

FEELING...







Anxious?

Sad?

Overwhelmed?

FREE, Anonymous, Online Screenings

Completing an online screening will help you determine if your recent thoughts or behaviors may be associated with a common, treatable mental health issue.

- Adolescent Depression
- Alcohol Misuse
- Anxiety
- Bipolar
- Depression
- Disordered Eating
- Gambling

- Opioid Misuse
- Posttraumatic Stress
- Psychosis
- Substance Use
- Well-Being
- Wide Range

http://summitcounseling.org/screening





Life at the Summit

Whatever your background or age/stage of life might be, we are here to walk with you through life's journey. We foster a safe, confidential environment in which lives are reclaimed, relationships are restored and hope is renewed.

Kids & Teens at the Summit ADHD Screening (Brief)

Offered at a fraction of the cost of comprehensive psychoeducational testing. Based on the screening results, our psychologist makes recommendations to parents regarding the possible need for: additional psychoeducational testing, counseling, tutoring, behavioral modifications, and/or other therapy.





Testing & Assessments (Comprehensive)

Parents of children who are struggling academically often need help understanding why their children are having difficulty in school, and what to do about it. Comprehensive psychoeducational evaluations for children, adolescents, and young adults are available.

Play (& Recreational) Therapy

This therapy builds on a natural approach, where children and teens learn about themselves and the relationships around them. Through play therapy (younger children) and recreational activities (older children & teens), young people communicate more freely, express feelings, modify behavior, develop problem-solving skills, and learn a variety of healthy ways to relate to others.

Parent Coaching (Filial Therapy)

This popular, evidenced-based parent training program equips parents to incorporate many of the same skills used by play therapists to help their children experience healing and growth.

Co-Parenting

Even if marriage ends, parenting is for a lifetime. Help with co-parenting during separation and/or after filing for divorce is an important



service for parents. Whether you come by yourself or with your former spouse you can learn important principles to help your child thrive despite living in/between two households.

Summit Onsite

A school-based therapy program offered in public and private schools (see map on back cover for participating schools). The program provides professional therapists who specialize in working with children and adolescents to provide social, emotional, behavioral and mental health counseling support.

Couples at the Summit

Prepare & Enrich (Pre-Marital or Marriage Counseling)

This is a customized couples' assessment that identifies both strength and growth areas. Your therapist will help you discuss and understand the results and teach proven relationship skills.

Marriage Assessments

This comprehensive evaluation of the dynamics of a marriage relationship uses an approach based on the ground-breaking research of John Gottman, Ph.D. Our therapists conduct comprehensive interviews with couples and provide verbal feedback, a written report, and a recommended plan for Marital Therapy.

Discernment Counseling

Provides couples in distress with better options than splitting up or staying together in misery or unhappiness. This evidenced-based model of tailored and focused treatment provides greater opportunity for success, even with the most serious of relationship crisis.

Sex Therapy

Helping individuals and couples feel safe and their values respected in this complex part of life and relationships; this therapy will integrate body, mind, and spirit into a person's understanding of sexual issues.

Transitions at the Summit Grief & Trauma

Just as seasons are a natural part of each calendar year, change is also a part of the fabric of every life. Life's passages and turning points, both great and small, present us with very real mental, emotional, physical, and spiritual challenges that are well served by coaching, counseling, and therapy. That's where we can help. If you are tired of feeling alone



and isolated in your situation, hurt that those closest to you don't understand, find it hard to sort out all your thoughts and feelings, experienced a traumatic experience...then you've come to the right place.

EMDR Therapy

Eye Movement Desensitization Reprocessing

EMDR is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences (PTSD). Repeated studies show that by using EMDR therapy people can experience the benefits of psychotherapy that once took years to make a difference. The mind can in fact heal from psychological trauma much as the body recovers from physical trauma.

Recovery at the Summit Assessments & Treatment

Provides assessments, screenings, treatment, training, supervision and consultation for individuals, churches, and treatment organizations to help recovery outcomes become more effective. The goal is to find ways to help persons caught in the physical, mental, emotional, and spiritual traps of addiction find new freedom, health, and wholeness.

Family Intervention

When substance abuse or behavioral addictions develop, families can learn how to intervene in the process. The earlier families can address inappropriate or unhealthy behaviors, the better the outcomes for everyone involved – the less intensive the counseling and the less expensive are the services.

