

# Journeys

A woman with dark hair pulled back in a bun, wearing a blue t-shirt and a small earring, is shown in profile against a background of a cloudy sky. The lighting is soft, highlighting her features.

I AM MORE  
*than my diagnosis:*  
Aina's Story

One woman's journey to wellness | Story on Page 4

SCOTT'S JOURNEY

BEFORE SKYLAND TRAIL my life was focused on not living. I had more medical issues than I saw others in their 40s having and I figured my medical issues would multiply as I aged. Although my outside therapist tried to help turn my mind away from this, I saw less and less value in being alive.

Today I strive to live in the present moment. Instead of dreading which way my body or mind might betray me next, I often embrace my situation. Even when I don't like it, I can accept it for what it is and – this is the part I'm still learning – not let it define me.

I am a work in progress, and so I do what I can to steer away from “a melancholic” and toward “a cat enthusiast.” Away from “unable to recover from being victimized” and toward “nostalgia of happier times.”

– Scott F.



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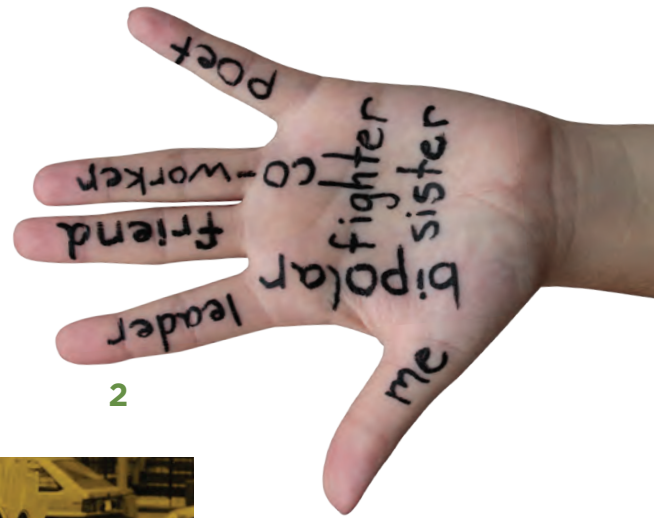
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Each of our clients has a unique journey. This publication tells their stories and ours in aiding them along their way.



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**SKYLAND TRAIL**

LOCATED IN ATLANTA, Skyland Trail is a nationally recognized nonprofit mental health treatment organization serving adults ages 18 and older with a primary psychiatric diagnosis. Through our residential and day treatment programs, we help our clients grow, recover, and reset to a new normal.



Joint Commission  
 Gold Seal of Approval  
 since 1998

Member of





FOR MANY OF OUR CLIENTS, Skyland Trail is the first treatment organization where they are encouraged and expected to be more than just a diagnosis. Beyond treating their illnesses, our caring experts help our clients peel away

the labels and begin to define their own identities. Clients begin treatment by answering the question, “What does recovery look like for you? What do you want for your life?” Their answers become the touchstone for their treatment moving forward.

This issue of *Journeys* includes stories of several clients who determined their own answers to those questions, gave treatment their best efforts, and are now forging ahead to reclaim their lives.

As we expand our capacity, add new programs, and advance our ability to treat increasingly complex patients, that concrete idea – that each individual is unique and of value to our community in so many different ways – will continue to drive our success and growth.

Just as no one is only one label, there is no singular strategy for achieving and sustaining recovery. The components of our unique whole person approach – experts trained in an array of therapeutic approaches; physical spaces that allow clients to use nature, music and art as tools for growth and change; and medical expertise to ensure integrated wellness – all work together like pieces of a puzzle to bring about lasting change.

**Our caring experts help clients peel away the labels of their diagnosis and reach for and embrace their own unique identities.**

Offering this powerful mix of individualized therapies requires strong community support.

We are so fortunate to benefit from continued and strengthening support from our friends in the Atlanta community and beyond. After 26 years, I am inspired to see second and even third generations engaged through volunteering on boards and committees, participating in events, or being an advocate for mental health in their communities.

Thank you for embracing and celebrating the many roles each of us plays to make life meaningful, and for being such an important part of our healing community.

Sincerely yours,

Elizabeth E. Finnerty, MBA, MHA  
President & CEO



# In The News

## ON THE AIR WABE-FM, Aired May 1, 2015

Atlanta public radio reporter Kate Sweeney interviewed Skyland Trail graduate and pastel artist Michael Stanley in her feature entitled, "Atlanta Man Finds Identity, Wellness Through Art Therapy". The program aired May 1, 2015, and in it Michael shares how Skyland Trail's art therapy program helped him fight his depression and establish a new career as an artist. To read or hear the full article, visit <http://wabe.org/post/atlanta-man-finds-identity-wellness-through-art-therapy>.



To see more of Michael's artwork, visit [mstanleypastels.com](http://mstanleypastels.com)

## ON THE WEB Via Twitter

Beautiful day at Arts in the Garden! Help support wellness!  
@loridbrickman

@SkylandTrail Thank you for allowing me to tour your facility & be a part of your RESPECT Institute graduation.  
@GAFirstLady

Getting ready for the Skyland Trail luncheon. I'm looking forward to speaking!  
@JulieBipolar

So inspired after reading @SkylandTrail's magazine. Such important work. Kudos  
@AnnaRuth

## Via Facebook

Best place in the world to recover – hands down. I wouldn't have recently graduated from college (with a Business Administration degree) without the tools given to me by Skyland Trail. They have my highest recommendation.  
*Kevin B.*

By far the most helpful treatment center I have ever been to. I met so many amazing people and learned helpful skills.  
*Samantha A.*

I want to express how truly grateful I am to Skyland Trail and their treatment team. I feel so much more able to handle life on life's terms. I was patched up emotionally and given tools and knowledge to continue working on my mental health illness. I learned what is appropriate care, what progress looks like and to begin to trust myself with the future.  
*Laura S.*

The most influential entity in my life thus far, maybe a one-of-a-kind opportunity for anyone struggling with a mental illness.  
*Charles I.*

## IN THE COMMUNITY

Throughout the year, we organize many opportunities for families, mental health professionals, and the broader community to learn about the prevention, diagnosis and treatment of mental illness. In 2015 these events included engagements with schools, employers, professional associations, and civic groups.



Skyland Trail alumni panel at Pace Academy

From January to July 2015, Skyland Trail reached more than 2,400 people through events providing information about the prevention, diagnosis and treatment of mental illness.



To see a current calendar of upcoming events, visit [skylandtrail.org](http://skylandtrail.org)

A young woman with a joyful expression is the central figure, wearing an elaborate traditional Hawaiian costume. Her headdress is tall and features a large, dark, circular face with white eyes and a beak, surrounded by a crown of white, pointed feathers. She wears a matching necklace and a skirt with a wide, decorative waistband and a fringe of white, pointed elements. The background shows a building with a window and a black wrought-iron fence, all under a warm, golden light. The text "My name is Aina, and this is my story." is overlaid on the image in a white and yellow font.

My name is Aina,  
and this is my story.

## I AM MORE THAN MY DIAGNOSIS: AINA'S STORY

Growing up in my community, we ignored behaviors and people seen as “crazy.” Without nuance, anyone with an emotional or mental health issue was lumped into one category – an inhuman category labeled “it.” As in, “That’s *it* alright. That’s crazy,” when confronted with one of the people who talked to himself in the middle of the street. I remember being pulled away, as if the “*it*” was contagious or to be feared like the zombie plague.

So early in life, I decided to act in a way that was the exact opposite of the dreaded “*it*.” I would give the people what they want. I would smile, dance and keep them laughing. That approach to life and relationships led me to the very thing I was trying to avoid.

But back then I didn’t know all that. I just knew that smiling was better than crying. Crying was unacceptable. Instead I found another way to express my pain.

**At eight years old, I have my first memories of cutting to release my pain.**

This was my secret thing, where I could do whatever I wanted in private without anyone to judge. I would go into the bathroom, retrieve my hidden blade, and pierce my skin just enough to...release. As the blood began to flow, I felt the pain slip away.

