



KEEPING FAMILIES TOGETHER,
CHANGING WOMEN'S AND CHILDREN'S LIVES

REPORT TO THE
NORTH CAROLINA
GENERAL ASSEMBLY

Leslie Paliyenko, Chair
Board of Directors
January 30, 2004

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February 1, 2004

Ms. Chloe Gossage
Legislative Research

Dear Ms. Gossage,

On behalf of Summit House, Inc., I am pleased to submit the Legislative Report for the period July 1, 2002-June 30, 2003.

Thank you for providing the opportunity for our Management Team, representing the three Summit House sites, and me to meet with you. We value the relationship that Summit House has been privileged to develop with you and look forward to its continuation.

Our organization is steadfastly committed to breaking the cycle of crime as we intervene positively in the lives of female felons and their children. We are equally committed to researching and improving programs to make our organization even more effective in its mission.

Please know how much we appreciate your willingness to work with us.

Respectfully,

Alexandra "Leslie" Paliyenko, Chair
Summit House, Inc.

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History

Summit House evolved from the efforts of a group of dedicated volunteers in Greensboro, NC in 1987. These volunteers were concerned about the detrimental effects of a mother's incarceration on her children. With the goal of keeping such families together while working to rehabilitate the mothers, the group began to design a residential program. This group of innovators designed a comprehensive, highly structured therapeutic program that rehabilitates and empowers mothers to break the cycle of crime, poverty, abuse, addiction, and child endangerment that has been their history. Summit House strives to change the future of these families.

Over the past 16 years, the efforts of these original volunteers have grown from transporting children to visit their mothers at Women's Correctional facility in Raleigh on Sunday afternoons to three residential treatment programs in Greensboro, Raleigh, and Charlotte. These three sites now house and provide services for 58 mothers and children.

In April, 1993, Fountain Odom, state senator from Mecklenburg County, visited the Summit House program in Greensboro. Senator Odom and his wife Jane were so impressed with the services provided by the Summit House that Senator Odom recommended expansion of the Summit House to Mecklenburg and Wake counties. Based upon Senator Odom's recommendation, the tireless lobbying efforts of his wife Jane and broad community support, the General Assembly allocated \$150,000 to begin the process of expanding the Summit House model to two additional sites. Today, this therapeutic alternative for non-violent female offenders and their children serves all judicial districts in North Carolina through the three sites.

When founded in 1987, Summit House was the only community-based program in the nation serving both mothers and children. This innovative program continues to serve as a national model for community based alternatives to prison and for the development of effective interventions for female offenders and their children. During the past 16 years, Summit House has assisted other communities across the nation in establishing a Summit House type program and today there are 9 mother-child programs operating in California, Washington, Ohio, Maryland, and New York.

Current Programs and Collaborations

Programs

To reach the program goal of breaking the cycle of drug and alcohol addiction, criminal behavior, and poverty, Summit House utilizes a behavior modification system of rewards and consequences. In addition, the program is highly structured and incorporates comprehensive treatment and case management services.

When a mother and her children under age 7 enter the Summit House program, they are assigned a case manager who will work closely with all members of the family during the 18-24 months that they participate in Summit House. The mother must enter substance abuse treatment and successfully maintain her recovery from addiction. She must obtain a GED if she does not have a high school diploma and then move on to obtain additional vocational training and further education. Each mother must obtain a job, making more than minimum wage, so that she can take care of her family's financial needs. While at Summit House, all residents must have paid all restitution and have a savings account with no less than \$1,500 in it. Mothers receive education in basic life skills—nutrition, utilizing health care, building healthy relationships, anger management and impulse control. The most important skill that mothers are taught is the skill of being a loving, effective parent. The Summit House mothers have grown up experiencing consistent abuse. They have turned to drugs and alcohol to escape the life they were living. Their children are experiencing the same, consistent abuse. Each mother and child has a counselor available to them who will intervene and empower them to overcome the impact of traumatic events in their histories.

The children who come to Summit House with their mothers have experienced unthinkable trauma which has left them in a category called traumatized child. This is a population of children who have experienced consistent abuse and other forms of trauma. Their coping response is often times violent acting out, an inability to perform in school, attention deficits, and an inability to form relationships. The children receive pre-school testing, individual psychosocial counseling, and physical and emotional assessments to help them overcome this problem behavior. Living at Summit House is the first time that most of these children experience a sense of safety and trust that their needs will be met.

