



TABLE OF CONTENTS

Year in Review | 2

J. Rex Fuqua Campus for Adolescents | 4

Outcomes | 8

Community Support | 10

Donor Support | 16

Finances | 24

Leadership | 25

Together we're changing the face of mental health.

What does the face of mental health look like to you? Magazines and TV often depict a middle-aged man... alone...despairing, with his hands covering his face, and his back against a wall. Stuck. Hopeless.

As a friend of Skyland Trail, you know a different picture is possible. You know that mental health affects people of all ages. You know that recovery is possible. And you know that access to effective treatment can change the face of mental health... and change lives.

In 2016, you helped us open the Rollins Campus to meet the unique needs of young adults ages 18 to 24.



As a result, the face of mental health looks like a 20-year-old college student who no longer hears voices. Instead he hears music when he plays guitar in a band with his friends, understanding that he can still tap into his creativity while staying on the medications that keep him healthy.

In 2019, you stepped up again to help us open the J. Rex Fuqua Campus for adolescents ages 14 to 17. We admitted our first patients in November and December.



Now, the face of mental health looks like a 15-year-old high school student who can participate fully in classes, sports, and social groups. When things get tough, she asks for support before the situation becomes a crisis.

And we have always had a strong reputation for helping older adults. Recently, opening the Rollins Campus allowed us to designate our South Campus as a specialized community for more “mature adults, and expansions to the Glenn Family Wellness Clinic enabled us to increase services like transcranial magnetic stimulation (TMS) that can be life-changing for these adults with treatment-resistant depression. In 2019, the number of TMS services provided more than doubled!



So the face of mental health looks like a 50-year-old father who now has a renewed sense of joy when spending time with his children and grandchildren. His long bouts of isolation and ruminating have given way to participating in life.

Mental illnesses are treatable medical problems that can affect all of us. Changing the face of mental health requires all of us working together to eliminate stigma and improve access to treatment.

We could not inspire such transformations without you, and we are grateful for your support. Please review this annual report to see all that we accomplished together in 2019.

Your friend,



Elizabeth E. Finnerty, MBA, MHA
President & CEO

2019: Year in Review

2019 was a year of growth and change at Skyland Trail. We expanded our treatment services to adolescents ages 14 to 17. And we continued to serve as a national model for effective and respectful psychiatric treatment of adults ages 18 and older.



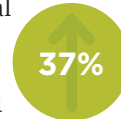
Our newly opened J. Rex Fuqua Campus for Adolescent Care (see page 6)

TREATMENT SERVICES

- > Skyland Trail opened the J. Rex Fuqua Campus in October 2019 and enrolled our first clients in the adolescent residential treatment program in November 2019. The adolescent treatment program provides evidence-based care for teens ages 14 to 17 with depression, bipolar disorder, anxiety disorders, and OCD.
- > We earned our ninth consecutive Gold Seal of Approval Accreditation from The Joint Commission. While our adult programs have been accredited since 1995, the 2019 survey was the first to include the adolescent residential program.
- > Direct admissions to our adult day treatment program increased 98%.



- > The transitional living program added staff and expanded programming to provide more support for clients transitioning from residential treatment to independent living. As a result, the monthly average of clients enrolled in transitional living increased 37% in 2019.
- > The number of Transcranial Magnetic Stimulation (TMS) sessions in the Glenn Family Wellness Clinic increased by 106%.
- > The percentage of clients completing the full recommended continuum of care before leaving services increased by 15%. The increase is a result of new clinical strategies to keep clients engaged in treatment. Financial aid awards also help clients stay in treatment longer.

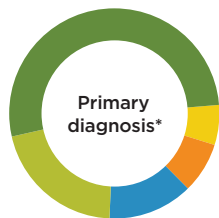


EDUCATION

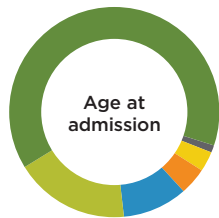
- > Presentations to Atlanta area schools and civic groups reached more than 1,048 parents, students, and community leaders.
- > Six continuing education workshops held at Skyland Trail in 2019 engaged 353 Atlanta mental health professionals (an increase of 69% from 2017).
- > Skyland Trail experts made presentations at six national conferences, sharing best practices and raising awareness among 1,175 professionals from around the country.



