

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

Dear Friends,

Something special that I've always believed sets Cumberland Heights apart from other treatment centers is the community we've built. The connection we have to the individuals and families who started Cumberland Heights and made it a reality in the 1960s is still strong more than 50 years later. We have staff who have served passionately here for 20 plus years, and alumni who still loyally attend our Aftercare decades after completing the program. Cumberland Heights had a similar impact on me. I also went through the program several years ago, and it has been my honor and privilege to work for the last 27 years at the place that saved my life.

Creating this community has been deliberate, and you've made it possible through your support of Cumberland Heights, ARCH Academy and Still Waters programs. As loyal donors, you understand more than anyone that recovery is a life-long journey. Your generous gifts allow us to walk with alumni as they navigate their first year of sobriety, offer a variety of social events to keep alumni engaged, and make it possible for Cumberland Heights to be present in the community – educating young people about the disease of addiction. Thank you for providing hope and healing to struggling families through steadfast and state-of-the-art treatment at Cumberland Heights. You have changed so many lives and helped create promising futures for individuals and families for generations to come.

Gratefully,

Jay S. Crosson, CEO

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CONTINUUM OF CARE

Recovery from addiction is a life-long process, but thanks to generous donors With more than a dozen locations across like you, our patients never have to walk that journey alone. With your support, Cumberland Heights is able to offer many Continuum of Care Services that keep alumni supported, engaged and connected for years to come. Our services include weekly meetings, sober activities, support family therapy. from recovery care advocates and more. You've helped us build a Cumberland Heights family that our patients know they'll always be part of.

RECOVERY CARE ADVOCACY

The first weeks, months, even year after leaving treatment is often the most challenging. Your gifts help provide dedicated, one-on-one guidance for our patients' first year of recovery at no additional cost. Accountability, a continuing care plan, sober fellowship and family involvement are all tools you help provide so men, women and adolescent alumni can stay healthy for life.

ALUMNI SERVICES

Studies show those who are active in their recovery community are less likely to relapse. Your financial support means we can provide emotional support to former patients through our Alumni Relations Program. The program has activities for everyone including coffee meetups, sporting events, bonfires and comedy shows. Thank you for helping keep alumni connected so they can walk their recovery journeys together.

OUTPATIENT RECOVERY

the state of Tennessee, our Outpatient Recovery Centers allow those returning home and to work to continue their treatment on their schedules. Outpatient services include continuing education, 12-Step meetings and group, individual and

TELEHEALTH

Thank you for your continued support that is helping us adapt to the many changes we are facing today. Your gifts helped us launch telehealth services, which allow individuals access to recovery care through technology. These services include visits with substance abuse professionals and outpatient recovery

CONTINUUM OF CARE SERVICES INCLUDE

Extended Care Aftercare (free) Community Education (free) Vivitrol Shots



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