If a woman gives birth while incarcerated, the child is taken from her within 24 hours of delivery. Many of the children have been exposed to substances and have difficulty bonding. Historically, a child born to a woman who is incarcerated has no less than three primary care givers within the first year. In many instances the child is placed with the family of the offender, often carrying tragic consequences because this is the same family that either enabled or reinforced the substance abuse and criminal activity of the child's mother. If the child is placed in foster care, the infant fares no better. These children also face many cognitive and behavioral challenges, some which are a result of exposure to the effects of drugs. Unless there is a therapeutic intervention, studies have shown that these children are six times more likely than other children to be involved in drugs and crime. One study reports a correlation of an 80% chance of these children being arrested by age 18.

At Summit House we have professional staff to assist our mothers in developing positive parenting skills. In addition, Summit House collaborates with a variety of children's programs to provide comprehensive interventions to raise the level of functioning for these at-risk children. The program provides a level of

consistency, nurturing, and stability that is vital for developing healthy minds and personalities. Summit House raises the self-esteem and abilities of both mother and child.

Collaborations

As stated above, Summit House collaborates with many public and private community service providers to secure excellent, inexpensive services for children and for the mothers as well. Examples of the agencies with whom Summit House collaborates are the Departments of Social Services, the Health Department, mental health agencies, substance abuse treatment centers, agencies that teach parenting skills, agencies that provide counseling regarding abuse and domestic violence.

Another collaboration that has most recently developed is a cooperative relationship between Summit House and Our Children's Place. Summit House is providing technical assistance to this group as they strive to forge a collaborative effort to establish a Summit House type program for female offenders nearing the end of their prison terms. Female offenders would be screened by the Department of Corrections and referred to the facility designed to house the mothers and their children. From that point, staff who have been trained in the Summit House treatment model will provide the comprehensive therapeutic services in a highly structured environment. The goal is for these mothers and children to return to the community and live successfully as contributing members. California has adopted the Summit House model for this kind of inmate program and has found it very successful in rehabilitating mothers and breaking the cycle of abuse and addiction for both mothers and children.

The Future

In 2001, Summit House, Inc. Board of Directors decided to study our structure. The results of this study showed that it would be in the state's best interest to form three 501-C-3 corporations, one in Greensboro, Charlotte and Raleigh. Each local site board committed to the terms of an operating agreement with Summit House, Inc., agreeing to abide by uniform program standards and policies, including licensing as a specified therapeutic community for this population by the Department of Health and Human Service. It also provides for financial autonomy to raise and expend funds locally to support program services, while collaborating in the raising of operating funds statewide and nationally.

On July 1, 2003 the new plan was implemented. To date, we are finding that this structure continues to foster a strong team effort, from both a board and staff perspective.


We are focusing on two critical initiatives: Licensure and the identification and implementation of Best Practices. Licensure for all three sites is in its final phase and should be completed and approved by March 1, 2004. *Best Practices* is a very important component of our efforts to further refine our program. Summit House, Inc. has appointed a Best Practices Committee, co-chaired by Ellen Clarke, Executive Director of Western Carolinians for Criminal Justice, Inc. and the Women at Risk Program and Dr. Philip Popple, Chair, Social Work Department, UNC-Charlotte. Other Summit House board representatives to the Best Practices Committee are Dr. Faye Sultan, Clinical Psychologist and Louise Davis, Executive Director, Re-Entry, Inc.

This committee will conduct a comprehensive evaluation of our three-site residential program (Greensboro, Charlotte and Raleigh) for women offenders and their children. We want to assess the effectiveness of the Summit House model at each of our sites in light of what has been identified nationally as the most effective programming for this population in a community-based residential setting.

Dr. Pauline Brennan, Department of Criminal Justice, UNC-Charlotte has agreed to serve as principal consultant for this project. Dr. Phyllis Modley of the National Institute of Corrections has expressed interest in offering short-term technical assistance for up to \$10,000, underwriting the cost for each consultant involved at a flat rate of \$350 p/d for each day of preparation, on-site, report writing and other consultation time.

The Best Practices Committee met for the first time on Friday, January 23, 2004 at UNC-Charlotte. The committee is now in the process of developing a project outline and establishing a timeline for the project. Dr. Brennan, principal consultant for the project, will meet with the Summit House, Inc. Board of Directors on March 12, 2004 to review the evaluation process. The Best Practices Committee believes that almost all of the project will be completed by June 30, 2004.

Overall, our goal remains to be more effective as we maintain the program costs at or below the cost of traditional imprisonment, foster care and juvenile detention. We continue to evaluate our strengths and accomplishments as our organization works together in this new structure, strongly focused on our goals and those of the State.