2019 CLIENT COMMUNITY



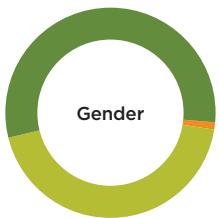
53% ■ Major Depression
 21% ■ Bipolar Illness
 13% ■ Schizophrenia
 8% ■ Anxiety
 6% ■ Other
 *at discharge



>1% ■ Ages 14-17
 first admission in November 2019
 63% ■ Ages 18-25
 18% ■ Ages 26-35
 10% ■ Ages 36-45
 4% ■ Ages 46-55
 >3% ■ Ages 56+



60% ■ three or more diagnoses
 at discharge
 40% ■ less than three diagnoses
 at discharge



55% ■ Female
 44% ■ Male
 < 1% ■ Gender neutral
 or non-binary

2019 DOROTHY C. FUQUA LECTURE

“From Tragedy to Treatment: The Path Forward for Suicide Prevention”

A Conversation with Former U.S. Attorney General Sally Yates

On Wednesday, May 1, 2019, nearly 300 people filled the seats of the Atlanta History Center’s McElreath Hall to listen to personal stories of suicide loss and expert analysis on opportunities to prevent suicide for the 2019 Dorothy C. Fuqua Lecture presented in partnership with Grady Health System. Former United States Deputy Attorney General Sally Yates spoke candidly with veteran Atlanta journalist Brenda Wood about her father’s struggles with depression, his suicide in 1986, and the impact it had on both her and her family.

Mental health experts including Ben Hunter, MD, medical director of outpatient services at Skyland Trail, and Dorian Lamis, PhD, a clinical psychologist at Grady Health System and Skyland Trail Advisory Board member, were joined by Rev. Dr. D. Scott Weimer, senior pastor at North Avenue Presbyterian Church and a suicide loss survivor, for further discussion with Wood and Yates. Dr. Hunter and Dr. Lamis addressed the staggering increase in attempted suicides across the country while Rev. Weimer offered the powerful story of losing his young



adult son to suicide just three years ago. All offered insight into discussing the topic with loved ones and how to best support those who have lost someone close to them or to help someone who may be struggling.

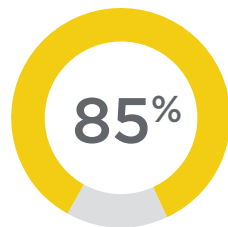
The lecture series honors the late Dorothy Chapman Fuqua, former Board member and benefactor of Skyland Trail, and is made possible by Duvall and Rex Fuqua and Edwina and Tom Johnson in honor of Mrs. Fuqua.

Treatment Outcomes

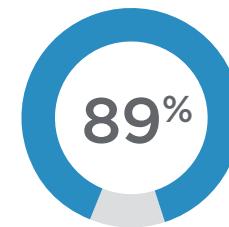
In 2019, measured outcomes confirm that our evidence-based psychiatric care, together with our holistic path to wellness, is effective. Simply put, our clients get better.



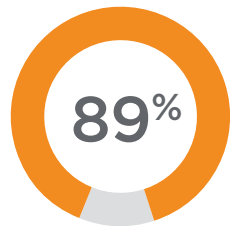
88% of all patients experienced a statistically significant improvement in functionality, symptoms and social relationships¹



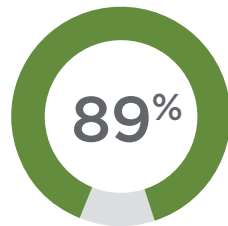
85% of patients with psychosis experienced statistically significant improvement in their symptoms of psychosis⁴



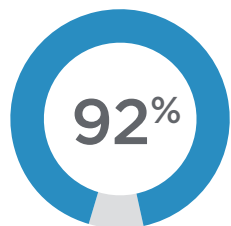
89% of patients with anxiety experienced statistically significant improvement in control of anxiety⁷



89% of all patients experienced a statistically significant improvement in hope²



89% of patients with very severe and severe symptoms of depression experienced clinically significant reduction⁵



92% of patients leave treatment with a positive attitude about taking psychiatric medication³



96% of patients who had clinically meaningful episodes of mania showed no symptoms of clinically meaningful mania at discharge⁶

All measures are statistically significant at p=0.001.

- 1 The 32-item Behavior and Symptom Identification Scale (BASIS-32): ©McLean University, Affiliate of Harvard Medical School.
- 2 Beck Hopelessness Scale: Beck AT, Weissman A, Lester D, Trexler L. (1974). The measurement of pessimism: The Hopelessness Scale. *Journal of Consulting and Clinical Psychology*, 42(6), 861-865.
- 3 Medication Attitude Inventory: Hogan TP, Awad AG, & Eastwood R. (1983). A self-report scale predictive of drug compliance in schizophrenics: reliability and discriminative validity. *Psychological Medicine*, 13, 177-183.
- 4 Overall JE, Gorham DR. The Brief Psychiatric Rating Scale. *Psychological Reports*. 1962; 10:799-812.
- 5 Montgomery, S.A. & Åsberg, M. (1979). A new depression scale designed to be sensitive to change. *British Journal of Psychiatry*, 134, 382-389.
- 6 Young RC, Biggs JT, Ziegler VE, Meyer DA: A rating scale for mania: reliability, validity and sensitivity. *British Journal of Psychiatry*, 133:429-435, 1978.
- 7 Hamilton M: The assessment of anxiety states by rating. *British Journal of Medical Psychology*, 32:50-55,1959.

Hope for the Future

Shane's Story

Since I was a teenager, I suffered from mental illness, but I want to skip to 2017 when things started to become really bad for me.

