**Estimated Calls into Admissions in 2014**: **68,400**
“I will never forget my 30 days at Cumberland Heights. The outstanding medical staff, the sing-out ceremony, the beautiful campus, really terrific guest speakers, but most of all, the absolutely outstanding counselors. Participating in family week was both painful and powerful, but so well done.

/ SARAH J., FAMILY PROGRAM

“Thanks for all you do at Cumberland Heights. You took such great care of our son at a desperate time in our lives and the attention you showed him can never be fully repaid.”

/JAMES F., FAMILY PROGRAM

“I wish to thank all of you for the love, kindness and support you gave to my husband and me. The financial support awarded to us was from God, and we’re truly grateful for that.”

/WENDY M., FAMILY PROGRAM

“If home is where the heart is, my home will always be Cumberland Heights.”

/MATHEW L., ADOLESCENT PROGRAM

“Cumberland Heights was pivotal in saving my life, and gave me the tools necessary to get where I am today. At Cumberland Heights there is no judgement, only love. Cumberland Heights will always hold a special place in my heart.”

/ KEVIN P., ADOLESCENT PROGRAM

“To me Cumberland Heights is much more than a treatment center; it’s a place for healing, teaching, learning, love and faith. My life started when I walked through the doors to Cumberland Heights.”

/ JOANNE S., WOMEN’S PROGRAM

“If home is where the heart is, my home will always be Cumberland Heights.”

/ CONNOR S., YOUNG ADULT PROGRAM
"My life was damaged, and I kept looking for help in a bottle of wine trying to escape the pain. When Cumberland Heights granted me the funds for treatment the light came on. With a humble heart and open mind I thank you for this gift, but most of all for helping me find my way back to my husband, children and my Lord.”

/ KATHERINE H., WOMEN’S PROGRAM

"I can’t begin to express my gratitude for what Cumberland Heights has given me. I’m one of the survivors, and I owe it to Cumberland Heights and God. My life is beautiful today.”

/ RICHARD E., MEN’S PROGRAM

"I never could have envisioned my life going as well as it is now. I’m so thankful for Cumberland Heights. I can dream now because I know I’m worth it. I’m truly faith filled and fear free.”

/ DAVID D., MEN’S PROGRAM

"Words cannot express the admiration and gratitude I have for the staff, nurses, guest speakers, meeting attendees and overall quality of the program at Cumberland Heights. It will always be dear to my heart. Please continue to do the amazing work you’re doing changing and saving lives.”

/RACHEL G., WOMEN’S PROGRAM

"'My name is Billy, and I’m an addict.' I never imagined myself being proud to say that, but today, when these words leave my mouth, I hold my head high. With almost four years clean, I’m grateful for the place that helped me save my life. I’m blessed to be a part of the Cumberland Heights family, and the lifesaving practices happening here on a daily basis.”

/BILLY A., MEN’S PROGRAM

"I never could have envisioned my life going as well as it is now. I’m so thankful for Cumberland Heights. I can dream now because I know I’m worth it. I’m truly faith filled and fear free.”

/ DAVID D., MEN’S PROGRAM
“I've received so much love and support at Cumberland Heights. I'm now able to say I love myself. I'm proud to be who I am today. I no longer carry around the immense load of shame I came to Cumberland Heights with. I have my whole life ahead of me.”

/ BRANDON B.,
YOUNG ADULT PROGRAM
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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 the highest quality of care for future patients.

The following are members of the Cumberland Heights Endowment Society and our named endowed funds. A fund can be created and named with gift(s) totaling $20,000 or more.

Rogers Buntin Endowment Fund
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Eddie Bryan
John E. Cain III Endowment Fund
Ted Clayton
Paul Citro
Crichton Family Endowment Fund

Rob and Pam Crichton
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The Dorothy Cate & Thomas F. Frist Sr. Endowment Fund
Cumberland Heights Endowment Fund
William L. (Red) Granberry Endowment Fund
Cynthia D. Hagan
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John Ishee Endowment Fund
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Albert W. Johnson II
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Duke Kennedy Endowment Fund for Patient Assistance
*Vaden M. Lackey III
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John E. Mayfield Fund for Cumberland Heights at the Community Foundation of Middle TN
John E. Mayfield Endowment Fund
Peggy and Stafford McNamee
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The Perkins Endowment Fund
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Gilbert and Gil Templeton Endowment for the Children’s Program
The Dorothy “Dottie” Threadgill Cumberland Heights Friends Endowment Fund
Bette White
Horace Williams
Anne+ and Bob+ Zelle

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) 432-3221.

If you made an annual gift to Cumberland Heights in 2015 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.

** New Members in 2014
* New Funds
+ Deceased