SITE REPORTS

Summit House Charlotte

Carol O. Dunlap, MSW, Executive Director

- **Executive Director:** Summit House Charlotte has a new Executive Director, Carol Dunlap. Carol has worked with battered women, homeless families and children, and adolescents in crisis. She has experience in direct service as well as administrative, fundraising, and public relations. She earned her Masters in Social Work from the University of North Carolina at Chapel Hill.
- **License:** Significant progress has been made towards becoming licensed as a Therapeutic Community through NC's Division of Mental Health, Developmental Disabilities, and Substance Abuse. The agency has set a goal of being licensed by June, 2004.
- **Census:** Summit House Charlotte continues to enjoy a highly stable census.
- **Substance Abuse:** Received funding from NC's Governor's Crime Commission to provide substance abuse programming to addicted residents. In addition to individual substance abuse counseling, clients must attend three groups per week and three 12-steps meetings.
- **Parent Education:** The Nurturing Program continues to provide intensive individual and group parenting education and modeling.
- **Bright Spaces Play Space:** Adopted by Bright Horizon's Daycare Center at Wachovia Bank as a site for "Bright Spaces", an age appropriate play space. Employees of Bright Horizons and Wachovia volunteered to raise all the money for the project and donated personal time to create the play space.
- **Public Relations and Fundraising:** Preparing for the fourth annual Jane Lowe Odom Dinner and Awards event. In 2003, Summit House Charlotte honored Mary Lou and Jim Babb for their outstanding community work on behalf of women and children and specifically those served by Summit House Charlotte. The 2003 dinner netted \$11,000 to support the work of the program.

Summit House Piedmont, Inc.

Sandra W. Collins, Executive Director

- Plans were developed to purchase a transitional house for graduating clients. This will be an additional step in assisting the clients to rebuild their credit and allow them to live responsibly with minimum supervision after living two years in a highly structured program.
- Summit House Piedmont was granted \$20,000 from the Bryan Foundation for Employability Skills for Workforce Success. This is the second year the program has been funded through the Bryan Foundation.
- Two families graduated and entered the aftercare program through Day Reporting Services.
- The Executive Director was appointed to the Guilford County Criminal Justice Partnership Advisory Board for a three-year term.
- The 7th Annual Movie Premier was a huge success. *Seabiscuit* was chosen as the premier movie, which proved to be a great parallel with the Summit House program due to the theme of giving second chances.

