

*Friends,*

To say this year, so far, has been one of twists and turns would be an understatement. Across the world, we have all been impacted by recent events in many profound ways.

**For the individuals and families who rely on The Alliance's life-saving services, the need for our critical care and support has never been greater.**

When we were forced to temporarily suspend our in-person services nationwide due to COVID-19, our team quickly responded to the increased demand for virtual eating disorder care without skipping a beat. Since mid-March, all of The Alliance's services continue to operate online, allowing more people than ever to access care & support.

*Our perseverance through these hard times cement what I already knew to be true...*

**We are Alliance Survivors.**

For the people who rely on The Alliance's services, we have no choice but to choose resiliency. Our work cannot and will not stop now.

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

**\$25** – One hour of individualized referrals for specialized care, provided by a licensed clinician, for distressed parents like Jorge\* and Adele\* who were unable to locate treatment for their son.

**\$500** – Training for 60 healthcare providers on screening and referring patients who are experiencing eating disorders and comorbid disorders.

**\$100** – Two sessions of outpatient therapy for clients like Cameron\*, an underinsured Army veteran who lacked access to eating disorder care.

**\$1,000** – One month of a free, clinician-led eating disorder support group for individuals or family members in need like Angela\* and her partner Beth\*.

**THE DEMAND FOR MENTAL HEALTH CARE IS GREATER THAN EVER. WITH YOUR SUPPORT, WE CAN CONTINUE RESPONDING TO INDIVIDUALS IN CRISIS & CREATING MORE ALLIANCE SURVIVORS.**

On behalf of our board, staff, & the individuals we serve, thank you for continuing to give the gift of hope. As we approach our 20th anniversary, your support allows us to work hard to fight this insidious disease. **Because of you, we are able to save lives every day.**

*Warmest regards,*



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

“ The Alliance has provided me stability throughout the pandemic. Every single support group has renewed my strength to keep fighting for recovery. I am further in my journey to recovery than I have ever been in 26 years. Attending The Alliance's groups gives me a beacon of hope and reminds me that recovery is worth it. The support groups offer me consistency in a world full of unknowns. I am beyond blessed to be a part of The Alliance's support groups!

”

– NICOLE\*



# THE ALLIANCE'S 2020 MID-YEAR REPORT

**This fall we will celebrate 20 years of The Alliance for Eating Disorders Awareness.  
We have so much to reflect upon and be thankful for.**

*Since January, we have provided over 52,900 individuals, clinicians, and community members with supportive care, resources, and education.*

Early this year, the Eating Disorders Network of Central Florida and Helping Other People Eat merged into The Alliance to create our new Alliance Central Florida affiliate. We also welcomed the formation of the Alliance Louisiana affiliate, which helped raise enough funds to launch an Alliance support group in Baton Rouge. We are so thankful to have them join our Mid-Atlantic & Miami affiliates! Committed to welcoming future professionals into the mental health field, we continued to grow our internship & volunteer programs. This year, more than 150 interns and volunteers have assisted The Alliance in our offices and at events.

## Psychological Services

The Alliance continues to provide low-cost, evidence based Psychological Services to uninsured and under-insured individuals in South Florida. Clients of this innovative program can access specialized outpatient therapy for as little as \$5/session. By removing financial barriers, clients can receive individual, couples, and family counseling, and participate in therapeutic groups. The only program of its kind in the nation, Psychological Services provides critical care to the most vulnerable members of our community. Nearly **44%** of clients are uninsured and the remaining **56%** lack adequate insurance coverage. Over **67%** of clients report an annual household income of **\$25,000** or less. Since January, we have provided over **940** hours of low-cost outpatient therapy. We expect an increase in demand due to pandemic-related trauma, community disenfranchisement, and prolonged isolation.

## Support Groups

The Alliance is the only national organization to offer free, weekly, clinician-led support groups for individuals with eating disorders and for loved ones. Within our 24 in-person & virtual support groups, people from around the world are able to begin or continue healing.

Since January, we have added four new support groups, including a third group in Orlando, FL. In order to continue providing this critical service during the pandemic, we also began offering three free, weekly, virtual clinician-led support groups. We are excited to launch new groups in Baton Rouge, LA and Newark, DE soon.

This year, more than **3,300** individuals began or continued walking the path to recovery by attending The Alliance's in-person and virtual support groups. Because of donors like you, we have provided over **336** hours of free support group services nationwide since January!

\*Names have been changed to protect confidentiality.

## Referrals for Care

Very often, locating a specialized eating disorder treatment team can be challenging. Insurance barriers, restrictive costs, and lack of provider expertise further exacerbate an already difficult process. In response, The Alliance created findEDhelp, the nation's most comprehensive and inclusive free referral database for individuals seeking all levels of eating disorders treatment.

Currently, **1,725** treatment providers from across the country are listed. Searches may be conducted based on many specific criteria such as location, co-occurring diagnoses, or insurance provider. The findEDhelp database may be accessed via our website or our new mobile app. Those in need of personalized assistance may also contact the findEDhelp hotline. Already this year, more than **45,500** free referrals for all levels of care have been provided via findEDhelp!

## Education & Outreach

Support from community partners and donors have allowed us to provide critical training to diverse professionals. This year, The Alliance has provided education to over **4,400** individuals on topics including trauma, anxiety, and co-occurring disorders.

We believe awareness and early intervention are key. We present age-appropriate, medically-accurate information regarding body image, self-esteem, and complications of eating disorders in schools, universities, and community programs. We also recognize those living with mental illness may be suffering now more than ever. In response, we continue to provide trainings to frontline healthcare workers and community advocates.

Prior to college campuses temporarily closing, Southern Smash, a program of The Alliance since 2019, brought inspiring events and panel discussions to **9** college campuses. Across the nation, more than **300** students smashed scales and engaged in much needed, thought-provoking discussion.

## CONTACT US

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