

2024



# COMMUNITY REPORT

THE  
EATING  
DISORDER  
FOUNDATION

# OUR MISSION:

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

Our goal is to provide support, resources, and educational services that are vital to the journey called “recovery.”



The generosity of our community makes it possible for EDF to

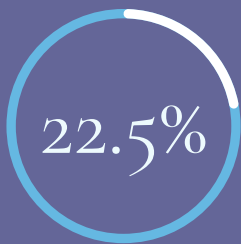
- give its support groups global reach
- establish mentorship programs
- offer workshops that address the growing and devastating problem of eating disorders
- engage and support marginalized communities
- advocate for equitable treatment for all

THE  
EATING  
DISORDER  
FOUNDATION

# 2024 COMMUNITY REPORT

## WHY ARE WE HERE?

- Eating disorders are among the deadliest of all mental illnesses, second only to substance use disorders
- Only 2 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
- Recovery 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



22.5% of Colorado high school students reported engaging in disordered behaviors



Nearly **10% of the population** is impacted by eating disorders

Eating disorder related healthcare needs **increased 65%** between 2018 and 2022



## 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, sizes, and incomes. Risk factors for eating disorders include isolation, food insecurity, anxiety, loss of control, trauma, interpersonal violence, substance use, and more. 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 offered online
- School presentations and resource fairs
- Support by phone, e-mail, and in-person
- Support groups and discussions
- Educating professionals and providing networking opportunities
- Referrals and advocacy for treatment options and resources
- Partnership with a low-cost counseling program
- One-on-one mentorship
- A size- and gender-inclusive clothing boutique
- Legislative advocacy

**All services are free of charge**

# WHAT WE'RE DOING AND WHO WE'VE SERVED

## OUR NEW MEMBERS

2604 individuals became involved with EDF in 2024

9.8% increase in support group sign-ups compared to 2023

12.7% identified as minorities or people of color

14.1% identified as trans or nonbinary

36.4% identified as neurodivergent

34.4% lived in low-income households

24.8% were over the age of 50

24.7% were people with disabilities

14.2% of our new members are international, representing 28 countries, plus all 50 states, DC and Puerto Rico

22.4% of those from the US lived in Colorado

30% of those who sought treatment found their provider through EDF

### Coming in 2025:

Monthly Connections for Co-Occurring  
Substance Use Disorders  
&  
Monthly Connections for Men

Watch for details to come!

# OUR GROUPS

## WHAT WE OFFER

### GOING INTO 2025

*Thank you to  
our facilitators  
who make  
these groups  
possible!*

#### **Mondays**

Virtual - Support Group for Family & Friends

Virtual - Monthly Connections for Romantic Partners

#### **Tuesdays**

Virtual - Monthly Connections for Athletes

Virtual - Individuals 18+ Struggling with an Eating Disorder

Virtual - Individuals 50+ Struggling with an Eating Disorder

Virtual - Individuals 18+ Struggling with an Eating Disorder

#### **Wednesdays**

Virtual - Individuals 18+ Struggling with an Eating Disorder

Virtual - Monthly Connections for Neurodivergent Folx

In Person - Support Group for Individuals 18+

Virtual - LGBTQ+ Individuals Struggling with an Eating Disorder

Virtual - Support Group for Family & Friends

#### **Thursdays**

Virtual - Monthly Connections for Health Professionals in Recovery

Virtual - Monthly Connections for People Experiencing Binge Behaviors

Virtual - Individuals 30+ Struggling with an Eating Disorder

Virtual - Monthly Connections for Adolescents 13-17

Virtual - Art Journaling for Individuals 18+

#### **Fridays**

Virtual - Individuals 18+ Struggling with an Eating Disorder

#### **Saturdays**

Virtual - Individuals 30+ Struggling with an Eating Disorder

In Person - Social Saturdays

Virtual - On Solid Ground Recovery Group

Virtual and In-Person - Special Holiday Groups





# WE KNOW YOU BECAUSE WE'VE BEEN YOU

## EDF'S MENTORSHIP PROGRAM

In 2024, 140 individuals were paired with a mentor! We received a total of 375 applications for a mentor, demonstrating the impressive demand for this popular program. We are so grateful to our 82 incredible volunteer mentors for their passion and dedication to supporting others on their journeys.