By the time I was 15, I was a pro – I knew just the right angle and depth. I graduated to my legs so my arms could heal.

**Cutting was not an attempt to kill myself. Cutting relieved my pent up anger or sadness.**

I didn’t want attention; I just wanted to feel something different. But it was always temporary. Days later, I would look at myself naked in the mirror and cry because I had made myself even more ugly.

Most teens struggle with body image, but I struggled with being a girl with a dark complexion. A stigma has always existed in the black community about being “too dark”, but in the late 80s to mid 90s it was heavily televised. And for my generation, if it was on television, it was truth. So being teased with, “You so ugly, you so black,” shaped my image of beauty and self-worth.



*Today Aina confronts the stigma of mental illness by participating in the Respect Institute. She speaks to community and professional organizations, sharing the story of her journey to mental wellness.*

My mother was light-skinned. She also was extremely intelligent, driven, witty and beautiful, and everyone loved being around her. My “friends” would say, “That’s your mother?! Oh she’s beautiful.” I always heard the silently implied follow-up question, “So how did you get so ugly?” But I was funny!

Then my mother became the parent liaison for my high school and the director of my afterschool program. It was too much. But as my mother’s daughter, I had friends by association. Or so I thought. In reality – between the people kissing up to my mom to avoid reprimand and the people who hated my mom (and me) because they had already been reprimanded – none of these relationships had anything to do with me. And every time I was confronted with this reality, I needed to release some tension.

Sometimes cutting worked. When it didn’t, my mind wandered off into experiments of permanent solutions. I still thought I was totally living under the radar, that no one could see my “crazy” or my scars.

**Honestly I thought those trips to the therapist were because my mom and I occasionally got into spats. I didn’t know any better because I wasn’t included.**

My mother and the therapist would talk behind the closed door, and I waited in the lobby. Then they would invite me in, the therapist would ask me some really random questions, and we would go home.

Sometimes my whole family would have meetings about me. Thinking I was in trouble, I stayed away. I never imagined my family would be talking about my mental health. I thought I was tricking everyone. I was living the minstrel show – how would they notice my scars? And they never involved ME.



Finally I was off to college. Finally! Some control and SPACE! I was at the top of my class, so I received a full academic scholarship. I finally could make my own friends based on my own character. But college was dreadful. I cried and cried, and I barely made it out alive. My cutting increased, and I began to get tattoos to cover up my scars. I contemplated suicide daily, and it was the first time I really thought it was my only option.

But then, a light at the end of the tunnel. My humorous interpersonal skills, analytical brain, and competitive spirit – coupled with my love for money – propelled me into an extremely lucrative career in banking. It was a new day. On television, because of the efforts of Oprah, Angela Basset, and Laurynn Hill, dark skin was on the come up. I was comfortable, happy with myself overall, and I was doing great! In 2004, I was named the youngest AVP in the Northeast. I expanded my career, lived a fabulous life in London, and traveled the world repeatedly. Then I finally got my wish and grounded myself in the booming market of international banking in Miami. And then, at the height of my career, it was taken away from me. The one thing I was good at.

The feelings I had suppressed for years exploded out of my body for the world to see. Cutting didn’t help. I couldn’t tap dance and perform like I used to; I lost my act at the minstrel show.

**I landed in treatment center after treatment center where, like in my childhood, no one talked to me. I was a diagnosis. I was depression.**

I often was treated like a criminal. One time I was stripped down naked and asked to spread my legs and cough – just to make sure I didn’t have any contraband. My childhood memories of “the crazies” began to haunt me. Had I become the zombie? Was I an “it” now? I mean, being treated like I was, I couldn’t imagine I was human. Compared to my fears, suicide just seemed waaaaay easier.

There was no treatment in this treatment center. And I couldn’t totally blame them, because I complied. I did want to get better. And what did I have to be depressed about? I am blessed right? Depression isn’t real right? Snap out of it Aina! I didn’t have an illness. I just needed to just go on ahead and stop being dramatic because depression is what rich housewives get. I couldn’t afford to be sitting around wasting everyone’s time.



I am more than my diagnosis. I am not an “it”. I am intelligent, driven, and funny. I am a wife, a sister, a friend. I am beautiful.



Aina (right) with her partner, Tally (left)

**Q&A** with Aina

**How was Skyland Trail different from other treatment facilities?**

There is a different culture at Skyland Trail. It isn't just sitting in a classroom. It truly is a holistic approach. Down to when you're eating your lunch – what you're eating and the attitudes and conversations with peers around the table.

**What about your life has changed the most?**

I'm still on my journey. I'm not “healed” or “delivered.” But I am embracing my authentic self. I'm learning that it's ok to make mistakes, cry, or be vulnerable. That's making me feel more comfortable.

**How have your relationships changed?**

There's definitely been a shift in my relationships. I feel like my family and friends are more supportive, and in a different way. Instead of just preventing me from doing something I shouldn't do, I feel like they're listening and learning. They understand that just because I cried yesterday, that doesn't mean my medication is off. And I appreciate that.

**As part of the Respect Institute, you have been speaking to many different communities about mental health and your experience. What have you learned from that?**

I embrace it because it reminds me of how far I have come. And I believe different communities need to see different faces. They need to see that I was a successful professional, and I had difficulties, and it's ok. It's time to have that conversation in all our communities to break down the stigma surrounding mental health.

Time passed and nothing changed, except my medication. And that made me change in too many ways, none of which I thought was working. And still ... no one asked *me*.

**It wasn't until I went to Skyland Trail that, for the first time in 33 years, someone asked me what I wanted and included me in my treatment plan.**

My treatment team challenged me on my thinking about mental illness, and my coping mechanisms that I used to subdue my pain. Now, I'm smart, but I honestly didn't know there were other options besides death and cutting that I could use to manage my painful emotions. For the first time I began to peel back my perception of what I was feeling and thinking and no longer hid from or became disgusted by my mental illness.

**For the first time in many years of pain, I wasn't suffering in silence. And that's when I started to get better.**

So today, I challenge you. If you have issues to work through, it's ok to own it. You are not a casualty of the zombie plague. And speak up. It's ok to assert your choices for your treatment plan and your life. Because it's your life. Family members, embrace your loved ones, and get educated on how to deal with mental illness because your words and actions make all the difference.

**Don't forget we are human and we hear you. Try not to perpetuate the stigma that we should be ignored, exiled, or criminalized because I am more than my diagnosis.**

I am not an “it”. I am intelligent, driven, and funny. I am a wife, a sister, a friend. I am beautiful. ■



# Skyland Trail's Powerful Mix of Therapies: The Right Combination to Find Mental Wellness

At Skyland Trail, a powerful mix of therapies helps clients identify strategies, ideas and activities that can help them find balance and strength.

A multidisciplinary team of caring experts helps clients tie all those strategies together to live healthier, happier lives.

See how strategies and tips from members of our treatment team can help you support friends and loved ones or renew your own inner strength.

## Supporting Loved Ones

Wade Lee, CPS, Peer Specialist,  
Alumni Program Director



I feel the more human, and “real” I am, the better I serve my peers in recovery. Being honest when I am depressed or having a bad morning allows them to be okay with feeling the same way. And we all benefit from knowing “this too shall pass.” The easiest – and hardest – thing I can do for my peers is to just listen intentionally.

**Share Feelings  
Honestly. Listen.**

I try to allow them space to figure things out, or just process what they're going through.

## Family Conversation Starter

Carlyle Bruce, PhD, Family Psychologist



To improve communication with your loved ones, consider these questions together:

- 1 How do we communicate as a family (or with each other)?
- 2 What do I do that makes communicating with me easy or difficult?
- 3 What might I do differently that would make it easier to talk to me?



5

GOOD THINGS TO KNOW

## Five Things I Wish People Understood About Therapy

April Mojica, MS, LPC, NCC, Lead Counselor



1

**You don't have to be sick.** The journey of self-awareness and self-exploration is lifelong, and is beneficial for anyone. Therapy can deepen this experience and bring about the insight to improve relationships and overall wellbeing.

