



FY 2015-2016



# Rock Recovery

BRIDGE TO LIFE

ANNUAL REPORT





# A NOTE OF THANKS

I loved compiling this report. It gave me a chance to tangibly hold our successes and give thanks for the lives Rock Recovery has touched because of generous supporters like you. Last year we partnered with individuals, families, churches, universities, treatment centers, corporations and community organizations to educate 1,612 community members and serve 18 incredible clients on their journeys to freedom from disordered eating. Our incredible clients have found hope, health and healing because of people like you.

This past year has been a whirlwind of milestones.

We hired a new Program Director, brought a Chaplain onto our treatment team to better care for our clients' spiritual needs and created an expert Advisory Council to inform our program growth and excellence.

We also hit an all-time high of men and women on our waiting list. My heart breaks when I think of the 30+ brave men and women who have reached out for our help, yet are waiting to receive the care they need to recover until a spot opens in our program. I know with faithful supporters like you by our side, we can fulfill our urgent plans to raise the funds needed to double our program capacity and serve more of these truly courageous men and women.

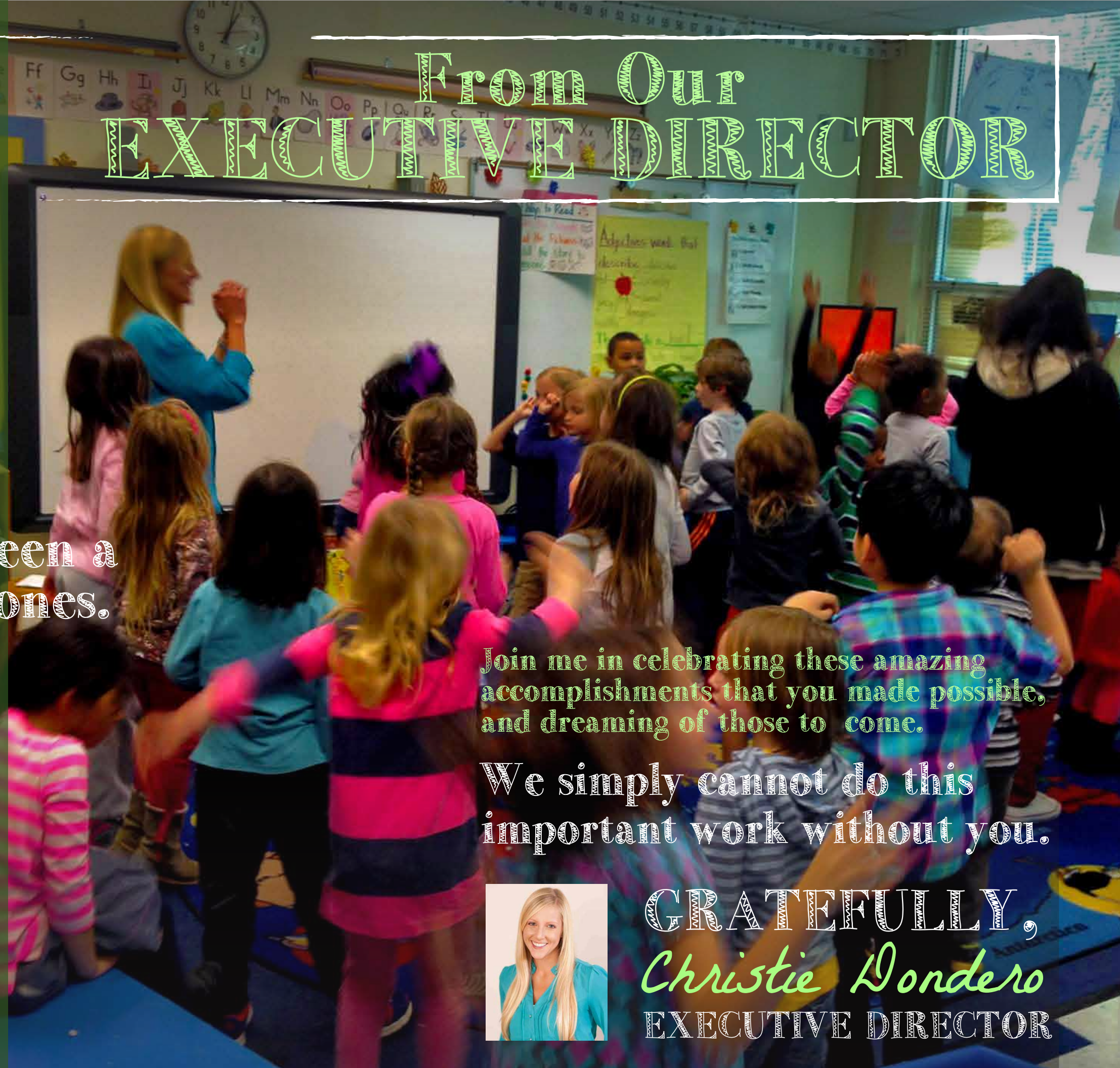
# FROM OUR EXECUTIVE DIRECTOR

Join me in celebrating these amazing accomplishments that you made possible, and dreaming of those to come.

We simply cannot do this important work without you.



GRATEFULLY,  
*Christie Donderso*  
EXECUTIVE DIRECTOR





Another  
INCREDIBLE YEAR of  
COMMUNITY  
EMPOWERMENT

THANKS



TO

Lives Were  
CHANGED & SAVED  
Through Our  
AFFORDABLE TRANSITIONAL  
RECOVERY  
PROGRAM

YOU

WE EDUCATED  
1,612  
COMMUNITY  
MEMBERS

THROUGH  
29 FOCUSED  
EVENTS

