



People have different views on mental health, it's different for everyone. For instance, everyone has high and lows, it's part of life. However, knowing how to take care of it is very important because it affects how we think, feel, and act. Taking care of your mental health comes in different forms, like taking the day off for yourself or going to get coffee with a friend to talk about your day.

Ana Luisa Bachur, Hillside Supporter



Dear Friends,

It is our great pleasure to celebrate 130 Years of service to families and children in need. Above all, this landmark anniversary would not have been possible without the many decades of community support that we have enjoyed throughout our history. This annual report is a celebration of Hillside, the lives we have changed, and of all of YOU – our generous contributors.

2019 was a transformative year. From our direct care team to our administrators, our staff have worked tirelessly to ensure that Hillside remains on the front lines of mental healthcare. We launched our Experience DBT Day Program, established a research partnership with Emory University, and continued to expand and enhance our expertise in Dialectical Behavior Therapy. You may have seen our efforts to engage our employees and the community through our #ReframeMentalHealth campaign on social media. It has been a privilege to start vital conversations to help end the stigma around mental health and emphasize the universal importance of Healing and Hope.

We look forward to sharing just a few examples of our innovations and engagements this year. Once again, we express our earnest gratitude to all of you for making this life-changing care possible.

Sincerely,

Emily R. Acker
President & CEO

Lance Stafford
Board Chair



Hillside Celebrates 130 Years... *and Beyond!*

In 1888, Hillside opened as a place for impoverished women and children who had nowhere else to turn. In the 130 years since, we have remained dedicated to serving young people and their families. Today, we operate a Residential Treatment Program, an accredited school, Intensive In-Home Treatment, Experience DBT Day Program, and the Connections Treatment Foster Care Program. Each day, this array of services impacts the lives of 200 young people throughout metro Atlanta and far beyond.

To commemorate this landmark anniversary, Hillside hosted a special event at Serpas restaurant in the Old Fourth Ward of Atlanta. We enjoyed a dynamic and generous crowd of attendees, who established or solidified their support of our important work. Thanks to their generosity, we were able to purchase and install Hillside's very first yurt!

Of course, the celebration would not have been complete without highlighting some of our most ardent and committed supporters. We were thrilled to honor both Anita and Tom Adams and Gail Lewin, whose contributions have played an enormous role in Hillside's continued service to children and families.



Over all, it was a spectacular evening and a great way to launch into a promising future!

Introducing: The Yurt!

What Is It? And Why?

In the ever-changing field of mental health, creative innovations are essential to quality treatment. In 2019, we installed a yurt on our Residential campus. This special retreat has provided a variety of engaging and therapeutic opportunities for our children, staff and visitors. The flexibility and efficiency of this space has allowed it to serve as a place for Individual, Group and Family Therapy sessions, Recreation Therapy activities, Life Force Yoga, West African Drumming, and special events, including parties and seasonal festivities.

A simple change of scenery can be a significant source of relief and comfort for a child in residential care. As part of Dialectal Behavior Therapy, our kids are encouraged to practice mindfulness exercises, which often emphasize one's surroundings. When a child needs quiet time or simply wants to take a short break from the cottage environment, the yurt provides an excellent option. When our kids have free time for play and recreation during inclement weather, they have a safe, comfortable place to go.





*Mental health is nonlinear!
It affects everyone differently.
Just because I feel capable
of going on a school field
trip does not mean that I feel
capable of coming in to school
daily. Having mental well-
being means reaching a point
in my life where I can exist
alongside my mental illness.
**Recovery does not equal
not being mentally ill, it
equals living a life that is
meaningful to me while
I am still mentally ill.***

~ Maya, Hillside Client



Fostering an Environment of Acceptance and Inclusion

Fostering an Environment of Acceptance and Inclusion last year, Hillside was recognized by the Human Rights Campaign's (HRC) All Children, All Families initiative. We were named an agency Building Foundation for Inclusion. This highlights Hillside as an organization at the beginning stages of creating a Safe and Affirming Environment for LGBTQ+ clients and staff through policy and practice implementation. We were able to make this first step with the help of all staff at Hillside. Each employee, across all programs, completed acceptance-oriented trainings provided by HRC.

