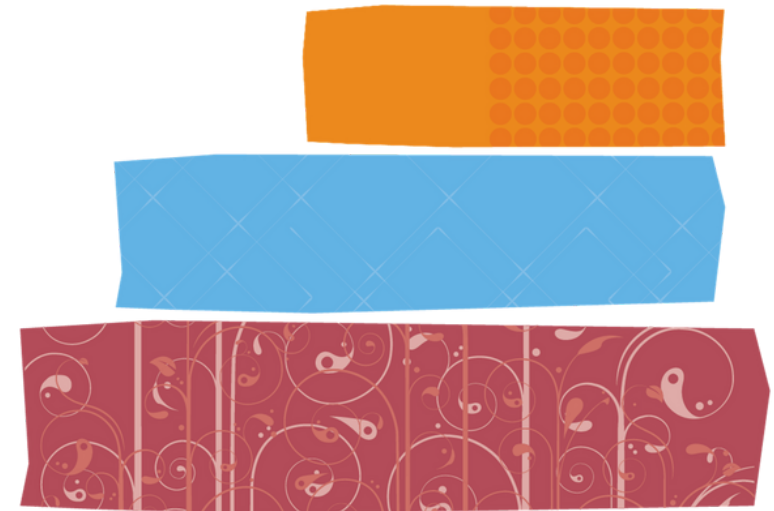


The Eating Disorder Foundation

**COMMUNITY
REPORT
2022**



Recovery is built on a solid foundation of community support and the power of education.

THE
EATING
DISORDER
FOUNDATION



"I was drowning, suffering in secret, and hopeless. The Family and Friends support groups were lifejackets. They gave me encouragement, showed me empathy, and even offered me resources. They were an outlet for my frustrations and anger, providing me refuge from tidal waves of anxiety.

I've always been fearful of displaying vulnerability, so sharing my deeply personal, individual and family matters with strangers was uncomfortable. And Toni Saiber, who facilitates me & my fellow travelers somehow made it such that I looked forward each week to doing so and listening to their stories. It was cathartic and exactly what I needed when I was ready to receive it.

I shudder to speculate where I'd be, where our family would be, if I hadn't joined EDF and I'm grateful for those, like yourselves, that make EDF possible, who continue to help people like my partner and me— not to mention countless others across the United States and even abroad— swim again. I'm back and my partner's still right here because EDF has been there for us."

-an excerpt from a member's personal story



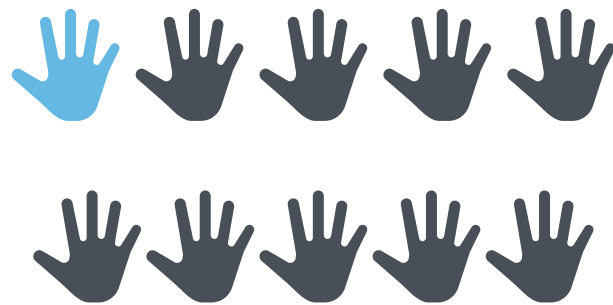
A LOOK BACK AT 2022 - AND A VISION FOR EDF'S THIRD DECADE

Toni Saiber, Founder

Twenty years ago and recovering from my own eating disorder, I became part of a small group that gathered to discuss an idea: starting a foundation that would help those suffering from eating disorders, as well as their family and friends. Those conversations gave birth to The Eating Disorder Foundation. Although 90 percent of non-profit organizations fail within their first five years, EDF bucked the odds. We're still here and thriving, providing support, resources, and educational services that are vital to the journey called "recovery." Beginning with a single support group for family and friends, EDF has expanded to offer 23 support and discussion groups, drop-in support, workshops, educational presentations and mentorship programs. We are creating awareness about eating disorders and working to eliminate the shame that lurks in the secret corners of so many lives. Twenty years ago, few acknowledged the prevalence of eating disorders. Now, it's no exaggeration to say that nearly everyone knows someone who has struggled with an eating disorder. As we celebrate our 20th anniversary, we are grateful to the volunteers, supporters, and donors who make EDF possible. Our staff and board continues its dedication to offering EDF's high-quality services free of charge and making our programs even more effective. As an EDF co-founder, board member, and group facilitator, I invite you to join us in whatever way you can. Our work is not done.