*"My mentor has been the single most influential person in my recovery to date. I have been in recovery for over 5 years, and she has made the biggest impact, lent the biggest heart, lit the biggest fire, and shared the most strength."*

*"My mentor has been amazing. Thank you so much for working so hard to ensure I was paired with someone so well matched to me as an athlete, a mom and pretty much at the same stage of life. She has been amazing incredible support and I am so grateful for her time and your program."*

*"I have quickly learned that mentorship feels like just the missing component that I needed in my recovery support team. I am so thankful to have a space that I can experience reduced shame and be able to talk about recovery so openly and honestly, and realize how normal I actually am."*

*"It was extremely rewarding to share the tools I've learned with someone. It helped me realize how much work I've done personally and how much value I can bring someone else's journey."*

*"My mentor makes me feel understood and I like how we can both be sarcastic and laugh about things in a way that people who have never had an eating disorder can't as easily."*

*"My mentee and I had a lot in common which made our sessions fly by. I was honored to be able to support someone that is still struggling with a life-long ED and give hope that recovery is actually possible, even in later life."*

*"The mentorship gave me new perspectives, encouragement, and hope for the future. A terrific program that provides much needed one-on-one support for caregivers."*

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.

# BREAKING THE SILENCE

## EDUCATION AND OUTREACH

### Schools and Communities

Age-specific presentations for kindergarten through college, plus teachers and faculty, community groups, organizations, clubs and sports teams - all individually tailored

27 presentations

550 individuals reached

### The Public

Health fairs, school events, and more

23 community events

5369 individuals reached

### Diving Deeper

Virtual workshops, covering a wide variety of topics with various community partners

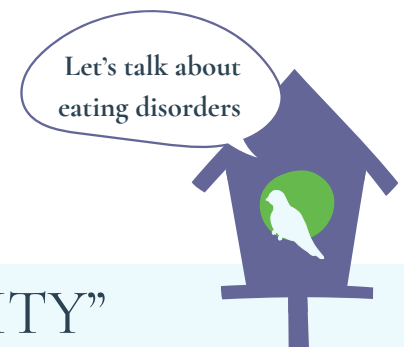
16 workshops

2073 individuals reached

### Freely Available

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

[www.youtube.com/channel/@edf](https://www.youtube.com/channel/@edf)



### “HEALING IN COMMUNITY”

In 2024, the theme for Eating Disorders Awareness Week was Healing in Community." Community can be such a powerful tool in healing - we are so much better together.

## ADVOCACY

EDF advocates and partners assisted in the passage of two bills into Colorado law: HB24-1285: “Student Weight-Based Bullying Prevention” and SB24-117: “Eating Disorder Treatment & Recovery Programs.”



## COLORADO EATING DISORDERS PROFESSIONALS

***Bringing together Colorado's eating disorders professionals for networking and continuing education opportunities***

Our goal is to create a hub for networking and education events specifically for providers and professionals in the Colorado eating disorders provider community under the EDF umbrella. Join us for monthly networking, educational and social events, and more as we connect professionals in the region!