A lot of life-changing events all happened within the period of a month, both professionally and personally. My depression started to become severe. I experienced terrible anxiety, frequent panic and anxiety attacks both at home, in social situations, and also in the workplace. I started to experience a lot of thoughts of suicide.

Between April and July, I was hospitalized on eight different occasions. I was a client at five residential treatment programs. I went through two, 12-session courses of ECT, and I went to three IOP programs. Nothing was working.

During my last hospitalization in June, things started to change. I got off a lot of medications, and the social worker assigned to me did a lot of research. She found Skyland Trail and thought Skyland Trail had exactly what I needed to recover and get well. I took her advice.

From day one, I was introduced to an incredibly wonderful, supportive, loving, and caring staff of trained professionals and people who were going to support me, help me, guide me, and teach me. And that's what they did while I was in treatment for 90 days.

I was on the DBT track, and that was what I consider to be the most helpful thing for me. I listened. I learned. I studied. And then I applied. I learned an

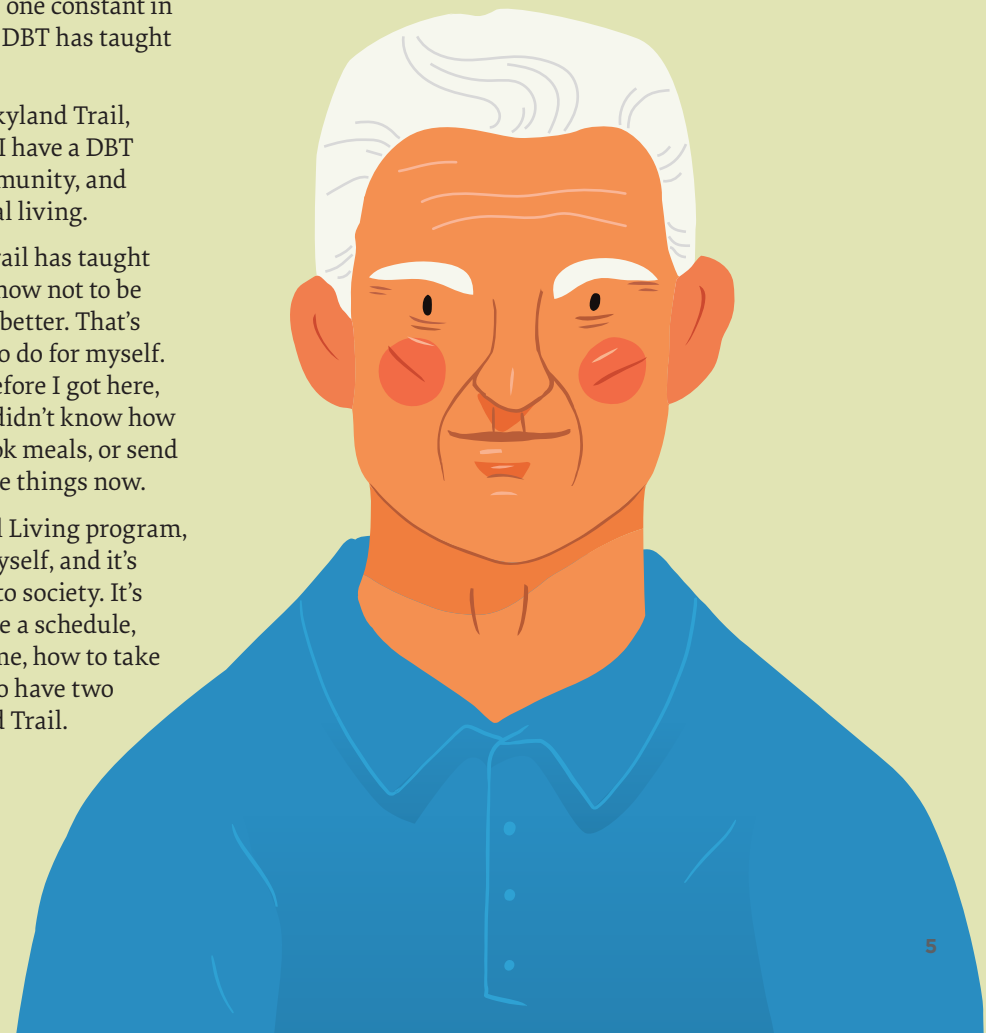
incredible set of skills that I can carry with me for the rest of my life. Skills that allow me to rethink and change my thought patterns. Skills that allow me to handle life situations – what to do when my intensity level is high, how to get out of distress, and how to cope ahead with situations in life. The one constant in life is change, whether I like it or not. DBT has taught me how to handle change.

I recently finished my treatment at Skyland Trail, and now I'm in outpatient treatment. I have a DBT therapist and psychiatrist in the community, and I'm living in Skyland Trail transitional living.

The most important thing Skyland Trail has taught me is how to take care of myself and how not to be dependent on others to make me feel better. That's what I always did. Now I know how to do for myself. I'm a little ashamed to admit it, but before I got here, I didn't know how to shop for food. I didn't know how to do my laundry, fold my clothes, cook meals, or send an email. I know how to do all of these things now.

