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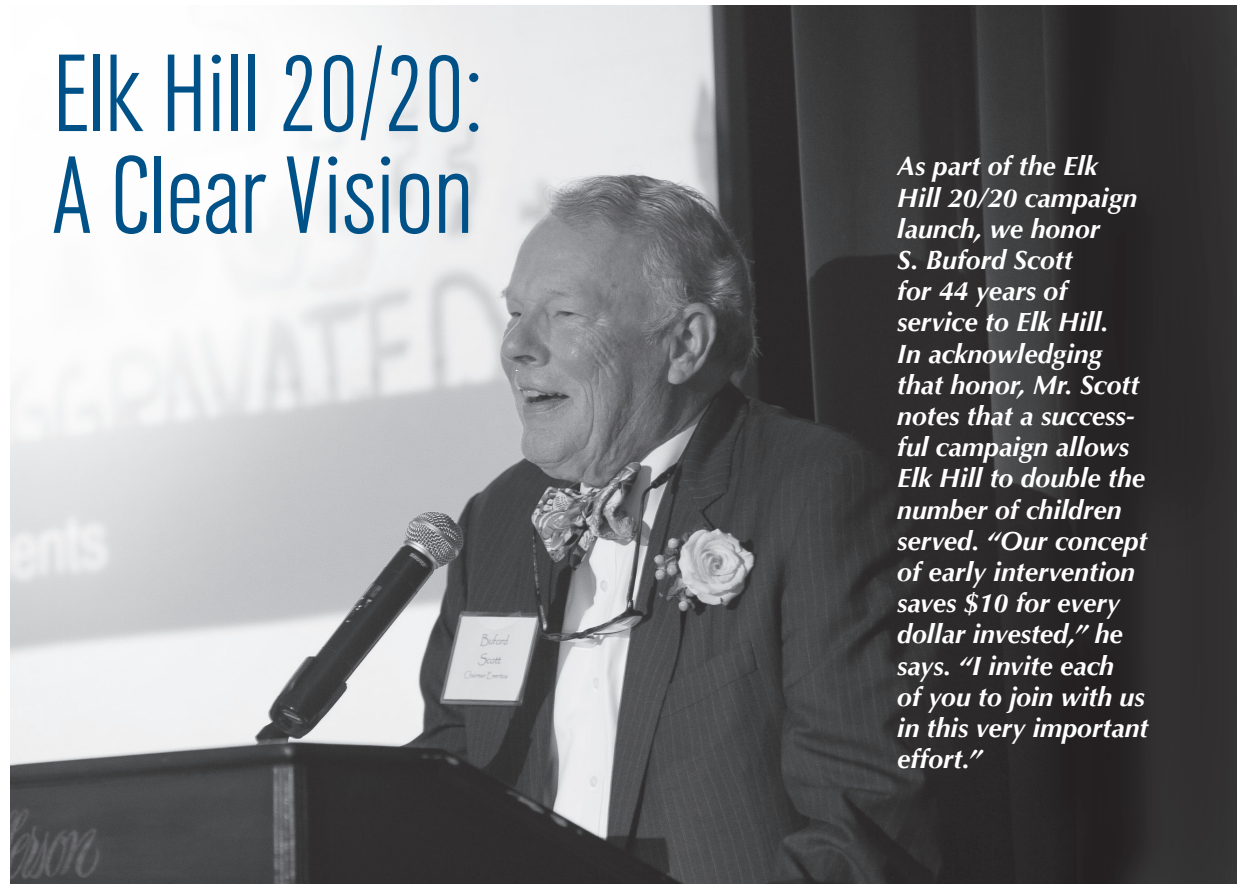
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Elk Hill 20/20: A Clear Vision



As part of the Elk Hill 20/20 campaign launch, we honor S. Buford Scott for 44 years of service to Elk Hill. In acknowledging that honor, Mr. Scott notes that a successful campaign allows Elk Hill to double the number of children served. "Our concept of early intervention saves \$10 for every dollar invested," he says. "I invite each of you to join with us in this very important effort."