**Sign up at [eatingdisorderfoundation.org/copro/](https://eatingdisorderfoundation.org/copro/)**



### ongoing events

#### MONTHLY MEETUPS

1st Fridays  
9-11 am  
Edgewater Public Market

#### CASE CONVERSATIONS

3rd Fridays  
9-10 am  
Zoom

***"We are so excited about the formation of COPRO. Colorado has an incredible network of eating disorder professionals that we look forward to bringing together. Our diverse professional landscape will offer opportunity for connection, learning and community. We hope to grow COPRO with intention and care so keep an eye out for future events!"***

## COPRO ADVISORY BOARD



Dani Gilady  
EDF Executive Director



Stephen Reeder  
MA, NCC, LPC, CEDS  
EDF Board Member  
Red Deer Counseling



Bryn Miller  
LPC, CEDS-C, Advanced  
Certified Therapist EFFT  
Bryn Miller Therapy Services



Stefanie Ginsburg  
RD, CEDS-C  
Unrestricted Nutrition  
Counseling and Consulting





ACCESSIBLE CARE *for* EVERYBODY

THE  
EATING  
DISORDER  
FOUNDATION

x

*ardent  
grove  
foundation*

After several years of hard work and planning, we were so thrilled to announce the official launch of EDF's newest program in 2024. Accessible Care for EveryBody (ACE) is a low-cost counseling program for individuals impacted by eating disorders, disordered eating, and body image concerns.

Although up to one in four Coloradans are impacted by eating disorders, disordered eating, or body image concerns, affordable resources are few and far between. Many Coloradans are underserved in this regard and do not have access to support necessary for remaining healthy and in recovery. 68.5% of EDF survey respondents identified "cost or availability of treatment" as a barrier to their recovery. Of those, 65.3% identified it as their most significant barrier to recovery.

Our partnership with Ardent Grove, a low-cost outpatient mental health clinic, poses the unique opportunity for those in need to be connected with high-quality, trauma-informed mental healthcare, with the addition of specialized training, clinical supervision, and wraparound services necessary to best support this underserved population.

Accessible Care for EveryBody (ACE) offers individual and specialty mental health services at an extremely low cost to help clients on their journey of eating disorder healing and recovery. These services are available for individuals who have otherwise no or very limited access to mental health services, specifically comprehensive and specialized eating disorder treatment.

Learn more about our partners at Ardent Grove: [ardentgrove.org](https://ardentgrove.org)



this program is made possible thanks to funding from the Community Resilience Initiative for Expanding Access to Behavioral Health

2024 COMMUNITY REPORT

# DISCOVER YOUR 'WHY?'

## FUNDRAISING IN 2024

Each October is dedicated to a major fundraising campaign that makes all of our programs possible. This year, we invited our community to reflect on a question that would change lives: Why support EDF? Each of us has a personal reason that drives our desire to give. It could be a memory of a loved one, a passion for a program you volunteer to support, or a vision for recovery for yourself or others. Here at EDF, we believe that discovering your “why” is just as important as the act of giving itself. As we launched our campaign, we encouraged members to reflect on their personal “why.” What motivates those who support our mission? See some of our community responses on the next page!

**Total Revenue: \$544,212**

**Total Expenses: \$491,111**

*For more details about our financials, keep an eye out for our 990 coming soon.*

### FUNDS RAISED

**\$544, 212**

HELP US MAKE YOUR 'WHY' HAPPEN



#### *Did you know:*

Most of our funding comes from individual donations, especially during our Month of Giving campaign.

\$600,000  
\$500,000  
\$400,000  
\$300,000  
\$200,000  
\$100,000  
\$0



# DISCOVER THEIR 'WHY?'

*THIS is what you make possible  
when you support EDF*

FUNDRAISING IN 2024

"Because EDF helps me better understand myself and provides a safe, caring community that hears me, sees me, and holds me."

"My 'why' is my boys"

"The availability of Lydia, Dani and Claire have motivated and encouraged me to keep making progress in my recovery. I love the EDF and it is my hope, prayer and dream to be able to give back what they have been able to give to me. I can't wait to help EDF reach others."

"For my daughter who is fighting for recovery."

"Every time I have connected I have felt a sense of inclusion, empathy, and agency for change. Group practitioners have done well setting expectations and norms, establishing equitable access, and provided beneficial strategies."