2

**Therapy will not "fix you."** You are not broken. The purpose of therapy is to help you build a more solid sense of purpose and direction. This may or may not include drastic transition. We assist with changing perspective and maladaptive behavior, not changing who you are as a person.

3

**Therapy is not about giving advice.** The therapist's role is not to steer you in a specific direction or to help you make a "correct decision." Instead, it is to align with you and understand what you want to change. We help you keep your values, desires and goals in mind as you move through life. This often involves challenging you when you stray from the path you've identified as a life worth living, but never to tell you what to do.

4

**Therapy is based on science.** Skyland Trail therapists are very skilled and understand techniques that have been proven to work. We don't reinvent the wheel, but we combine our creative talent with evidence-based therapy to deliver the individualized treatment necessary for long-term recovery.

5

**Therapy can help you change your life.** Over time, engaging in therapy can help you make small but cumulative changes that can lead to real transformation. The worst thing you can do in recovery is focus too hard on the future and long-term outcomes. The most challenging feat in recovery is not doing so! When our clients begin to focus on "the now" and their more immediate goals, they build a foundation of health and wellbeing that lasts a lifetime.

## Managing Anxiety

Emily Wall, LMSW  
Primary Counselor, Cognitive Behavioral Therapy



*Cognitive behavioral therapy can be very effective in reducing anxiety to a manageable level.*

Anxious? Check out these tips:

### Evaluate Distorted Thinking

When experiencing anxiety, look for these skewed thinking patterns: seeing situations in all or nothing terms (dichotomous thinking), only viewing what could potentially go wrong (catastrophizing), and underestimating your own capability and safety. Noticing these thinking patterns is the first step to changing them.

### Controlled Breathing

Have you been told to "take a deep breath" to calm down? Actually, research shows that deep breathing can cause carbon dioxide to build up in your body which can increase feelings of panic. Instead, practice elongated exhalation. Breathe normally but count to five slowly while exhaling.

### Accepting Uncertainty

Uncertainty is a huge trigger for anxiety. Accepting events out of our control can help. To practice, draw two circles on a paper. In the first circle, make a pie chart showing how much responsibility you *feel* in a specific situation. In the second, make a chart showing how much responsibility you *actually have* over the same situation. Notice how we criticize ourselves for not being able to change or fix factors that actually are outside of our control.

### Self-Care

Engaging in a healthy exercise routine during the week and maintaining a healthy diet can do wonders for reducing anxiety. Taking time to treat yourself also sends a positive message that you are just as worthy of time and attention as all of the other tasks and responsibilities in life.

MORE TIPS FROM OUR EXPERTS next page

## Healthy Recipe: Rainbow Rice

Dhana Blissett, MS, RD, LD, Nutrition Counselor



### Rainbow Rice

#### INGREDIENTS

- 5 cups water
- 2 cups brown rice
- 1 tsp cinnamon
- ¾ tsp nutmeg
- ¾ cup raisins
- ½ tsp salt
- ½ cup dried apricots or cranberries, chopped
- 3 Tbsp butter
- ¼ cup pecans, chopped
- 2 Tbsp light brown sugar or other sweetener

#### DIRECTIONS

1. Combine water, rice, cinnamon, nutmeg, raisins, salt and apricots or cranberries and bring water to a boil
2. Cover and simmer for 45 minutes
3. Melt butter in a skillet and sauté pecans until brown
4. Sprinkle pecans with brown sugar or other sweetener and pour over rice. Serve.



Yum! Good nutrition is as good for your mental health as it is for your body.

## Nature Therapy: Hope Notes

Libba Shortridge, HTR, MLA,  
Horticultural Therapist



Use flowers from the garden to make stationary in just a few easy steps

1. Gather flowers from the garden. Violas, pansies and marigolds work well.
2. Cut sheets of paper to the desired size. Use seed paper or a paper with some thickness and texture (such as watercolor paper).
3. Remove the stems and place the flowers face down on the paper.
4. Cover the flowers with a clear plastic bag or parchment paper.
5. Use a hammer to pound the flowers onto the paper. The flowers will leave their imprint.

#### Ideas for use:

- ✿ Show your appreciation to friends or loved ones. Write thank you notes on your creation and send with your love and gratitude.
- ✿ Plant your own seeds of hope. Write a message of hope on the back of your paper. If you used seed paper, plant it in the ground.
- ✿ Or if you used regular paper, plant it with seeds of your choice to nurture and grow hope for the next season.



## Daily Mindfulness

Catherine Berry, LMSW, Primary Counselor,  
Dialectical Behavior Therapy



Practicing mindfulness meditation daily helps increase awareness of emotions, boost impulse control and reduce stress.

Smartphone apps are one of the most easily accessible ways to maintain a daily practice. Here are two of my favorites:

**Headspace** app was co-founded by a former Buddhist monk and is a simple introduction to mindfulness meditation. It is a great way to unwind in 10-minute daily meditation exercises. The app also includes a buddy system feature to help you stay motivated.

**Stop, Breath & Think** app allows you to check in with yourself about your current emotions and body sensations and then suggests tailored meditation exercises to help practice mindfulness and compassion. It offers “prizes” as motivation to practice.

# The Brain in the Body:

## Q&A with Ray Kotwicky, MD, MPH

**Q: What causes mental illnesses, nature or nurture?**

**A:** Short answer: both. Many mental illnesses are genetic. The most heritable is bipolar illness. About 80 percent of diagnosed individuals are born with the genes for bipolar illness. When you consider that some individuals born with the genes for bipolar disorder never develop symptoms, the role of environmental factors becomes clearer.

We know two significant environmental factors are 1) child abuse and neglect and 2) early substance use. Early marijuana use in particular is linked to schizophrenia. Other environmental stress factors include bullying, loss of significant relationships, and trauma.

Epigenes are a bridge between nature and nurture. Epigenes are genetic information upstream from genes that change day-to-day based on what goes on in someone's life. Environmental stress changes epigenes. Downstream, those changes may cause a gene to "turn on" or to stabilize as "off." For someone who has just lost a spouse, that chain reaction can result in a mental illness.

**Q: What other factors may play a role?**

**A:** New research is exploring the link between mental illnesses and increased inflammation in the body caused by a "revved up" immune system.

Inflammation results from many conditions – prenatal infections, medical problems like cancer or lupus, or genetics that "wire" someone with a hyper-reactive immune system from the start.

We are beginning to use C reactive protein (CRP) to determine the amount of inflammation someone has in their system. The more inflammation someone has, the harder it is to treat certain mental illnesses.

Patients with elevated CRP levels may require a different treatment approach, and the use of anti-inflammatory medications is showing some promise in research studies.

**Q: Are the effects of mental illnesses limited to the brain?**

**A:** The prevailing theory is that immune system aberrations affect the health of all of our organs, including our brains. That's why people with mental illness, in addition to their psychiatric symptoms, also experience medical conditions that result in decreased life expectancy when matched with the general population for all other factors.

**Q: What does this mean for treatment?**

**A:** To improve health for someone with mental illness using the best evidence-based treatment, you have to go beyond the brain.

We know eating carbs or empty calories causes an insulin spike, which increases inflammation. We also know that exercising specific muscle groups and meditation decreases inflammation. So diet, stress reduction, and exercise become important for improving mental and physical health.

Promising treatment strategies are in the pipeline, including methods to influence genetic expression, regulate the immune system, reduce inflammation, and counteract the effects of environmental stress. We are just beginning to understand the important intersections of our brains, bodies, and environment.



Ray Kotwicky, MD, MPH  
Chief Medical Officer, Skyland Trail



## Remembering Dorothy C. Fuqua

DOROTHY C. FUQUA passed away in January 2015, at the age of 93. She left her mark on important institutions throughout Atlanta, but nowhere was her influence greater than at Skyland Trail. For more than two decades, first as a Board member, then as an Emeritus Board member, Mrs. Fuqua shared her wisdom, vision, time, and talents in service of our clients and our organization.