As part of Skyland Trail's Transitional Living program, I'm expected to do these things for myself, and it's teaching me how to integrate back into society. It's teaching me how to work, how to have a schedule, how to get to my appointments on time, how to take care of all of my responsibilities. I also have two work adjustment positions at Skyland Trail.

What I have now that I didn't have only a few months ago, is hope. I have hope for the future. One day at a time. One task at a time. I do believe now that I have a life worth living.



J. Rex Fuqua Campus Opens; Adolescent Clients Begin Treatment

The J. Rex Fuqua Campus offers specialized residential psychiatric treatment for adolescents ages 14 to 17 struggling with anxiety, depression, bipolar disorder and obsessive-compulsive disorder (OCD). Teen clients began admitting to the residential treatment program in November 2019. The campus was dedicated in honor of Rex Fuqua to recognize his vision, leadership, and contributions to make the adolescent campus and program possible.

A multidisciplinary treatment team includes psychiatrists, psychologists, masters level therapists, certified educators, nurse practitioners and registered nurses, and experts in experiential therapies like art, music, nature, and recreation. Certified educators work with adolescents throughout treatment to help them continue to make academic progress and learn skills to support future academic achievement.

Through group and individual therapy, teens learn healthy coping skills to navigate school and family

and peer relationships. Family members participate in family therapy sessions and psychoeducation classes to help them make important changes to family dynamics to support long-term health.

Adolescent clients typically participate in the short-term residential treatment program for about six to eight weeks before returning home to their families. A day treatment and intensive outpatient program for adolescents allow clients and families to continue individual and family therapy activities with shorter schedules and less intense support.

Half of all lifetime cases of mental illness begin by age 14, and 75 percent begin by age 24.

In the U.S., 20 percent of youth ages 13 to 18 live with a mental health condition.

Studies suggest that early diagnosis and treatment of mental disorders can improve long-term outcomes.





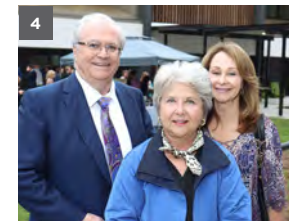
The J. Rex Fuqua Campus and the adolescent treatment program are specially designed to meet the mental health needs and socialization styles of teens. The facility includes 26 private bedrooms with private bathrooms; group therapy rooms and offices; therapeutic spaces for fitness, meditation, art and music activities; a learning lab for academic activities; common areas for socialization; a dining room that opens to an outdoor dining patio; and a courtyard and outdoor sports court.



“Skyland Trail’s adolescent treatment program will fill an urgent need in our region for evidence-based, high-quality residential mental health treatment for teens. For many years, Skyland Trail has had a national reputation as a world-class mental health treatment organization for adults. This new adolescent program will bring that same level of professional expertise and compassionate care to teens and their families, right when they need help the most.” –Rex Fuqua

Community Celebrates Grand Opening

On October 10, Skyland Trail celebrated the grand opening of the J. Rex Fuqua Campus for adolescents. Skyland Trail leadership joined nearly 200 mental health professionals and guests for a ribbon cutting program followed by tours of the campus.



IMAGES (clockwise): **1** Back row: Susan Hannan, Jennifer Fuqua Fowler, Denise DeAngelo, Nan Easterlin, Wes Bradshaw, Charles Wellborn, Don Inman, Amy Kreisler, Michael Mock; Next row(s) down: Betts Love, Becky Riley, Cindy Ferguson, Denise Rezek, Mary Watson, Suci Jackson, Tricia Rosenbaum, Bob Mills, Ty Smith, Berny Gray, Leslie Wierman, Billy Huger; Front row: Beth Jones, Dorothy Jordan, Rand Hagen, Rex Fuqua, Clay Jackson, Tom Johnson, Beth Finnerty, Richard Parker **2** Ruth Fuqua, John Rex Fuqua, Duwall and Rex Fuqua, Jennifer Fuqua Fowler **3** Clay Jackson, Margie Wynne, Robby Wynne **4** Tom Johnson, Beth Jones, Leslie Wierman **5** Jae Kullar, Johnny Sands, Carmel Cowart **6** Suzanna Stribling, Lou Glenn, Rand Glenn Hagen, Tom Glenn **7** Stephanie Allison, Lynsey Buckley, Michael Mock, Audrey Jordan **8** Denise Rezek, Suci Jackson, Marguerite Spiotta, Leigh Pollard

building RESILIENCE

CHANGING lives

THE
CAMPAIGN
FOR SKYLAND
TRAIL

THE CAMPAIGN LEADERSHIP

TRI-CHAIRS

J. Rex Fuqua
Rand Glenn Hagen
Tom Johnson



*Tom Johnson, Adolescent Program Director
Dortothy Jordan, Rand Glenn Hagen, Rex Fuqua*

COMMITTEE

Rev. Joanna Adams
Thomas D. Bell, Jr.
Duvall Fuqua
Allison Hill, JD, PhD
James Howard
William E. Huger, III
Clay Jackson
Amy Rollins Kreisler
Melissa Lowe
Lorri McClain
Ned Montag
Colleen Nunn
Richard C. Parker
Nina Schwartz