Next year, we will take steps to move Hillside even further along in All Children All Families' tiers of recognition. This will include additional trainings, activities, collaboration with our community partners, and policy development.

We look forward to continuing to foster an environment that highlights safety, acceptance and dignity for all children and families.





Announcing *Experience DBT Day Treatment*

Hillside launched the Experience DBT Day Program in 2018. This 30-day, immersive and comprehensive service has allowed us to expand the community we serve by including teens aged 13-17 in an innovative day program. The curriculum is based on the treatment modalities of Dialectical Behavior Therapy (DBT) and Cognitively-Based Compassion Training (CBCT). The treatment goals include enabling clients to acquire and effectively apply the skills necessary for understanding and managing emotions, to feel and show empathy for themselves and others, and to establish and maintain healthy relationships .



Our Roster of *DBT-Certified Therapists Grows*

This year, Hillside congratulated Christina Fiddes, LCSW, and Katie Alioto, LCSW, for becoming the latest DBT-Linehan certified therapists. We are so proud of their very hard work and completion of this process! Both Mrs. Alioto and Mrs. Fiddes have been part of the Hillside family for a number of years, and their shared passion for providing the highest quality care has been vital to our organization's progress. We are so grateful for their partnership and congratulate them on tremendous accomplishments — for Hillside and for themselves.



Volunteer Spotlight: *Sam Snider and the Super Dupers*

The Super Dupers were one of our most devoted volunteer groups this year. Under the leadership of Mr. Sam Snider, the Super Dupers generously gave of their time, working and playing along with our children and staff.

We recently interviewed Mr. Snider, an Atlanta native and financial advisor at Merrill Lynch, who has volunteered at Hillside for over five years. He was introduced to our organization through the Kiwanis Club of Atlanta, with whom we share one of our longest active partnerships.

According to Mr. Snider, Hillside stood out to him because of the care we provide and the dedicated staff we employ. "I have seen the positive impact that the staff [make] in transforming the [lives] of each Hillside kid." Volunteering with our children has allowed him to give back to others, while also experiencing personal growth and fulfillment. "Spending time with these kids [and] making friendships never gets old... [It] keeps me coming back."





What I wish society knew about mental health is that it is not the fault of the person and it is not a spiritual or moral failure.

Mental health is about your mental well-being. You can always take care of your mental health by being positive and going to therapy — therapy is VERY important. You can do it. It is not your fault that you have mental health issues. You can and will get through it.

~ PJ, Hillside Client



Residential Treatment Program

Service Revenue	13,335,578	86.47%
Department of Education	1,320,983	8.57%
Contributions, Grants, and Other Sources	608,827	3.95%
USDA	155,624	1.01%
	15,421,013	100.00%

Experience DBT Day Program

Service Revenue	717,365	100.00%
	717,365	100.00%

Community Intervention Program / Outpatient

Service Revenue	1,032,683	83.49%
Contributions, Grants, and Other Sources	204,214	16.51%
	1,236,897	100.0%

Therapeutic Foster Care Program

Service Revenue	1,224,751	99.97%
Contributions, Grants, and Other Sources	421	0.03%
	1,225,172	100.00%

