

20 YEARS

Help. Support. Recovery.

Since 2000, The Alliance for Eating Disorders Awareness has served as the premier eating disorder organization. For 20 years, we have provided life-saving treatment, programs, and activities aimed at outreach, education, early intervention, support, and advocacy for all eating disorders. Through our tangible, high quality services provided in local communities nationwide and virtually, The Alliance brings access to care and support to thousands of individuals and families each year.

Since the onset of the COVID-19 pandemic, eating disorder occurrences and acuity have drastically increased, while individuals who are suffering are less able to access appropriate care. We quickly pivoted our services to meet the increased need experienced by individuals and families across the nation. While 2020 has been a year unlike any other, we are so thankful for the tremendous support we've received from our community. It is because of you that we have been able to meet the unprecedented demand for specialized eating disorder resources and support.

The year, The Alliance has impacted more community members than ever before:



87%

more referrals for care via telephone, and the findEDhelp website and app



49%

more attendees to free, therapist-led support groups



100%

more healthcare providers and community members trained and educated



**Over
2180**

hours of low-cost, outpatient therapy services



**Over
25,000**

engaged in Southern Smash initiatives

*January 1, 2020 - November 15, 2020



Your Support Saves Lives!

This fall, The Alliance celebrated our 20th anniversary by reflecting on the change we have created and the lives we've impacted. We invite you to learn more and hear stories from individuals who have inspired us over the past two decades by hovering your cell phone's camera over this QR code.

SUPPORT GROUPS

The Alliance is the only national organization to provide free, weekly, therapist-led support groups. Through providing **21** in-person support groups in **14** local communities and **5** online, we proudly bring accessible, life-saving support to individuals and families nationwide. This year, more than **7,660** individuals experiencing eating disorders and their loved ones have attended an Alliance support group.



“When my wife began her recovery process, she mentioned there was a support group for family members that The Alliance hosted. That is where I picked up the tools to be able to support my wife in the most loving and caring way. I learned how to communicate in a healthy and more loving way with my wife. As a result, I felt I could support her so much better.” - **Frank**

REFERRAL SERVICES

The Alliance provides free referrals for all levels of eating disorder care, administered by licensed therapists. This year, over **170,250** referrals inquiries have been provided via telephone, findEDhelp.com, and the new findEDhelp smartphone apps.



“Professionally, I’ve been involved in The Alliance for about 3 years, but personally, The Alliance is very dear to my heart. When I was struggling with an eating disorder, The Alliance was the resource that aided my family in getting me the proper treatment that I needed at the time. If it wasn’t for The Alliance, I don’t know where I would be today. I am forever grateful to The Alliance for everything they’ve done for me and for everything they continue to do for the community.

- **Abby Bernstein, LMHC**

PSYCHOLOGICAL SERVICES

As the only program of its kind in the country, The Alliance's Psychological Services provides affordable outpatient therapy to uninsured and underinsured individuals in South Florida. By removing financial barriers, clients of this life-saving program pay as little as \$5/session for individual, couples and family counseling, and therapeutic groups.



"With The Alliance, I have been able to achieve recovery and [the] ability to live my best life. The Alliance has been a game changer in my community. [Specialized therapy] has been provided to me at a low cost, sliding scale fee. Without it, I would not have been able to seek treatment. The Alliance has given me my life back. The Alliance has provided me a community, along with recovery, and I couldn't be prouder." - **Darian**

ALLIANCE AFFILIATES

The Alliance maintains several affiliates across the nation which help bring critical services to local communities. These passionate professionals and advocates are "boots on the ground" and help The Alliance provide training opportunities for healthcare providers; free, therapist-led support groups; and community events.



"My husband Gordon and I lost our son, Joe, to Anorexia Nervosa. When Joe was diagnosed, we were suddenly thrown into trying to understand what Anorexia was and where to get help. We have become strong advocates, determined to bring resources into our local community so that families can get the help and support they need. Last year, [we became] an affiliate of The Alliance. We have raised money [which] stays in our local community and will pay for free, therapist-led weekly support groups. [We've also] hosted the first ever eating disorder training in [our area]. We are truly blessed." - **Deanna**

YOUR SUPPORT SAVES LIVES

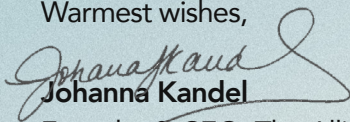
2020 has given The Alliance the opportunity to excel in what we do best: bring awareness and support to communities that need it the most. Through providing specialized trainings to healthcare providers across the country, virtually supporting individuals and families nationwide (especially in areas lacking access), and expanding our virtual therapeutic services, The Alliance looks forward to continuing our growth.

Because of you, The Alliance continues to respond to the increased demand for specialized eating disorder care. Your support has allowed us to expand our reach to more individuals and families in-need. Although this year has been difficult for all of us, for those experiencing eating disorders, compassionate care and support is critical now more than ever.

This season, we need your help to continue providing accessible, life-saving treatment and support to the most vulnerable members of our community. Simply put, your donation gives access to care to individuals who have suffered in silence for far too long. **Can you help support recovery today?**

On behalf of The Alliance's Board of Directors, staff, and the people we serve, thank you for your continued support!

Warmest wishes,



Johanna Kandel

Founder & CEO, The Alliance for Eating Disorders Awareness

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