CAMPAIGN DONORS

Visionary Founders

\$3,000,000 +
The Realan Foundation
Robert W. Woodruff Foundation

Leadership Founders

\$1,000,000 - \$2,999,999
Anonymous (3)
The James M. Cox Foundation
The Wilbur and Hilda Glenn
Family Foundation
The O. Wayne Rollins Foundation
The West Foundation

Sustaining Founders

\$250,000 - \$999,999
Anonymous
Jennifer and Thomas Bell Family Foundation
Mary and John Brock
Susan and Jim Hannan
Beth and Tommy Holder
Edwina and Tom Johnson
The Klump Family
The Palumbo Family Charitable Fund

Leaders

\$100,000 - \$249,999
The Coca-Cola Foundation
The DeAngelo Family
Delta Air Lines
Duvall and Rex Fuqua
Jane and Clay Jackson
Amy and Nevin Kreisler
Kelly Loeffler and Jeffrey Sprecher
Skyland Trail Associates
Griff and Charles Smithgall
Tull Charitable Foundation

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\$50,000 - \$99,999
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Muffet and Richard Arroll
Amy and Cecil Conlee
Allison and Ben Hill
Humann Family Foundation
Patty and Doug Reid
SunTrust Trusteed Foundations:
Nell Warren Elkin and William Simpson Elkin
Foundation
WarnerMedia

Pacesetters

\$10,000 - \$49,999
Rev. Dr. Joanna Adams and Alfred Adams III
Yum and Ross Arnold
Libby and Brooks Barge
The Blanche Lipscomb Foundation
Mary Allen Lindsey Branan Foundation
Cindy and Bubba Cathy
The Chandler Family Foundation
Annelly B. Deets
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Cindy and Bill Fowler
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Kristin and Jim Howard
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Mary and Neil Johnson
Kohler
Betts Culp Love
Melissa and Chris Lowe
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Karen and Richard Parker
Johannah and David Plyler
Sally and Ross Singletary
Diana and Mark Tipton

June and Michael Tompkins
Vasser Woolley Foundation
David, Helen and Marian Woodward Fund
The Wink and Mark Wynne Fund
Yancey Bros. Co.
Studie and Zach Young

Friends

Under \$10,000

Virginia Apperson
Liz and Frank Blake
Chris Cline and Ron Rezendes
Jackie and John Coleman
Beth Finnerty and David Martin
Molly and Henry Froelich
Isabel Fuqua
Shearon and Taylor Glover
Glover and Davis, P.A.
Julia and Eli Green
Rand and Seth Hagen
The Dot and Lam Hardman Family Foundation
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Abby and John Irby
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Dorothy Jordan and Tom Grathwohl
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Doris and Jeff Muir
Karen and Clay Rolander
Nina and Bill Schwartz
Michelle and Steve Sullivan
Richard Thompson
Lucy Vance
Sara and Bob Walker
Brooke and Winston Weinmann
Blanton C. Winship
Susan and Keith Wood
Tyler and Robby Wynne

Community Support

Corporate Donor Spotlight



“Invesco is committed to helping improve the communities in which we operate and in which our employees live and work across the globe. We’re proud to support world-class mental health treatment organizations like Skyland Trail, which has been helping people with mental illness thrive for more than 30 years. The compassion and dedication of the Skyland Trail team is impressive, and plays an important role in providing a path to wellness for their clients.”



Martin L. Flanagan, CFA, CPA
President & CEO, Invesco LTD

Invesco was a platinum sponsor of Benefits of Laughter 2019



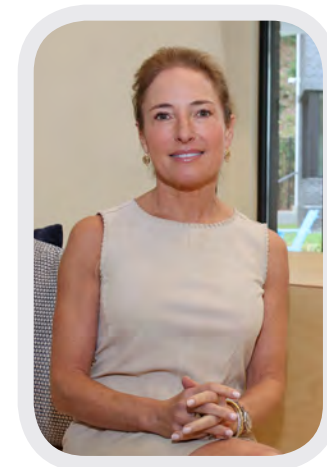
Why I Give: Elizabeth Klump

Michael and I have been fortunate to attend Benefits of Laughter as guests for several years. Before we knew much about the programs at Skyland Trail, we developed an appreciation for the many friends and members of our community who strongly support its mission. Through continued involvement, we learned more about the impact of mental illness as well as Skyland Trail’s work to help individuals and families who are struggling. We were motivated to become a part of the solution.

Over the years, we also have seen the effects of depression and anxiety on children of family members and close friends. One school counselor reports that 30 percent of the high school population currently seeks school counseling. One of every three adolescents will experience anxiety by age 18, and the potential for depression increases with anxiety present. There has been a true need for a top-rated mental health treatment program for young people in Atlanta. After touring the Skyland Trail campus and understanding their outstanding programming and vision, we felt privileged to be a part of the new J. Rex Fuqua Campus for adolescents.