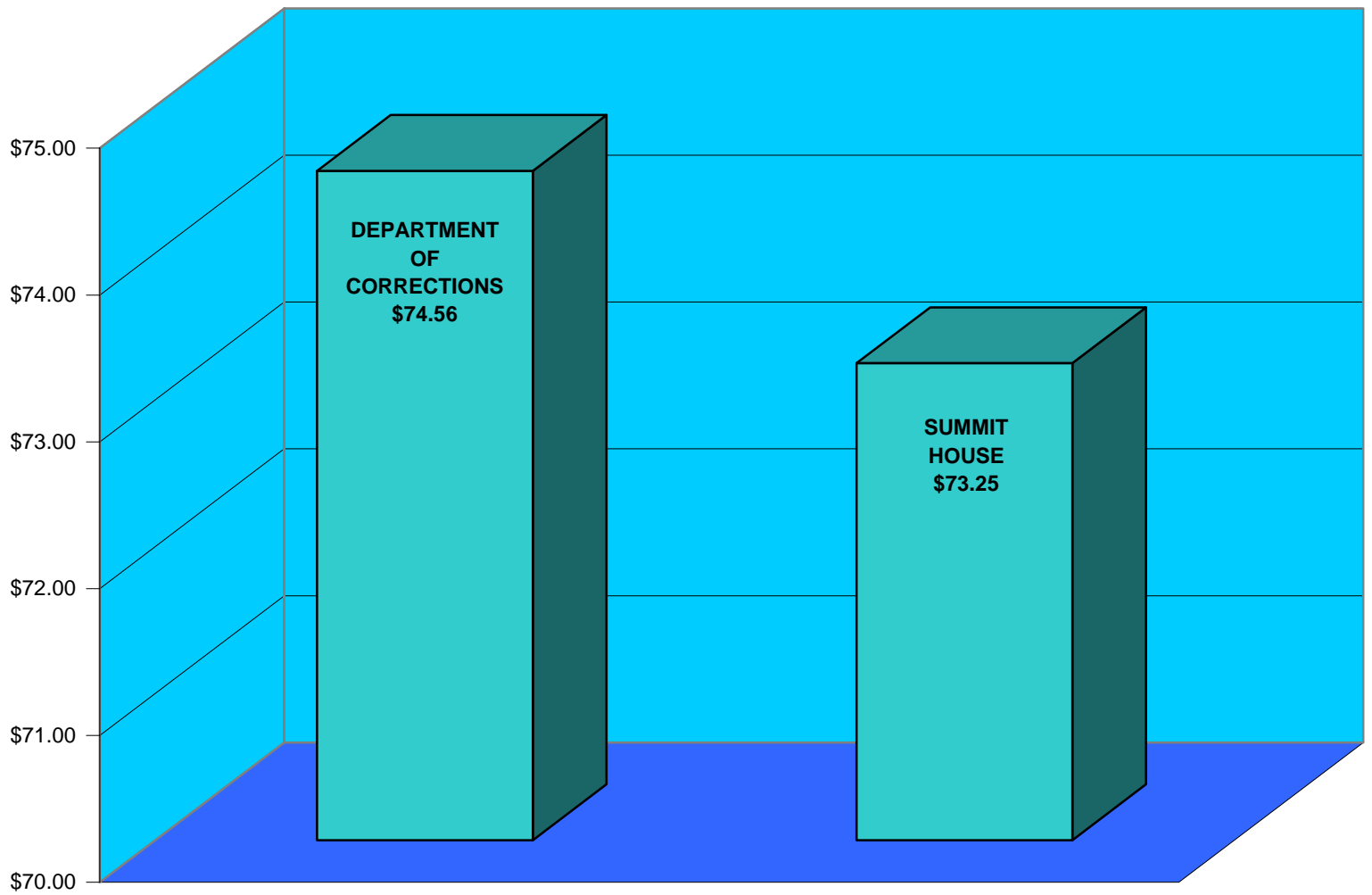
Summit House Raleigh

Beth McAllister, Executive Director

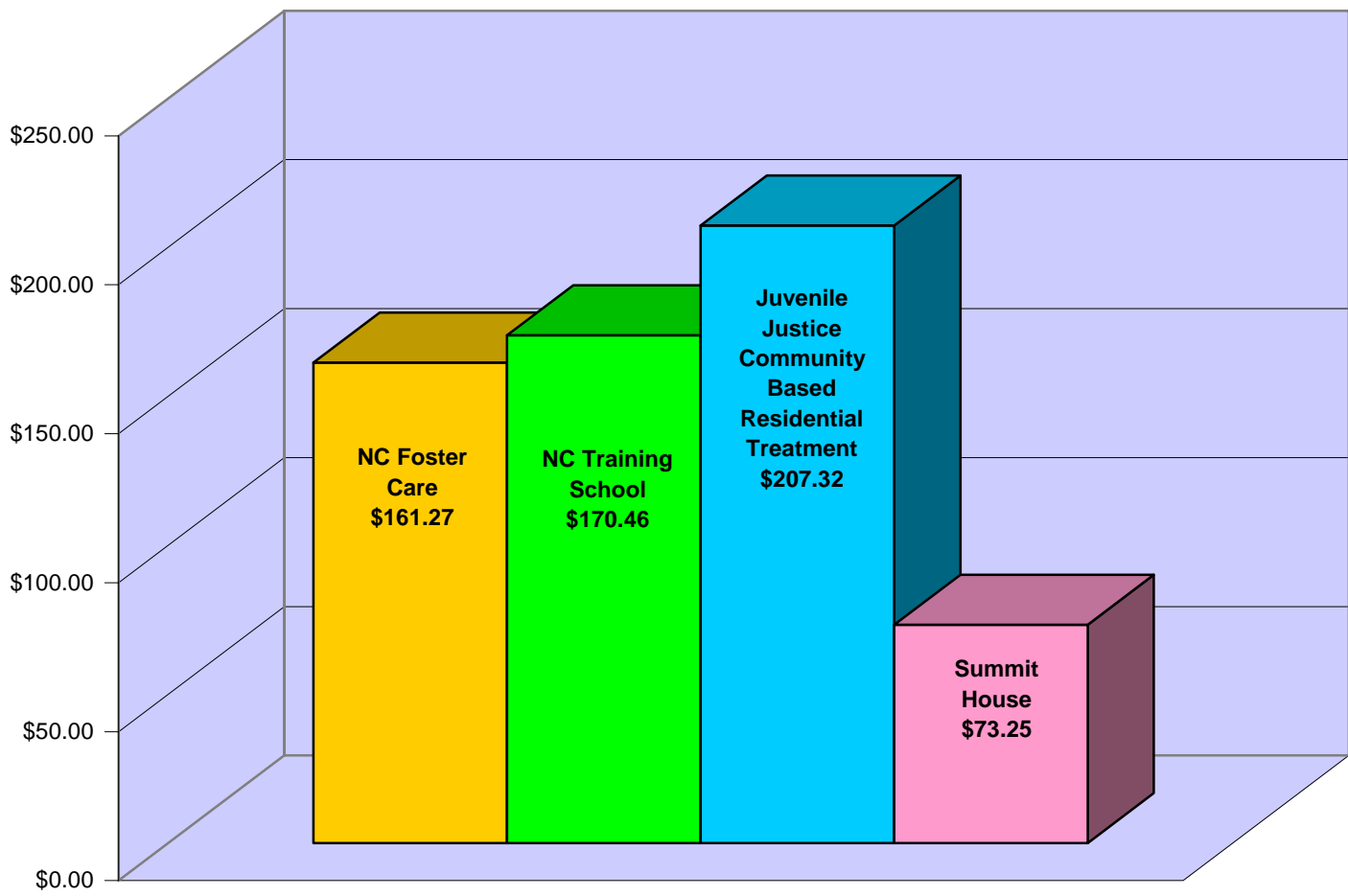
- The Raleigh site is maintaining a stable census of mothers and children.
- One mother and her two sons graduated from the program and are now living successfully in their own apartment in Raleigh. Their case manager is continuing to provide support through the aftercare program.

