



2021

## DONOR REPORT







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## MISSION

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

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## CORE VALUES

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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 as they show for our patients.



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## MESSAGE FROM OUR CEO, JAY

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Dear Supporters of Cumberland Heights,

As I reflect on the past year and all the changes our community has been through, I can't help but be amazed by the people who have remained steadfast in helping us with our mission – you! Your generosity has provided hope and healing to so many families during a time when the devastation of substance use disorder has taken a toll on our country. More lives are being saved every day because of your support.

When we broke ground on ARCH Academy in the spring of 2018, we had a dream of creating a wide-open space for teen boys to recover. We couldn't achieve that dream alone, so we asked for your support through the Capital Campaign. And wow – did you ever come through! We closed out 2021 with an amazing end-of-year fundraising opportunity. Thanks to a generous donor, all new gifts to the campaign received in December were matched dollar for dollar up to a total of \$250,000. This matching challenge was very successful, and we anticipate reaching our \$6M goal by the end of 2022.

You also helped us put resources into the Cumberland Heights Research Institute, allowing us to measure and monitor patients while in treatment and post-discharge. Data collected from this process helps us identify the best treatment plans to meet the unique needs of our patients. It also helps us better support them as they continue their journey toward lifelong recovery.

This year's Annual Donor Report highlights some the key data collected and shows you how we've been able to use those outcomes to help more families recover life. We're so excited to share with you how your support is transforming families. Thank you.

In gratitude,



Jay Crosson



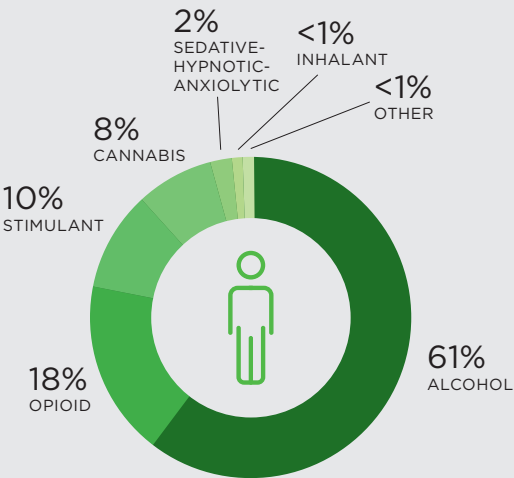


# RESEARCH INSTITUTE

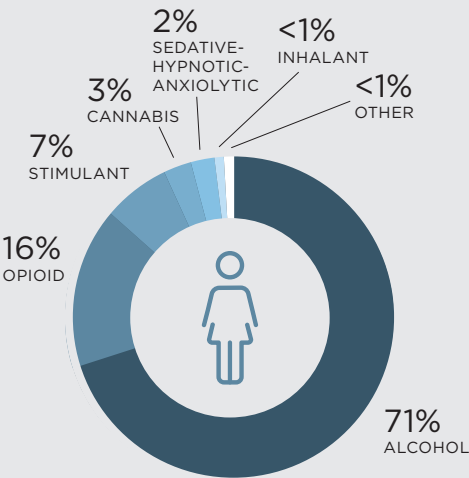
Your generosity made 2021 a banner year for the Research Institute at Cumberland Heights. Through your support, the Research Institute was founded in 2018 with the expressed mission to support patient change through research. Since then, we've been successful in better identifying how treatments affect those who choose Cumberland Heights as their healing place. The research outcomes have also made it possible to identify where and how therapy improvements can be made, and how to better cater to the unique needs of individual patients.

Alcohol Use Disorder continues to be the primary SUD diagnosis for both men and women at Cumberland Heights as seen in the graphs below.

Male Primary SUD Diagnosis



Female Primary SUD Diagnosis



In 2021, nearly half (45%) of our female patients came to us with a co-occurring disorder. For males, 39% came in with a co-occurring disorder. A co-occurring disorder, according to the Substance Abuse and Mental Health Services Administration (SAMSHA), is the coexistence of both a mental health (MH) and a substance use disorder (SUD). The most common co-occurring disorder patients experienced in 2021 was depression.

Male Co-Occurring Diagnosis



Female Co-Occurring Diagnosis



Thank you for creating positive change for patients at Cumberland Heights through your passion to create hope and healing for those with a substance use disorder. Your support for the Research Institute is making a difference in many lives. Your giving has brought about a 68% decrease in depression symptoms for patients four weeks post-discharge.

The Research Institute also found a 74% decrease in craving symptoms four weeks post-discharge.



68%

DECREASE IN  
DEPRESSION  
SYMPTOMS THAT  
CONTRIBUTE  
TO SUBSTANCE  
USE DISORDER



74%

DECREASE IN  
CRAVING  
SYMPTOMS THAT  
CONTRIBUTE  
TO SUBSTANCE  
USE DISORDER

Your gifts have helped Cumberland Heights Foundation collect post-discharge outcomes from patients for over five years. Today our post-discharge measurement program is supported through our Recovery Care Advocates (RCA) program and our Outcomes Program. Founded in 2017, the RCA program consists of Peer Recovery Support Specialists (PRSSs) who are trained to provide support for individuals who are early in recovery from substance use disorder. Our RCAs assist our patients with peer support, identification of positive recovery supports, and accountability away from maladaptive behaviors associated with addiction.

It is exciting to see what the research you're providing will show us in the coming years so we can better serve our community. You've made it possible to take on cutting-edge practices such as predictive analytics and feedback informed treatment while also staying true to many proven traditions dating back to the 1960s. Your love and passion to save lives will provide individuals and families hope and healing for generations to come.



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