



CUMBERLAND HEIGHTS
2008 DONOR REPORT



A Strong Foundation for Recovery

MISSION STATEMENT

Cumberland Heights is a not-for-profit corporation committed to the tradition of providing the highest quality care possible, in a cost-effective manner, for persons and their families who are at risk for or who are suffering from the disease of chemical dependency. Treatment encompasses the physical, mental, emotional and spiritual dimensions of recovery by offering a safe, loving and healing environment, combining professional excellence and the principles of the Twelve Steps.

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A MESSAGE FROM THE CEO...

Thank you for your gifts to Cumberland Heights in 2008. Your generosity enabled us to offer a foundation for recovery to those seeking our help. For 43 years, we have played a major role in helping build foundations and impact lives for the thousands who have passed through our gates. We could not have done it without a caring community of supporters.



In 1966, Mr. Robert Crichton and Dr. Thomas Frist, Sr., started Cumberland Heights with a vision of creating a resource in Middle Tennessee for those needing treatment for alcoholism. They believed they could be the foundation for recovery by offering a safe, loving and healing environment. Today, Cumberland Heights has grown from a handful of beds for men only to become one of the most highly regarded addiction treatment centers in the nation, serving adult males, females, adolescents and families from every state in the union and many foreign countries.

The following report reflects the successes of this mission throughout the past year. In spite of a down-turned economy, Cumberland Heights treated more than 7,000 men, women, adolescents and family members in 2008. In addition to improvements and enhancements to our traditional treatment programs for patients and families, 2008 saw the dedication of the new women's center, which symbolizes more gender-responsive treatment for both our male and female patients provided in totally segregated programs and facilities. It was also the inaugural year for River Road Academy, Cumberland Heights' own high school, which recognizes both the recovery and academic needs of our adolescent patients. Our extended care programs for adults and adolescents were fully developed and implemented, while the addition of Dr. Michael Baron to our staff prepared our impaired professionals program to compete with the best-known programs for professionals in the country. These were but a few of the year's highlights.

With strong leadership from our Board and staff, we are optimistic we will continue to expand in 2009 and beyond, offering many more patients a foundation for their journey of recovery. We look for these challenging economic times to make us more resourceful and help us find innovative ways to make treatment accessible to those who need it.

Our Donor Recognition Report is an opportunity to share with you our achievements and recognize those who partnered with us. Thank you for helping us lay a foundation of healing and recovery...thank you for making a difference and changing hundreds of lives of individuals and their families for decades to come.

We sincerely appreciate all of you who love Cumberland Heights and the men, women and adolescents it serves.

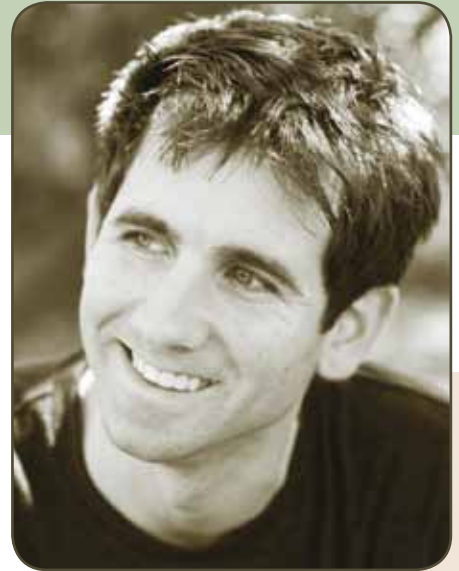
A handwritten signature in black ink, appearing to read "Jim Moore", written over a light beige background.

James B. Moore
Chief Executive Officer

ADULT PROGRAMS

Programs for Men

Our Traditional Program for men is based on a minimum stay of 30 days. This allows for in-depth exploration of the impact of addiction and provides time to establish a foundation for a lifelong recovery. The shorter-term First Step Program, as well as our extended treatment and outpatient offerings, are alternatives to the Traditional Program for men, and a relapse program is available for those who have had prior treatment.



A few 2008 benchmarks were:

- We developed innovative ways to group patients' living quarters and counselor assignments, which increased the bonding and cohesiveness of our men's groups.
- A new focus was placed on developing specialty programming for our young men ages 18 to 24 who are in recovery.
- The First Step Program for men is included under this more gender-specific umbrella and will be complete in 2009.
- Expressive therapies offered unique recreational programming, including adventure-based options such as the ropes course, climbing wall and equine-assisted learning. A therapeutic recreation specialist on staff helped counselors develop programs to meet individual fitness needs.