With your help, we can reach more children, sooner!

We are thrilled to announce that a comprehensive fundraising campaign designed to help Elk Hill reach more children sooner is now underway. Launched in October, Elk Hill 20/20 will provide an unprecedented resource of \$7 million to underwrite endowment support, program innovation and annual support. **It's just common sense: Early intervention is both effective and economical.**

"If we serve an additional 340 families over the next five years with early intervention programs," says S. Buford Scott, Chairman Emeritus, Elk Hill, "we have the potential to save the community close to \$40 million and change the direction of young lives."

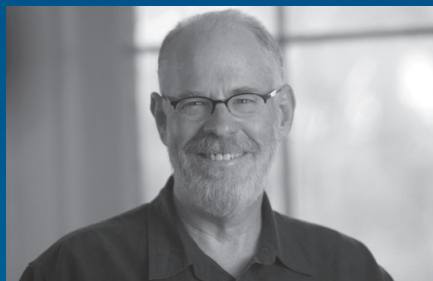
Early intervention is less expensive, less intrusive and more effective, providing children and families with more time to adopt life-changing skills and behaviors. It also

makes sound fiscal sense: The average annual cost for early intervention for one student is \$13,000. The annual cost for residential treatment for one student is \$130,000. **Every \$1 spent on successful early intervention saves \$10 in more intensive treatment later.**

The \$7 million Elk Hill 20/20 campaign will be spread over three years. Individuals, corporations and foundations will be invited to share the opportunity to make a difference in young lives: changing direction, creating futures.

The campaign is led by co-chairs Susan H. Davenport and M. Bagley Reid. Honorary co-chairs include S. Buford Scott, the honorable Gerald L. Baliles, Eugene F. Corrigan, Bruce C. Gottwald, Sr., Pamela and William A. Royall, Jr., and William E. Singleton. ■

A Note from
Michael Farley
Chief Executive Officer • Elk Hill



Stronger, thanks to you!

Sooner = stronger, healthier. These three words beautifully describe Elk Hill's focus. We know that if we intervene – providing the necessary help in a child's life – before a problem becomes a crisis, the chance for that youngster to become a success increases significantly.

That is the reason Elk Hill's Community Services Program provides therapy to children and their families in their home and counseling in public schools. We want to keep kids with their families in their communities.

In the past two years, we have included elementary school classes in our education programs. Unfortunately, a lot of the grade school students we serve are already behind in reading. When that trend continues, research shows that graduation rates go down and incarceration rates rise.

Thanks to your support, we are able to provide a dedicated reading specialist at each of our schools to work one-on-one with these youngsters. The benefits of this reading program are amazing. A child who learns to read also develops immeasurable confidence, which has a direct positive impact on everything in that child's life.

Thanks to your continued support and encouragement, we are able to help children sooner. Because you care, these kids will be stronger and healthier! ■

The Most Common Diagnosis

With your help, children learn to cope with mental illness

What do students at Elk Hill have in common? Some are sports fans. Many like rap music. And nearly every one of them has been diagnosed with a mental illness.