on how to get life-saving  
help for themselves or  
their loved ones

WE HELD  
15 WORKSHOPS

on developing healthy  
body image, overcoming  
disordered eating and  
supporting loved ones  
who struggle

WE HOSTED  
7 COMMUNITY  
EVENTS

where we screened  
powerful documentaries,  
hosted expert panel  
discussions and  
dispelled myths about  
disordered eating

WE COLLABORATED ON  
7 COMMUNITY  
EVENTS

where we shared stories of  
hope, explored how faith  
plays a role in recovery and  
built up healthy self image



WE GAVE  
18 MEN &  
WOMEN

affordable weekly therapy,  
meal support, mentorship,  
spiritual care and a strong  
recovery community to  
help them find freedom  
and recover

WE RECEIVED  
120 DIRECT  
APPLICATIONS

for our program

WE HELD  
76 INDIVIDUAL  
GOAL-SETTING  
MEETINGS

with clients

WE PROVIDED  
937 HOURS  
of DIRECT  
THERAPY

WE SERVED  
357 MEALS  
to clients and their  
support networks



# A YEAR OF MILESTONES on the JOURNEY TO FREEDOM

## AUGUST

Spoke to 200+ at DC Catholic Young Adult Ministry gathering

## OCTOBER

Participated in March Against Eating Disorders on Capitol Hill

## SEPTEMBER

Held Signature Series with National Community Church

## JULY

Launched expert Clinical Advisory Council

## DECEMBER

Held annual Gift of Freedom celebration

## NOVEMBER

Hosted most successful Grub for Good with 70+ registrants at Potomac River Running

## FEBRUARY

Celebrated National Eating Disorders Awareness Week with documentary screenings and community events

## JANUARY

Hosted "A New Resolution: Finding Peace with Food & Our Bodies Series"

## MARCH

Celebrated our 7th birthday

## APRIL

Exhibited at GMU Health Fair & Hungry for What? Workshop

## JUNE

Hit all-time high of 33 people on our waiting list

## MAY

Hosted 3rd Annual Building Bridges event with Dr. Curt Thompson and Kirsten Haglund