- Three of our mothers and their children will graduate in fiscal year 2004 and enter the 6-month aftercare program. Of these three:
 - One mother is working part time and attending Wake Tech Community College.
 - One mother is employed full time using the CNA she received while at Summit House.
 - One mother is working full time and has just been promoted to assistant manager with responsibility for cash and opening the store.
- The Raleigh program continues to provide three education/treatment groups focused on parenting skills, life skills, and substance abuse recovery. Staff members especially trained in each subject, implement the groups, as well as provide individual counseling. These groups are in addition to the public resources utilized by the mothers and children.
- The seventh annual fall golf tournament raised \$14,540 to provide program services.
- Blue Cross/Blue Shield donated the design and printing of 3,000 brochures for Summit House and stationery with a similar design. These attractive brochures are being used extensively to tell the community about Summit House.
- Staff members participated in the United Way Speaker's Bureau and made presentations throughout the community.
- Home Depot gave a grant to develop and equip a playground for the Summit House children.

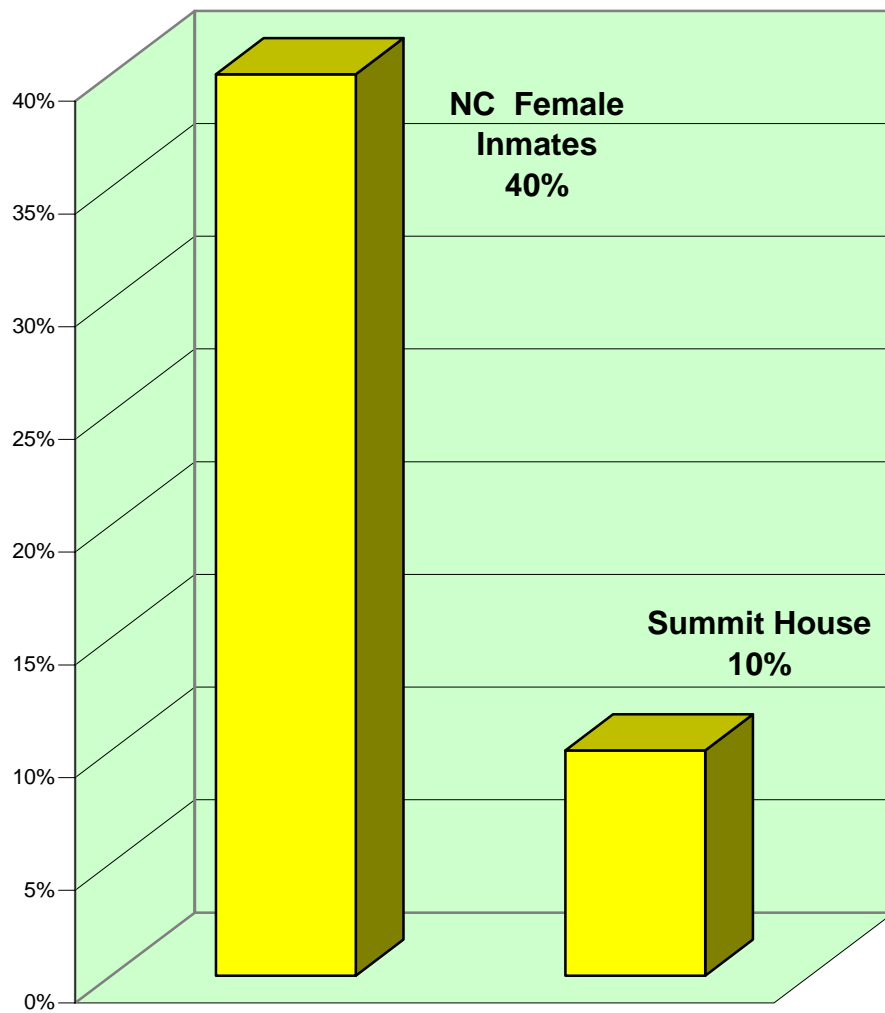
AVERAGE DAILY RATE PER WOMAN



AVERAGE DAILY RATE PER CHILD



RECIDIVISM RATE COMPARISON 2002-2003



Summit House Graph Narrative

Cost per day per mother \$73.25

This figure represents the following services provided for the mothers:

