A FAMILY DISEASE

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A FAMILY SOLUTION

2012 Cumberland Heights Donor Report





Dear Friends,

This is a statement we hear often and this is why we are committed to supporting not just the patient but the family members as well.

Our patients come here to heal their bodies, minds and spirits. Their families come to gain an understanding

of the disease and as a result they enter their own healing process. Ginny Alston, who designed our family program, said, "There is no way for a family to heal and reestablish healthy relationships if a patient begins recovery but the family members do not."

Cumberland Heights is proud to feature stories of a patient, parents, and counselor in this year's annual report illustrating our mission statement: We transform lives. The results of the stories will affect individuals and families for generations to come. The transformations were made possible in part through the contributions listed in this report, including yours.

We recognize our donors, and thank them for their caring and generosity. Your gifts will continue to impact the lives of those we serve.

Sincerely,

Chief Executive Officer

YOU HAVE SAVED ME, MY FAMILY, ALL OF OUR LIVES!

- A Grateful Patient

My name is Jeff, and I am an addict. I began using drugs at an early age not understanding the eventual consequences. By the time I was 16, the disease of addiction had begun to destroy my body, my relationships, and my grades.

By age 18 I found myself in Cumberland Heights' Adolescent Program, scared, and not knowing what to expect. I did not know how to handle relationships, responsibility, or even how to be happy. Then life began to change as I was shown addiction, not me, was driving the chaos in my life and the lives of those I love.

Today, my life is different, I no longer use drugs. The healing began when the tools of recovery were introduced and much to my surprise began to work. Through the Cumberland Heights' Family Program, my family learned I am not my disease, and as the walls of addiction fell, my relationships with those I care for began to heal.

When I left Cumberland Heights I simply followed directions: go to meetings, get a sponsor, work my steps, and do service work. Many amazing things began to happen, and I remain sober today.I finished college with honors, I have a job, and most importantly, my relationship with my family has been rebuilt.

Without Cumberland Heights I would not be where I am today... happy and able to enjoy life.

MY NAME IS JEFF. AND I AM AN ADDICT.



AT A YOUNG AGE, OUR SON DISCOVERED THE AWFUL EFFECTS OF THE DISEASE OF ADDICTION.

At a young age, our son discovered the awful effects of the disease of addiction. In a short time, his life began spiraling out of control. School, friends and family seemed not to matter. Trouble followed him everywhere. Depression and anxiety set in, and more. We were at our wit's end as a family.

Through friends and ultimately God's hand, we were steered to Cumberland Heights where we placed him in the 30-day, inpatient Adolescent Program. We did not understand how this could have happened to our son.

A few weeks into treatment, we were asked to attend family week. Nothing could have prepared us for what would happen. We had hoped a magic potion might be sprinkled on our son's head and poof he'd be cured.

Only an hour into our first family session, we quickly learned that this indeed is a family disease, and much work was ahead.

Cumberland Heights' program sent our son home with new

tools to help him recover. Life wasn't perfect, but was much better: call it the beginning of his recovery and ours.

Today, despite some stumbles, he is healthy and happy, living on his own, and dealing with life's day-to-day challenges. Cumberland Heights put him on a path to success and in many ways saved his life.

Eleven years later, we continue to attend the family aftercare program, offered freely by Cumberland Heights where we volunteer as facilitators.

For us, it started as a journey of heartache and disappointment. But with the help of Cumberland Heights and the dear friends we have made through these years, it has turned into one of the greatest blessings of our lives. We have witnessed many miracles as the program continues to do the same for other families.

Cindy & Joe



FAMILIES ARE ALL PART OF THE SOLUTION.

As a counselor at Cumberland Heights, I have the pleasure of working with hundreds of individuals seeking a new life.

From the time someone walks in the door, I get to observe the transformation from hopeless, broken, and desperate to hopeful, inspired and reborn. I am blessed to have the opportunity to guide these individuals as they mend and create healthy, meaningful relationships with those people who have lost faith in them. They finally begin to see the purpose of their lives and take responsibility for achieving the dreams that went astray.

This population is unique and needs specific guidance. We are able to shape these emerging adults by providing mentors and role models. We teach them life skills, preparing them for challenges such as returning to school, interviewing for jobs, and essentially learning to function in recovery. For a time they become part of our family. Yet when the family members arrive for family week, uniting the patients, moms, dads, siblings, and grandparents, the healing truly begins. The parents realize it is a family disease and they are all part of the solution. Before they depart we help them create a solid plan to increase the chances of maintaining their momentum and commitment to recovery.

Young people, like Jeff, are an inspiration to many trying to transform their lives in a demanding world. Seeing these miracles of recovery and enthusiasm for new sober lives continues driving my desire to help those struggling with the disease of addiction.

Jaime



2012 RIVER SOCIETY

Cumberland Heights, bordered by the Cumberland River, provides the tools necessary for the foundation of a healthy recovery. Our donors, known as the River Society, support the not-for-profit Cumberland Heights Foundation through generous gifts, without which our mission would not be possible. River Society levels of giving are as follows:

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