Her influence can be seen in our greenhouse and gardens and the nationally recognized horticultural therapy program she helped develop, as well as the design of our Health and Education Center. In 2005, the Dorothy C. Fuqua Center was opened and dedicated in her honor, and, in 2011, the Dorothy C. Fuqua Lecture Series was established to celebrate her 90th birthday.

Beyond her support and leadership, she will be remembered at Skyland Trail for her kindness and compassion.



*Mrs. Fuqua's portrait hangs in the Dorothy C. Fuqua Center lobby, a testimony to her enduring place in the heart of Skyland Trail.*



*Mrs. Fuqua's legacy will continue to inspire growth at Skyland Trail – in our gardens, our campuses, and in the lives of our clients – for generations to come.*



**Dottie understood the need for Skyland Trail, its mission and message of hope for our community and beyond.** Her commitment to the design and construction of the Health and Education Center was a timely catalyst, ensuring a beautifully landscaped site plan. Dottie shared herself, her home, and her input at countless Building & Grounds Committee meetings until each interior furnishing, fixture, art work, planting area and pathway had been selected and vetted with mental health treatment and clients in mind.

*-Vivian DuBose, Chair, Board Emeritus*

**On the right side of our front porch is a tree named ‘Dottie’ and on the left side is a tree named ‘J.B.’** Those two beautiful trees, given to us by Dottie, are daily reminders of two of the most wonderful people in our lives. Twenty years ago, Dottie picked me up and drove me to Skyland Trail. What I learned about the programs there absolutely captivated me. I also learned that Skyland Trail was Dottie’s very special project. Ever since, Edwina and I have been huge champions and devoted friends of Skyland Trail.

*-Tom Johnson*



## OUR BOARD

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 Kim Nally  
*(Ex-Officio / Past Associates President)*

We were pleased to welcome the following new members to our Board of Directors:



Bernard Gray  
*President & CEO, Gray Ventures, Inc.*



Jeff Muir  
*Founder & Partner, Fulcrum Equity Partners*

## Opening Doors and Breaking Ground ... for Better Mental Health

Thanks to incredible volunteer leadership and community support, Skyland Trail exceeded the *Changing Minds* capital campaign goal of \$18 million in late 2014.

On March 25, 2015, board members, campaign supporters, staff, and friends, gathered to celebrate the ribbon-cutting and grand opening of the Glenn Family Wellness Clinic, as well as the ground-breaking of the Young Adult Campus.

Through the expanded clinic, Skyland

Trail now is providing primary care and preventive health services to adults with a diagnosed mental illness in the community who are referred by their psychiatrist or mental healthcare provider. New clinic patients do not need a prior relationship with Skyland Trail to receive treatment.

Construction of the Young Adult Campus is underway along with renovation of the Health and Education

Center. The Young Adult Campus is scheduled to open in fall 2016.

Key contributors to the *Changing Minds* capital campaign include The O. Wayne Rollins Foundation, the Robert W. Woodruff Foundation, The James M. Cox Foundation, the J.B. Fuqua Foundation, and the Wilbur and Hilda Glenn Family Foundation.



### THE GLENN FAMILY WELLNESS CLINIC

In August, Skyland Trail named the wellness clinic in honor of the Wilbur and Hilda Glenn Family Foundation in recognition of their generosity through the *Changing Minds* Campaign. Shown above are Rand Glenn Hagen and Louisa Glenn D'Antignac.



Wellness Center Ribbon-cutting, March 25, 2015

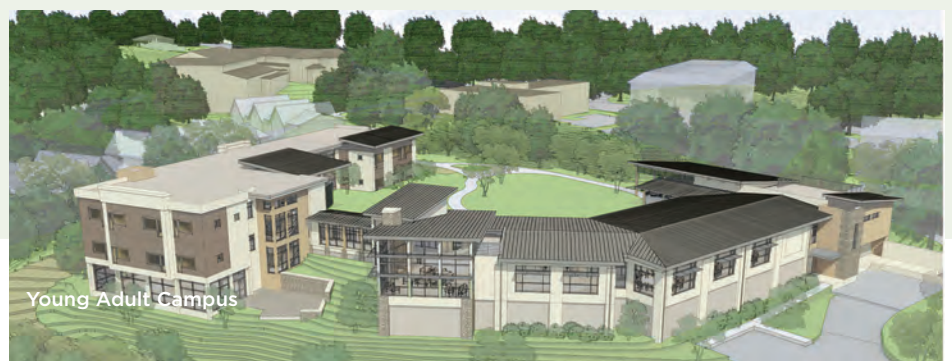


### THE PARKER FAMILY LOBBY

We were pleased to name the lobby of the wellness clinic in honor of Karen and Richard Parker and family in recognition of their generosity and leadership. Shown above are Karen and Richard Parker.



Skyland Trail Board Members at Young Adult Campus Groundbreaking, March 25, 2015



Young Adult Campus





By expanding our wellness program, both in terms of physical space and reach, I firmly believe we will improve the quality of life for many in our community. In fact, I believe this unique model of integrated care will even save lives for some with the most serious health risks.

– Richard Parker

When complete, the Young Adult Campus and specialized program will apply Skyland Trail’s individualized, whole person approach to the unique young adult population, and give them the best chance at seeing real results and reclaiming their lives.

– Brooke Weinmann



**CAMPAIGN CO-CHAIRS**

Brooke Weinmann and Richard Parker

**CAMPAIGN COMMITTEE MEMBERS**

- |                      |                          |
|----------------------|--------------------------|
| Vivian N. DuBose     | Hugh M. “Don” Inman, Jr. |
| J. Rex Fuqua         | Clay Jackson             |
| Carol G. Gellerstedt | Melissa Lowe             |
| John C. Gordon       | Jay D. Mitchell          |
| Danica L. Griffith   | Jackie Montag            |
| Dana Halberg         | Michelle Sullivan        |
| Thomas D. Hills      | Mark Tipton              |
| William E. Huger III | Michael Tompkins         |

CHANGING  
**MINDS**  
The Campaign for Skyland Trail

**DOROTHY C. FUQUA LECTURE 2015**



**Music, Mood Swings & Madness**

On June 9, 2015, Skyland Trail hosted its fifth annual Dorothy C. Fuqua Lecture Series. Titled *Schumann: Music, Mood Swings & Madness*, the keynote speaker was Juilliard-trained concert pianist and psychiatrist Dr. Richard Kogan. Dr. Kogan discussed how mental illness affected the creative process of 19th century German composer Robert Schumann.

“Research strongly suggests something that we intuitively sense, which is that the incidence of psychiatric illness is greater in populations of artists, poets, writers and musicians, than in the general population,” said Dr. Kogan. “It seems rather perverse to stigmatize a group whose members include individuals who’ve made such extraordinary contributions to civilization.”

More than 300 guests listened intently as Dr. Kogan described the intersection between Schumann’s life experiences and mental states

with his musical compositions, now considered to be some of the greatest creations in the musical repertoire. Each piano performance was followed by a standing ovation.

Dr. Kogan emphasized, “It is really important not to over romanticize mental illness. Without treatment, most depressed people are too paralyzed to write a novel or compose a symphony. And most individuals who are psychotic or manic are too disorganized to put together anything coherent. I think Schumann, with all the great art that you heard this evening, I think his life was shorter than it would have been. I think there are a lot of symphonies that we did not get because he was not treated effectively.”

The Dorothy C. Fuqua Lecture Series was established in 2010 through a generous gift from Duvall and Rex Fuqua and Edwina and Tom Johnson in honor of Mrs. Dorothy C. Fuqua.



Dr. Kogan described the intersection between Schumann’s life experiences and mental states with his musical compositions, now considered to be some of the greatest creations in the musical repertoire.

# ALL THE DIFFERENCE IN THE WORLD *X my*

*“The financial aid program provides help for clients in need. As a donor, it’s especially meaningful to see a glimpse into the hearts, minds, and struggles of the recipients as they share their stories.”*

– Margie Wynne, Chair,  
Financial Aid Committee

I would like to express my deep gratitude for the financial assistance that afforded me an opportunity for a very different and meaningful life.