THANKS  
to YOUR  
SUPPORT



# THE DEMAND for Our Services CONTINUES TO GROW

## MORE AND MORE PEOPLE NEED OUR HELP.

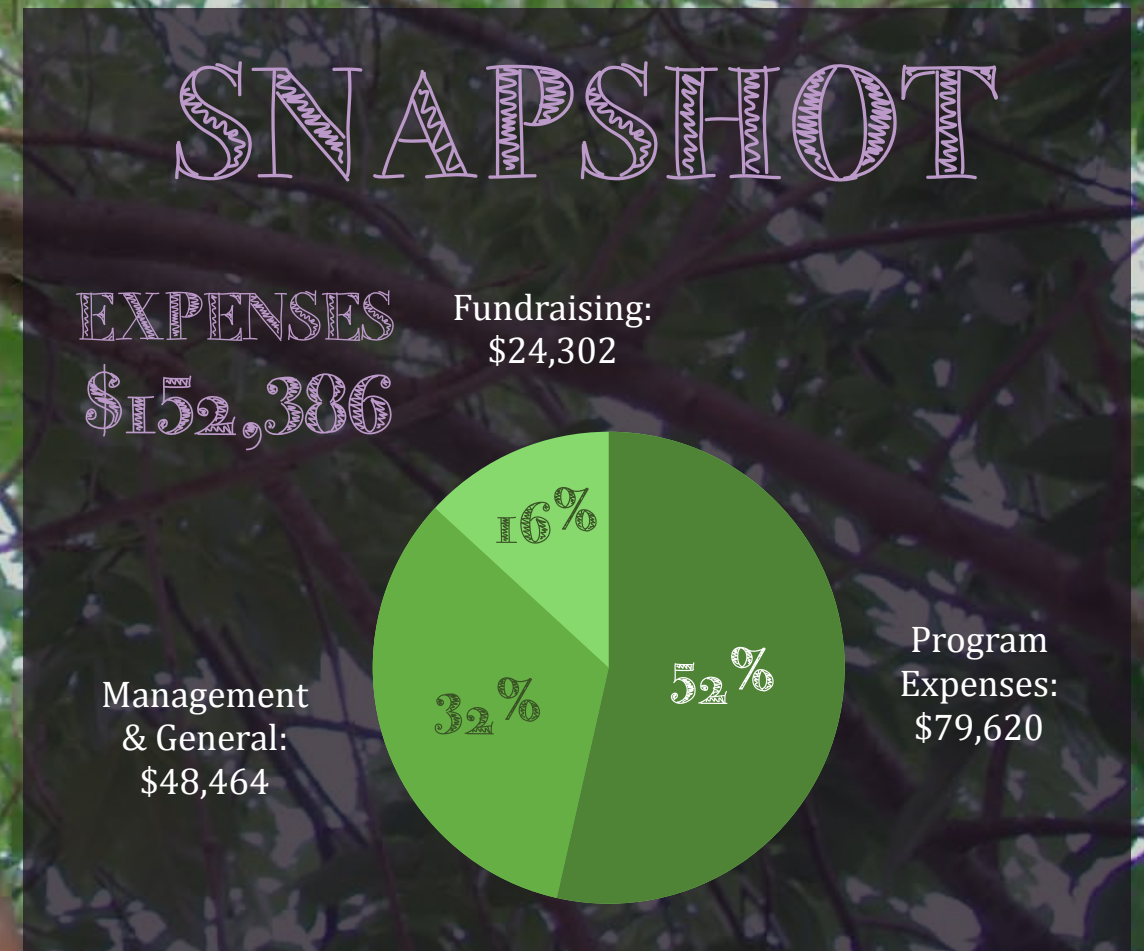
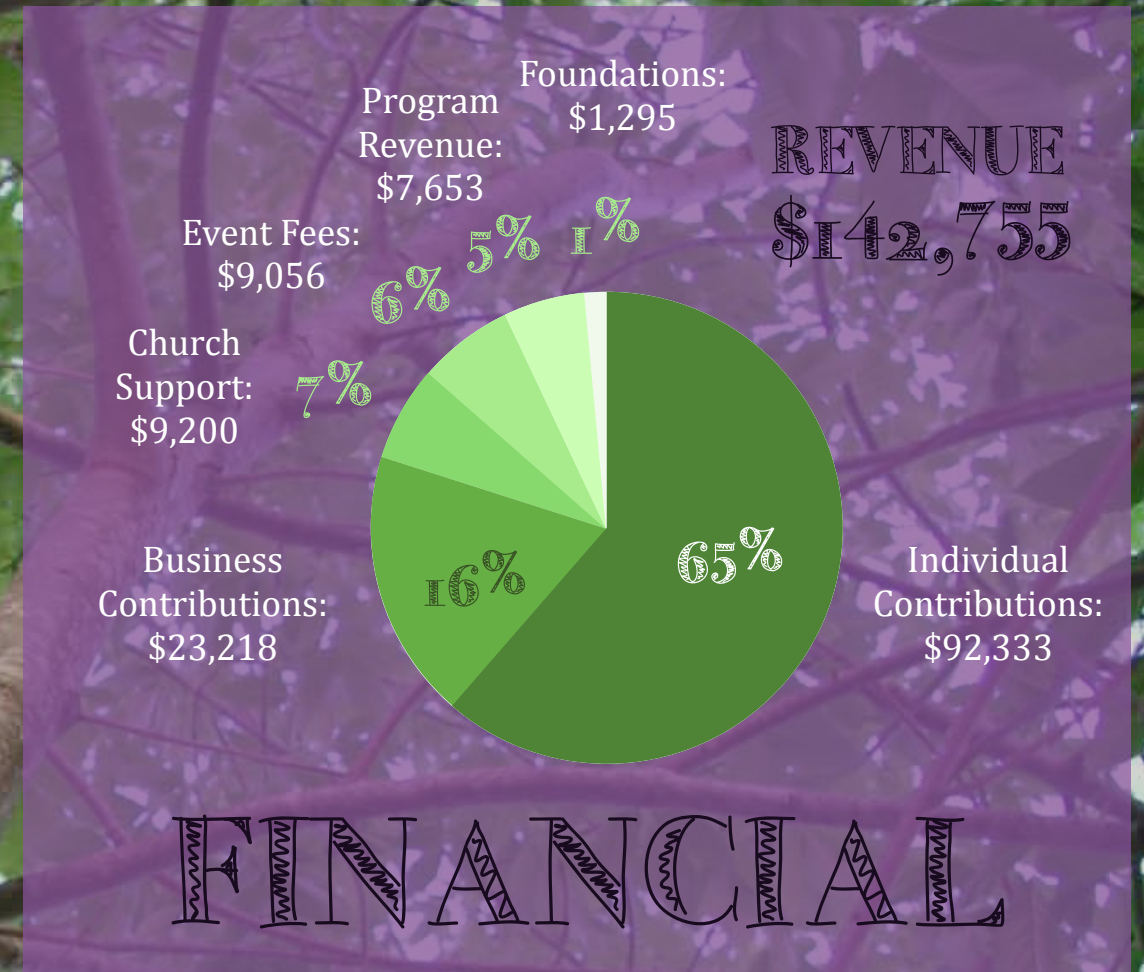
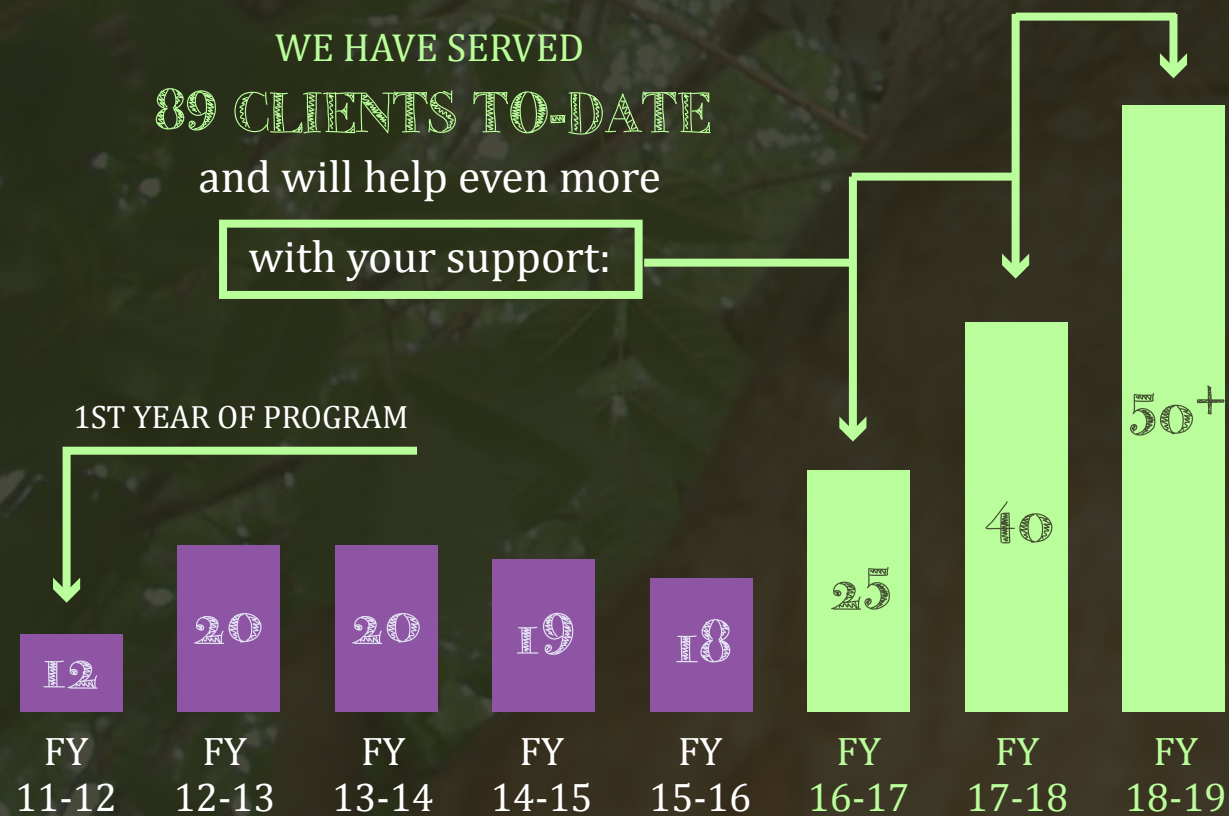
This past year our waiting list reached an all-time high of 33 men and women. That means people will wait more than a year to receive the treatment they need, and this list will only continue to grow until we can expand our program.



