



Helen Ross McNabb
FOUNDATION

2025

Annual Report

DEDICATION



TIM AND TRACI TOPHAM

PHOTO BY CHARLIE BROOKS

Traci Topham began her journey with the McNabb Center in 2017 when Joe Connell asked her to join the McNabb Center Board of Directors. Traci's enthusiastic "yes" was the beginning of a decade of support from the couple for community mental health services. Together, Tim and Traci connect people with the McNabb Center resources they need.

"Tim is very supportive of what the board is doing, and he's a great connector too. He has done a lot for McNabb, and he answers the call to fundraise," said Traci describing her husband.

Tim and Traci donate generously to the Helen Ross McNabb Foundation, and they have both taken leadership roles on fundraising committees such as the Spirit Award committee and numerous campaigns including this year's Family Walk-In Center Bridge Funding campaign. They gladly advocate, encouraging others to support the McNabb Center with donations as well as service. Traci has, on several occasions, recruited new board and committee members.

Tim, who is concluding his long banking career through Mountain Commerce Bank, also uses his resources to help others. He is quick with a smile and genuinely compassionate. Quietly supporting people in the community, he serves as the vice chair for the board of directors for Maryville College and connects people to programs in all that he does.

After retiring as the Senior Vice President of Digital Ad Sales and Marketing of Scripps in 2017, Traci became involved in a federal re-entry program, developed by the Federal Defenders of East Tennessee organization. She volunteers and recently concluded a five-year board term with the organization. "I love my connection with McNabb, and the knowledge I have learned there because I can use that resource when a crisis happens with a participant in the re-entry program. I love feeling like I can assist, bridge that gap and make a difference in someone's life," Traci explained.

Working as a mentor with formerly incarcerated men and women who often have mental illness themselves, Traci's help is far reaching because of her understanding of McNabb Center services. "Several times there have been crises which have necessitated the need for me to contact the appropriate clinician for help," she said. This understanding of re-entry needs and services is one of the reasons Traci was asked to return to the Center board.

"We assist the participants to re-join the community given all their insecurities and the stigma attached to incarceration. We help remove obstacles to their success and serve as their advocates. We do the simplest thing that makes a big difference, and we give them confidence," she added. Traci is a strong advocate for people with mental illness as well as those who have encountered criminal justice issues.

In addition to the Federal re-entry program, Traci is also passionate about helping homeless adults with mental illness and children who have experienced abuse and

domestic violence. “I’m particularly happy to see adolescent therapy from the Family Walk-In Center and school-based programs that provide support for these young developing minds. Intervening in their youth can prevent future dysfunction or addiction issues later in life.”

The Tophams have lived in East Tennessee for their entire married life—39 years. Traci served as a board member and President for 2 years for the Federal Defenders Services organization, supports Leadership Knoxville and previously taught piano to disadvantaged children through the Joy of Music organization. Her combined experience of 33 years in marketing and advertising roles makes her an asset to the McNabb Center’s marketing committee where she frequently provides guidance. She recently helped shape and mold McNabb’s communications department into a strategic marketing force to promote programs and increase access to needed care.

Tim is heavily involved with his alma mater Maryville College and is a member of the board of directors. He previously served as the president of the Alumni board. He served on the Habitat for Humanity board of directors and is currently a Great Smoky Mountains Institute at Tremont board member as well. Both Tim and Traci are career-minded and family-focused. On top of volunteering their time and talents for these causes, they also enjoy time spent with their daughter and son-in-law and two young grandsons who live in Atlanta.

Traci says, “every little thing matters, it’s not huge but it all adds up when someone is benefitting.” Together, Traci and Tim have contributed so much to the greater Knoxville and Blount County communities, and we are honored to dedicate this edition of the Helen Ross McNabb Foundation annual report to Traci and Tim Topham.

LETTER FROM LEADERSHIP

The Helen Ross McNabb Foundation continues to strengthen the McNabb Center’s mission of improving the lives of the people we serve. The Center responds to our community’s greatest needs while creating opportunities for hope, healing and recovery across East Tennessee. Thank you for supporting us and believing in this important work.