My name is Lisa. I’m from Northwest Ohio; I’m 52 years old; and I formerly was a bank department manager.

I have been depressed most of my life, beginning in early childhood. My father left us when my mother was pregnant with my brother. She was sick a lot with debilitating headaches, so I traded my childhood for adulthood at age 9. I have been pushing ahead at Mach 3 speed ever since, while burying every single fear and emotion I had.

While counseling kept me alive, it didn’t give me any tools to improve. Most nights I would plead for God to “just take me.” I couldn’t see any future except blackness and more excruciating pain.

I worked for a publicly traded company that wanted to know not “what have you done for me lately,” but “what have you done for me today.” Stressed out of my mind by work, I also worried about my son, who is plagued by depression, anxiety, and substance abuse.

Then my brother passed away from alcoholism at 42. That was the catalyst, the fork in the road. There was no longer any room to shove my feelings down. I had to choose whether I was going to live or die.

Using what strength I had left, my first step was to accept that I needed to take time off of work and try to get well. I researched facilities on the Internet and came across Skyland Trail. Holistic, nutrition, evidence-based, pastoral care, treatment team – sounded perfect.



Lisa N.

As my husband and I considered the costs, the facts were daunting. Our savings had recently taken a big hit; we were supporting my deceased brother’s twin daughters, as well as financially supporting my son during his bouts of depression.

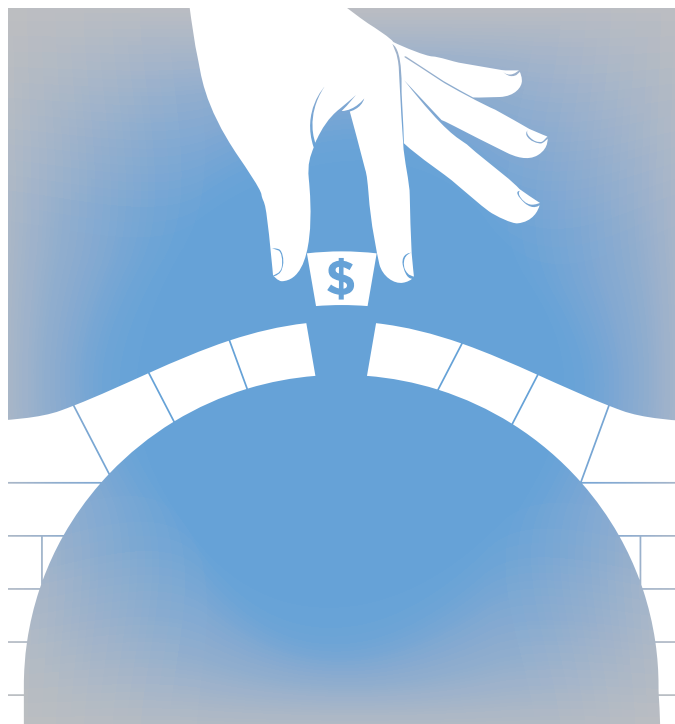
**BECAUSE OF THE FINANCIAL AID PROGRAM, I WAS ABLE TO COME TO SKYLAND TRAIL AND TRANSFORM MY LIFE.**

I came determined to get well, and Skyland Trail delivered beyond my expectations. Yes, I am fully aware that I have only begun the process; but I take back with me an entire toolkit that I can easily access, as well as strong, well-thought-out plans of how to anticipate and successfully navigate my mental illness issues.

I am so proud of myself and appreciative of everyone at Skyland Trail. I see the future way beyond tomorrow, and instead of being completely black, it is sunny with a warm breeze (no humidity). I am excited to continue to find my authentic self, and live with joy and excited anticipation of what the next day brings.

## YOUR SUPPORT BUILDS A BRIDGE to Independent Living

Staff leadership and the Board of Directors recently instituted an important change to our Mark C. West Financial Aid Program that is yielding exciting results. As of June 2015, our Financial Aid Committee designated a portion of the \$1 million dedicated to financial aid awards each year to a new program called the Bridge Fund.



For clients using insurance to cover the costs of treatment, the Bridge Fund helps them transition smoothly as they discharge and leave treatment for independent living, or as they move to a decreased level of care. When insurance coverage stops abruptly before a client is ready for those transitions, the Bridge Fund provides an alternate, temporary source of funding to cover the costs of up to seven additional treatment days.

### Those additional days make a big difference.

- In some cases, this allows time for the client's family to complete the insurance company's appeal process to authorize additional treatment.
- For many, it ensures they have appointments set up with a therapist and psychiatrist in their community at home, which can involve waiting lists – especially in areas with limited access to care.
- When new medications are involved, the extension gives additional time for clients to safely adjust to medications while under the care of their treatment team.
- And for all recipients, Bridge Funding eases stress for the client and family so they can focus on what matters – getting good plans and support systems in place for a healthy transition to more independent living.

Your support makes all of our financial aid programs possible – including this new source of flexible, immediate funding that is bridging the gap to healthy, independent living.

Learn more about making a gift at [www.skylandtrail.org/donate](http://www.skylandtrail.org/donate)

## Three Questions with Don Inman

**1**

**What inspires you to renew your support each year?**

The Inman family really believes in the mission of Skyland Trail. The times I have heard Skyland Trail clients tell their stories, whether at Benefits of Laughter or during a board meeting, I am in awe that they can make themselves so vulnerable when describing the many ways Skyland has given them hope. Those are the moments where you can really understand the difference we are making.

**2**

**How has your committee work influenced your vision for Skyland Trail's future?**

Serving on the Buildings & Grounds Committee is very rewarding. Knowing that next fall we will open the doors to the new Young Adult Campus where we can serve the fastest growing and most vulnerable age group as it relates to mental illness is very exciting.

**3**

**If you had to describe Skyland Trail in just five words?**

Healing the broken. Giving hope.



Don Inman, Board Member  
Buildings & Grounds Committee Chair

## How you can help: Events

EACH YEAR, SKYLAND TRAIL HOSTS several unique fundraising events. Each event offers a fun and distinct experience and an opportunity to support recovery for individuals with mental illness. We are honored by your participation and especially grateful to our volunteers and sponsors.

### Benefits of Laughter 2014

AS WE CELEBRATED 25 YEARS OF CHANGE, an unprecedented outpouring of support resulted in the most successful Benefits of Laughter event to date, drawing 650 patrons and raising \$725,000 to support Skyland Trail clients and programs. Honorary Chairs Duvall and Rex Fuqua were recognized as shining examples of steadfast support. After patrons enjoyed dinner and applauded the efforts of Skyland Trail clients working to recover from mental illness and rebuild their lives, comedian and film actor Kevin Nealon brought the “seriously funny” theme of the event to life.

*Honorary Chairs:* Duvall & Rex Fuqua

*Event Chairs:* Valerie Love & Patty Reid

*Corporate Chairs:*  
Tommy Holder & John Snodgrass

*Patron Chairs:*  
Andrea & Ned Montag and Helen Ballard Weeks



**IMAGES:** **1** Beth Fimmerty, Event Co-chair Patty Reid, comedian Kevin Nealon, and Event Co-chair Valerie Love **2** Denise and Jay Mitchell **3** Front (l-r): Reeves Henritze, Mike Brown, Tammie Brown, Chip Davidson, Back (l-r): Terry Henritze, Scott Arnold, Donna Sands, Stan Sands, Donna Davidson, Chris Arnold **4** Honorary Co-chairs Rex and Duvall Fuqua

“Skyland Trail is one of the best places in the country to experience a treatment program that gives you the opportunity to come out on the other end a happier, better functioning individual.” – Rex Fuqua, 2014 Benefits of Laughter Honorary Co-chair



**IMAGES:** **5** Mark and Betsy West with Gayle Nemeroff and Dr. Charles Nemeroff **6** Front (l-r) Debby Pirrung, Beth Holder, Tommy Holder, Joyce Sterling, Sarah Kennedy, Back (l-r): Tom Weller, Gwynie Dennard, Helen Gordon, John Gordon, Don Dennard, Kathy Weller, Helen Ballard Weeks, Mark Pirrung **7** Mary & John Brock **8** Mary & Neil Johnson **9** Event Co-chairs Patty Reid and Valerie Love **10** Front (l-r): Lissa Pryor, Elizabeth Ebert, David Love, Valerie Love, Betts Love; Back (l-r) Bill Guerry, Tucker Guerry, Mary Beth Jenkins, Walt Jenkins, Peggy & Warren Marx **11** Andrea & Ned Montag

## EVENTS

### Southern Shindig 2014

On August 15, 2014, Skyland Trail held the fourth annual Southern Shindig at SweetWater Brewing Company, attracting more than 250 young professionals. Through sponsorships, ticket sales and a silent auction more than \$46,000 were raised for financial aid and treatment programs. Atlanta-based band Moontower entertained as guests networked, sampled SweetWater brews and enjoyed a buffet dinner from Verde Taqueria.

