

A Message from Our Program Director:



Throughout my time volunteering with Rock Recovery and since coming on staff in June, I have seen lives significantly transformed through our program. **Each victory, big or small, inspires me and reminds me time and again why our work is so important.**

Whether our clients are eating a cookie for the first time in years, reconnecting with support systems after months of isolation, or rediscovering their passion for life, amazing progress is being made.

Thank you for your generous support of our mission to bring hope, healing and lasting recovery to those who struggle. You are giving life to so many.

Gratefully,

Elise Peterson

Elise Peterson MA, LGPC, CAC-I Program Director

FY 14-15 Timeline & Highlights:



What We Do:

Rock Recovery's mission is to support the journey to freedom from disordered eating. We do this by providing affordable outpatient recovery services in the Washington, D.C. area and community education programs nationwide.

What Our Clients Are Saying:

"Rock Recovery has been really helpful for me. I have trouble on weekends, so having group on Sundays is a good push for me. **It helps to know I'm not alone and that other people share the same struggles I do.**"

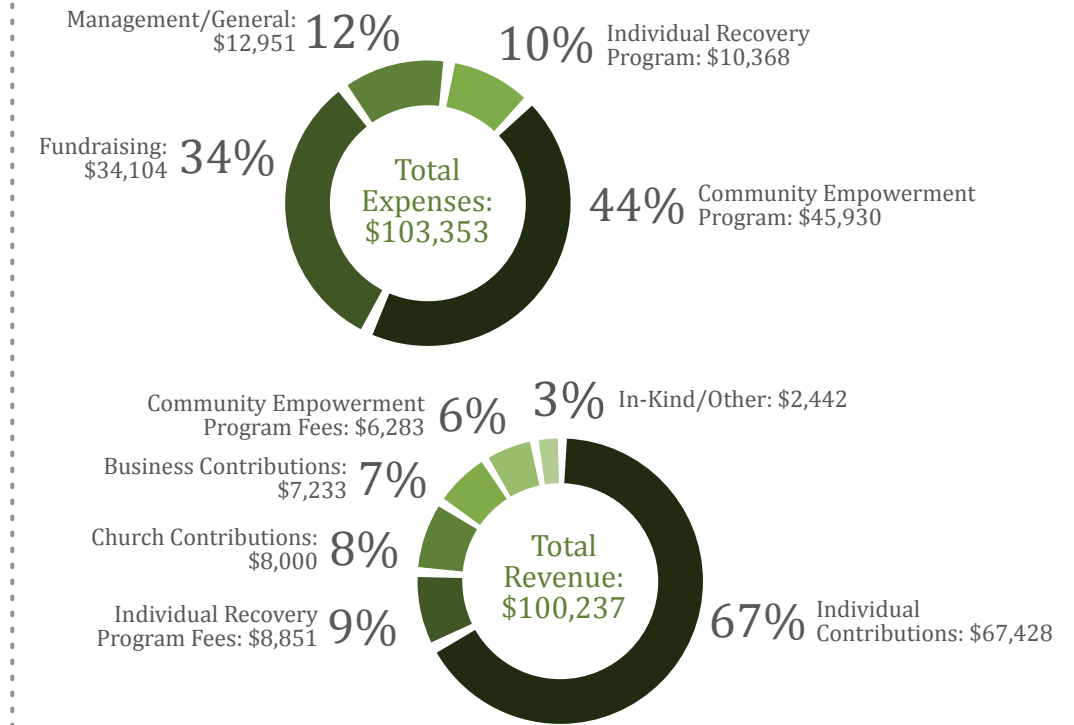
- Current Client

FY 14-15 Program Accomplishments:

Community Empowerment Program:

- 67% Increase in services over FY 13-14
- 2,624 Individuals educated through...
- 32 Rock Recovery signature events
- 7 Community events
- 4 Conferences and health fair expos

Financials:



Individual Recovery Program:

- 25% Increase in services over FY 13-14
- 19 Clients served
- 1,050 Hours of therapy provided
- 352 Meals served with dietitian support
- \$70k Value of therapy provided (*actual cost to clients: \$8,851*)
- 22 Number of individuals on the program waiting list

Signature Program Spotlight: *Hungry for What?*

The National Institute of Mental Health reports 25% of all college students struggle with an eating disorder... and that statistic is rising.

Rock Recovery's *Hungry for What?* is a 90-minute engaging program designed to equip and empower students to develop a healthy relationship with food and body image, in order to both prevent eating disorders from occurring and to provide tools for early intervention.



What Attendees Are Saying:

96% Of students said they were better equipped with skills and strategies to get help or help others

"I loved this talk and it made me aware of how unhealthy my relationship is with food."

- *Hungry for What?* attendee from James Madison University

Volunteer Highlight: *John Palino RD, LDN*

I was working at a children's hospital when I saw my first patient who suffered from an eating disorder. She was dangerously malnourished, being fed only through a feeding tube, and I remember how helpless she and her family felt about treating the disease.



Volunteering with Rock Recovery has been one of the most satisfying experiences of my life. The staff and volunteers are truly inspirational - talented, passionate and committed. I feel very, very fortunate to be a part of it.

A Message from Our Executive Director:

This last fiscal year was an incredible one for Rock Recovery, thanks to your support. Our programs flourished like never before, and our impact was felt by more families and community members.

We provided 25% more services to adults who desperately needed support. We also educated 67% more community members and connected them to vital resources to help them and their loved ones find healing and freedom.

The accomplishment I am most grateful for is the hiring of our second paid staff member, Elise Peterson, to serve as Program Director. As our staff grows so does our capacity. Our dream to open a transitional recovery program in the Washington, D.C. area is inching closer to reality, and we are looking to expand to meet the need for affordable and accessible treatment and education nationwide.

Over the past six years, Rock Recovery has provided hope and resources to more than 75 clients who had nowhere else to go.

Our waiting list continues to grow, and we currently have 22 individuals ready to start our program once a spot opens. I personally know the courage it takes to choose recovery, and my heart breaks when I meet people who want to be well but can't afford the tools it takes to get there.

Thank you for giving so generously and allowing more of our clients to find freedom they never believed was possible. **Lives are being restored with your help.**



In partnership,
Christie Dondero
Christie Dondero, Executive Director

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FY 2014-2015 ANNUAL REPORT