This past year was one of remarkable growth. We celebrated the opening of the Knox Women’s Campus, providing safe, stable housing for women and families rebuilding their lives, and we broke ground on the new Elevate Recovery High School, an investment that will expand recovery and educational opportunities for young people for years to come.

We also introduced the Breakthrough Gala in Greater Chattanooga, a new fundraising event that brought artists and McNabb Center clients together to create meaningful works of art while sharing stories, building connections and demonstrating the healing power of creativity. It was an inspiring reminder that recovery is strengthened through community.

In Morristown, we held our annual Evening of Hope where we recognize influential members of our community who not only personally advocate and support our mission, but also encourage others to do the same. This year we honored former Mayor Bill Brittain and his wife Gale whose actions inspire hope and garner support in Hamblen County.

Our annual Spirit Award Dinner was another unforgettable evening as we honored Bob Kesling and Bert Bertelkamp for their decades of dedication and support of the McNabb Center.

As we look ahead, we are excited for the opportunities that await. We will continue expanding access to care, investing in innovative programs and creating brighter futures for the individuals and families we serve.

Thank you for helping make this work possible.



Mona Blanton-Kitts

Mona Blanton-Kitts
MCNABB CENTER
PRESIDENT/CEO



Houston Smelcer

Houston Smelcer
SR. VICE PRESIDENT OF
DEVELOPMENT & GOVERNMENT
RELATIONS

OUR TEAM



ROWS FROM TOP TO BOTTOM, LEFT TO RIGHT: Ms. Laura Benton, Ms. Mona Blanton-Kitts, Mr. Larry Bodie, Mrs. Lauren Bowman, Mr. Chris Castleberry, Mr. Joe Costner, Mr. Chris Devaney, Mr. Mike Fishman, Mr. Ted Flickinger, Mrs. Carter Griffin, Mrs. Abigail Jumper, Mrs. Ann Lantry, Mr. Jason Lay, Mr. Chris Liposky, Mr. John Luttrell, Mr. Richard Maples, Mrs. Ashley McManus, Mr. Jay Moneyhun, Mr. Randy Overbey, Mr. Davis Overton, Mr. William Probasco, Ms. Cheryl Rice, Mrs. Lisa Rottmann, Mrs. Claire Speight, Mr. Steve Tatum, Mrs. Ashley White

BOARD OF DIRECTORS 2025

Helen Ross McNabb Foundation

The Foundation is governed by a volunteer board of directors. Board members have the responsibility to create and evaluate policy and organizational goals regarding the Foundation’s finances and services. Board members are elected to serve a three-year term and may serve two terms consecutively.

OUR MISSION

Since its founding in 1972, the Helen Ross McNabb Foundation has worked diligently to support the McNabb Center. The Foundation’s staff and volunteer board actively raises, holds and invests funds on behalf of the Center. Funds raised by the Foundation over the years have contributed greatly toward the stability and growth of the Center.

DEVELOPMENT TEAM

MONA BLANTON-KITTS
MSSW, LCSW
McNabb Center President/CEO

HOUSTON SMELCER
MBA, CFP
Senior Vice President of Development & Government Relations

KATELYN LAWLESS
Foundation Events Specialist

KERRIE HUNTER
Assistant Director of Development & Events, Hamilton County

JAMA CRESWELL
Assistant Director of Development & Events

PAMELA COLEMAN
MA
Assistant Director of Development & Events

TRACIE YOUNG
Foundation Office Administrator

MARKETING AND PUBLIC RELATIONS COMMITTEE

ROBBIE ARRINGTON
DAVID RODDY
CINDY SEXTON
LAURA SHAMIYEH, CHAIR
CLAIRE SPEIGHT
TRACI TOPHAM

FINANCIAL REPORT

HELEN ROSS MCNABB FOUNDATION

In 2025, the Foundation's total assets exceeded \$67.9 million.