- ◆ Substance abuse treatment
- ◆ Case Management services
- ◆ Psychoeducation groups teaching parenting skills, substance abuse recovery, life skills (nutrition, planning and cooking meals, budgeting, building healthy relationships, anger management, making responsible decisions and choices, and utilizing medical care for prevention.
- ◆ Counseling around issues of daily living.
- ◆ Therapy to address psycho-social issues such as sexual abuse, physical abuse, abandonment, and neglect.
- ◆ Education and vocational training.
- ◆ Basic needs—housing, meals, clothes, prescriptions, transportation,
- ◆ Development of self-esteem and sense of self-worth
- ◆ Healthy recreation

Cost per day per child \$73.25

This figure represents the following services provided for the children:

- ◆ Case management services
- ◆ Evaluations—developmental, social skills, physical health, mental health.
- ◆ Tutoring
- ◆ Therapy to deal with the traumas which the children have already experienced.
- ◆ Teaching basic living skills—building healthy relationships
- ◆ A mother who is developing parenting skills and is clean and sober.
- ◆ Basic needs—housing, food, clothes, prescriptions, transportation
- ◆ A stable, non-violent, caring environment
- ◆ Education and child care for children with special needs
- ◆ Recreation and enrichment activities

The type of residential treatment process that Summit House offers lends itself to the production of commingled expenses for both mothers and children. For example, in the line item salaries and fringe benefits, for the majority of the time, both mothers and children are located in the same dwelling. The case managers and the Program Director are responsible for the well being of both mother and child. Only when the mother is being counseled separately could one directly relate time only to that individual. Thus it is almost impossible to isolate the operational per diem costs of services for mothers and for children.

Summit House - Site Comparison							
Budgeted Statement of Activities							
Fiscal Year 2004							
	Piedmont	Charlotte	Raleigh	Shared Services	Total	Consol Elim	Net Budget
REVENUE							
<u>PUBLIC SUPPORT</u>							
Major Individual Donors	4,000	10,000	5,000		19,000		19,000
Small Individual Donors	2,000	5,000	5,000		12,000		12,000
Corporations	500	5,000	5,000		10,500		10,500
Organizations - Religious	4,000	6,244	10,000		20,244		20,244
Organizations - Clubs	2,000	250	1,000		3,250		3,250
Board Donations	1,700	20,000	4,000		25,700		25,700
United Way	41,196	63,300	7,000		111,496		111,496
Foundations - Raised Locally	25,000	15,000	5,000		45,000		45,000
Foundations - Statewide							
Total Public Support	80,396	124,794	42,000		247,190		247,190
<u>GOVERNMENT SUPPORT</u>							
County Government	25,635	20,000	10,000		55,635		55,635
Free Lunch Program	7,000	6,000			13,000		13,000
State Government - DOC	341,839	441,839	441,839		1,225,517		1,225,517
State Government-DHHS	100,000				100,000		100,000
Total Government Support	474,474	467,839	451,839		1,394,152		1,394,152
<u>OTHER</u>							
Room and Board	5,000	17,000	8,400		30,400		30,400
Net Fundraising	12,000	15,000	29,230		56,230		56,230
Interest income	1,200	2,500	200		3,900		3,900
Shared management services				105,000	105,000	(105,000)	
Miscellaneous Income	14,000		3,000	6,000	23,000	(6,000)	17,000
Total Other Revenue	32,200	34,500	40,830	111,000	218,530	(111,000)	107,530
TOTAL REVENUES	587,070	627,133	534,669	111,000	1,859,872	(111,000)	1,748,872
OPERATING EXPENSES							