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, peer mentors, 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 since 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 or in person.

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 and discussions
- Referrals and advocacy for treatment options
- One-on-one mentorship
- All services are completely free of charge



EDF in 2022

WHAT WE'RE DOING AND WHO WE'VE SERVED

OUR **4**TH YEAR OF VIRTUAL SERVICES

2263 NEW GROUP MEMBERS

FROM ALL **50** STATES

24

plus Puerto Rico, DC, and

36
other countries



Different
support,
discussion,
and yoga
groups

AND MORE!

- **23** webinars and workshops
- **313** mentorship participants
- **4** staff members available for in-person, phone and e-mail support
- **2** brand new programs: Recovery Rack and Monthly Connections!

- Our virtual support groups have experienced a **1000% increase** in the average rate of monthly sign-ups compared to 2019.
- Emergency department visits doubled among adolescent females in 2020 - our youth are experiencing a **state of emergency**
- The diagnosed incidence of eating disorders was 15.3% higher in 2020 overall compared with previous years - yet, treatment became even more difficult to access
- **Highlighting an incredible need for more virtual resources, people to offer support, and community for those who need it most.**



FREE SUPPORT AND DISCUSSION

**FOR PEOPLE STRUGGLING WITH EATING DISORDERS ,
DISORDERED EATING, OR BODY IMAGE**

AND THEIR FAMILIES AND FRIENDS

- Virtual - Support Group for Family & Friends** | Mondays, 12:30 - 1:30pm(MT)
- Virtual - Mind-Body Connection Yoga** | 2nd and 4th Mondays, 5:00 - 6:00pm(MT)
- Virtual - Monthly Connections for BIPOC+ Individuals** | first Mondays, 6:00pm(MT)
- Virtual - Individuals 18+ Struggling with an Eating Disorder** | Tuesdays, 12:30 - 1:30pm(MT)
- Virtual - Individuals 18+ Struggling with Binge Eating Disorder** | Tuesdays, 2:00 - 3:00pm(MT)
- Virtual - Individuals 50+ Struggling with an Eating Disorder** | Tuesdays, 4:00 - 5:00pm(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, 12:30 - 1:30pm(MT)
- Virtual - Monthly Connections for Caregiver Skills** | 2nd Tuesdays, 12:00 - 1:00pm(MT)
- Virtual - Monthly Connections for Neurodivergent Folx** | last Wednesdays, 4:00pm(MT)
- In Person - Support Group for Individuals 18+** | Wednesdays, 5:00 - 6:00pm(MT)
- Virtual - LGBTQ+ Individuals 18+ Struggling with an Eating Disorder** | Wednesdays, 5:30 - 6:30pm(MT)
- Virtual - Support Group for Family & Friends** | Wednesdays, 5:00 - 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 - Monthly Connection for Professionals in Recovery** | last Fridays, 9am(MT)
- Virtual - Individuals 18+ Struggling with an Eating Disorder** | Fridays, 12:30 - 1:30pm(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)
- Virtual - Individuals 18+ Struggling with an Eating Disorder** | Sundays, 9:00 - 10:00am(MT)
- Virtual and In-Person - Special Holiday Groups** | see our website calendar for details

NEW IN 2022 - MONTHLY CONNECTIONS

As a bridge between our support groups and our educational workshops, these offer a free platform for individuals in the community to have focused discussions on topics that matter to them.



In-Person Services in 2022

In-Person Drop-in Hours

- Tuesday – 9am – 5pm MT
- Wednesday – 9am – 5pm MT
- Thursday – 9am – 5pm MT
- First Saturday of the month – 9am-1pm MT

DID YOU KNOW: 10.7% OF INDIVIDUALS SIGNING UP FOR SUPPORT IN 2022 CHOSE IN-PERSON GROUPS

Although our free, drop-in, virtual services are accessible anywhere in the world, our local community remains near and dear to our hearts. EDF staff are back in the office for drop-in hours and our new Recovery Rack program. Between our Garden Circle, running over the summer, and our current Wednesday evening group, our Denver members are finally able to reconnect and reunite. We look forward to cultivating a rich, rewarding "new normal" of hybrid services that meet folks where they are.