There are so many wonderful causes in our city and elsewhere. We feel it is imperative to work with institutions that make a difference for our children and young adults in order to give them opportunities to thrive. They are the future, and ensuring continued research and development of methods to help address mental illness at a younger age can ensure healthier adults.

By directing a portion of our annual giving to Skyland Trail, our hope is to see more and more of our community find healing and hope through Skyland Trail’s incredible efforts to help those living with mental disorders like anxiety and depression.



Planned Giving

We extend our sincere thanks to the individuals and families who have made legacy gifts that will ensure that Skyland Trail continues to meet the needs of future generations through state-of-the-art facilities and innovative, leading-edge treatment programs.



As of December 31, 2019:

Anonymous (6)
 Anita and Tom Adams
 Elizabeth Alexander
 Charlotte Pierce-Baker and Houston Baker
 Libby and Brooks Barge
 Ellen and Roland Behm
 Shelby and Dick Bryant
 Sarah Aline Carpenter*
 Chris Cline
 Cecil Conlee
 Margaret Perdue Denny
 Vivian Noble DuBose
 Cynthia and John L. Ferguson
 Elizabeth E. Finnerty and David Martin
 Margaret V. Finnerty
 Carol and William H. Fox*
 Dorothy C. Fuqua*

Helen and John C. Gordon
 Anne and Bernard Gray
 Wally G. Hills and Thomas D. Hills
 Kristin and Jim Howard
 Dorothy O. Jackson*
 Douglas E. Jackson
 Glen O. Jackson
 Jane and Clay Jackson
 Edwina and Tom Johnson
 Beth C. Jones
 Patrick M. Kelly
 Dixie and Duey Kerper
 Raymond James Kotwicki, MD, MPH
 Amy R. Kreisler
 Kelly Loeffler and Jeff Sprecher
 Betts Culp Love
 Melissa and Chris Lowe
 Maryland and Don McCarty
 Jay D. Mitchell
 Michael J. Mock

Jackie and Tony Montag
 Elizabeth C. and Harry G. Moore, Jr.
 Doris and Jeff Muir
 Karen and Richard Parker
 Mary Anne Quin
 Beth and Jerry Shaifer
 Nancy and Ted Spetnagel
 Michelle and Stephen Sullivan
 Margaret and Randolph W. Thrower*
 Diana and Mark Tipton
 Janet and John* Turman
 Pennie and Dan Walden
 Brooke Tribble Weinmann
 Ruth and Charles Wellborn
 Marjorie and Charles West*
 Mark C. West
 Marjorie C. Wynne
 John B. Zellars, Jr.

**Deceased*

I have included Skyland Trail in my estate planning because I trust this organization to use every cent I donate to improve the lives of clients and their families. I've worked at Skyland Trail for more than 12 years. I've seen firsthand how hard this entire organization works to achieve the mission, and I know how crucial philanthropic support is to the clients and families we serve.

The stakes are so high; mental illness can easily result in catastrophic impact. I am impressed daily with the tenacity of our clients to keep at it: growing healthier, stronger, and more skillful. I feel grateful to have been a part of Skyland Trail professionally and, at this point, I feel personally connected to the mission.

I am confident that, one day, my planned gift will help people change their lives, and I am glad to have been able to join in with all of the other Cypress Society members in committing to support the future success of Skyland Trail.

Chris Cline, MSW, LCSW
 Senior Vice President of Clinical Services and IT, Skyland Trail



Financial Aid

2019
FINANCIAL AID
SUPPORT

While clients and families are responsible for a portion of their treatment costs, the Mark C. West Financial Aid Program helps fill the gap. Financial aid helps clients stay in treatment longer, giving them time to fully develop the skills needed to sustain recovery and prevent relapse after leaving Skyland

Trail. Beyond the financial impact, financial aid awards relieve stress and help families focus on what is truly important – supporting their loved ones and helping their families heal.



28%
of clients received
financial aid awards

\$12,587
average award
per recipient

\$1.77M
total financial
aid distributed

\$15.55M
awarded
since 1999



“ Financial aid is really what kept me here. After around 30 days, my insurance didn't help anymore. They wouldn't cover for longer than a month. That's when a lot of my therapy really started. ”

-Bryn P., Skyland Trail graduate and financial aid recipient

Taking the First Step: A Grateful Family Story



FOR YEARS, TROY S. HAD participated in numerous road races and also a half marathon. He completed his first triathlon in 2008. By the end of 2016, he had completed

six Half Ironman and four Full Ironman Triathlons. In 2019, Troy began a new challenge.

“I have experienced various levels of anxiety most of my life,” says Troy. “Often it was healthy and manageable, and other times it would cross over to unhealthy and difficult to manage. I experienced a longer than usual and much more intense unhealthy anxiety phase, which also brought on depression. I got to a point where I, and my family, knew I needed more focus and support to address my mental health. I started the Skyland Trail day treatment program to achieve the focus and support I needed.”

