

PERSONAL AND GIFT DETAIL INFORMATION:

Name _____

Address _____ City _____ State _____ Zip _____

Phone Number _____ Email _____

My company will match my gift. Enclosed is my matching gift form.
 Check here if this is a new address.

This gift is made in honor of _____ in memory of _____

Please inform _____

Address _____ City _____ State _____ Zip _____

Please indicate gift detail information on reverse side.

Make your gift online! Visit <http://skylandtrail.org/donor.html>

**HELP PUT HOPE WITHIN REACH
FOR ADULTS WITH MENTAL ILLNESS**

Contributions to Skyland Trail's Annual Giving program support financial aid awards for clients and families in need. Here are examples* of what your gift can do:

A gift of \$4,300

Provides a month of financial aid for Residential Treatment, including housing, meals, day treatment and all therapies and activities

A gift of \$2,000

Provides a month of financial aid for Day Treatment, five days per week, including all therapies and activities

A gift of \$1,000

Provides a month of financial aid for Intensive Outpatient Therapy, between three to five days each week

A gift of \$400

Provides a month of financial aid for Vocational Services training and counseling

A gift of \$260

Provides a month of financial aid for social opportunities and personal engagement through our Life Enrichment Adult Program (LEAP)

** Average financial aid award distributed in 2010 by program*

OUR MISSION

Skyland Trail inspires people with mental illness to thrive through a holistic program of evidence-based psychiatric treatment, integrated medical care, research, and education.



SKYLAND TRAIL

Offering hope, changing lives

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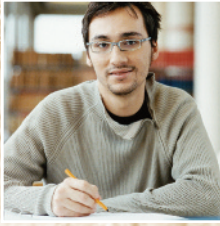
*The Hope of
Recovery from
Mental Illness
is within
Reach*



SKYLAND TRAIL

Offering hope, changing lives

A common destination comes into view at Skyland Trail: one of stability, productivity, quality of life and holistic wellness



When Skyland Trail guides adults with mental illness on the path of recovery, the positive impact reaches families, friends, co-workers and others. Our clients regain a holistic well being, and thrive as they successfully return to the community.

Since 1989 Skyland Trail has built a strong tradition of treatment that integrates mental, physical and spiritual health. We are recognized nationally as a leader in groundbreaking therapeutic approaches that make it possible for clients to achieve and sustain quality of life, personal fulfillment and independence.

Annual Giving by our supporters drives Skyland Trail's ability to serve more clients and their families, introduce important innovations to the mental health field and operate at the highest level of best practices.

ANNUAL GIVING EXTENDS OUR REACH AND SUPPORTS FINANCIAL AID

When you participate in our Annual Giving program, you directly support financial aid for clients and families and Skyland Trail's most important initiatives, including:

- ▶ **Therapeutic Services** All of our clients participate in a continuum of evidence-based therapeutic services, customized for each individual, and including group and individual counseling, psychiatric services and active therapies to engage clients in the recovery process.
- ▶ **Adjunctive Therapies** Skyland Trail's distinctive horticulture, art, music, recreation and other interest-based therapies enhance the core treatment program. These therapies light the spark that engages a new client.
- ▶ **Vocational Services Program** In setting recovery goals, every client includes the desire to work, finish school or volunteer in the community. Our Vocational Services Program offers preparatory training and ongoing on-the-job support.
- ▶ **Social Opportunities** Socialization in the community is a vital part of the recovery path, encouraged through LEAP (Life Enrichment Adult Program). Experiencing activities, field trips and cultural outings with others helps clients regain joy and confidence in life.

"Skyland Trail gave me a second chance at being alive. I was lost in a world of delusions and felt I had no future. The programs and counseling helped me to see my illness for what it was. I learned concrete methods for how to identify symptoms and triggers and how to cope with them. Skyland Trail set me on a course of recovery that continues to help me reintegrate into society to this day."

— ALLEN S.

PLEASE GIVE TO PUT THE HOPE OF RECOVERY WITHIN REACH

- \$1 - \$999 \$1,000 - \$2,499 \$2,500 - \$4,999 \$5,000 - \$9,999 \$10,000-\$19,999 \$20,000 and up

PAYMENT TERMS:

- Check for \$ _____ enclosed (payable to The George West Mental Health Foundation)
 Contact me regarding my gift in the form of stock or a planned gift.

- Charge \$ _____ to my credit card: MasterCard VISA American Express Discover Diners Club

Name on Card _____ Card Number _____

Card Security Code _____ Billing Zip Code _____ Expiration Date _____

Donor Signature _____ Date _____

Please indicate how you wish to be acknowledged
Please fill out your personal information on the reverse side.