

COMMUNITY REPORT 2021



THE
EATING
DISORDER
FOUNDATION

A NOTE FROM OUR EXECUTIVE DIRECTOR

Dear Friends,

I hope this message finds you well and staying safe during this difficult time. As the executive director of The Eating Disorder Foundation (EDF) it's been a privilege working alongside you in 2021 - Together we have survived and in many ways thrived during these unprecedented times. Please take a moment to read about EDF's accomplishments, programs, and the unique ways we are meeting the needs of our growing community.

This year we saw member growth reach new heights, 23 unique support groups, a robust mentorship program, community building like never before, and an incredibly successful fundraising campaign. Throughout the pandemic EDF expanded its reach, connecting with individuals around the country and around the world. We continue to position ourselves to support a vast array of individuals, all with unique stories, paths and needs and do our absolute best to make sure that no individual walks this challenging path alone.

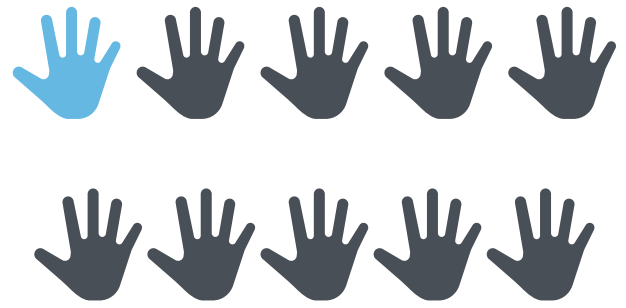
One of our core values has always been to offer free and accessible services, which is made possible by our generous donors who deeply believe in our mission. From the bottom of my heart, I want to thank all those who financially contributed to EDF over the last year, and as importantly, to those who gave of their time and resources.

Although personal reasons propelled me into the field and continue to be my lighthouse, I do this work for the thousands of individuals and families struggling. Oftentimes, I am overwhelmed by the magnitude of illnesses that exists, but remind myself that if I can ease the burden of one, I am making a difference - thank you for giving me this opportunity. Here is to a bright, healthy and heartfelt 2022!

Dani Gilady,
Executive Director

WHY ARE WE HERE?

- 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



10% of the population
is impacted by
eating disorders



EATING DISORDERS ARE A SOCIAL JUSTICE ISSUE

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

- Workshops and community presentations now offered online
- School presentations and resource fairs
- Support by phone, e-mail, and in-person
- 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



EDF's Community

Reaching new support group members, family and friends, donors, volunteers, and other supporters

	2019	2020	2021
Total New Community Members	1187	2796	4994
% from Colorado	82.3%	23.4%	22.5%
% from outside the United States	.06%	5.9%	8.2%
% who were donors	18.2%	6.6%	19.8%

"Thank you SO much to the incredible EDF support staff for getting us through this year. I hope you all are doing OK and that this small donation lends some support back to you."

EDF has now reached a new record of community members who have donated any amount to our efforts - 19.8 percent!

2689 new people signed up for our support groups in 2021.
Who are they?



30.1% live in low income households

24.2% identified as minorities or POC

12.9% identified as trans+ & nonbinary

reside in **27** countries including the US

SUPPORT GROUPS OF 2021

A cornerstone of EDF's programs

Provided to the community **at no cost**

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

Virtual - Support Group for Siblings | September 2020 - June 2021

Virtual - Support Group for Athletes | 1st and 3rd Mondays, 6:00 - 7:00pm (MT)

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

Virtual - Individuals 50+ Struggling with an Eating Disorder | Tuesdays, 4:00 - 5:00pm (MT)

Virtual - Support Group for BIPOC+ | 2nd and 4th Tuesdays, 6:00 - 7:00pm (MT)

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

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

Virtual - Individuals 18+ Struggling with an Eating Disorder | Wednesdays, 9:00 - 10:00am (MT)

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

Virtual - Eating Disorder Professionals in Recovery | Wednesdays, 12:30 - 1:30pm (MT)

Virtual - Caregiver Skills Group | Wednesdays, 1:00 - 2:00pm (MT)

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

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

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

Virtual - Trans+ & Nonbinary Support Group | Thursdays, 4:00 - 5:00pm (MT)

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

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

Virtual - Individuals 18+ Struggling with Binge Eating Disorder | Fridays, 2:00 - 3:00pm (MT)

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

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

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

In-Person - Garden Circle | May - September 2021

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 at eatingdisorderfoundation.org/get-help/

"I have improved SO much from the groups. They are a total godsend. It has helped me connect with others, learn about recovery, stay on track, feel supported, and hear others' stories. The impact of EDF on our lives is so powerfully profound."