Testing & Monitoring

These services are provided on site at the Summit and include a comprehensive cross-section of substances, including the latest synthetic cannabis recently declared illegal in Georgia. The services are valuable for anyone seeking reliable information about their own or another individual's chemical health.

Scheduling Your First Appointment

The Summit offers a full array of comprehensive behavioral health services. Whether you are seeking individual counseling services for yourself, a loved one, or an organization in need of a referral; our services are focused on resources, strategies, and solutions to meet the mental well-being of our community.

Visit our website at summitcounseling.org where you can search by location, stage of life, and/or area of specialty to find the therapist that is the perfect fit for you.

Groups & Classes at the Summit

Throughout the summer and school year, the Summit offers groups in our office, at our school-based locations, and/or virtually. Visit our website at summitcounseling.org or call 678-893-5300 for our current listing.

Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) is a specialized form of therapy that is designed to help adults, adolescents and their families cope with dysregulated emotions and behaviors in combination with some of the following issues:

- Impulsivity
- Thoughts of suicide or self-injury
- Overwhelming emotions such as sadness, anxiety, or anger
- Struggles with identity or a constantly changing "sense of self"
- Difficulty maintaining healthy relationships

The Summit Counseling Center offers a full protocol DBT program including individual counseling and skills groups for adults, adolescents and their families which are facilitated by Intensively Trained DBT Clinicians.

Skills groups run year-round and include the following 3 DBT modules:

- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness
- Each module incorporates important mindfulness skills

By participating in the DBT skills groups you will learn skills to reach the following goals:

- Tolerate difficult emotions and distress
- Enhanced awareness of the present moment
- Manage your thoughts and emotions so they don't control you
- Maintain relationships: learn to communicate and get what you want from others
- Create a life worth living



Mental Health Awareness & Suicide Prevention at the Summit

When "I" is replaced with "we" even illness becomes wellness.

Mental illness does not discriminate...anyone can be affected, regardless of age, race, religion, or income. However, people are still afraid to talk about it due to shame, misunderstanding, negative attitudes, and fear of discrimination.

- Younger adults ages 18-44 are experiencing a ten-fold increase in serious mental distress compared to 2018.
- The average delay from when symptoms first appear, and intervention is approximately 11 years.
- Suicide is the second leading cause of death among people aged 10-34.

The Summit is committed to creating a well-informed and stigma free community by encouraging open conversations and education on mental health topics. We invite you to join us by scheduling one of the following trainings for your organization or business.

Signs of Suicide/Trusted Adult Training (90-Min.)

Aimed for adults to recognize warning signs of suicide, how to navigate those difficult conversations, and learn practical next steps with youth. By the end of the training, individuals will be considered a "trusted adult" for youth to share their struggles or get support. Great for parents, volunteers, teachers, counselors, health professionals, or coaches.

Mental Health 101 (90-Min.)

Explains mental health, describes common mental illnesses, and explores effective coping skills. Wonderful for any adult who has a desire to expand knowledge of mental health and add skills to be more successful in life.

Building Resilience in Youth (1-Hr.)

Explains social emotional development, the impact of trauma on the developing brain, ways to build healthy connections with your child, and self-care tools. Wonderful for parents, teachers, counselors, or health professionals.





Soul Shop for Youth Leaders (90-Min. or 8-Hr.)

Faith-based workshop aimed for individuals who work with youth. This will equip leaders to recognize warnings signs of suicide, engaging in life saving conversations and ways to keep youth safe. Soul Shop also provides practical ways to integrate the material into lesson plans and activities. Great for youth group leaders, faith-based counselors, or volunteers working with youth in a religious capacity. (Abbreviated 1-hour training available.)

Community Resiliency Model (90-Min., 3-Hr., 8-Hr.)

CRM's goal is to help to create "trauma-informed" and resiliency-focused" communities that share a common understanding of the impact of trauma and stress on the nervous system and how resiliency can be restored or increased using this skill-based approach.

DREAM Diversity Training (6-Hr.)

An interactive exercise in diversity sensitivity through:
Developing sense of identity
Recognizing the importance of diversity
Ensuring justice through a better understanding of injustice
Acting to implement change
Making an impact on a local level

To learn more about bringing these training opportunities to your organization or to discuss customizing a workshop, contact Cathy Murphy, Director of Community Outreach at 678-893-5304 or cmurphy@summitcounseling.org.