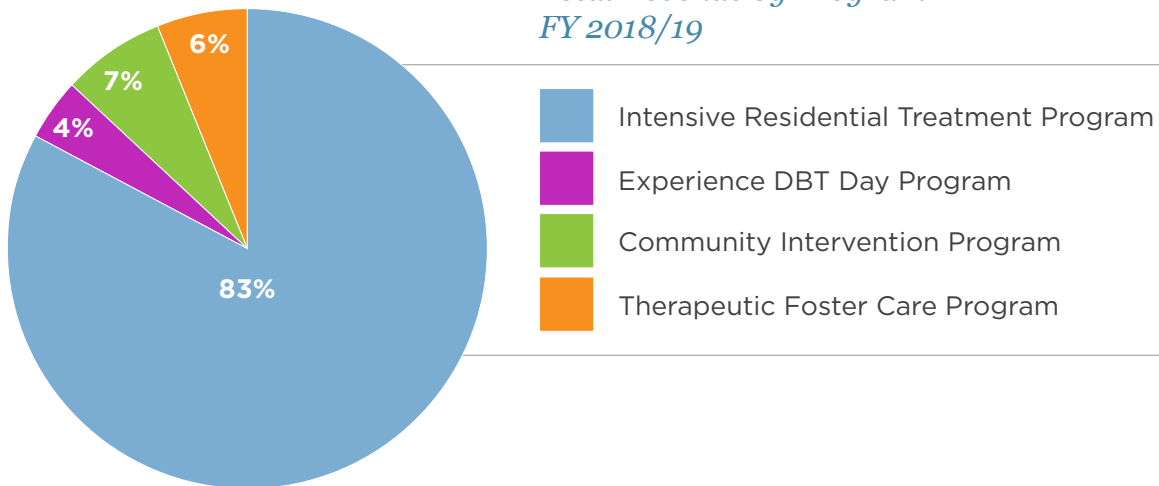
Total

Intensive Residential Treatment Program	15,421,013	82.90%
Experience DBT Day Program	717,365	3.86%
Community Intervention Program	1,236,897	6.65%
Therapeutic Foster Care Program	1,225,172	6.59%
<i>Total Support And Revenue</i>	18,600,446	100.00%

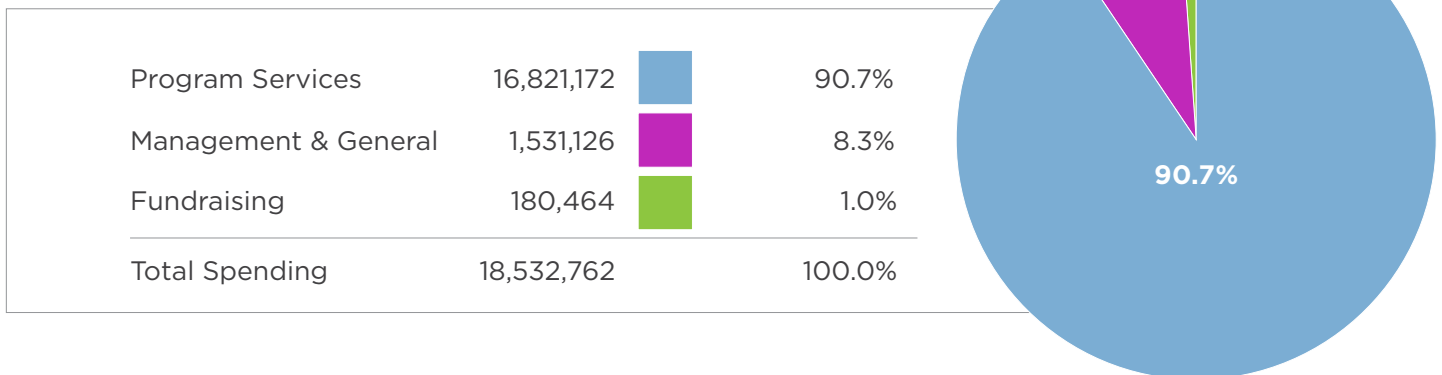
*Residential Treatment Program Funding by Source
FY 2018/19*