THE EATING DISORDER FOUNDATION |
COMMUNITY REPORT 2021

MENTORSHIP

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.

This 10-week program provides one-on-one support during weekly connections. We strongly believe in the power of connection, meaningful conversations, and creating a community of like-minded individuals – factors we attribute to living a life in/towards recovery.

An exciting development in 2021 was the introduction of a new track - **mentorship for caregivers**. Those who have personal experience supporting a loved one with an eating disorder can offer hope, understanding, and vital information to others.

"I could only hope to have someone so caring, understanding, and awesome as a person to influence my life again as [my mentor] did during this mentorship. Thank you for the opportunity. I'll never forget it."

"I was inspired by [my mentee's] commitment to her recovery and to her personal recovery goal during the 10-week program. As I bear witness to mentees "doing the work" of recovery, it deepens my sense of connection and compassion."

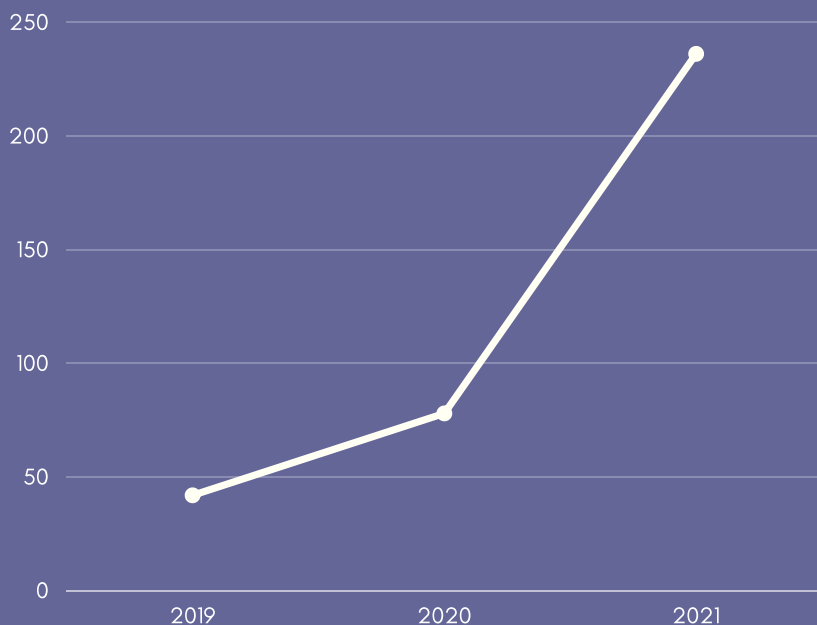


FIGURE 1.

We at EDF are stunned by the massive interest in our blossoming mentorship program. We have received an unprecedented number of applications from community members who want to pursue recovery with us.

In this graph, we compare the number of individuals paired with a mentor each year.

SERVICES FOR UNIQUE NEEDS

The population reaching out for services is large and diverse. Eating disorders can affect anyone - all ages, sizes, genders, sexualities, cultures and socioeconomic ranges. However, many individuals live in communities where resources are often lacking, or where shame and stigma prevent people from getting the appropriate, responsive care they need.

EDF's services have always been focused on filling critical gaps in mental health services. This is where EDF truly shines - by fostering **inclusivity and variety** within our support group offerings. In 2021, EDF offered men's groups, LGBTQ+ groups, Trans+ & Nonbinary groups, BIPOC+ groups, two 30+ groups, and 50+ groups. Attendees of these groups report feeling relieved to have access to a community where they feel represented and can relate to one another.

"Things I think EDF has done well: Providing direct (support, fostering a sense of community and reinforcing the fact that we're not alone in this journey. Offering help to a more targeted demographic - whatever your particular scenario you know there's a group out there for you."