"Thank you for the work you are doing to understand, support, treat and recover from eating disorders."

"They have shown that they really care and have been a huge support to me both through the facilitators of groups, the Executive Director, and my peers. I am very appreciative of EDF!!!"

"Thank you to EVERYONE at EDF for all you have done and continue to do. Thank you for being inclusive and for all the people that really and honestly care. It feels rare to find that and I am so grateful for finding you all!"

"I entered the mentor/mentee program earlier this year and it was SO incredibly helpful to me. I started painting again after so many years caught up in the state of perfection that I was paralyzed to do anything but enjoy the things that made me so happy. I felt free for some time about food and body image but my love for painting has continued. You did this right. Best program out there and so many more places should be offering this."

"Thank you for offering the 50+ group!! It makes a difference in connecting with others in the same age group. Bonnie the group facilitator is very helpful in her knowledge and her compassion!!!"

"Everything. Thank you all for all that you do. It is so comforting to me to know that I can visit anytime...good vibes from all staff and volunteers..."

"On Solid Ground is such a unique space that has allowed me to process the challenges that arise in long-term recovery. I am so grateful that it exists."

"It's been very nice to have a community of other caregivers to reach out to and get support from, mainly in feeling like we're not alone in this journey."

"I absolutely love the groups and all the group hosts have been amazing. I love each group for their own individual reasons and get something out of each one. Sometimes I struggle to go to group but I always end up happy I went and knowing that helps me to attend groups more often. I really love EDF, everyone there, and all they do. I think it has been the single most helpful ED related help I have ever actually gotten!! Thank you to EVERYONE at EDF for all you have done and continue to do. Thank you for being inclusive and for all the people that really and honestly care. It feels rare to find that and I am so grateful for finding you all!"

2024 COMMUNITY REPORT

# HELPING US BREAK THE SILENCE

## OUR SPONSORS

*Thank you to our Annual Sponsors who help make this work possible*

### Platinum+ Sponsors - \$30,000+

Galen and Ada Belle Spencer Foundation  
Shelley Family Foundation  
Verne & Andrea Singleton

### Platinum Sponsors - \$20,000

The Hueni Family  
Jonathan & Toni Saiber  
Nancy Enyart

### Gold Sponsor - \$10,000



### Silver Sponsors - \$5,000



Richard and  
Martha  
Caschette



### Bronze Sponsors - \$2,000



Sally and John  
Odenheimer



The sponsorship program not only helps EDF raise much-needed funds but also enables us to convey information about the perils of eating disorders to a wide audience.

*Become a sponsor at  
[eatingdisorderfoundation.org/sponsorship/](https://eatingdisorderfoundation.org/sponsorship/)*

# YOU ARE NOT ALONE...

We extend our deepest gratitude to the generous donors who make our mission possible. Your steadfast support ensures that our programs remain free and accessible to all who need them, allowing individuals in the eating disorder community to receive life-saving care and support without barriers. Together, we create a solid foundation for our community to stand upon. Thank you for standing with us in this critical work.

***"Our services have been a lifeline for the eating disorder community, offering not just support, but a path toward healing. Through compassionate care and unwavering dedication, we have empowered individuals to reclaim their lives, fostering resilience, hope, and lasting recovery."***

***- Dani Gilady, Executive Director***

## EDF's Board of Directors

- Steve Shelley, President
- Stephen Reeder, Vice President
- Martha Caschette, Secretary
- Verne Singleton, Treasurer
- Toni Saiber, Founder
- Sarah Hueni
- Grace Filiss
- Alex Kearns
- Trish O'Donnell

## EDF's Full-Time Staff

- Dani Gilady (she/her)  
Executive Director
- Lydia Rhino (any/all)  
Program Director
- McKenna Ganz (she/her)  
Program Administrator
- Claire Engels (she/her)  
Program Coordinator



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

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

📍 1901 E. 20th Ave. Denver, CO 80205

📞 303-322-3373