*Event Chairs:*  
Kit Bowlin and Wes Bradshaw



**IMAGES:** **1** Matt Jemigan, Emily Shupert, Brady and Hannah Rinehart  
**2** Sarah Eden, Anna Wynne Stevens, Brent Eden **3** Event Co-chairs Wes Bradshaw and Kit Bowlin **4** Moontower **5** Sumner Bradshaw, Mary Lorraine McDonald and Kara Mylod **6** Charlie Loudermilk, Louise Corrigan, Jack Parrish, Frances Parrish



*“We all understand the importance of supporting organizations that fight cancer or help children. Helping people access effective mental health treatment is just as important. Southern Shindig is a great opportunity to support an organization that is vital to our community.” – Wes Bradshaw, Southern Shindig Co-chair*

### Associates Spring Luncheon & Fashion Show 2015

On March 20, 2015, the Cherokee Town Club ballroom was filled with more than 250 guests for the eighth annual Skyland Trail Associates Spring Luncheon and Fashion Show. The unique fundraising and education event is organized by the Skyland Trail Associates, a volunteer group of Atlanta women leaders. A keynote presentation from award-winning author and mental health advocate Julie A. Fast provided an inside look at the experience of living with a mental illness. Guests also enjoyed a fashion show presented by TOOTSIES. The event raised \$53,000. Proceeds are applied toward a capital expenditure to improve the treatment experience.

*Event Chair:* Nan Easterlin

*Event Co-chair:* Nancy Caswell



**IMAGES:** **1** Event Co-chair Nancy Caswell and Event Chair Nan Easterlin **2** Kim Hall, Diana Tipton, and Doni King Rhineheart **3** Beth Park, Sarah Tripodi, and Shannon Dixon **4** Betsy Akers and Lillian Short **5** Dana Lindsay, Elizabeth Ausband, Nancy Caswell, Greer Monin, and Kim Nalley **6** Beth Finnerty, keynote speaker Julie A. Fast, Associates vice president Nancy Caswell, and Associates president Nan Easterlin

*“The Associates Luncheon helps us deepen our understanding of mental illness and learn about all the wonderful programs Skyland Trail offers. Skyland Trail provides hope and resources to people we care about so they can lead productive and happy lives.” – Nan Easterlin, Associates President*

## Special thanks to our generous event sponsors.

Businesses and foundations that support Skyland Trail through event sponsorship help our clients grow, recover, and reclaim their lives. Through their demonstration of support for mental health, sponsors also help eliminate stigma and amplify Skyland Trail's message of hope.

On these pages, we are pleased to recognize the organizations that sponsored 2014 and 2015 events including Benefits of Laughter, the Associates Spring Luncheon & Fashion Show and Southern Shindig.



### Southern Shindig 2014

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Catherine & Kenny Kraft

### Associates Spring Luncheon & Fashion Show 2015

#### GOLD SPONSOR

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#### SILVER SPONSORS

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Sons Automotive Group  
VeinInnovations

### Benefits of Laughter 2015

*(as of July 30, 2015)*

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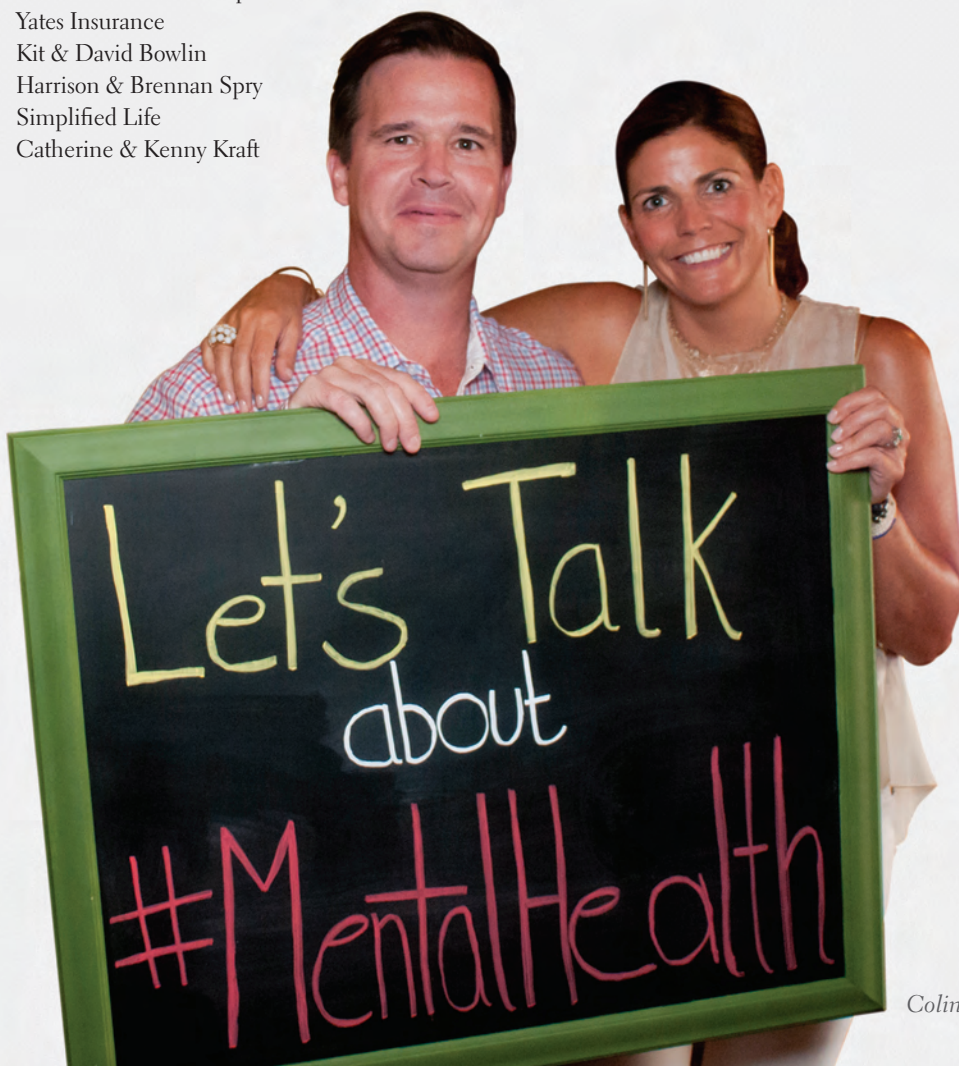
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**Member  
FDIC**

**MYTH:**  
Mental health problems don't affect me.

**FACT:**  
1 in 20 U.S. adults lives with a serious mental illness such as schizophrenia, bipolar disorder, or major depression.

---



Goldman Sachs is proud to sponsor Benefits of Laughter

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Skyland Trail's mission  
to transform lives**

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*"No one is useless in this world who lightens the burden of another."*  
-CHARLES DICKENS

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to be a supporter  
of Skyland Trail.*



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**MYTH:**  
Children don't experience mental health problems.

**FACT:**  
Even very young children may show early warning signs of mental health concerns. Half of all mental health disorders begin by age 14 and three-quarters develop by age 24.

