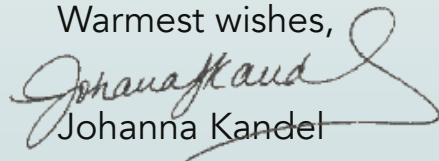


## Your Support Saves Lives!

As the pandemic continues to impact us all, the need for our specialized eating disorder services has never been greater. **Can you help The Alliance meet the demand by making a donation to our life-saving programs today?**

On behalf of The Alliance's Board of Directors, staff, and community members, thank you for your continued support!

Warmest wishes,



Johanna Kandel

### Board of Directors

Leah Wypych, MPA - Chair  
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### Collaborative Members

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Chase Bannister, MDiv, MSW, LCSW  
Nitika Chopra  
Mimi Cole

Megan Jayne Crabbe  
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Jillian Lampert, PhD, RD, MPH  
Nicolette Mason

Hunter McGrady  
Steph Ng  
Rachel Porter, PsyD  
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Katrina Velasquez, Esq, MA

### Staff

Johanna S Kandel - Founder & CEO  
McCall Dempsey - Director of Southern Smash  
Joann Hendelman, PhD, RN - Clinical Director  
Sarea Foley - Events Manager  
Mark Krontorad, LMFT - Training Supervisor  
Niurka Lluveras-Hernandez - Operations Manager  
Katie Mittelstaedt, PsyD - Postdoctoral Fellow

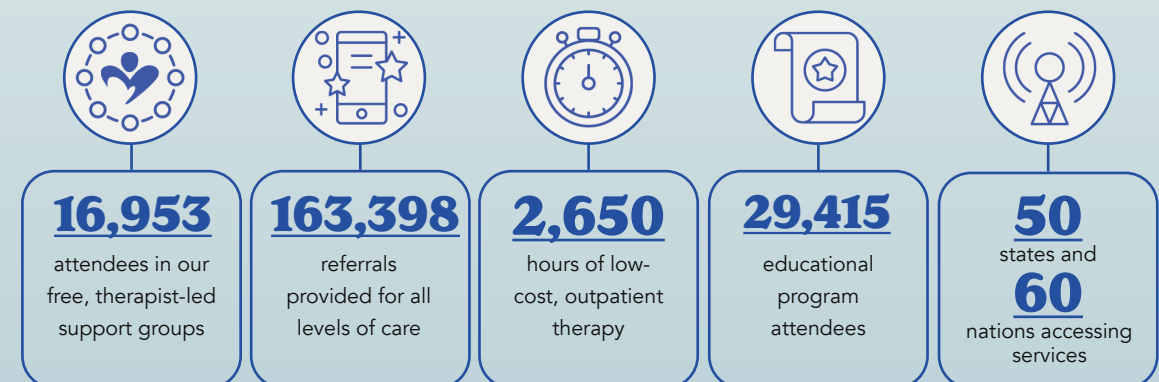
Lisa Murano - Donor Relations Manager  
Rachel Rifkin, LMHC - Psychological Services Therapist  
Amy Sullivan, LPC-Associate - Referral Specialist  
Nina Taylor, MPH - Education Manager  
Allie Weiser, PsyD - Resources Manager  
Laurie Yurchuck - Administrative Coordinator

# 21 YEARS

This fall, in celebration of our 21st anniversary, we re-introduced ourselves to our community under our new name, **National Alliance for Eating Disorders**. Embracing our role as the leading national organization providing education, referrals, and support for all individuals experiencing eating disorders was long overdue. We're thrilled to continue walking alongside individuals and loved ones on their journey to recovery.

**As we embark on this next chapter under our new name, rest assured that we will always remain "The Alliance," a community where individuals are welcome and supported.** Although our name has changed to better reflect our impact within local communities throughout the nation, we remain true to our mission of eliminating secrecy and smashing stigmas.

**In 2021 thus far, we have provided more life-saving programs and services nationwide than ever before\*:**



\*January 1 - November 15, 2021

## Your Support Saves Lives!

Eating disorder acuity and severity have skyrocketed due to the pandemic. The demand for The Alliance's accessible programs and services has never been greater. This season, we humbly ask you to help support recovery by making a contribution to The Alliance.

Your donation allows us to continue providing tangible services nationwide, so not one more life is taken too soon.

National Alliance for Eating Disorders

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www.allianceforeatingdisorders.com | 866-662-1235

## Support Groups

The Alliance is the leading national organization providing free, weekly, therapist-led support groups. Within our Pro-Recovery, LGBTQ+ Pro-Recovery, Friends & Family, and Mom2Mom support groups, community is found. Already this year, we have had a **230% increase in support group attendance.**\*\*



“My grandmother and I utilize your support groups often. I attend the Pro-Recovery groups and my grandmother attends the groups for Friends & Family. We have both learned so much. The Alliance has been integral to helping me maintain my recovery.”

## Referrals For Care

The Alliance provides free referrals for all levels of eating disorder care. Staffed by specialized therapists, our findEDhelp helpline, website, and smartphone apps have provided **80% more referrals this year.**\*\*



“I believe that The Alliance has made such an impact on us and how we approach our child’s recovery. We have embraced all the recommendations like life preservers, hoping one or more can keep us from sinking. You give my husband and I hope.”

\*\* as compared to 2019

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## Education & Outreach

The Alliance offers educational opportunities to healthcare providers and community members. Also, through our Southern Smash program, college students engage in exhilarating scale smashes and thought-provoking discussions. In 2021, participation in our education and Southern Smash programs has **grown by over 176%.**\*\*



“By being a part of The Alliance’s Southern Smash, I play a role in helping end the stigma surrounding eating disorders, while I further my studies in becoming a psychologist for those struggling.”

## Psychological Services

The only program of its kind in the nation, Psychological Services offers outpatient therapy to uninsured and underinsured individuals who otherwise would be left without care. The average fee-per-session that clients were able to afford dropped as low as **\$6/session this year**, a **drastic 62% decrease** from 2020.



“Before this program, I had nowhere else to turn and was convinced I’d die from my eating disorder. But, at The Alliance, my therapist gives me tips on how to process and not get overwhelmed with my roommate, family, and limited income. I don’t feel alone anymore.”

\*\* as compared to 2019

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