*Total Revenue by Program
FY 2018/19*



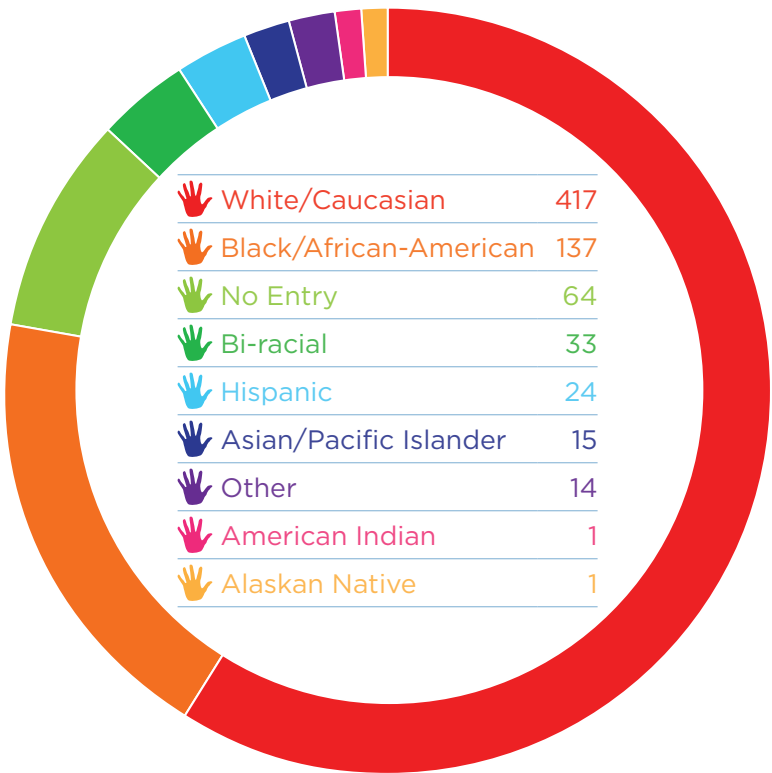
*Agency Expenditures by Type
FY 2018/19*



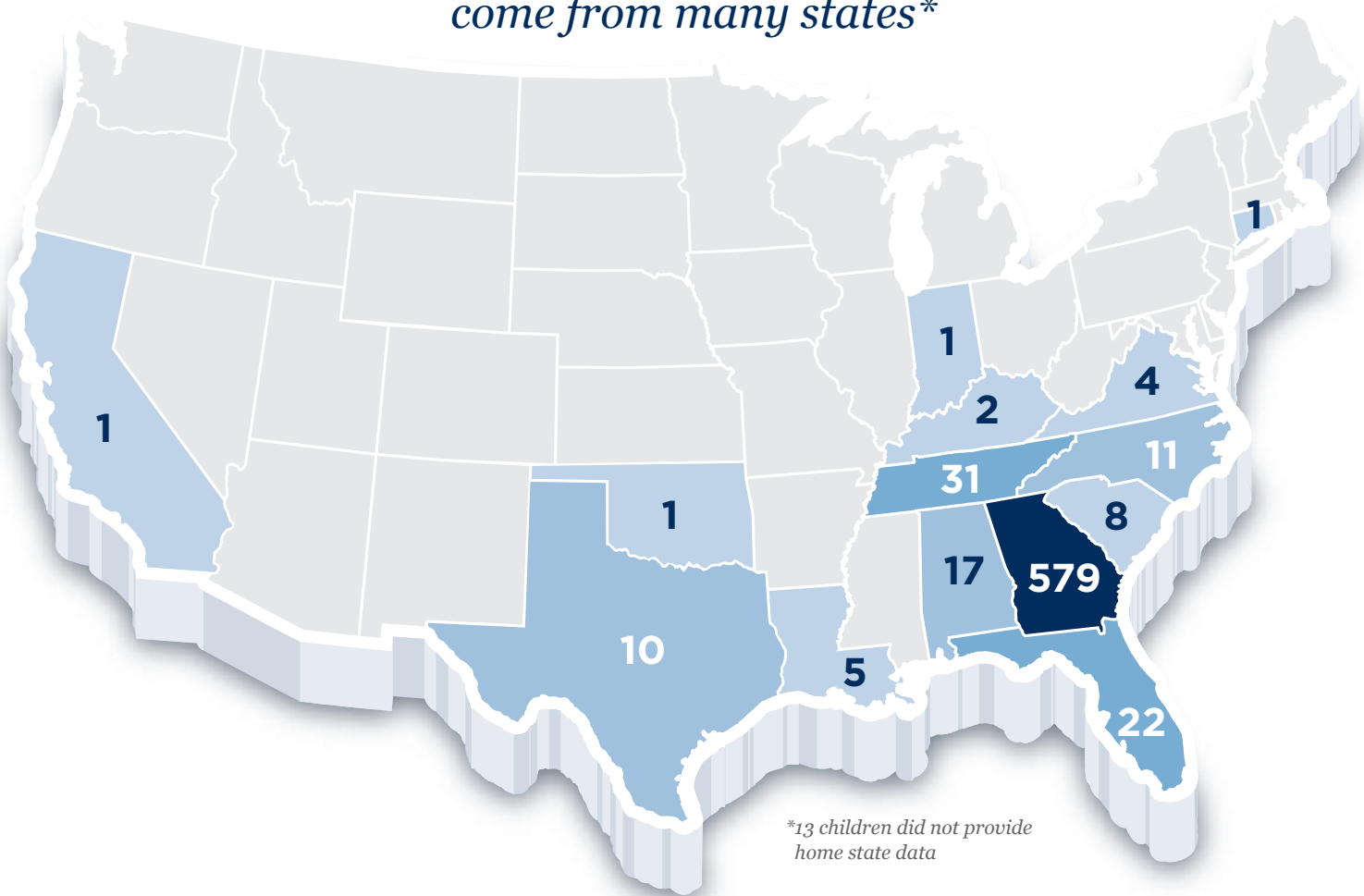
Hillside kids...