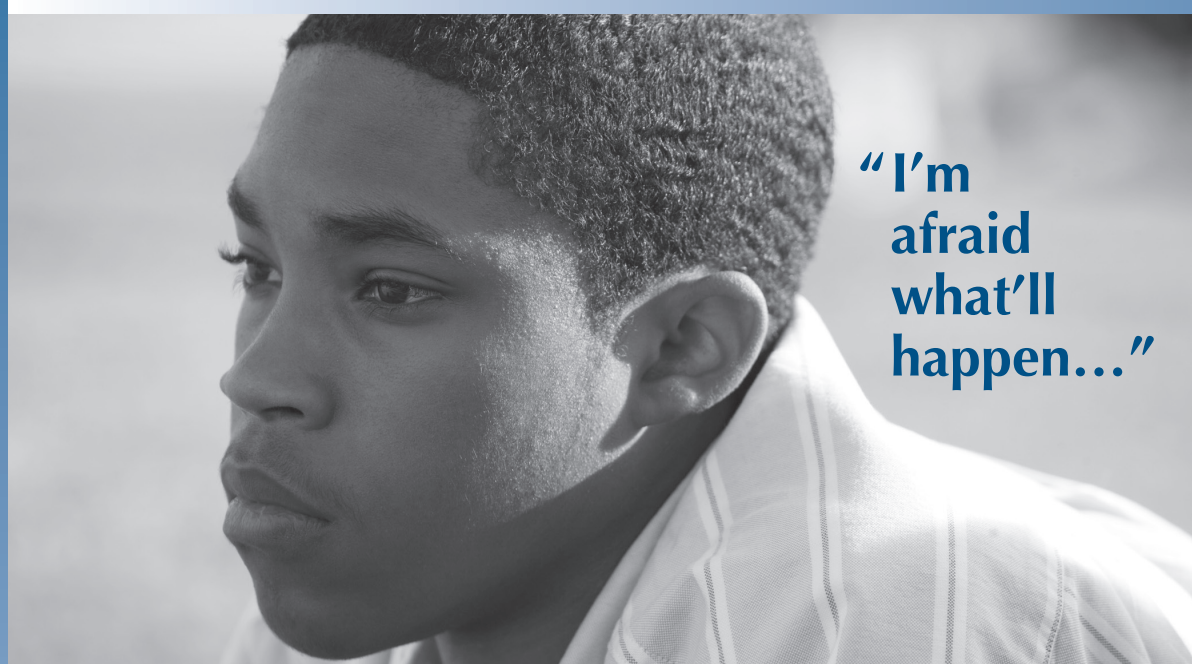
When you're helping vulnerable children, mental illness adds countless levels of complexity to the process. Whether it's a fairly minor adjustment disorder or a serious emotional issue that requires hospitalization, mental illness can **impair a child's ability to learn, grow and thrive.**

For children with untreated mental illness, school becomes an incredibly negative place, the literal epicenter of their failure. "These kids get the message that they're not trying," says Laura Easter, Elk Hill's Director of Community Services. "That is so far from the truth. They're trying harder than you can imagine but they have no tools. It doesn't matter how hard you try to get a nail through a board. If you don't have a hammer, it's not going to work."

And it isn't a passing phase. Many of these children will deal with mental illness for the rest of their lives. The sooner they get help, the more likely it is they'll lead full, healthy lives. **"It is so important to treat the illness early,"** Laura says. "Kids are so receptive to learning. But if they don't get the treatment they need, they've lost the time when they should have been developing skills."

Early intervention is the key. "It's always easier to reach kids when they first show signs of trouble," Laura adds. "It's very much like a diagnosis of diabetes: They need to learn how to manage their illness." Without that help, kids struggle; their families struggle. They are nearly immobilized by feelings of failure, isolation and loneliness. At Elk Hill, we start by giving them hope.

It's a proven approach: We know early intervention works. It takes more time, more people and more clinical expertise but it is **the least expensive and most effective way** to help the child with mental illness. And your support makes it possible! ■



"I'm
afraid
what'll
happen..."

When Thomas began outpatient therapy, he was a walking time bomb. "I have a ball of anger inside of me," the high school student told his therapist. "I'm afraid what'll happen when it explodes." Over the course of several months, the two talked about his anger, the abuse he'd experienced, the trauma he'd survived. He learned about stress management, mastered coping skills and even began to use meditation. "He could have been expelled or suspended, could have hurt himself or others," his therapist says. "Instead, we got him into outpatient therapy. In less than a year, he's learned how to manage his illness." ■



Through a community volunteer project organized by HandsOn Greater Richmond, Elk Hill's Varina Day School gets a major facelift. New furniture, fresh paint, a fully equipped weight room – and this mural by Richmond artist Hamilton Glass – make the Varina school a vibrant, exciting place for students.

Ready to Work

With a helping hand from you, students gain practical experience

When you support Elk Hill, **you create important opportunities** for young people who've seen precious few. Through our Education for Employment (EFE) job training program, for instance, students gain skills that make them solid employees.