**COMING IN EARLY 2022:
Services for neurodivergent
individuals and Spanish
speakers!**

**Plus, another round of the
in-person Garden Circle.**

CAREGIVERS

A major population receiving services from EDF includes parents, grandparents, caregivers, spouses, and children of those struggling with an eating disorder. It has become clear that **supportive families and family-based interventions** can be the most effective resources in the eating disorder field; as such, providing family support is a central focus of EDF's efforts.

In 2021, EDF added two new programs to support caregivers. The Caregiver Skills Group utilizes the evidence-based Emotion-Focused Family Therapy (EFFT) model to give caregivers concrete skills they can use at any point in their loved one's journey. We also opened up a new track in our mentorship program specifically to serve caregivers by matching them with mentors who have walked the path and understand the complexity of supporting a loved one through recovery.

Supplementing virtual activities with help from the EDF garden

Through the efforts of the Colorado Community Collaborative, we were able to reunite in person for our annual Candlelight Vigil on August 12th.

With the help of our volunteers and donations from Front Range Organic Gardeners, our vegetable garden produced an unprecedented bounty! Garden get-togethers provided invaluable opportunities to connect after months of isolation.



We also offered our only in-person support group this year by taking advantage of our outdoor space. The In-Person Garden Circle, facilitated by Kelly Andrews, MA, LPCC, ran from May through September.

"EDF has fostered this sense of community that has prospered and grown. It has helped me to feel like maybe...just maybe...I fit in somewhere in this world and maybe there are people who really care about me and understand me in a way that others do not. For that, I am forever grateful to the staff at EDF as well as the participants."

Workshop Series

in 2021

In 2021, EDF started recording its educational workshops so members can watch them later. Anyone can check our website or our YouTube channel as we continue to upload recordings of our educational workshops, covering a wide variety of topics with various community partners.

Community partners include individual practitioners and other organizations. Learn more at eatingdisorderfoundation.org/workshops/

- "Mindfulness Matters"
- "Health at Every Size: A Model for Harm Reduction"
- "Gentle Yoga Workshop - webinar edition"
- "Eating Disorders and Athletes"
- "Every Body is a Beach Body: Reclaiming Your Body in Eating Disorder Recovery"
- "Scaffolding Support: Tips, Tricks and Takeaways for Anyone Struggling with an Eating Disorder"
- "What's Your Why? Creating your Recovery Vision"
- "Scaffolding Support: Tips & Tricks for Family & Friends Supporting a Loved One in Recovery"
- "The Beauty of Eating Disorder Recovery in Midlife"
- "Binge Eating Disorder: Recovery from a HAES Perspective"
- "Scaffolding Support: Building a Life Worth Living"
- "Trans+, Nonbinary, and Intersex Affirming Care for Eating Disorders"
- "Family-Based Treatment Plus"
- "Hard Conversations: The Impact of Systemic Racism on Eating Disorders in BIPOC Communities"
- "Mental Health and Parenthood"
- "Virtual Focusing Workshop"
- "Happier Holidays: Navigating Eating Disorder Recovery through the Holiday Season"
- "Binge Eating Disorder Workshop: HAES for the Holidays"

COLORADO COMMUNITY COLLABORATIVE FOR EATING DISORDERS

“Radical self-love summons us to be our most expansive selves, knowing that the more unflinchingly powerful we allow ourselves to be, the more unflinchingly powerful others feel capable of being. Our unapologetic embrace of our bodies gives others permission to unapologetically embrace theirs.”

— Sonya Renee Taylor, *The Body Is Not an Apology: The Power of Radical Self-Love*

The Colorado Community Collaborative's largest effort in 2021 brought hundreds of community members to march forth into a new year of continued growth and awareness with author Sonya Renee Taylor. This event was followed by a recap and discussion with moderator Regan Byrd.

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," is part of EDF's community-building efforts.

The collaborative can now be reached at COCommunityCollaborative@gmail.com

The Colorado Community Collaborative for Eating Disorders



THE EDF MONTHLY SPOTLIGHT SERIES

Recovery Story Spotlights Volunteer Spotlights Mentor Spotlights

The EDF Monthly Member Spotlight Series features mentors, volunteers, and recovery stories from those who have used EDF as a resource throughout their recovery journey.

The series can be found in our website's "About Us" section.



December 2021 Mentor
Spotlight – Carol Martin

"Recovery is not a static process. It is nuanced and unique to each individual. I volunteer at EDF because I see value in this continued conversation. I believe that sustained recovery is a process of evolution that requires consistent, kind attention."