Program Support

Includes Centerpointe, Domestic Violence Services, Elevate Recovery School, EmPATH, Family Walk-In Clinic, Hamblen Jail to Work, Hamilton Therapeutic Preschool, Healthy Families, Knox Therapeutic Preschool, Medical Staff Support, Mental Health Disaster Support (Cocke County), Military Services, Sexual Assault Center of East Tennessee and Youth Emergency Shelter (Hamblen)

Capital Support

Centerpointe (Adult Residential)
Hamilton Peer Support Center

HOW TO GIVE

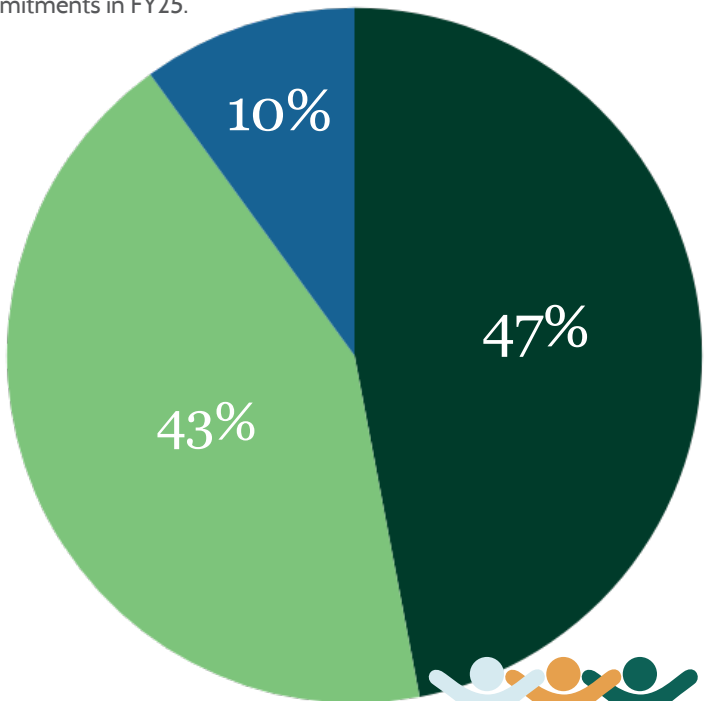
There are many ways to make a gift to the Helen Ross McNabb Foundation. You can participate in special events, contribute to an ongoing campaign, make a donation in honor or memory of a loved one or make a bequest in your will. To learn more about the range of charitable giving options, please contact us at 865-541-6684 or info@mcnabbfoundation.org.

\$7.5M

The Helen Ross McNabb Foundation had over \$7.5 million in gross gifts and commitments in FY25.

SOURCES OF REVENUE

- Investment Income: 47%
- Contribution & Gifts: 43%
- Special Events: 10%



\$1.69M

Annual support from the Foundation to the McNabb Center in 2025 was more than \$1.6 million.



52,792

Because of the support of the Foundation, the McNabb Center was able to serve more than 52,000 individuals in 2025.



CURRENT CAMPAIGN

MCNABB CENTER'S FAMILY WALK-IN CENTER



The McNabb Center's Family Walk-In & Comprehensive Treatment Center provides critical crisis services for children and families in need. The Walk-In Center offers immediate acute outpatient assessment and treatment to stabilize children in a mental health emergency. By providing timely intervention, staff members give each child high-quality care while keeping families together.

Intensive case management, outpatient therapy, medication management, de-escalation and safety planning are some of the services offered at the Walk-In Center. It is the only program in the state for families to access these services and receive extended follow-up care for up to eight weeks. Because of this immediate comprehensive care, 84% of Walk-In Center clients have been diverted from inpatient or residential programs.

Since the annual operating budget for the Walk-In Center is \$1.3 million, the Helen Ross McNabb Foundation launched a \$2.5 million bridge funding campaign in April to continue providing essential services after federal funding ended in March 2025. The goal of raising \$2.5 million to bridge the funding gap until June of 2028 is another way the McNabb Center continues its commitment to the community while making a positive impact on the mental health crisis in East Tennessee.