Payroll related (detail provided)	422,051	444,634	397,546	84,262	1,348,493		1,348,493
Shared Management Services	37,000	37,000	37,000		111,000	(111,000)	
Professional Fees (detail provided)	11,100	6,727	6,204	3,608	27,639		27,639
Office Supplies	6,050	2,500	2,400	1,000	11,950		11,950
Telephone	11,550	4,380	6,000	3,100	25,030		25,030
Postage	1,650	2,700	2,200	730	7,280		7,280
Occupancy (detail provided)	24,967	31,025	32,313	7,200	95,505		95,505
Rental/Maintenance - Equipment	5,000	3,500	2,500	1,800	12,800		12,800
Printing	2,000	500	6,000		8,500		8,500
Travel/Trans (detail provided)	13,200	10,625	11,760	2,103	37,688		37,688
Conf and Meetings (detail provided)	1,500	1,600	900	500	4,500		4,500
Assist to clients (detail provided)	54,946	58,628	18,800		132,374		132,374
Misc other (detail provided)	8,100	4,400	2,900	1,000	16,400		16,400
TOTAL OPERATING EXPENSES	599,114	608,219	526,523	105,303	1,839,159	(111,000)	1,728,159
Capital/other requirements	5,000		8,000		13,000		
Capital/other reserves applied	(17,044)				(17,044)		(17,044)
CASH REQUIREMENTS	587,070	608,219	534,523	105,303	1,835,115	(111,000)	1,724,115
TOTAL REV LESS CASH REQ		18,914	146	5,697	24,757		24,757
Note: Depreciation	28,000	25,000	27,422	1,200	81,622		81,622
							14
PAYROLL RELATED DETAIL							
Salaries	330,207	347,668	318,355	67,200	1,063,430		1,063,430
Health Insurance	48,931	51,760	39,453	8,425	148,569		148,569

Payroll Taxes	30,680	32,562	26,778	5,786	95,806		95,806
Retirement Plan/Workers Comp	12,233	12,644	12,960	2,851	40,688		40,688
TOTAL EMP COMP	422,051	444,634	397,546	84,262	1,348,493		1,348,493
PROFESSIONAL FEES DETAIL							
Counseling		873	450		1,323		1,323
Professional Consultants/Trainers	1,000	500			1,500		1,500
External Evaluator							
Legal Fees	1,000	500	500		2,000		2,000
Audit & Accting services	2,400	2,404	2,404	3,108	10,316		10,316
Payroll Service	1,200	1,300	1,100	500	4,100		4,100
Behavior Model Training							
Employment Ads	2,000	500	1,000		3,500		3,500
Employee Testing & Expenses	1,500	500	550		2,550		2,550
Public Relations	2,000	150	200		2,350		2,350
TOTAL PROFESSIONAL FEES	11,100	6,727	6,204	3,608	27,639		27,639
OCCUPANCY DETAIL							
Office/Apartment Rents	11,050	14,800		6,900	32,750		32,750
General Liability Insurance	450	250	256	300	1,256		1,256
Property Insurance	1,207	1,000	2,000		4,207		4,207
Crime Insurance	110	125	107		342		342
Mortgage Interest			15,500		15,500		15,500
Utilities	8,500	10,500	10,000		29,000		29,000
Security	2,400	750	550		3,700		3,700
Moving Expenses	500	1,000			1,500		1,500
Pest Control	750	600	300		1,650		1,650
Repairs & Maintenance - Building		2,000	3,600		5,600		5,600
TOTAL OCCUPANCY	24,967	31,025	32,313	7,200	95,505		95,505
TRAVEL/TRANS DETAIL							

Gasoline for Autos	2,600	2,425	2,300		7,325		7,325
Auto Repairs & Maintenance	1,500	2,000	2,400		5,900		5,900
Auto Insurance	5,800	4,200	4,000		14,000		14,000
Mileage & Parking	2,500	2,000	3,000	2,103	9,603		9,603
Registration & Titles			60		60		60
Air Fare	500				500		500
Hotels & Meals	300				300		300
TOTAL TRAVEL/TRANS	13,200	10,625	11,760	2,103	37,688		37,688
CONF AND MTGS. DETAIL							
Meeting Meals	500	400	800	500	2,200		2,200
Conference Registrations	500	1,000			1,500		1,500
Meeting Expenses	500	200	100		800		800
Retreat Expenses							
TOTAL CONF & MTGS.	1,500	1,600	900	500	4,500		4,500
							15
ASSIST TO CLIENTS DETAIL							
Client Medicines/Prescriptions	1,000	775	400		2,175		2,175
Groceries & House Supplies	17,746	16,500	8,200		42,446		42,446
Enrichment & Recreational	1,100	500	1,000		2,600		2,600
Rent Subsidy							
Infant Supplies	3,900	3,500	2,600		10,000		10,000
Child Care	20,000	32,500	5,000		57,500		57,500
Drug Screening & Evaluation	9,000	3,453			12,453		12,453
Education	1,500	500	200		2,200		2,200
Personal and School Supplies	700	900	1,400		3,000		3,000
Client Miscellaneous							
TOTAL ASSISTANCE	54,946	58,628	18,800		132,374		132,374
MISC OTHER DETAIL							
Dues & Memberships	500	150	300		950		950
Subscriptions	200	200	300		700		700
Books & Software	2,000	200					
Insurance - Board Liability	550	550	550	550	2,200		2,200
Insurance - Professional	350	350	350		1,050		1,050