January 2022
Volunteer Spotlight –
Kendra Maruyama



"I hope by being open, I can encourage others to know that recovery really is possible!"

October 2021
Volunteer Spotlight –
Mindy Hoffman

"You're going to have to be very honest with yourself and others about how you're doing and what you're feeling. I also think it's important for someone to know that there's no reason to be ashamed about your mistakes, or even your eating disorder in general."

November 2021 Recovery Story
Spotlight – Mackenzie Maynard



September 2021 Mentor Spotlight –
David Baker



OCTOBER 2021

Month of Giving

Thank you to our 2021 Month of Giving sponsors:

Presenting Sponsor - \$20,000

Thank you to Verne and Andrea Singleton

Glacier+ Sponsors - \$15,000:

Stephen & Nanette Shelley

Glacier Sponsors - \$10,000:

The Hueni Family

Toni & Jonathan Saiber

Rocks+ Sponsors - \$7,500:

Collegiate Peaks Bank

Rocks Sponsors - \$5,000:

Denise St. Vrain Perkins and John Perkins

Eating Recovery Center and Pathlight Mood & Anxiety Center

EDCare Denver

Forte Analytics

Martha & Richard Caschette

Icicle+ Sponsors - \$3,000

Land Title Guarantee Company

Icicle Sponsors - \$2,750

BBVA Compass

Gaudiani Clinic

Omni Counseling & Nutrition

PDC Energy

Rocky Mountain Hospital for Children

Icebreaker Sponsors - \$1,000

*Acute Center for Eating Disorders &
Severe Malnutrition*

Alsana

Falafel King

Simons Therapy

iaedp Foundation Denver Chapter

Eating Disorder Intervention

Tom Kearns & Sarah Fisher

For the last eight years, EDF has held an annual gala, an evening that has become our principal fund-raising event, allowing us to offer our services free of charge. Respecting the mood of the moment, we decided to do something different this year. Rather than holding a gala, we dedicated the month of October to an intensive fundraising effort, "EDF's Month of Giving."

We are happy to report that our Month of Giving was quite a success, raising nearly \$215,000. Thank you for your generosity and commitment to our mission. With these funds, we can continue to enrich our programs including support groups, mentorship, education and advocacy. We promise to listen, innovate and meet the needs of our growing community. We are forever grateful!

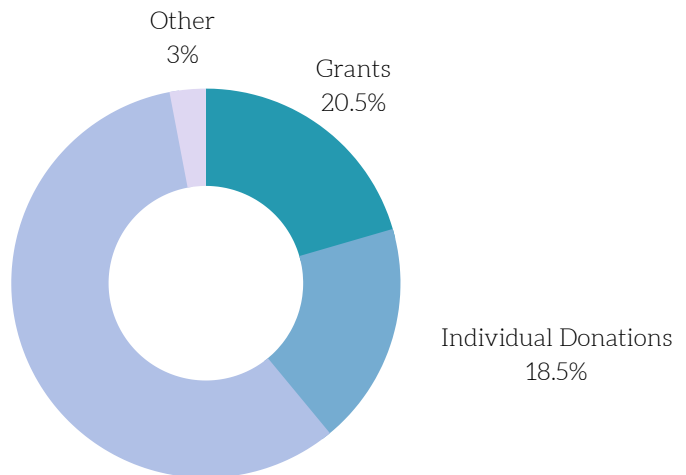
IMPORTANT SOURCES OF FUNDING

2021 FINANCIAL RESULTS

REVENUE: \$361,666

EXPENSES: \$376,985

Month of Giving
58%





THE EATING DISORDER FOUNDATION

1901 E 20th Ave
Denver, CO 80205

eatingdisorderfoundation.org

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info@eatingdisorderfoundation.org

EDF's Board of Directors

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

View all our board member bios on our website!

eatingdisorderfoundation.org/leadership/

EDF's Full-Time Staff

- Dani Gilady (she/her)
Executive Director
- Sabrina Scanga (they/them)
Program Director
- McKenna Ganz (she/her)
Program Administrator
- Aims Babich (they/them)
Program Manager

Learn more about our staff members on our website!

eatingdisorderfoundation.org/our-staff/

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