ELEVATE CAMPAIGN COMPLETE



The Elevate Capital Campaign, chaired by Ford Little and David Wedekind, met its goal of \$9.25 million to expand the McNabb Center's recovery program for high school students. As the largest fundraising campaign in the Center's 77-year history, it received funds from the Knox County government, private foundations, banks, individuals and the Helen Ross McNabb Foundation.

The 12,000 square foot stand-alone building is being constructed to accommodate 60 students. It will include an outdoor classroom, cafeteria, group and individual treatment rooms and offices. These spaces will triple the program's capacity and enable Elevate staff members to better personalize an educational program for each student.

FUNDRAISING EVENTS

Spirit Award DINNER

benefiting McNabb Center

MAY

*Funds raised in 2025:
more than \$600,000*

Bob Kesling and Bert Bertelkamp, the legendary voices known as the “Voice of the Vols” for men’s basketball on the Vol Network, were both recipients of this year’s Spirit Award. They have supported the McNabb Center through the annual Bob Kesling and Bert Bertelkamp Golf Tournament, event committee work and raising community awareness.

With an event match of \$250,000 from Natalie and Jim Haslam, the Spirit Award Dinner was a record-breaking event! It was a night full of laughter and shared stories of the duo’s time commentating together throughout the years. Rick Barnes, Smokey the UT mascot and Emcee Robin Wilhoit also made appearances alongside Diane Kesling who sang the National Anthem.





HAMILTON COUNTY EVENT

Funds raised in 2025: more than \$26,000

MAY

The Council Fire Golf Club in Chattanooga hosted the McNabb Center Golf Tournament for the second year in a row. The roster for the day included two flights of players from Chattanooga and the surrounding area. The tournament's presenting sponsor was Blue Cross Blue Shield and Silver Sponsors were Food City, Stir, The Trust Company, Basement Correctors and Elder's Ace Hardware.



Funds raised in 2025: more than \$159,000

JUNE

Forty-three teams came together this spring to play competitive golf and rub elbows with Bob Kesling and Bert Bertelkamp who hosted the event. Bob and Bert posed for pictures with the players, and volunteers roasted hotdogs at the "Snack Shack" for each team. Presenting sponsors for the tournament were Axle Logistics and Blue Cross Blue Shield of Tennessee.



BIG OBBO BASH

benefiting McNabb Center

BLOUNT COUNTY EVENT

Funds raised in 2025: more than \$57,000

JUNE

Moving to the Townsend Event Center in 2025, the Big BBQ Bash welcomed 25 teams from across the country to compete at the sanctioned event.

Forty-five certified Kansas City Barbeque Society judges weighed in on each team's smoky fare for the Grand Champion overall award, which was won by Alpine Smoke Works. All proceeds benefit the McNabb Center's Military Services, which provides free mental health services to veterans and their family members.



RUSSELL BIVEN CLAYFEST

benefiting McNabb Center

Funds raised in 2025: more than \$84,000

AUGUST

More than 300 people gathered into 78 teams for the 2025 Russel Biven Summer Clayfest Tournament. Russel Biven hosted the two-day event in Kodak, Tenn., which benefits the services provided by the McNabb Center.



Evening of Hope

benefiting
McNabb Center

HAMBLEN COUNTY EVENT

AUGUST Funds raised in 2025: more than \$46,000

Bill Brittan, former mayor of Hamblen County, and his wife Gale were recognized for their dedication to the Center in Morristown. The occasion set a new fundraising record thanks to sponsors and guests who filled 18 tables to celebrate the honored couple receiving the Hope Award. All donation proceeds supported the Jail to Work and Recovery Housing programs in Hamblen County.