Liability							
Bank Charges	1,000	950	700	150	2,800		2,800
Miscellaneous/Volunteer Expenses	1,500	1,000	100	300	2,900		2,900
Non-Capitalized Additions	2,000	1,000	600		3,600		3,600
TOTAL MISC OTHER	8,100	4,400	2,900	1,000	16,400		16,400

Summit House, Inc.					
Program Statistics					
All Programs					
Fiscal Year 2000-2003					
Residential Programs					
	1999- 2000	2000- 2001	2001- 2002	2002- 2003	Total
Total number of clients served for fiscal year	79	74	82	64	299
Women	33	34	38	26	131
Children	46	40	44	38	168
Total number of new clients admitted during the year	46	29	56	32	163
Women	20	16	26	12	74
Children	26	13	30	20	89
Total number of continuing clients from last year	33	38	26	32	129
Women	13	16	12	14	55
Children	20	22	14	18	74
Number of pregnant women during fiscal year	24	9	12	4	49
Number of babies born during fiscal year	15	10	9	4	38
Number of referrals received during fiscal year	113	103	115	77	408
Number of intakes conducted during fiscal year	52	51	45	37	185
Number of mothers this fiscal year who:					
Completed parenting training	26	20	33	26	105
Secured their GED	2	8	11	3	24
Completed substance abuse treatment	13	17	29	12	71
Remained drug free for a year	16	15	15	19	65
Completed training for employment	15	10	7	16	48
Secured part-time employment	12	11	13	5	41
Secured full-time employment	7	5	3	3	18
Secured independent living arrangements	7	7	9	6	29
Number of children this fiscal year who:					
Succeeded in public school or day care	46	36	44	25	151
Completed counseling	10	6	9	3	28
Received a developmental screening with recommended services	7	2	6	4	19
Total number of clients who graduated from program during fiscal year	11	13	10	6	40
Mothers	5	6	5	4	20
Children	6	7	5	2	20
Number of prison days saved this fiscal year	5,400	5,170	5545	5976	22,091

Number of potential foster care days saved this					
fiscal year	7,799	6,371	7188	8240	29,598
Number of clients non-compliant/reported	11	13	19	13	56
Number of clients whose probation was revoked	7	14	15	8	44
Total number of clients in transitional status	17	11	2	9	39
Women	7	5	1	4	17
Children	10	6	1	5	22
Total number of clients in after care	21	16	9	7	53
Women	9	10	4	3	26
Children	12	6	5	4	27

My name is Beth and I would like to tell you how Summit House has changed my life.

Before coming to Summit House, I had lost my job, I was drinking and using drugs, I had emotional problems from my childhood and facing prison time. I was scared, angry, close-minded and felt like a shy little girl inside. I am now 15 months clean and sober for the first time in 19 years. I am a 35-year-old single mother of two children, ages 4 and 9, who owes a great deal of gratitude to Summit House and Staff. The things I was neglecting when I was using I'm now taking care of like getting a health checkup, going to the dentist, I had my eyes checked and found I needed glasses. I have learned many skills from all the staff. We have Parenting, Recovery, and Life Skills classes. The Parenting class has taught me the different stages of development in my children, which helped me to understand them better. The Life Skills class has taught me new cooking skills and how better to budget my money. In Recovery class I have learned to deal with my feelings in a productive manner and learned how to deal with stressful situations that may arise without turning back to drugs and alcohol. I go to see an individual counselor to deal with my issues from my childhood. I went back to school and I received a certificate in Computer Office Automation. I now have a job and I'm able to be a productive member of society again and it feels wonderful. I've learned a lot of things about myself that were destructive and I'm able to change them. I'm not a person who deals with change very well, but I can honestly say that this change has helped me become a mature adult. I am now confident and I like who I am. I go to NA meetings and I have a sponsor. I have learned how to have fun without drugs and alcohol. I know now that I am a good person who deserves respect like everyone else. I am becoming a whole new person with a whole new life ahead of me. I've never felt as good as I do now about myself and for that I'm very grateful and very proud. At first, I didn't like this place and all of its rules, but now I'm able to step back and see the big picture and everything this place has done for me. The program is very hard at times, but I know it is the best thing that could have happened to me. I owe everything to Summit House and all the Staff because I now have a future when before I had nothing.

Thank you!

My name is Dianna and I graduated from Summit House in Greensboro in 1992. My life was a mess before being sent to Summit House. I was addicted to crack and facing 4 years in prison. I was tough, but the program and staff helped me change my life. My son is now 14 years old and is doing great in school. I received my CNA license and bought a house. Thank you Summit House for saving my life and making me a better person and a better mother.