Total Kids Served

706

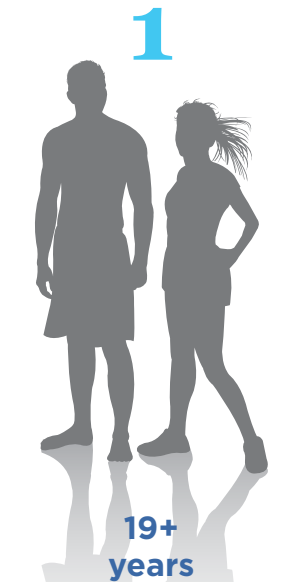
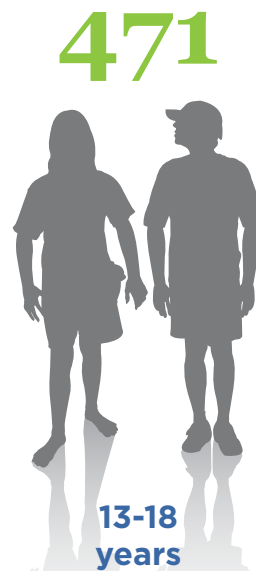


come from many states*



*13 children did not provide home state data

*vary in age**



**16 children did not provide a birthdate*

experience many different diagnoses

Depression
ADD/ADHD
DMDD
Anxiety
PTSD
Bi-Polar
Other

*and are served by varying programs**

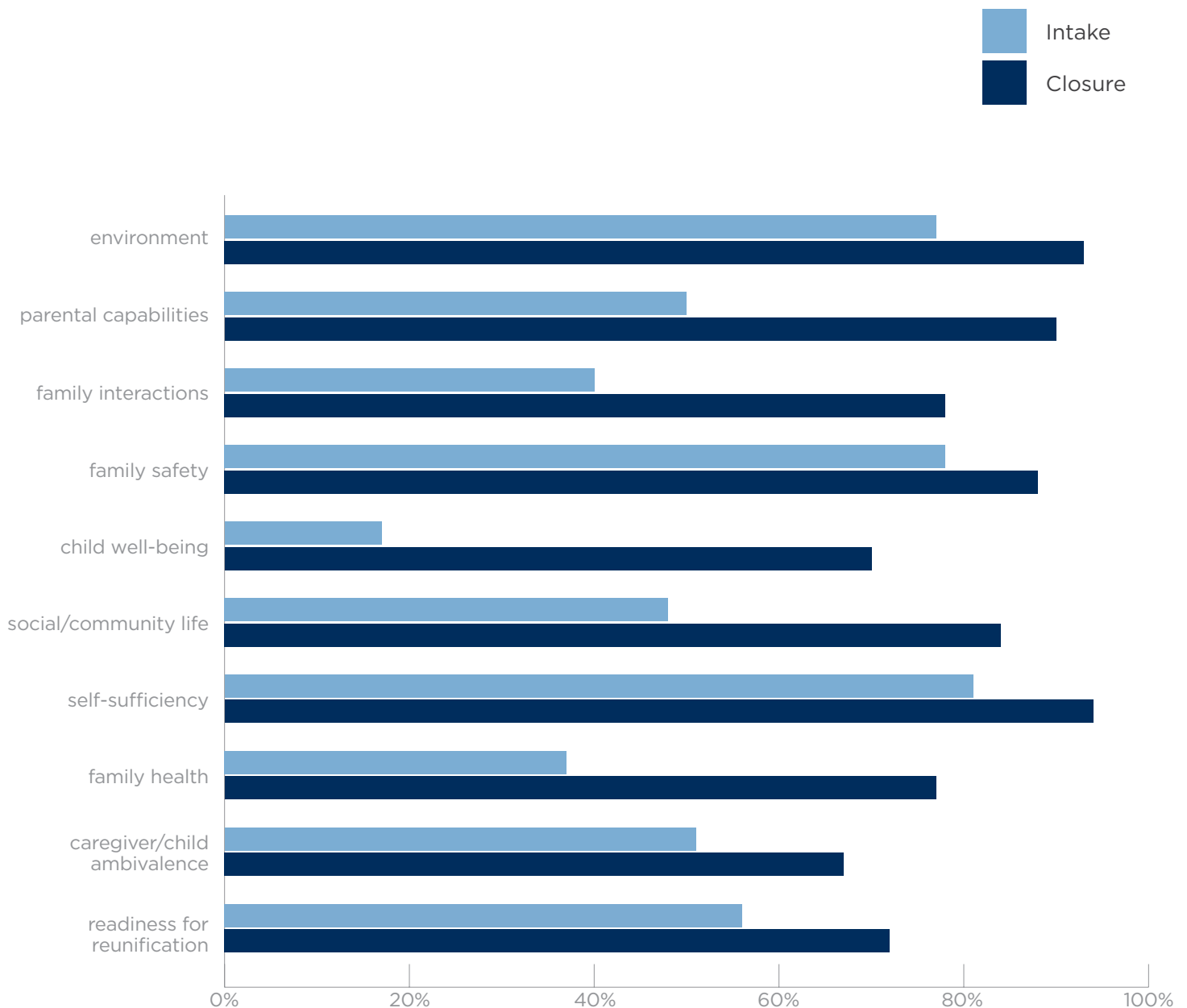
Residential Program	430
Experience DBT Day Program	95
Intensive In-Home Therapy	76
Outpatient	74
Therapeutic Foster Care	52
Community Intervention Programs	146

**many children served in multiple programs*

94%

of children said YES, Hillside helped them effectively handle challenges in their daily lives.

Community Intervention Programs Impact to Families...



The chart above shows the FY 2019 gains made by families receiving services in the community as measured by the North Carolina Family Assessment Scale (NCFAS), administered at intake and closure. “Baseline or Better” indicates that a child or family is functioning adequately (or better) in a particular life domain. As can be seen in the chart, significant gains were made in our Community Intervention Programs in the domains of: Child Well Being, Family Interactions, Social/Community Life, Family Health and Parental Capabilities.



84%

*of children surveyed
said they would recommend
Hillside to a friend in need.*



92%

*of parents surveyed would
recommend Hillside to
another parent looking for
help for their child.*

An infographic with a dark blue border and a light blue background. It features the text '90%' in large white font, followed by a descriptive sentence in smaller white italicized font.

90%

*of parents surveyed
were satisfied with the
treatment their child
received with Hillside.*

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Mr. Russell Wagner

WSB-TV

Mr. Chris Wilson

13Red, LLC.