Chris's Story

As I try to find the right words to adequately express my gratitude, I'm overcome with emotion. I'm not sure what the tears are for — perhaps because people at Cumberland Heights believed in me when I lost all hope for myself. I had gone from a self-centered addict working on Wall Street to selling my soul to crystal meth and working the streets.

Even though people differed at Cumberland Heights, they were alike on the inside. I guess that's why I love the fellowship the recovery community provides. I have been given the tools to help me focus on my recovery and get rid of shame, anger, fear and resentment. For that I am eternally grateful. I promise someday to repay Cumberland Heights so that, in turn, someone else can be fortunate enough to have the same experience I did.

Programs for Women

Our Women's Program is tailored to the sensitive issues that women face when coping with addiction and recovery. We emphasize women helping women, where they are invited to and supported in an exploration of healing through the Twelve Steps.

In addition to the 30-day treatment program, the First Step Program is also available to women. This program couples an abbreviated inpatient stay with outpatient programs to create a plan of specialized treatment. A relapse program is also available for women who have prior treatment experience.

In 2008 we were proud of these major accomplishments:

- We dedicated the new *Women's Center* and officially launched women's single-gender therapy programming.
- We held the first annual *Recovery Breakfast for Women* with Ellen Burstyn as the keynote speaker.
- With the creation of gender-specific programming, we were able to offer a combination of programs geared to women with differing lengths of stay and levels of care.



Jane's Story

I don't know how to describe how thankful I am to have the chance to save my own life and learn how to live it. When I came to Cumberland Heights, I had endured 15 years of addiction and abuse. I was hopeless and had tried many times to take my own life. I don't even remember making the call to admissions or overdosing the morning I was scheduled to be admitted to Cumberland Heights.

The God of my understanding heard my cry and doors were opened for me. I had no money but was willing to make payments for the rest of my life. I was so grateful to receive scholarship help and remember staff saying, "Let us love you until you can love yourself." Because of your donors, I am no longer alone.

YOUTH PROGRAMS

Programs for Adolescents

Cumberland Heights has provided adolescent primary substance abuse/addiction treatment for more than twenty-four years. We now offer extended-care treatment for teens who need ongoing support in integrating recovery skills into their daily lives.

Some of our recent major accomplishments include:

- *River Road Academy* opened in fall 2008 and provides a supportive, creative environment for recovering students, allowing them to extend their treatment beyond the initial 30 days to up to 120 days if necessary. It is a state-approved private school on the grounds of Cumberland Heights' main campus.
- *Cumberland Heights Youth Program* has responded to the need to augment traditional "talk therapies" with music, ropes, and art therapy — just a few of our specialized options.
- The concepts of the Twelve Steps were creatively integrated in patients' everyday work with their counselors, teachers, parents and guardians to support the adolescent's holistic recovery.
- A 90-day Extended Care Program for adolescents who have completed primary treatment was offered. This gives adolescents the opportunity to practice their personal recovery skills and family work begun in primary treatment, while continuing their education at *River Road Academy*.



Thoughts of a parent....Ann

We are grateful our son is at Cumberland Heights and in your care. Your hope, enthusiasm and compassion for him and our family have been overwhelmingly evident in every communication and meeting. This week's family program is the most significant event I have experienced since my children's births. I learned about addiction and co-dependency, and I believe you have helped create an opportunity for a new beginning.

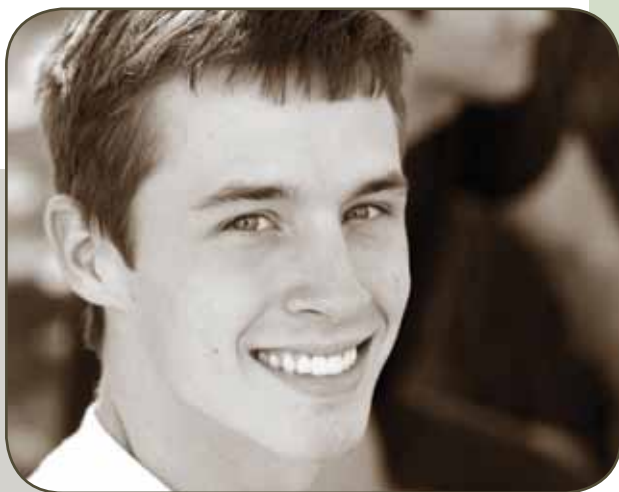
Thoughts of a parent....**Carol**

We first tried outpatient treatment for my son, but it wasn't working despite earnest attempts. Then we heard great news: "There's a bed waiting for him at Cumberland Heights and we found the funds to help you." After three days on campus, my son realized he could either be mad at the world or grab hold of this amazing opportunity to start anew. He still has temptations, but he has been able to peel off the nasty coat of addiction and put on a fresh new life. The impact the financial donation had is impossible to calculate. It changed my family's life forever and the ripple effect will change the lives of many. We are grateful to everyone at Cumberland Heights and its donors.