NOT IN DENVER OR CAN'T MAKE IT?

NOT TO WORRY, OUR VIRTUAL GROUPS AREN'T GOING ANYWHERE AND WILL REMAIN ACCESSIBLE TO FOLKS ALL OVER THE WORLD.



- EDF's newest program

Recovery Rack is a Denver-based, no-cost, size-inclusive boutique curated from gently used clothing for those in recovery.

Located at EDF, Recovery Rack intends to be a safe haven for self-expression as individuals explore recovery and a new relationship with their body.

How to use the space

Are you getting used to body changes in recovery? Do your old clothes no longer serve you? Do you want to explore new expressions of style or gender? Do you need to build skills for trying on and buying clothes? Are you learning how to feel good in your clothes?

Feel free to pop in any time during our drop-in hours. Try on clothing in a safe space, and hopefully come away with a few pieces that make you feel confident! Individuals are welcome, or feel free to make it an outing with a support person like a friend, mentor, coach, or therapist. Staff members will be around to support you if you need us. And it's all free!



Recovery Rack is open during EDF Drop-In Hours!

1901 E 20th Ave, Denver CO 80205

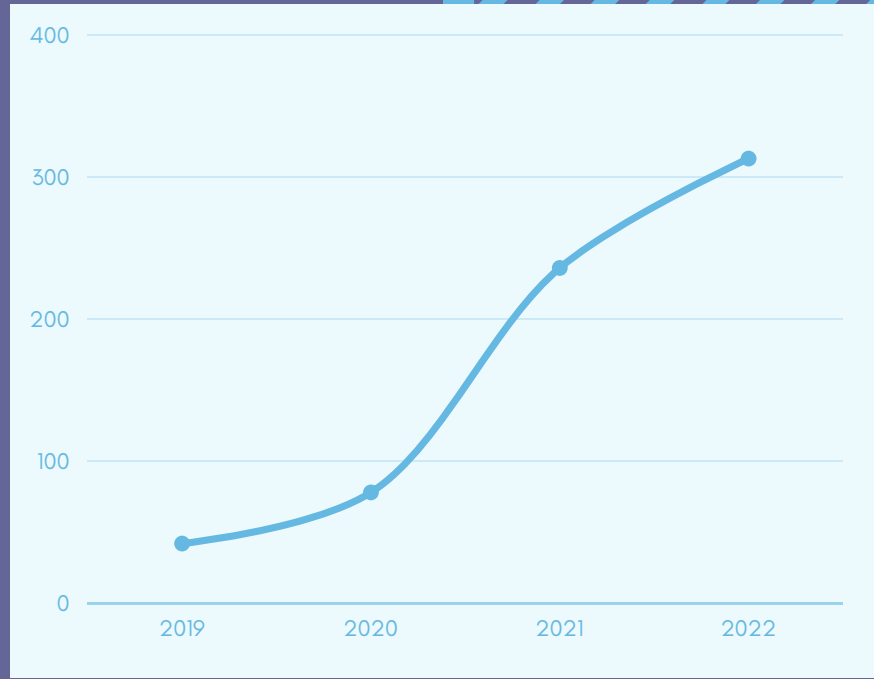
eatingdisorderfoundation.org/recovery-rack/

hello.recoveryrack@gmail.com

MENTORSHIP

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.



*We know you –
because we've been you.*

Through EDF's mentorship program, we match people with mentors who have walked the path and understands the complexity of the recovery journey. This 10 week program provides one-on-one support during weekly connections.

We are excited to add a new staff member to the team in 2023 to further develop the program and allow us to provide an even higher quality experience for everyone involved. We hope you all will stay tuned for updates when the mentorship program resumes next year!

