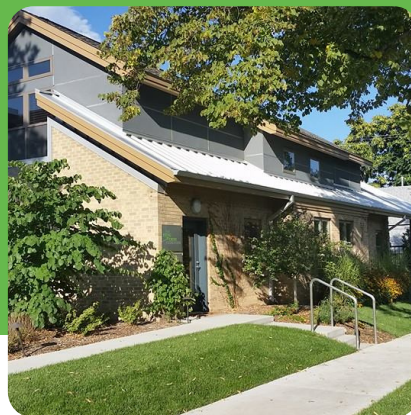


# ANNUAL REPORT 2020

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THE  
EATING  
DISORDER  
FOUNDATION

# LETTER FROM THE BOARD PRESIDENT

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**T**hank you to our friends and supporters! I hope you and your families are safe and healthy during this challenging time.

As the president of the board of The Eating Disorder Foundation and the father of a daughter who has struggled with an eating disorder since she was 15, I'm asking for a minute of your time to read about what EDF has been doing this year. I don't know what my wife and I would have done without EDF's caring staff, facilitators, volunteers and support groups.

During this time of isolation, our support groups have gone online and now include attendees from states all over the country, as well as 20 other countries such as Costa Rica and India. We are truly blessed to have the ability to help so many with information, support, referrals, and friendship. I hope you have experienced some of EDF's benefits whether you are a family member or someone who is battling an eating disorder.

Our services are free, primarily because of individual donations and foundation grants. We have been around for nearly two decades and plan to be here for many years in the future. We are always grateful for your support in these challenging times, especially as it has allowed us to grow exponentially. Stay well and best wishes to you, your family, and friends.



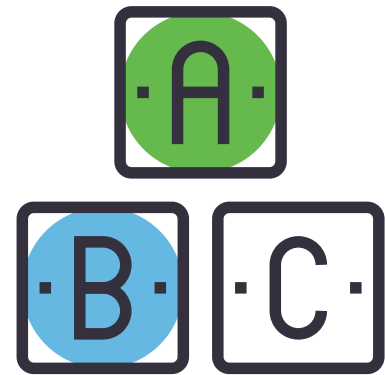
**Steve Shelley,**  
**CPA, CMA**  
BOARD PRESIDENT

# WHY ARE WE HERE?

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- Eating disorders are among the **deadliest** of all mental illnesses, second only to substance abuse
- **Only 1 in 10** people affected receive the formal treatment they need
- BUT: people who get help are **4x more likely to recover** from their eating disorder
- Treatment **looks different for everyone** - it can include hospitalization, inpatient or outpatient treatment, psychiatrists, therapists and counselors, dietitians and nutritionists, primary care physicians, or support groups

30 MILLION  
Americans affected



10% of Coloradans  
impacted by eating disorders



## EATING DISORDERS ARE A SOCIAL JUSTICE ISSUE

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It has been an important part of EDF's education and awareness efforts to make it clear that eating disorders do not discriminate. The community impacted by eating disorders encompasses all races, genders, orientations, ages, abilities, and incomes. Risk factors for eating disorders include isolation, food insecurity, anxiety, loss of control, trauma, interpersonal violence, substance abuse, and more; all factors which have increased due to the COVID-19 crisis. EDF's programs are especially important for such groups because its services are free, do not require a diagnosis, and are accessible virtually.

## HOW WE HELP

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- Workshops and community presentations
- School presentations and resource fairs
- Support by phone and e-mail
- Support groups - including groups for men, adolescents, people in recovery, art journaling, LGBTQ+ people, family and friends, and more
- Referrals and advocacy for treatment options
- One-on-one mentorship
- All services are completely free of charge



# REACTING TO A CHANGED WORLD

EDF's programs nourish a community of people who know the life-saving importance of staying connected, something we've seen dramatically demonstrated when we took our support groups on-line and watched their unprecedented growth, both in Colorado and across the nation.

What is EDF doing during COVID, and how are we continuing to serve the community?