Ms. Sara Dunbar

Emory School of Nursing
Non-Voting

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Mrs. Betty Fuller

Mr. L. Tom Gay

Mrs. Lynda Griffin

Mrs. Dorothy Herring

Mrs. Charice Heywood

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Mrs. Gay Love

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Mrs. Faye McDonald Smith

Mrs. Lucy Smith

Ms. Peggy Waterfall

Mrs. Lissa Webber

Mrs. Virginia P. Welch (Jinny)

Mrs. Barbara Wyly

Business and Foundation Support

\$100,000 and Above

Lattner Family Foundation, Inc.
United Way of Metropolitan Atlanta

\$25,000 to \$99,999

Buckhead Rotary
Foundation For A Better World
Fulton County Dept. of Human Services
Kiwanis Club of Atlanta
The John and Polly Sparks Foundation

\$10,000 to \$24,999

Ida A. Ryan Charitable Trust
The John and Mary Franklin Foundation
Yates Insurance Agency, Inc.

\$5,000 to \$9,999

AGC of Georgia Foundation
Frances Wood Wilson Foundation, Inc.
The Scott Hudgens Family Foundation, Inc.
Whitehead Children's Christmas Fund

\$1,000 to \$4,999

Aetna Foundation
Arbor Guard
Auction Management Corporation
BaseSix
BCS, Inc.
BOMA Georgia
Bright Wings Foundation
Burke Painting, Inc.
Business Transition 360, LLC
Diversified Computer Solutions, Inc.
Everclear Enterprises
Frolic Boutique
Gay Construction Company
GDS Telecom, LLC
Georgia-Pacific
Gray Contracting
Highwoods Reality LP
Intown Revival Construction, Inc.
Kings III Emergency Communications
KONE Inc
LandCare
Lanier Parking Solutions
Lanier Parking Solutions
Lois and Lucy Lampkin Foundation
Mayberry Electric, Inc.
Northside Kiwanis Foundation

Paragon Services, LLC
SERVPRO of Decatur
Sightline
SunTrust Bank Foundation
Team Pest USA
The Richard C. Munroe Foundation
Tull Charitable Foundation, Inc.
Virgil P. Warren Foundation

\$1 to \$999

Accesso Services
Amazon Smiles
American Disposal
Apollo Roofing
AT&T
Atlanta Northlake Elks Lodge 78
Atlanta Womans Club
Atlanta Women's Foundation
Bank of America Foundation
BG Staffing, Inc.
Blue Frog Lighting
Box Tops for Education
Capital City Mechanical Services, Inc.
Creatively Classic Activities and Books
Cumberland Landscape Group LLC
Datawatch Systems
Davids Garden
Duke Realty
Gene Lynn Electric, Inc.
Georgia Soccer
Heritage Building Group LLC
Ivy Garden Club
Izard Family Charitable Trust
Kroger Corporation
Life on Earth, LLC
Life Safety Solutions Plus, LLC
Mallory and Evans Service company
Patrick Financial Group
Prodiction & Planning Company
Publix Super Markets Charities, Inc.
Regent Partners
RooterPLUS!
Rose Garden Club
SAGE Dining Services, Inc.
Signarama
Standard Office Systems
Trouble Clothes Inc.
UBS Business Solutions

Individual Support

\$20,000 and Above

Anonymous
Hillside Staff

\$10,000 to \$19,999

Catherine Dukehart
Richard Schweitzer

\$5,000 to \$9,999

Kerstin and Howard Benden
Betty Case
Katie Downs

\$1,000 to \$4,999

Emily and Brian Acker
Anita and Tom Adams
John Adams
Susan Adams and Todd Iwanicki
June Bishop
Kim and Dan Bohlayers
Jeffrey Cohen
Sally and Reynolds Couch
Thomas Doran
Mark Dukes
Maridale and Steve Goff
Lynda Griffin
Renee Guttmann and Bob Mars
Marsha and Jeb Howell
Chad Hutchison
Margaret Ingraham
Dave Johnson
Judy and Andrew Jones
Kristy and Gregory Pennington
Mark Pulliam
Rebekah and Chris Rudd
Ebru and Allen Sautter
Ann and Irv Schoenberg
Gloria Seymour
Paula and Rush Smith
Marie and Lance Stafford
Mary-Crawford Taylor
Kimberly and John Thornton
Laura and Russell Wagner

\$1 to \$999

Sherrill Abbott
Maggie and John Adams
Stacey and Ron Alston
Amy Amato
Debbie and Paul Anderson
Phyllis Anderson
Janet Austin
Tom Barrow

