



cumberland  heights

2018 Donor Report

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,

Gifts from generous donors like you make healing possible each year for hundreds of individuals and families who come to us to recover their lives from addiction. Your donations help us to enhance our services, provide patient assistance funding, improve our capital facilities and educate the community on the disease of addiction.

In this report, we have highlighted a few of the experiential therapies we use in treatment. These non-traditional therapies give the counselors ways to meet the patients where they can best relate and express themselves. The counselors can then address repressed feelings and emotions and give the patients ways to face issues or triggers without turning to drugs and alcohol.

Know that when a patient gets the chance to pick up a paint brush or play their own song, as part of a therapeutic activity, you have helped to make it possible. Your gift helps change lives one patient, one family at a time and creates a ripple effect for generations to come.

Gratefully,

A handwritten signature in black ink, appearing to read "Jay D. Crosson".

Jay Crosson CEO



JAY VISITING THE ARCH ACADEMY
SITE DURING CONSTRUCTION

Whether it's meditating, painting, writing or playing guitar, Cumberland Heights takes pride in the wide variety of experiential therapies we offer to support long-term recovery. When a person struggling with substance abuse finds a healthy, creative way to express themselves we see breakthroughs.

ART THERAPY

One of our most loved experiential therapy programs here, art therapy, is celebrating a big anniversary this year. For 10 years we've been offering group and individual sessions, sparking true intimacy and connection. The art room is a safe place for a patient to let their guard down and be totally vulnerable. It's where the patient can bypass their defensive mechanisms of fear and judgement and just be authentic.

MUSIC-ASSISTED THERAPY

Studies show music can reach certain parts of the brain than are linked to addiction, providing access to feelings and memories through different paths than talk therapy. Music therapy helps our patients get beyond words and feel in sync with others, breaking the isolation of addiction. We tap into creativity and deep emotions through playing, singing and songwriting.

ADVENTURE-BASED THERAPY

Mirroring dilemmas of addiction and recovery, adventured-based therapy keeps our patients engaged both physically and mentally. With high and low ropes course elements as well as our climbing wall, this experiential therapy is an especially good fit for teens and young adults who often learn by doing. As Adolescent Recovery of Cumberland Heights (ARCH) Academy transitions to its new 67-acre home later this year, we will be adding some wilderness-based experiences to the program.

MINDFULNESS MEDITATION

Mindfulness meditation, a way of helping people come into the present moment without judgement, is a critical skill to manage the emotions and physical cravings of early recovery. Research shows that its regular practice decreases the risk of relapse. Taught and practiced across all our programs, it is especially popular with young adults.



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