Watch this short excerpt from the 2020 Virtual Gala:

[https://youtu.be/\\_yGCJzc0cRGI](https://youtu.be/_yGCJzc0cRGI)



## OUR COMMITMENT

We have remained committed to keeping our support groups, mentorship program, and phone support running so we can continue to fill critical gaps in mental health services. A public health emergency such as this only highlights the incredible need for our services: more virtual resources, people to offer support, and community for those who need it most.



# Virtual Services at EDF

WHAT WE'RE DOING AND WHO WE'VE SERVED

since we transitioned to virtual services on March 13th:

2,440

NEW GROUP MEMBERS

FROM ALL

5

0

STATES

plus Puerto Rico, DC, and

73x

our usual rate  
of new members  
per month



20

other countries

15

Weekly  
Support  
Groups

**AND MORE!**

- 14 webinars and workshops
- 78 new mentorship participants
- 3 full-time staff members available 5 days a week for phone and e-mail support

# SUPPORT GROUPS

**A cornerstone of EDF's programs**

Provided to the community **at no cost**

**Support Group for Family & Friends** | Mondays, 12:30 – 1:30pm (MT)

**Support Group for Siblings** | Mondays, 5:30 – 6:30pm (MT)

**Individuals 18+ Struggling with an Eating Disorder** | Tuesdays, 12:30 – 1:30pm (MT)

**Men Struggling with an Eating Disorder** | 2nd and 4th Tuesdays, 6:00 – 7:00pm (MT)

**Individuals 18+ Struggling with an Eating Disorder** | Tuesdays, 6:00 – 7:30pm (MT)

**Individuals 18+ Struggling with an Eating Disorder** | Wednesdays, 12:30 – 1:30pm (MT)

**LGBTQ+ Individuals 18+ Struggling with an Eating Disorder** | Wednesdays, 5:30 – 6:30pm (MT)

**Support Group for Family & Friends** | Wednesdays, 5:30 – 7:00pm (MT)

**Individuals 30+ Struggling with an Eating Disorder** | Thursdays, 12:30 – 1:30pm (MT)

**Art Journaling for Individuals 18+** | Thursdays, 6:00 – 7:30pm (MT)

**Individuals 18+ Struggling with an Eating Disorder** | Fridays, 12:30 – 1:30pm (MT)

**Adolescents 13-17** | Fridays, 5:00 – 6:00pm (MT)

**Individuals 30+ Struggling with an Eating Disorder** | Saturdays, 10:00 – 11:30am (MT)

**On Solid Ground Recovery Group** | 2nd and 4th Saturdays, 10:00 – 11:00am (MT)

**Support Group for Mentors** | 1st Tuesdays, 5:30pm, and 3rd Saturdays, 10:00am (MT)

*You are not alone...*

It's more important than ever to have a community that understands what you're going through. If you need support, please join our support groups.

Get help at  
[eatingdisorderfoundation.org/get-help/](https://eatingdisorderfoundation.org/get-help/)



## **Shout-out to our volunteer facilitators!**

Learn more about the people who make groups possible:  
[eatingdisorderfoundation.org/support-group-facilitators/](https://eatingdisorderfoundation.org/support-group-facilitators/)

# COMMUNITY TESTIMONIALS



**EDF INVITES YOU TO HEAR MORE FROM OUR MEMBERS! WATCH THE VIDEO HERE:**

<https://youtu.be/tzGTEZfbzv8>

*I am so grateful for your services during this challenging time. I hope and pray you all know the impact of your influence in many sufferers lives. - B.S.*

*Thank you EDF for stepping up so radically in this desperate time. - R.L.*

*The Eating Disorder Foundation saved my life....I am so very grateful for this amazing safe haven that gave me the strength to recover and have a full life. - L.G.*