Gale and Bill Brittain



HAMILTON COUNTY EVENT

Funds raised in 2025: more than \$21,000

SEPTEMBER

Players supported the McNabb Center's Chattanooga services with a morning of shooting clays at Benton Sporting Clays facility. Sponsors for the event were TVA, McCoy Construction, TDH Construction, Stowers, Adman Electric and Elder's Ace Hardware.





Funds raised in 2025: more than \$68,000

OCTOBER

A night of cosmic drive and putt for 36 teams was a win-win for supporters of the event and the Center. At dusk, the games began to glow as the competition rose with 150 guests rotating between stations with glow-in-the-dark golf balls and bidding on silent auction items to support services of the McNabb Center.



HAMILTON COUNTY EVENT

Funds raised in 2025: more than \$3,000

APRIL

Ten original collaborative artworks created by McNabb Center clients and local artists were displayed during the Helen Ross McNabb Foundation's Inaugural Breakthrough Gala. The event highlighted the powerful journeys of recovery and healing through creative expression. More than 150 guests came to show their support and enjoyed a gala dinner, live auction and a community canvas. The event welcomed Chattanooga State Community College, Chambliss Bahner & Stophel, Blue Cross Blue Shield, Cody Havens Media and Mad Honey Rentals as sponsors. All proceeds from the gala benefited the services of the Center in the Greater Chattanooga area.



KNOXVILLE CHALLENGER

benefiting McNabb Center

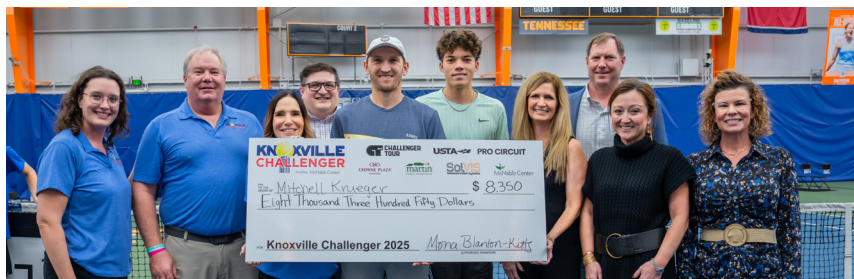
Funds raised in 2025: more than \$248,000

NOVEMBER

Broadcasted daily on WVLT, the 2025 Knoxville Challenger event

is the premiere men's tennis tournament in the region having brought 69 professional players across the country and globe to compete. Players contended at the UT Goodfriend Tennis Center under USTA Pro Circuit and ATP Challenger Tour regulations.

In marking its 21st year, the Knoxville Challenger rolled out a new app for players and ticket holders alike, a sponsor drawing for match play with tournament players and welcomed a total of 2,500 spectators to the seven-day tournament.

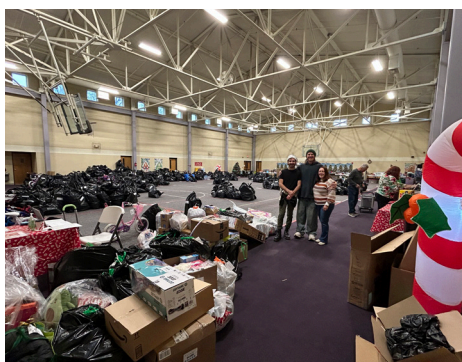




Funds raised in 2025: nearly \$130,000

DECEMBER

The first two weeks of December marked another record-breaking event thanks to Beth Haynes and the 12 Days committee who secured 236 items for its silent auction. Knoxville businesses generously donated products, gift cards and experiences, which sold during the online twelve-day event. All proceeds benefited the Dear Santa program, which fulfilled 1,696 wish lists for clients and their siblings who were in the most need during the 2025 holiday season.



ONGOING SUPPORT

The Foundation provides ongoing support to ensure the McNabb Center can continue its mission of improving lives and serving those with the greatest need and fewest resources.

Helen Ross McNabb Foundation Grant 🦋 \$550,000 annually from the Foundation's investment portfolio supports McNabb Center programs such as the EmPATH Unit, which fills in operating gaps and provides startup assistance for new programs.