Intercontinental Exchange  



**INTERCONTINENTAL EXCHANGE  
IS PROUD TO SUPPORT THE EXTRAORDINARY  
EFFORTS OF SKYLAND TRAIL**

**MYTH:**

Once a friend or family member develops mental health problems, he or she will never recover.

**FACT:**

Studies show that people with mental health problems get better and many recover completely. There are more treatments, services, and community support systems than ever before, and they work.

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**MYTH:**

Mental illness is the same as being mentally disabled.

**FACT:**

Mental illness has nothing to do with how smart you are. A mental disability is a *cognitive disability* which means it's a different journey with different challenges.

## Coming to Terms with Mental Illness



**TEST YOUR KNOWLEDGE OF MENTAL HEALTH TERMS.**

Learn more about three categories of mental illnesses treated at Skyland Trail:

**Mood Disorders**

Mood disorders include an array of illnesses characterized by shifts in mood, energy, and activity levels. Mood disorders include major depressive disorder and bipolar disorder, among others. They often cause disability and, because they are linked to suicide, can be life-threatening. Major depression is the most common mood disorder. Between 7 and 10 percent of U.S. adults have at least one major depressive episode each year. Bipolar illness is less common, occurring at a rate of about 5 percent of U.S. adults.

**Thought Disorders**

A thought disorder may be a symptom of many mental disorders, but is most commonly associated with schizophrenia. Schizophrenia affects about 1 percent of adults in the U.S. People with schizophrenia may hear voices, or believe people are reading their minds, controlling their thoughts, or plotting to harm them. They also may experience challenges with motivation, social relationships, and emotional expression. Schizophrenia now is thought to be a progressive illness, with worsening cognitive decline over time, fueling the hope that early diagnosis and treatment may improve long-term outcomes for individuals with schizophrenia.

**Anxiety Disorders**

Anxiety disorders are the most common mental health disorders. An estimated 40 percent of U.S. adults experience an anxiety disorder in their lifetime. An anxiety disorder involves more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. Symptoms include overwhelming feelings of panic and fear; uncontrollable obsessive thoughts; painful, intrusive memories; recurring nightmares; and physical symptoms such as feeling sick to your stomach, “butterflies” in your stomach, heart pounding, startling easily, and muscle tension. Insomnia often is the first symptom.

**WHATEVER THE DIAGNOSIS, recovery, including meaningful roles in social life, school and work, is possible, especially when people start treatment early and play a strong role in their own recovery process.**

# Calendar of Upcoming Events

## OCTOBER 2015

- 6 Associates Fall Lunch**  
Home of Patty Reid  
11:30AM  
*Contact [avance@skylandtrail.org](mailto:avance@skylandtrail.org)*
- 9 Continuing Education Workshop**  
“Advanced DBT with Tara Arnold,  
PhD, LCSW”  
Skyland Trail  
8:30AM–4PM  
*www.skylandtrail.org/workshops*
- 10 Dr. Ray Kotwicki:**  
**An Ounce of Prevention**  
YATA Conference  
Boulder, CO  
*Contact [dcollinge@skylandtrail.org](mailto:dcollinge@skylandtrail.org)*
- 15 Dr. Ray Kotwicki:**  
**From MTV to GPAs and STDs**  
NATSAP Conference  
Asheville, NC  
*Contact [tashworth@skylandtrail.org](mailto:tashworth@skylandtrail.org)*
- 21 Benefits of Laughter**  
The St. Regis Atlanta  
6-11PM  
*www.skylandtrail.org/BOL*
- 22 Mental Health Professional  
Networking Luncheon**  
Orlando, FL  
*Contact [tashworth@skylandtrail.org](mailto:tashworth@skylandtrail.org)*
- 22 Mental Health Professional  
Networking Luncheon**  
Chattanooga, TN  
*Contact [jdudkowski@skylandtrail.org](mailto:jdudkowski@skylandtrail.org)*
- 23 Mental Health Professional  
Networking Luncheon**  
Knoxville, TN  
*Contact [jdudkowski@skylandtrail.org](mailto:jdudkowski@skylandtrail.org)*
- 27 & 28 Mental Health Professional  
Networking Luncheon**  
New York City, NY  
*Contact [jlatimer@skylandtrail.org](mailto:jlatimer@skylandtrail.org)*
- 30 Continuing Education Workshop**  
Working With the Complex Patient  
Coconut Creek, FL  
8:30AM–4PM  
*www.skylandtrail.org/workshops*

## NOVEMBER 2015

- 6 Continuing Education Workshop**  
“Ethical and Family Law Issues  
that Impact the Mental Health  
Therapist’s Practice”  
Skyland Trail  
9AM–3:30PM  
*www.skylandtrail.org/workshops*
- 11 & 12 Mental Health Professional  
Networking Luncheon**  
Atlanta, GA  
*Contact [jdudkowski@skylandtrail.org](mailto:jdudkowski@skylandtrail.org)*
- 17 Mental Health Professional  
Networking Luncheon**  
Austin, TX  
*Contact [jdudkowski@skylandtrail.org](mailto:jdudkowski@skylandtrail.org)*
- 18 Mental Health Professional  
Networking Luncheon**  
San Antonio, TX  
*Contact [jdudkowski@skylandtrail.org](mailto:jdudkowski@skylandtrail.org)*
- 19 Mental Health Professional  
Networking Luncheon**  
Dallas, TX  
*Contact [jdudkowski@skylandtrail.org](mailto:jdudkowski@skylandtrail.org)*

## DECEMBER 2015

- 4 Continuing Education Workshop**  
“Clinical Supervision:  
Requirements & Best Practice  
for This Emerging Specialty”  
Skyland Trail  
8:30AM–4PM  
*www.skylandtrail.org/workshops*
- 5 Holiday Fair**  
Skyland Trail  
10AM–3PM  
Art & plant sale, family fun, & more  
*www.skylandtrail.org/holidayfair*



**SAVE THE DATE**  
**HOLIDAY FAIR**  
**DECEMBER 5, 2015**

## ONGOING

### ALUMNI ACTIVITIES

Social Night – First Thursdays  
Peer Support – Fourth Thursdays  
Band Practice – Third Thursdays  
[www.skylandtrail.org/alumni](http://www.skylandtrail.org/alumni)

### FAMILY SUPPORT

Family Support, Training  
& Education Program (STEP)  
Weekly. Tuesdays, 6:30–9 PM.  
Family members may attend  
in person or by video or  
phone conference.  
[www.skylandtrail.org/STEP](http://www.skylandtrail.org/STEP)

### CONTINUING EDUCATION FOR PROFESSIONALS

View our full calendar of professional  
education opportunities at  
[www.skylandtrail.org/workshops](http://www.skylandtrail.org/workshops)



**SAVE THE DATE**  
**ARTS IN THE GARDEN**  
**MAY 6, 2016**

### STAY CONNECTED

For the latest from Skyland Trail,  
follow us on:



# Benefits of Laughter

A SERIOUSLY FUNNY NIGHT



Join Us Wednesday, October 21, 2015

EVENT CHAIRS ANDREA MONTAG AND BETH PARK INVITE YOU to join us Wednesday, October 21, 2015, for an exciting Benefits of Laughter.

Our signature fundraising event, held at the The St. Regis Atlanta, Benefits of Laughter offers a unique and fun-filled evening as Atlanta's philanthropic and corporate leaders gather to celebrate and support recovery for individuals struggling with mental illness.

Learn more about patron and corporate sponsorship opportunities at [www.skylandtrail.org/BOL](http://www.skylandtrail.org/BOL). For more information, contact Ashley Vance, [avance@skylandtrail.org](mailto:avance@skylandtrail.org) or 678-686-5905.