Jason's Story

I am eighteen years old. I entered into treatment at Cumberland Heights for my alcoholism and addiction, and have been sober ever since. Life has become a truly inspiring and deeply profound journey. I used to believe I needed substances to have a good time, but I was actually pretty lonely and sick. I have had more fun in the past year and a half than I have in my entire life. Through sobriety, I have learned how to love life and to live it fully... without chemicals.



PATIENTS AND FAMILIES SERVED AT CUMBERLAND HEIGHTS IN 2008

Individuals Receiving Assessments	2,595
Residential Treatment Patients	
Adult	1,866
Youth.....	412
Outpatient Treatment Clients	
Adult	933
Youth.....	77
Family Program Participants	4,585
LIVES DIRECTLY IMPACTED	8,190

2008 FUNDRAISING HIGHLIGHTS

- * \$257,500 in memorial gifts and bequests went to the endowment to support the patient assistance fund and additional special needs, such as spiritual enrichment and building maintenance.
- * The 11th annual John Hiatt Concert for Adolescent Treatment was held at the Ryman Auditorium. Trisha Yearwood made a return visit to this signature event to a sold-out house and \$121,000 was netted.
- * More than \$135,000 was raised in scholarship funding to aid patients from Middle Tennessee who were committed to their recovery but needed financial assistance to make it possible.
- * The Heritage Society for Endowment was renamed the Endowment Society of Cumberland Heights in recognition of planned gifts and endowment contributions. (See membership listing on page 16.)
- * The Cumberland Heights Friends presented gifts totaling over \$70,000 for the upkeep of the Serenity Garden, equipment for the kitchen and dining room, and underwriting for the Children's Program. These gifts represented the successes of the Friends annual Fashion Show and Celebrity Roast.
- * As of December 31, 2008, endowment funds totaled \$1,208,673.
- * The first Recovery Breakfast for Women, featuring Ellen Burstyn as the keynote speaker, was held to help underwrite our women's programming.

The Cumberland River, bordering the northern side of our campus, serves as a symbol of the recovery process. Cumberland Heights provides the foundation for recovery and our generous contributors, known as the River Society, provide the means to make it possible.

Levels of recognition with the River Society represent the attitudes of people on their journey to recovery. We welcome and thank the many members of the 2008 River Society and look forward to their continuing support as we work together changing lives for generations to come. We also want to give special recognition to the members of our newly formed Circle of Hope donors.

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

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Circle of Surrender - \$100 to \$250

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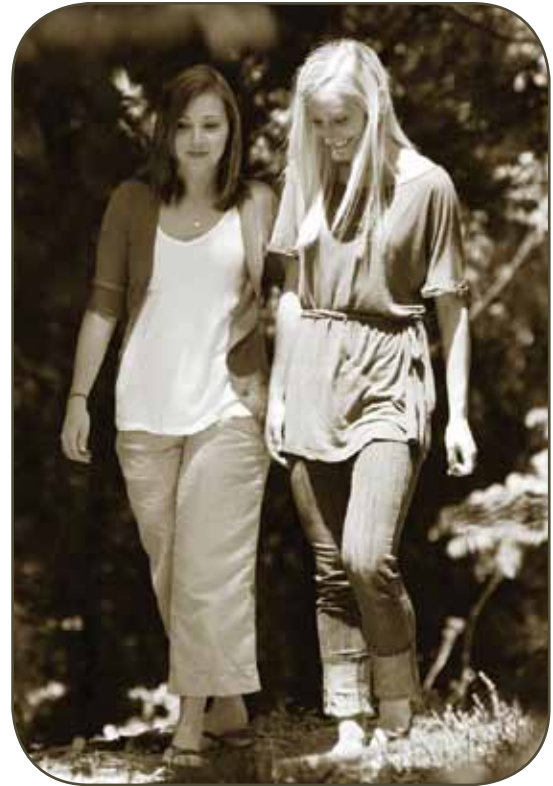


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