Irma Best
Laure Biel
Candace Bills
Sidney and Robert Boozer
Chelisa Boyd
Rita and Robert Bryant
Catherine and Hector Chaviano
Bobbi Cleveland and Stan Jones
Yvonne and Walter Conway
Linda and Dean Copeland
Hadyn and Mike Culbertson
Claire Davis
Claudia Davis
Lori and Brad Dickey
Rebecca Dietz
Kimberly and Derrick Duggins
Natasha Duncan
PJ Edwards
Sarah and Scott Ellyson
Jana Eplan and Craig Frankel
Thomas Eyerly
Jeremy Florence
Bruce Fussell
Linda and Bruce Gardiner
Thomas Givens
Eleza and Aaron Golden
Frank G. Goldman, P.C.
Mynelle Harris
Claudia Harrison
Martha and John Head
Erika Heller
Anne and Charles Henn
Dorothy and Otis Herring
Lauren Herrington
Tammy and Tommy Herrington
Kathleen and Joseph Hodgson
Megan Hodgson
Marguerite and Will Holmes
Karen Ingraham
Nancy and Joel Isenberg
Mary James
Alison Jarvis
Lanan and Bill Jones
Robert Jones
Lucy Johnson
Leigh Kerns
Warren Kim
Nova and Mark Kopp
Christopher Lang
Susan Levy
Gail and John Lewin
Carol Levinson
Elizabeth Lieberman

Doyle Manning
Kerrie and David Marvin
Marcy and Robert McCarthy
Allison and Warner McConaughy
Alma and Jack McFarland
Lynn and Alan Merrill
Denise and Donald Mikesch
Donna and James Mikesch
Mary Susan and Gregory Mikesch
Elizabeth Milde
Walker Miller
Erika Miniza
Barbara Moore
Heidi Muller and Daniel Boland
Maria Munoz
Ann Newman
Leslie and Knox O'Callaghan
Jennifer and John O'Callaghan
Mary and Sadler Poe
Michael Pullen
Jane and Kevin Race
Paul Rappaport
Bob Rohrer
Tammy Ruppel
Chanel Rutherford
Dana Sause
Chris Schroder
Skip Schueddig
Beth and Kyle Sherman
Rebecca Shrager
Sam Snider
Clarisa and Rodney Southworth
Judi Sponsel
Myra and David Stromquist
Natalie and Dan Sweat
Kerey Toms
Loretta and Robert Vanni
Roopa Varghese
Wiley Virden
Nancy and Richard Wamsley
Peggy Waterfall
Jinny Welch
Philips Wellcentive
Judith and George Wieder
Anne and Brice Williams
J. Young
Mary Allyson Young



83%

*of children served
discharged back home.*

Support Us

For children and families struggling with mental and behavioral challenges, Hillside provides the most powerful antidote: *Healing and Hope*.

We need your support to continue providing children and families with Healing and Hope. Your donation is vital to Hillside's ability to expand, enhance and evolve our impactful services. We rely on generous support from the community to deliver life-changing care to Georgia's children and families. Thank you for contributing to our important work!



HillsideATL



@HillsideATL



hillside-inc



hillsideatl



hside.org



Hillside prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation and marital or family status.



HILLSIDE
Healing and Hope for Children and Families

In support of Hillside, I/we hereby pledge:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

eMail: _____

Visa ☐ Mastercard ☐ American Express ☐

Card No: _____

Expiration Date: _____ CVC: _____

Contributions are tax-deductible.

Please make checks payable to: Hillside Inc. | 690 Courtenay Drive NE, Atlanta, 30306

Donate online at hside.org/support-hillside/donate-to-hillside

pledge form

☐ Enclosed is my contribution of \$ _____

☐ I would like to make a pledge of \$ _____

☐ I would like to make a monthly donation of \$ _____

☐ Please bill my credit card each month on the ☐ 1st or ☐ 15th in the amount of \$ _____ / month



690 Courtenay Drive NE, Atlanta, 30306 | 404-875-4551 | **www.hside.org**