“I knew the lessons I learned from Ironman triathlons could be applied to many goals,” says Troy. “But I had not considered how relevant they would be to mental health and my journey at Skyland Trail.”

“Like with Ironman, the biggest step was making the commitment to start,” adds Troy. “The biggest and hardest step in my recovery was to get over the fear and uncertainty and make the decision to start the program at Skyland Trail.”

The next challenge was realizing that treatment was not something he could push through on his own. A fellow athlete told Troy once that triathlons were “the best individual team sport.” Over time, Troy began to understand that apparent contradiction.

The “team” for his Ironman competitions was his wife and children who offered support, experienced coaches and mentors who helped develop a plan for moving forward, and his fellow athletes and training partners who endured similar struggles while offering support.

“For a long time, I approached my mental health as something I needed to figure out and that it was all up to me,” says Troy. “What I learned at Skyland Trail is that those same ‘team’ components I discovered as part of my triathlon training were key in my mental health treatment and critical to getting me to a much better place.”

At Skyland Trail, Troy’s team was a loving and supportive family, therapists, counselors, psychiatrists, and his fellow clients.

“No matter how individual we may think something is, there likely is always a team there to support you,” says Troy.

Troy recognized many other parallels between triathlon training and working toward recovery, including the importance of defining his own success, working through discomfort, accepting imperfections, and being present in the moment.

“It’s important to define what success is for you and not try to achieve what someone else thinks success may look like,” says Troy.

“Ironman training is a nine to 12 month process. You have to focus on the present and not be concerned about what is coming up in three months or discouraged about a missed training session.

Being present is something I worked on daily at Skyland Trail. Just being present each and every day focusing on my recovery,” says Troy.

Staying active while in treatment was important to Troy and remains an important strategy for keeping his mind and body healthy. At Skyland Trail, Troy participated in the Healthy Challenge program.

“Engaging in physical activity allows me to pause all of the noise and stressors and focus on the activity at hand. Physical activity can be a form of active meditation. Exercise also enables us to build a sense of pride by achieving goals that we thought unachievable and even build a sense of community with others by experiencing the same challenges.”

After Troy graduated from Skyland Trail in 2019, he made a gift to support the Healthy Challenge program in recognition of the impact the program had on his recovery as well as his peers in treatment.

“Starting any type of exercise routine raises nagging thoughts like, ‘I can’t do that,’ ‘I’m not an athlete,’ or ‘What if I look goofy doing this,’” says Troy. “Healthy Challenge provides a safe, easy-going way to take that first and biggest step. I witnessed how much of a role Healthy Challenge and the fitness program played in the recovery of others—whether it was the joy of a partner workout that reminded them of working out with a lost family member, the confidence built in seeing improvements from week to week, or learning a new skill that was once considered impossible. It was because of those experiences that I chose to donate to the Healthy Challenge and fitness program at Skyland Trail.”

Giving Highlights



\$4.3M

Total giving in 2019 – an increase of 67% over 2018

\$1M+

Benefits of Laughter broke the \$1 million mark, raising nearly \$1.2 million

182

Number of new donors in 2019

\$129,000

Amount grateful families contributed to the 2019 Annual Fund, a 31% increase over 2018



RACE ACROSS AMERICA RAISES \$1.15 MILLION

Powell Brown, a friend of Skyland Trail participating in the 2019 Race Across America, raised \$1.15 million for Skyland Trail. This is the largest gift Skyland Trail has received to-date through an individual fundraising effort. *Photo: James Dvorak*

MATCHING CAMPAIGN SPURS NEW DONATIONS AND RENEWALS

At the end of 2019, a \$100,000 matching gift challenge made possible by a generous Skyland Trail donor inspired donations from 19 new alumni family donors and 11 new community donors. An additional 42 gifts came from donors who had not made a gift in the last three years. By matching individual gifts up to \$5,000, this challenge gift helped raise a total of \$153,450 for Skyland Trail.

SOLSTICE FOUNDATION

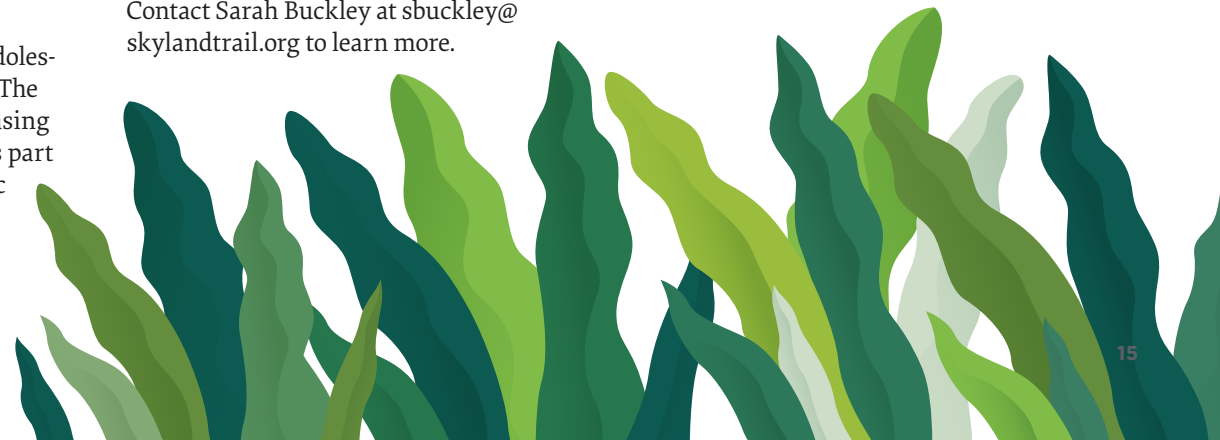
A \$5,000 gift from the Solstice Foundation is supporting the adolescent musical therapy program. The creative arts therapist is purchasing instruments for teens to play as part of their experiential therapeutic activities.