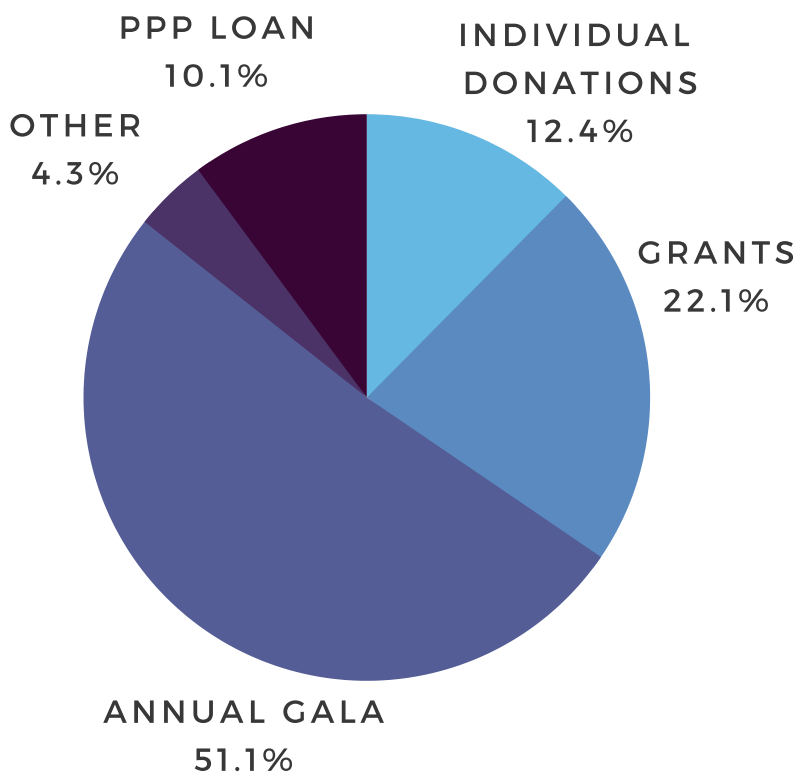
*EDF was my lifeline when I was at my lowest point trying to deal with my daughter's illness. - L.P.*

*Serving as a facilitator for groups is just as rich an experience for me as it is for the group members. It is a privilege to witness growth, acceptance, and healing. - A.S.*

*If it wasn't for the help, encouragement, and support of EDF, I probably wouldn't be where I am today with my recovery. - J.L.*

*I'm grateful and honored to be part of this strong and growing community of healing and support, grateful for the amazing work that they do every day. - C.J.*

# IMPORTANT SOURCES OF FUNDING



The Eating Disorder Foundation runs mostly through the power of individual donations, especially at our **Annual Gala**. The annual gala is EDF's largest source of funding, and helps us provide critical programs and services to members of the community who are impacted by eating disorders. Despite the challenges presented during 2020, we were able to reschedule our gala and pivot to a virtual format. The community stepped up in such a beautiful way, helping us raise \$208,000 to fund our programs for another year.

**Thank you to the event sponsors who helped make this possible!**

[Click here](#) to learn more.

## 2020 BUDGET

REVENUE: \$407,025

EXPENSES: \$355,832





# Colorado Community Collaborative

## FOR EATING DISORDERS

In 2019, EDF began formally partnering with several other Denver-area eating disorder organizations to create the Colorado Community Collaborative for Eating Disorders, whose mission is “**to create opportunities for connection, education, and awareness among communities affected by eating disorders in Colorado and beyond.**”

### Participating Organizations:

THE  
EATING  
DISORDER  
FOUNDATION

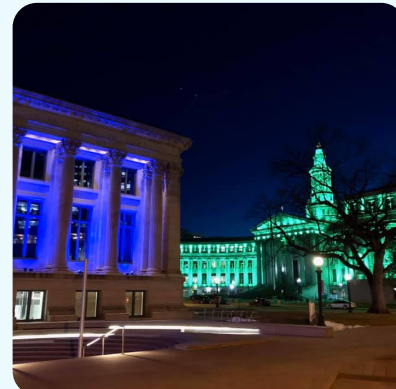
EDCare  
www.eatingdisorder.care



GAUDIANI CLINIC  
Expert Medical Care for Eating Disorders



The collaborative can now be reached at [COCCommunityCollaborative@gmail.com](mailto:COCCommunityCollaborative@gmail.com)



## NATIONAL EATING DISORDERS AWARENESS WEEK

This year's National Eating Disorders Awareness Week theme, "**Come as You Are: Hindsight is 20/20,**" encouraged the community to reflect on the positive steps they've taken — including those stemming from setbacks or challenges — toward accepting themselves and others.