Community Events & Social Media at the Summit



North Fulton Mental Health Collaborative

The North Fulton Mental Health Collaborative (NFMHC) is normalizing the conversation surrounding mental health through engaging community leaders and families in an on-going dialogue to promote mental health awareness and suicide prevention in our faith communities, schools, businesses, and community at large.

Join us on the last Thursday of the month during the school year from 9:30am-11:00am.

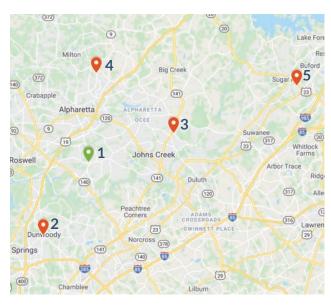
To learn more about the NFMHC contact Cathy Murphy, Director of Community Outreach at 678-893-5304 or cmurphy@summitcounseling.org.

Social Media

Facebook @SummitCounselingAtlanta @NFMHC	Instagram @SummitCounselingAtlanta
Twitter @SummitCoCtr	LinkedIn @Summit Counseling Center-Atlanta



Summit Locations



Summit Office Locations

1. Main Office

2750 Old Alabama Rd, Suite 200 Johns Creek, GA 30022

2. Dunwoody Satellite Location Dunwoody UMC 1548 Mt. Vernon Rd. Dunwoody, GA 30338

3. Johns Creek Satellite Location Johns Creek UMC 11180 Medlock Bridge Rd Johns Creek, GA 30097

4. Milton Satellite Location Bethany Bend Village 13680 Highway 9 North, Building G, Suite 500 Milton, GA 30004

5. Sugar Hill Satellite Location Church On The Hill 4600 Nelson Brogdon Blvd Sugar Hill, GA 30518

Summit OnSite Locations

Abbotts Hill Elementary School 5575 Abbotts Bridge Rd Johns Creek, GA 30097

Alpharetta High School 3595 Webb Bridge Rd. Alpharetta, GA 30005

Autrey Mill Middle School 4110 Old Alabama Rd. Johns Creek, GA 30005

Barnwell Elementary School 9425 Barnwell Rd Johns Creek, GA 30022

Birmingham Falls Elementary School 14865 Birmingham Hwy Milton, GA 30004

Cambridge High School 2845 Bethany Bend Milton, GA 30004

Chattahoochee High School 5230 Taylor Rd Johns Creek, GA 30022

Crabapple Crossing Elementary School 12775 Birmingham Hwy. Milton, GA 30004

Crabapple Middle School 10700 Crabapple Rd Roswell, GA 30075 Creek View Elementary School 3995 Webb Bridge Rd Alpharetta, GA 30005

Dolvin Elementary School 10495 Jones Bridge Rd Johns Creek, GA 30022

Dunwoody High School 5035 Vermack Rd Dunwoody, GA 30338

Greater Atlanta Christian School 1575 Indian Trail Lilburn Rd NW, Norcross, GA 30093

Hopewell Middle School 13060 Cogburn Rd Alpharetta, GA 30004

Innovation Academy 125 Milton Avenue Alpharetta, GA 30009

Johns Creek High School 5575 State Bridge Rd. Johns Creek, GA 30022

Milton High School 13025 Birmingham Hwy. Milton, GA 30004

Mountain Park Elementary School 11895 Mountain Park Rd., Roswell, GA 30075 Northview High School 10625 Parsons Rd. Johns Creek, GA 30097

Northwestern Middle School 12805 Birmingham Hwy. Milton, GA 30004

Ocee Elementary School 4375 Kimball Bridge Rd Johns Creek, GA 30022

Peachtree Middle School 4664 N Peachtree Rd Atlanta GA 30338

River Trail Middle School 10795 Rogers Circle Johns Creek, GA 30097

Summit Hill Elementary School 13855 Providence Rd Alpharetta, GA 30004

Sweet Apple Elementary School 12025 Etris Road Roswell, GA 3007

Taylor Road Middle School 5150 Taylor Rd Johns Creek, GA 30022

Webb Bridge Middle School 4455 Webb Bridge Rd Alpharetta, GA 30005