**DID YOU KNOW: EDF REACHED AN
ESTIMATED 19,137 INDIVIDUALS THROUGH
EDUCATION AND OUTREACH PROGRAMS**

Breaking the Silence

EDUCATION AND OUTREACH



Schools

Age-specific presentations for kindergarten through college, plus teachers and faculty

Communities

Community groups, organizations, clubs and sports teams - all individually tailored

The Public

Health fairs, school events, and more

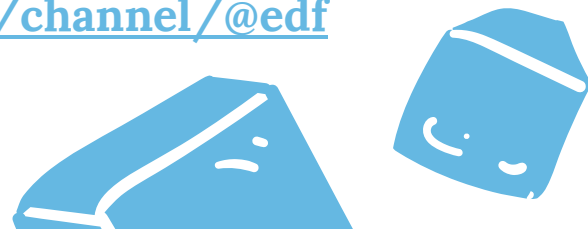
Diving Deeper

Virtual workshops, covering a wide variety of topics with various community partners - 23 this year!

Freely Available

Check our YouTube channel as we continue to upload recordings of our workshops

www.youtube.com/channel/@edf



COLLABORATIVE EVENTS 2022

**"CULTIVATING
SELF-COMPASSION"
WITH KRISTIN NEFF
MARCH**



Cultivating Self-Compassion
a virtual event with
Kristin Neff, Ph.D.

**"You keep worrying you're taking up
too much space. I wish you'd let
yourself be the milky way."**

— Andrea Gibson

**A PERFORMANCE
BY POET ANDREA
GIBSON
JUNE**

**EDF'S 14TH ANNUAL
CANDLELIGHT VIGIL
AUGUST**



Light a candle
to **REMEMBER**,
to **HONOR** &
to ignite the
flame of **HOPE**

Join us for an evening of unity!
14th ANNUAL
Candlelight Vigil

**DIFFICULT CONVERSATIONS
& HOW TO NAVIGATE THEM
DURING THE HOLIDAYS**

with *Bryn
Miller*



**A HOLIDAY
WORKSHOP WITH
BRYN MILLER
NOVEMBER**

Brought to you by:
The Colorado Community Collaborative for Eating Disorders

THE
EATING
DISORDER
FOUNDATION


Eating
Recovery
Center


Pathlight
Mood &
Anxiety
Center

EDCare 
www.eatingdisorder.care


Grace Filiss
RECOVERY CONSULTING

Fundraising



DID YOU KNOW

1,504 individuals donated to EDF this year

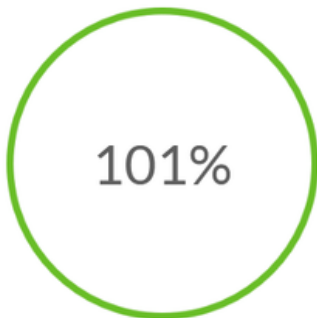
1,298 of those gave to EDF for the first time
- mainly through workshops and events

Among our donors, nearly all have a stake in the issue through their own struggle with an eating disorder or that of a loved one. No matter how much someone is able to give, they are all part of the drive to ensure that EDF's vital services continue, expand, and remain free of charge.

OCTOBER 2022

Month of Giving

We asked and you responded - we hit our goal!



of our \$250,000 goal
raised

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!

**In honor of EDF's 20th anniversary, please mark your calendar for
October 7th, 2023!**

You are not alone...



[EATINGDISORDERFOUNDATION.ORG
/GET-STARTED/](https://www.eatingdisorderfoundation.org/get-started/)

THE
EATING
DISORDER
FOUNDATION

1901 E 20th Ave
Denver, CO 80205

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

303-322-3373

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
- Robert Denerstein
- Jamie Roth
- Trish O'Donnell
- Grace Filiss
- Alex Kearns
- *Brad Bawmann - In Loving Memory*

View all our board member bios on our website!

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

EDF's Full-Time Staff

- Dani Gilady (she/her)
Executive Director
- Sabrina Scanga (they/them)
Program Director
- Lydia Rhino (any/all)
Program Director
- McKenna Ganz (she/her)
Program Administrator

Learn more about our staff members on our website!

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

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