## WE HAVE SERVED 89 CLIENTS TO-DATE

and will help even more

with your support:





# A NOTE from Our New PROGRAM DIRECTOR

Working in the eating disorder field in the DC metro area, I have seen firsthand how difficult it is for clients to secure affordable transitional support. Rock Recovery provides invaluable outpatient services to clients in their recovery journeys that they simply wouldn't be able to access otherwise.

In June, I was blessed with the opportunity to join the Rock Recovery staff. Already I have witnessed the power of God's love and grace and the support of community in our clients' lives.

With your generous support, we will continue to provide our clients with the strength to realize the freedom of recovery.

**We have an audacious goal of increasing our program impact by 50% this year.**

Please continue to help make this a reality by donating, volunteering and supporting us faithfully.

WITH GRATITUDE,  
**Carolyn Labrie, MPH, PhD**  
PROGRAM DIRECTOR



# CLIENTS SHARE Their STORIES

"My first day in Rock Recovery did more than months of self-help and therapy. There's something about the people there. My family and friends had tried to help, but couldn't. Books and experts had changed my ideas, but not me—they couldn't find me. And by that time, neither could I: when I looked at myself I couldn't see anything worth holding onto. But Rock Recovery gave me a room full of people who knew where to look. They found me, and they kept hold til I was well again."

- Tim, former client

"Rock Recovery provided me with essential community during a period of overwhelming isolation in my eating disorder. I needed a safe space for like-minded individuals to understand me, not just hear me. This community cared for me, guiding me to my current path of recovery.

How sweet life is on the other side! This truly could not have been possible without you!

Thank you for your commitment to freedom and helping others realize it!"

- Kristen, former client





# THESE GENEROUS SPONSORS Made This Work Possible

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*Transforming Lives*

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THANKS  
to Our Expert  
LEADERSHIP  
TEAM



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