

Friends,

Since 2000, The Alliance for Eating Disorders Awareness has provided programs and activities aimed at outreach, education, early intervention, and advocacy for all eating disorders. Because of your support, The Alliance has provided specialized services to more than **320,000 individuals nationwide**.

The Alliance has continued to expand programs and services adding free, clinician-led support groups in new cities, starting first-of-its-kind eating disorders outpatient therapeutic treatment, providing education to communities and healthcare workers, and connecting thousands of individuals with specialized care.

The need for your support has never been greater.

AS THE ALLIANCE OFFERS ADDITIONAL SERVICES TO REACH MORE PEOPLE IN NEED, WE ARE RELYING ON THE CONTINUED SUPPORT OF THE COMMUNITY. HELP US SUSTAIN OUR GROWTH BY GIVING TO THE ALLIANCE TODAY.

**YOUR GENEROUS
DONATION
IS GREATLY
APPRECIATED &
CAN PROVIDE**

\$25 – One hour of life-saving, one-on-one telephone referrals for specialized eating disorder care to a scared and distressed parent like Claire*.

\$50 – A session of one-on-one outpatient therapy in our Psychological Services program to someone like John* who has lived in silence with an eating disorder for more than four decades.

\$250 – One free educational presentation to physicians and allied healthcare providers on properly recognizing and referring patients experiencing eating disorders.

\$1,000 – One month of a free, clinician-led eating disorder support group to individuals or family members in need, like Kaitlyn* or her husband Robert*.

The Alliance family has grown this year, launching a new Alliance Mid-Atlantic Committee serving Delaware, New Jersey, and Maryland. The Committee, chaired by Deanna Speir, will work to increase awareness and provide education to the region while raising funds to launch a new Alliance support group in the area.

We also unveiled a new logo and look this spring. While what you see on the outside has changed, what remains the same is our continued commitment to providing life-saving services for the community.

On behalf of the Alliance board, staff, and individuals we serve, **I thank you** from the bottom of my heart for your ongoing support. Without people like you, The Alliance would not be able to provide programs and services to thousands of individuals in need. Because of your support, we are able to save lives each and every day.

Warmest regards,



JOHANNA KANDEL | FOUNDER/CEO OF THE ALLIANCE FOR EATING DISORDERS AWARENESS

“ I know firsthand how **life-changing** The Alliance’s services are. Their Friends & Family support group provided the tools I needed, as a husband, to support my wife’s recovery from her eating disorder. By attending The Alliance’s groups, listening to other family members with loved ones in recovery, and sharing my own experience, I was able to become a more supportive husband for my wife. **Thank you for making a difference** in our lives and the lives of so many others each and every day. ”

– FRANK



THE ALLIANCE'S 2019 MID-YEAR REPORT

Psychological Services

The Alliance continues to offer low-cost, evidence-based Psychological Services to uninsured and underinsured individuals in southeast Florida. The first program of its kind in the nation, Psychological Services clients have historically lacked access to specialized care due to financial barriers; many are receiving eating disorder treatment for the first time. **57%** of the clients seen at Psychological Services are underinsured; the remaining **43%** have no health insurance whatsoever.

Through this program, individuals are able to access specialized, life-saving, outpatient therapeutic counseling on a sliding scale, with no limits to how often they are able to utilize the services. **75%** of Psychological Services clients report a combined annual household income of **\$25,000 or less**, while **42%** report a combined annual household income of **\$10,000 or less**.

Since January, The Alliance has provided **618** hours of individual, couples, and family therapy for **as low as \$5** per session. Thanks to community partnerships between The Alliance and private practitioners, clients of Psychological Services are also able to access auxiliary health providers, including dietitians and psychiatrists, at a reduced rate.

Support Groups

The Alliance believes full recovery from an eating disorder is possible, and each week, we see dozens of individuals continuing their path to recovery through our free, clinician-led support groups. Since January, we have welcomed **2038 attendees**, including **265 new attendees**, into our pro-recovery and friends and family groups across the nation.

The only national organization to offer free, clinician-led support groups for individuals with eating disorders and their loved ones, The Alliance's support groups continue to grow to reach communities in need. In 2018, The Alliance launched new support groups in **five new cities**, and in 2019, we plan to open at least an additional four support groups.

So far this year, The Alliance has hosted **262 group sessions**, offering over **393 hours of free support group services**. Each group is led by clinicians with experience in the treatment of eating disorders, providing a safe space and a sense of community for a disease which often flourishes in isolation. We also offer groups for loved ones of those experiencing eating disorders, allowing friends and family members to learn how to best provide support and to receive care for themselves.

Funds raised for Alliance support groups remain within the local community to provide these critical services to neighbors in need.

Referrals for Care

Navigating specialized healthcare and treatment options for people experiencing eating disorders can be difficult due to lack of comprehensive insurance coverage, prohibitively high out of pocket costs, lack of clinician expertise, and countless other factors. When treating eating disorders, it is important individuals have access to a treatment team consisting of at least a therapist, a psychiatrist, a medical nutritionist, and a physician.

Two years ago, to help individuals assemble treatment teams, The Alliance launched www.FindEDHelp.com, the nation's only interactive, no-fee, comprehensive referral database for individuals seeking all levels of eating disorder treatment. Visitors to the site may search for specialized care based on criteria such as their location, gender, insurance carrier, level of care needed, and co-occurring diagnoses.

Currently, there are more than 1,120 clinicians included in the database who specialize and have experience in treating eating disorders; more clinicians are added daily. Since January, The Alliance has provided over **5600 referrals for care** via our referral hotline and website.

Community Education & Outreach

Eating disorder education is often overlooked in medical schools and other higher-education curriculum, leaving patients at risk of late diagnosis and delayed intervention. To combat this, The Alliance provides continuing education trainings for therapists, dietitians, social workers, nurses, physicians, and other allied healthcare providers and students so they may properly recognize a patient experiencing an eating disorder and refer them for appropriate care. **Support from our community partners and from donors like you** allows us to provide critical training diverse professionals.

The Alliance also recognizes the importance of educating young people and adults on body image, self-esteem, and eating disorder complications. We regularly present age-appropriate materials to middle and high schools, university students, after school programs, summer camps, treatment programs, community-based organizations, and more. This year, The Alliance has provided critical community education services to **3652 individuals** via **89** community outreach and education events.

The Alliance also provides internship and volunteer opportunities to high school students, college students, and community members. Since January, interns and volunteers have dedicated **1674 hours** of volunteer service at The Alliance's headquarters and at our events.

*Names have been changed to protect confidentiality.

LESS THAN 1 IN 3 PEOPLE EXPERIENCING AN EATING DISORDER HAVE ACCESS TO SPECIALIZED CARE. HELP THE ALLIANCE PROVIDE CRITICAL SUPPORT TO THOSE IN NEED TODAY!

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