Denver recognized National Eating Disorders Awareness Week by lighting the City and County building green and blue. Check it out again in 2021!

In-District Advocacy Day: Because of NEDA advocates and EDF staff who met with Diana DeGette's staff during National Eating Disorders Awareness Week, Denver's local representative signed on as a co-sponsor of the **Eating Disorders Prevention in Schools Act.**



# EDF STAFF

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We understand that these days are filled with uncertainty. We, as a community, have made amazing strides by working together for the benefit of those with eating disorders and their loved ones. We want to reassure you of our ongoing commitment to our community and our promise that we will do all that we can to get through these difficult days together. With that in mind, we have sought to provide variety of resources that may assist you and your family. If you need assistance at any time, please reach out to EDF by phone, e-mail, or social media.

In solidarity,

the EDF Team (Dani, Sabrina, McKenna and Aims)



## EDF's Full-Time Staff

- Dani Gilady, Executive Director
- Sabrina Scanga, Program Director
- McKenna Ganz, Program Administrator

Learn more about our staff members on our website!

[eatingdisorderfoundation.org/our-staff/](https://eatingdisorderfoundation.org/our-staff/)

## *EDF's Mentorship Program*



The mentorship program provides personalized support for sustained recovery, offering opportunities for adults to seek support from one-on-one relationships with role models in recovery.

With the hiring of a Mentorship Program Coordinator, **Aims Babich**, in 2020, EDF has been able to offer the program to 78 new participants since March!

At the end of 2020, EDF began the process of accepting up to 90 individuals to participate in the first quarter of 2021.

# EDF'S BOARD OF DIRECTORS



## *2020 Orly Award*

This award is named for a young woman who passed away in 2007 at the age of 18. The memory of Orly and the memory of so many others, reminds us that our work is far from finished. Each year, the Orly Award is given to a volunteer who makes an extraordinary contribution to EDF. This year, we have decided to break from the tradition of honoring one volunteer, by honoring thirteen: The Eating Disorder Foundation's Board of Directors.

To learn more about our board members and their inspiration to serve, check out the video on our YouTube Channel:

<https://youtu.be/J2X7UEQotq4>



- Steve Shelley, President
- Denise St. Vrain Perkins, Vice President
- Martha Caschette, Secretary
- Verne Singleton, Treasurer
- Toni Saiber, Founder
- Sarah Hueni
- Brad Bawmann
- Robert Denerstein
- Sara Montgomery
- Aimée Nieuwenhuizen
- Jamie Roth

View all our board member bios on our website!

[eatingdisorderfoundation.org/leadership/](https://eatingdisorderfoundation.org/leadership/)

The Eating Disorder Foundation relies heavily on local therapists, dietitians, doctors, psychiatrists, parents, students and other community members joined together to support EDF's mission.

Our programs are closely tied to these stakeholders. Among our staff, board, and volunteers, nearly all have a connection to the issue through their own struggle with an eating disorder or that of a loved one.

THE  
EATING  
DISORDER  
FOUNDATION

"to be an effective resource in the prevention and elimination of eating disorders through education, support, and advocacy"

*We appreciate your support!*

1901 E 20th Ave  
Denver, CO 80205

[eatingdisorderfoundation.org](http://eatingdisorderfoundation.org)

303-322-3373

[info@eatingdisorderfoundation.org](mailto:info@eatingdisorderfoundation.org)

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