PAVING THE WAY TO RECOVERY

Skyland Trail raised \$21,750 from 43 individuals and families through a unique opportunity at the new adolescent campus. Donors contributed gifts ranging from \$250 to \$1,000 to inscribe a message on one of the pavers that comprise the Edwina and Tom Johnson Entry Garden leading to the front door of the J. Rex Fuqua Campus for adolescents. Proceeds from the campaign benefit the adolescent treatment program for teens 14 to 17. Pavers are still available for engraving. Contact Sarah Buckley at sbuckley@skylandtrail.org to learn more.



Advisory Board member Leslie Wierman and her family honored her mother, Beth Jones, Emeritus Board member, with a commemorative paver in her honor. The family, shown here, gathered at paver to celebrate.



Skyland Trail Donors

2019 ANNUAL DONORS

Gifts made throughout the year, including program-specific donations, adolescent paver campaign, and 2019 Associates Fund donations.

Skyland Trail is especially grateful for leadership donors who made gifts of \$1,000 and above.

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“My introduction to Skyland Trail began with a presentation about mental health led by Dr. Ray Kotwicki that gave me a perspective I had never considered before. It was refreshing to have my eyes opened to what it really means to struggle with psychiatric disorders - and what it means to effectively helps those in that struggle. And, as we know, these disorders afflict all groups, so I’m particularly excited about Skyland Trail’s ongoing commitment to reach out to the African American community.”

- Daraka Satcher, Advisory Board Member



(L) Jessica Schroeder, Nancy See, Jenny Pruitt, Beth Finnerty, Jennifer Pino, Kim Wilkin; (Center) Jean Bird, Suci Jackson, Denise Rezek, Kim Marks; (R) Mike & Jenifer Dobbs, Tom & Mary Frances Garrett

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“My family and I want to be a part of changing the face of mental health and helping to eliminate the stigma surrounding mental illness. Anyone can be affected by a mental health issue at any age; we have seen the numbers rising among our adolescent and young adult communities. It is more important now than ever to know there is help out there and you are not alone. Skyland Trail inspires hope for clients and their families that recovery is possible!” – Katherine Ohlhausen, Advisory Board Member

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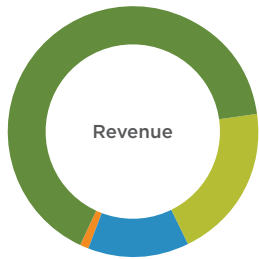
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2019 Financial Highlights

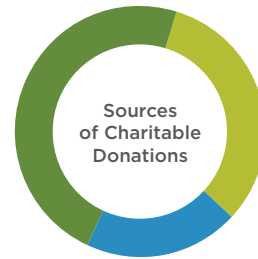
REVENUE



- 66%** ■ Program Revenue
- 20%** ■ Unrestricted Revenue
- 13%** ■ Restricted Revenue - Non-Capital Campaign
- 1%** ■ Restricted Revenue - Capital Campaign



- 60%** ■ Residential Treatment
- 24%** ■ Day Services
- 10%** ■ Physician Services & Family Therapy
- 4%** ■ Independence Coaching
- 2%** ■ Primary Care
- <1%** ■ LEAP
- <1%** ■ Vocational Services



- 48%** ■ Individuals
- 32%** ■ Foundations
- 20%** ■ Corporate & Business

EXPENSES



- 46%** ■ Day Services
- 37%** ■ Residential Treatment
- 7%** ■ Independence Coaching
- 4%** ■ Primary Care
- 4%** ■ Vocational Services & LEAP
- 3%** ■ Physician Services & Family Therapy



- 78%** ■ Residential Treatment
- 15%** ■ Independence Counseling
- 6%** ■ Day Services
- <1%** ■ Vocational Services
- <1%** ■ LEAP



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In December 2019, the Skyland Trail Board of Directors created the Marjorie West Wynne Art Fellowship in honor of longtime board member Marjorie West Wynne. The fellowship, awarded annually to a current or graduating client with an interest in art as a resource for mental wellbeing, provides financial support for continuing art education to further their skills and passion. Marjorie West Wynne served as a Board Member from 2000 through 2019 and as Chair of the Financial Aid Committee from 2006 through 2019.





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