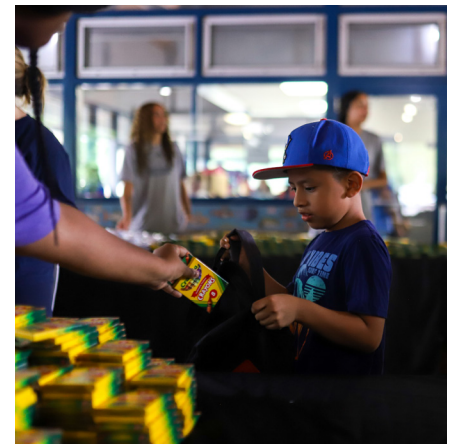
Hamblen County Jail to Work and Recovery Home 🦋 The McNabb Center's innovative Jail to Work program provides women incarcerated in the Hamblen County Jail an opportunity to receive a conditional release to receive recovery services, employment training and supportive housing. Once graduated, women from the Jail to Work program can transition to Recovery Housing to receive extended care as they transition back into their community. The Helen Ross McNabb Foundation annual funding commitment of \$50,000 will sustain these programs for the next year.

Therapeutic Preschool 🦋 Because of the Foundation's support totaling \$225,000 each year, the Knoxville preschool has sufficient funds to operate for 20 years at \$75,000 per year.

Victim Services 🦋 The Sexual Assault Center of East Tennessee (SACET) ensures that the basic, daily needs of survivors of sexual assault are being met. The Foundation has committed annual funding of \$50,000 to SACET for a minimum of 20 years to support the needs of survivors during their time of healing.

Dear Santa Program 🦋 The Dear Santa program brings Christmas joy to children and their families in need who are enrolled in Center programs. The Foundation's support of \$125,000 provided a Christmas holiday to remember for 3,135 individuals this year.

East Tennessee Military Services 🦋 The Foundation's fundraising campaign for military services, which raised \$2 million, continues to support the program at \$150,000 annually.



LETTER FROM BOARD CHAIR

It has been encouraging and exciting over the past year to see the continued advancement and growth of services of the McNabb Center. I have been able to get a first-hand glimpse of lives being changed through the skills and efforts of the McNabb staff. They do amazing work!

And as always, the Foundation has played a vital role in carrying out successful events and successful fundraising campaigns, helping to make growth of our clinical services possible.



Mr. Randy Overbey

I recall so vividly the October day we cut the ribbon on the new transitional housing facility. It is breathtakingly beautiful and provides a warm welcome to those in need of these services. On display were not only the facilities, but insight into the innovative design and development skills behind them. We were also able to recognize and honor the donors who made all this possible.

Likewise, it was exciting to be part of our groundbreaking for the expansion of the Elevate Recovery High School. Again, our donors and the efforts of our staff and volunteers are allowing this to happen. This expansion will touch the lives of perhaps 200 high school students over the span of a school year.

There are just two examples of the skills of our staff, the commitment of our donors and the common purposes of the Foundation and the Center.

In addition to our project-specific campaigns, our annual events continue to grow in participation and fundraising success — from BBQ to golf events to our tennis tournament to the Evening of Hope in Morristown to the Spirit Award Dinner to Dear Santa and many other impactful events. We again thank our staff, our volunteers, our participants and our donors. It is our organization, our local government and our community at their combined best.

It has been a joy, honor and privilege to serve the Foundation and the Center as they continue to impact the lives of so many in need of the care that McNabb can uniquely provide. May this work continue to flourish in the years to come!

— Randy Overbey, BOARD CHAIR

HELEN ROSS MCNABB FOUNDATION



*We acknowledge the passing
of the following longstanding,
active supporters of the
Helen Ross McNabb Foundation
and the McNabb Center:*

Al Blanton

Henry “Hank” Bertelkamp

Natalie Haslam

Joe L. Johnson

Eleanor “Ellie” Kassem

Joe Mont McAfee

Bill Thomas



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