



News and Updates



This Thanksgiving, Elk Hill is thankful for the new and ongoing support we receive every day from individuals, corporations, and foundations like you! **Here are 25 ways we are thankful for you this holiday season.**

Thanks to YOU...

1. Elk Hill has served over 700 youth within the past year, despite an increasing financial uncertainty.
2. Elk Hill continues to provide services to youth that are experiencing higher rates of Medicaid denials.
3. Youth are receiving much needed virtual counseling from the safety of their homes.
4. On behalf on your advocacy work, we were able to successfully lobby for legislation that helps Virginia's vulnerable youth.
5. Elk Hill schools were able to open on time for in-person learning in September.
6. Day school students safely continue their studies in-person, keeping them on the path to success.
7. Youth participate in literacy programs, helping them read at their respective grade levels or higher.
8. Youth can develop their interviewing and resume building skills to help them gain employment through our workforce program.
9. Elk Hill was able to distribute Chromebooks and mobile hotspots, ensuring youth have access to educational services
10. Elk Hill created new programs and Academies to provide community services.
11. Community services counselors were able to customize treatment plans for every single youth receiving our mental health services.
12. Families are learning parenting skills, enabling them to better support their child.
13. Youth have the time to learn how to trust adults.
14. The Charlottesville school received more outdoor seating to allow for safe social distancing.
15. The Harambee school began offering virtual yoga classes to our youth, encouraging healthy practices.
16. Youth will celebrate the holidays in their schools with socially distanced activities and generous gifts made possible from individuals and corporations.
17. Youth in our group homes continue to receive trauma informed care and learn important life skills.
18. The young women in our Spring Garden therapeutic group home were able to visit an animal sanctuary and get hands-on experience in the care of rescue animals.
19. Elk Hill was able to provide wilderness exploration programs this summer, getting youth outside and learning about our ecosystem.
20. Elk Hill was able to offer mindfulness training to youth participating in our therapeutic summer camps with a rock climbing experience and visits to the Living Museum, Bounce House and Top Golf.
21. The Community Services team was able to provide family support kits over the summer.
22. Elk Hill introduced a new equine program for youth in Community Services.

23. Elk Hill was able to triple the number of children receiving mental health services in the Augusta region.
24. We are celebrating 50 years of Elk Hill!
25. You've helped to fulfill our mission of enabling children and families to transform overwhelming challenges into successful futures.

Your support goes a long way - we couldn't do it without you!

With repeated thanks,

Elk Hill

Breathe - Explore - Learn

The Harambee School at Elk Hill began a 6-week partnership with Project Yoga Richmond to provide socially distanced virtual yoga to students in their classrooms. [Project Yoga Richmond](#), celebrating their 10th Anniversary, donated 500 cloth masks and 8 gallons of hand sanitizer to the school and provided each student with their very own yoga mat, block, and bolster. There are many mental and physical benefits from the practice of yoga that our youth are excited to explore. **From all of us at Elk Hill - thank you!**



On November 3, the Elk Hill Charlottesville Group Home visited the Farfields Farm - an estate and working farm that focuses on education, regenerative farming practices, and herbal medicine. Both the Spring Garden and Charlottesville Homes have an ongoing relationship with [Farfields Farm](#) and receive a weekly supplement of vegetables and produce.

After a warm welcome on a windy day featuring puppies and hot cocoa, the residents toured the

herb garden where they learned about natural medicines and spices. The smells and tastes were very pleasant and surprising! The most popular among the residents included goji berries, lavender, yarrow, fennel, and the tongue-numbing "toothache plant", also known as Southern Prickly Ash.

Some of the youth played basketball with the farm staff, while others walked the farm and visited with the cows, chickens, sheep, goats, and bees. The residents learned about how the animals interact with humans, each other, and nature, and how Farfields Farm uses this knowledge to keep animals healthy and producing. The bees were especially interesting!

For lunch, the group had a remarkably sweet butternut squash soup. The ingredients came exclusively from the grounds of the farm. The residents are excited to return to Farfields Farm and have made plans to visit soon.

Thank you Farfields Farm for all of the support you graciously provide Elk Hill's group homes!

This week, the women at Journey Christian Fellowship put together a Thanksgiving feast for our students and staff in New Kent that dreams are made of. All the stops were pulled out - with countless dishes, tables adorned in beautiful Thanksgiving decorations, and an overwhelming atmosphere of gratitude. This will be a memory that our students and staff won't soon forget. Thank you so much to [Journey Christian Fellowship](#) for all that you've done for us at Elk Hill!



To read more stories and see pictures, like us on Facebook [@ElkHillVA](#).

Calling All Young Professionals!

Are you a young professional or “young at heart”? Do you live in the Central Virginia region? Are you looking to use your love for Elk Hill to give back and/or expand your resume? **Friends of Elk Hill is returning and wants to hear from you!**

Friends of Elk Hill, which disbanded about 10 years ago, is seeking interested individuals to serve on the 2021 class. Friends of Elk Hill will meet quarterly with various social activities, events, and subcommittees throughout the year. Candidates from all backgrounds are encouraged to apply. Visit our [website](#) to learn more!

Questions? Email Bartley Mullin, Elk Hill liaison to the Friends of Elk Hill at bmullin@elkhill.org or call 434-808-4031.

Did you know? Elk Hill's Board Chair, Charles E. Bradshaw, III, was a member of the former Friends of Elk Hill group!

Consider a Special Gift to the Scott & Farley Innovation Fund

Help us honor our past and celebrate the future of Elk Hill with a gift to our anniversary campaign. Your investment today allows Elk Hill to create a fund that ensures we can continue to help families transform overwhelming challenges into successful futures. To learn more please visit our website at elkhill.org or contact Erin Nord at enord@elkhill.org.