Featuring Mike Birbiglia

*Event Chairs:*  
Andrea Montag and Beth Park

*Patron Chairs:*  
Mary Johnson and Kim Marks

*Corporate Chairs:*  
John Ferguson and Mark Tipton

*Entertainer:* Mike Birbiglia

Praised by *Time Magazine* and *The New York Times*, Birbiglia has appeared in TV, film, and radio, most recently *Orange is the New Black*, *Trainwreck*, and *Digging for Fire*

Photo by Kyle Eriksen

**IMAGES:** 1 Event Chairs Andrea Montag and Beth Park 2 Front Row: Beth Park, Event Co-chair; Ned Montag, Corporate Committee Member; Andrea Montag, Event Co-chair. Back Row: Mark Tipton and John Ferguson, Corporate Chairs; Jay Mitchell and Charles Wellborn, Corporate Committee Members

## The Greatest Gift in Planned Giving May Be What It Means to Your Family

by Cindy Ferguson, Skyland Trail Advisory Board Member

JOHN AND I BELIEVE SKYLAND TRAIL is serving a very important need in our community, and the Cypress Society provides us the opportunity to continue our support to sustain ongoing programs with a future gift.

Planned giving eliminates the burden of any guesswork from our family. Although supporting Skyland Trail through planned giving would not come as a surprise to our family, clearly documenting our wishes reaffirms our commitment and keeps things easier for all involved.

As a member of the Advisory Board for the last several years, I have had many opportunities to witness the amazing work of the dedicated staff and volunteer support. Each meeting or event I attend reflects deep commitment by all involved to support the mission.

Recently, I spent a day “shadowing” at Skyland Trail and had the chance to participate in several client therapy groups as well as attend the weekly Community Meeting led by clients. I was moved by the genuine respect and support that clients show for each other and the joy they share in each other’s successes.

**Hearing the clients share their personal stories, reflect on their journeys toward improving their mental health, and speak to their deep gratitude for what Skyland Trail has done for them is what makes supporting Skyland Trail feel so right and joyous for us.**

Both John and I have had wonderful role models in our parents who have instilled in us the importance of giving back and the ease in which planned giving allows one to do so. I believe that if you find a cause that is meaningful to you, and you wish to remember it in a significant way, planned giving is an excellent choice. Documenting your wishes and making them clear through planned giving is easy with estate planning and shows a firm commitment of continued support.

My hope is that as needs for caring for those in our community and beyond change over time, gifts made through the Cypress Society will help provide wise leaders at Skyland Trail the resources needed to continue meeting the needs of those struggling with mental illness.



### Planned Giving: The Cypress Society

**Individuals and families who support Skyland Trail through a planned giving commitment become members of The Cypress Society.**

These legacy gifts ensure that Skyland Trail continues to meet the needs of future generations through state-of-the-art facilities and innovative, leading-edge treatment programs.

Those who make a commitment by December 2015 become charter members of The Cypress Society.

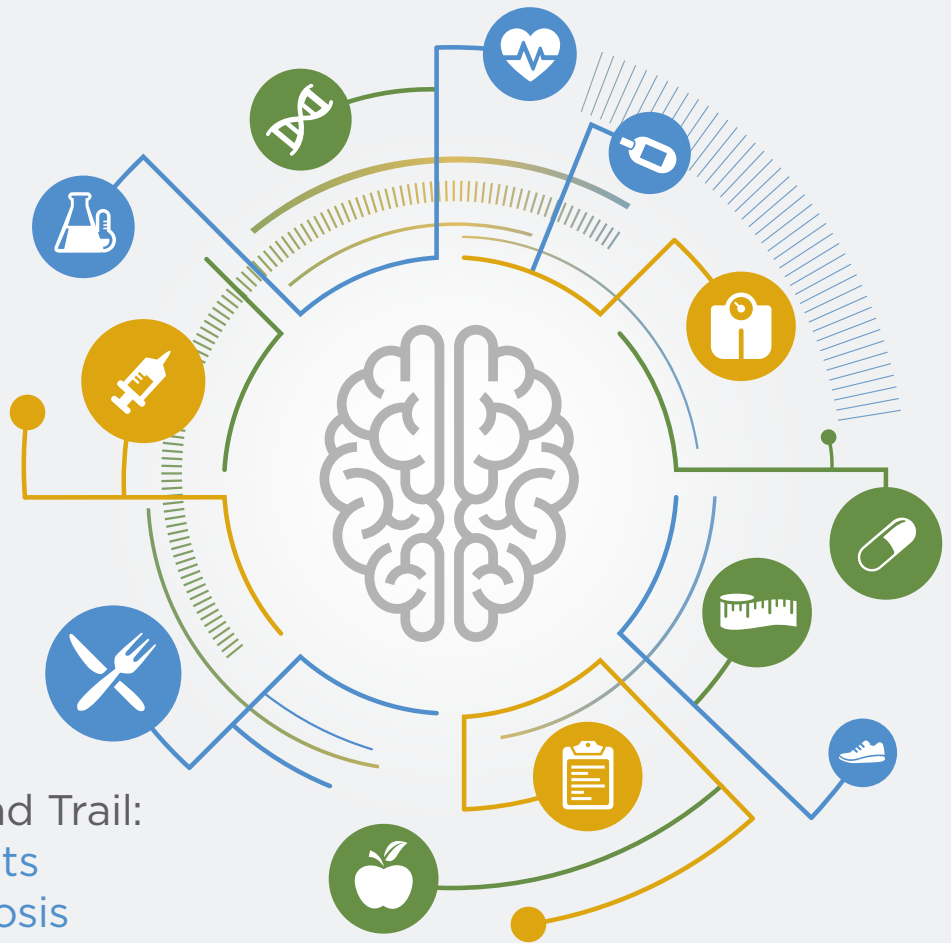
Contact: Elizabeth Alexander,  
ealexander@skylandtrail.org,  
404-709-3172



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Learn more: [www.skylandtrail.org/cypress](http://www.skylandtrail.org/cypress)



The Glenn Family Wellness Clinic at Skyland Trail: Welcoming Atlanta Adults with a Psychiatric Diagnosis in Need of Primary Care

Staffed by medical professionals with expertise in addressing the physical health needs of patients with mental illness, the Glenn Family Wellness Clinic provides primary and preventive care for adults under the care of a psychiatrist. The clinic’s medical team collaborates with referring psychiatric providers and patients to ensure informed, compassionate care in a respectful environment. Clinic staff also offer extra help in coordinating appointments with specialized providers when needed.

**Services offered at The Glenn Family Wellness Clinic include:**

- Medical histories and physical exams
- Comprehensive laboratory screenings, including complete metabolic panels, complete blood counts, thyroid function tests, nutritional state checks, and screenings for infectious and immune diseases
- Administration of long-acting injectables
- Genetic testing for medication metabolism
- Management of chronic diseases like diabetes and hypertension
- Assessment for risk for and management of cardiometabolic syndrome
- Addressing the physical side effects of psychiatric medications
- Drug screenings at the request of a psychiatrist
- Monitoring of clozapine

**The Glenn Family Wellness Clinic does NOT offer:**

- Urgent, emergency or walk-in care (appointments are required)
- Outpatient psychiatric care including outpatient medication management or therapy
- Pediatric care (patients must be at least 18 years old)

**NOW ACCEPTING NEW PATIENTS.**

Patients do not need a prior relationship with Skyland Trail.

New patients must be under the care of a psychiatrist and be referred by a psychiatrist or other mental health provider.

**BY APPOINTMENT ONLY  
REFERRALS ACCEPTED**

To learn more about services offered and how to make an appointment, please call:

**404-709-3177**

**FINANCIAL INFORMATION**

We accept private pay and several major insurances.

We do not accept Medicaid or Medicare. We are in network with the following insurance companies: Aetna, Blue Cross Blue Shield, Cigna, and United Health Care.

**LOCATED IN BROOKHAVEN:**

1961 North Druid Hills RD NE  
Atlanta, GA 30329  
Hours: Mon–Fri, 8:30AM–5PM

## Now Open: The Glenn Family Wellness Clinic



EFFECTIVE PREVENTIVE HEALTHCARE AND A HEALTHY LIFESTYLE can improve both physical and mental well-being. Staffed by medical professionals with expertise in addressing the physical health needs of patients with mental illness, The Glenn Family Wellness Clinic is designed to serve as a medical home, where patients with a mental health diagnosis receive informed, compassionate primary care in a safe and discrete environment.

*For more detailed information, see inside this publication and/or call 404-709-3177.*