The EFE program at Elk Hill's Varina Day School – the only local private day school offering a full vocational program – offers students an edge in the marketplace. Students in our Custodial Skills Training perform all of the custodial work in the Varina school; we have no custodian on staff. "They clean the kitchen, the restrooms and the halls, and they do it in two hours every day," says Derrick Johnson, head of the Varina school. "Our buildings are immaculate."

Custodial training students earn an hourly wage based on their progress. "One of our kids last year made \$125 in one month,"

Derrick says. "That's a lot to one of these kids." And through programs you help underwrite, they also gain OSHA Workplace Safety Training, ServSafe and Career Readiness certifications.

The combination of proven skills and documented certifications gives Elk Hill students a powerful boost. One recent graduate who'd worked in the custodial program for three years applied for a custodial position at a nursing home. "They offered him the job at \$7.50/hour," Derrick says, "but when he produced his certifications, they increased that to \$9.50/hour. To be able to get that training here *and* the certifications, that's just outstanding."

Most of the EFE students at Varina live in foster care. When they graduate and go out on their own, the **life skills you've helped them learn** are their best bridge to the future – and that's the opportunity of a lifetime. ■

With your support,

Elk Hill
wins in court

During a recent foster care review, Case Manager Robert Byrd was present when the judge expressed appreciation and admiration for the work done at Elk Hill. "I stood proudly and listened to those remarks and expressed my appreciation for them," he says. **But it didn't end there. Speaking to families and young people in the courtroom, the judge continued to comment on having a deep respect for Elk Hill's accomplishments. It was a moment that proved Elk Hill's efforts have not gone unnoticed. "I couldn't help but reflect on all those who have a hand in making the Elk Hill program as successful as it is,"** Byrd adds. ■

Like our fresh new look!

Check out our newly redesigned website (www.elkhill.org):
We think you'll like what you see! And coming soon, Elk Hill will have a social media presence: Stay tuned for details!

Keep us in
the loop!

Considering estate
planning? Please keep
Elk Hill in your plans –
and let us know when
you do!

Contact Ann Criswell,
(804) 457-4866,
ext. 310; email:
acriswell@elkhill.org.



Our volunteers are the best!

Volunteers from Alpha Phi Omega's Theta Chapter at the University of Virginia roll up their sleeves in late October to help kids at Elk Hill. The UVA students and other volunteers are working on an exterior makeover of Elk Hill's group home in Charlottesville. Thanks to you all: It wouldn't happen without you! ■

Save these dates!

Please include us in your holiday plans: We'd love to celebrate with you! Our Thanksgiving at the Hill is set for 11 a.m., **Tuesday, Nov. 25**; our Holiday at the Hill celebration will begin at 11 a.m., **Thursday, Dec. 18**. We'll have special performances by students and staff, followed by family-style feasts – and it won't be the same without you! Please RSVP to Marsha Pryor (mpryor@elkhill.org; x309).



*Elk Hill has
many ongoing
opportunities
for volunteers.*

Interested?

Contact Lauren Devitt
at ldevitt@elkhill.org
(804) 457-4866 x336.

By the Numbers: Elk Hill Volunteers

- 200 Number of volunteers donating a total of more than 1,000 hours of work and services valued in excess of \$20,000
- \$40,000 Amount of grant and in-kind support directly raised by Elk Hill volunteers
- 1 First-ever all-camp fair made possible by volunteer support
- 4 Number of building exteriors painted by volunteers in 2014
- 9 Number of interior rooms painted by volunteers in 2014
- 2.3 Average number of paint splatters on volunteer painters by day's end
- 50 Percentage increase in total number of volunteers helping Elk Hill in the past six months
- 720 Number of big smiles and high fives observed in one week from students using Varina Day School's weight room, recently renovated through volunteer efforts
- 82 Number of Elk Hill campers receiving volunteer-created backpack kits

Sign up to receive the newsletter via email

Send an email with your name and mailing address to ldevitt@elkhill.org

Elk Hill | PO Box 99 | Goochland VA 23063 | (804) 457-4866 x 336 | www.elkhill.org