



ANNUAL REPORT FY 2016-2017



A Letter from Our Executive Director

Our founder Carylynn Larson started Rock Recovery in 2009 with a dream to help people who had nowhere else to go for eating disorder treatment or support.

YOU HAVE HELPED US FLOURISH. Together we've served more than 75 clients through our holistic recovery program and 10,000 community members through impactful education.

Jessie, one of our recent program graduates, shared this message:

"Because of Rock Recovery, I have been so much healthier and more stable. This has been the most challenging and rewarding season of my life, and Rock was the constant. I was able to be vulnerable, accepted and loved as I wrestled through the ups and downs of recovery."

When I met Jessie at our 2016 community workshop, she was going through a stressful transition. She's now a social worker in D.C. and thriving! I love that we removed the cost barrier and gave her a community where she could flourish, not face potential relapse alone.

This past year alone, we provided

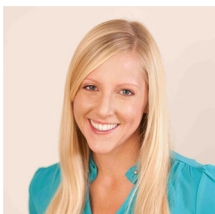
864 hours of therapy

AND, BECAUSE OF YOUR PARTNERSHIP, WE HOLD IMMENSE FUTURE POTENTIAL:

Last year, we received
21% more applications

We are now on track to
double program capacity in 2018

When I took a risk to quit my consulting job in 2013 and come on as the first staff person, my hope was that we would be able to grow our impact with dedicated staffing. We now have two full-time staff members, three part-time contractors and more than 50 dedicated volunteers making this vision a reality. We also have you as a faithful partner, which is more helpful than you know. This work truly could not be done without your generosity.



Gratefully,

Christie Dondero Bettwy

Christie Dondero Bettwy
Executive Director, Rock Recovery



JULY:
Barre & Body
Image with United
Women in Business



AUGUST:
Presented on the Pinwheel
Model at the American
Psychological Assoc.
Conference in Denver



SEPTEMBER:
Partnered with
Potomac River
Running for Grub
for Good Fun
Run/Walk



OCTOBER:
Launched our new
website and blog!

Serving the Vulnerable & Providing Connection

“Having Rock Recovery every Sunday has really saved me.” - Current client



We received **42 DIRECT APPLICATIONS** to our program, **UP 21%** from the year before, and **HUNDREDS OF REFERRAL INQUIRIES**

We provided

864 HOURS

of direct therapy and **HUNDREDS MORE** through mentorship, chaplaincy, yoga, etc.



Our wait list averaged

28 PEOPLE

year-round (that's 3x CURRENT capacity!)

We served **268 MEALS** to clients and **148 MEALS** to their support networks



94%

of **GRADUATES** said their quality of life significantly improved as a result of our program

A SUCCESSFUL YEAR OF EQUIPPING OUR COMMUNITY:

WE HOSTED OR PARTICIPATED IN...

18 community events

WE EDUCATED AND SERVED...

595 community members



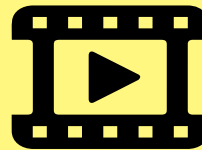
NOVEMBER:

Spoke to 50+ women at American University in partnership with Delta Gamma



DECEMBER:

Annual holiday party and spin class fundraiser with Dancing Mind Yoga



JANUARY:

Participated in panel discussion and Embrace Screening with Rebecca Scritchfield



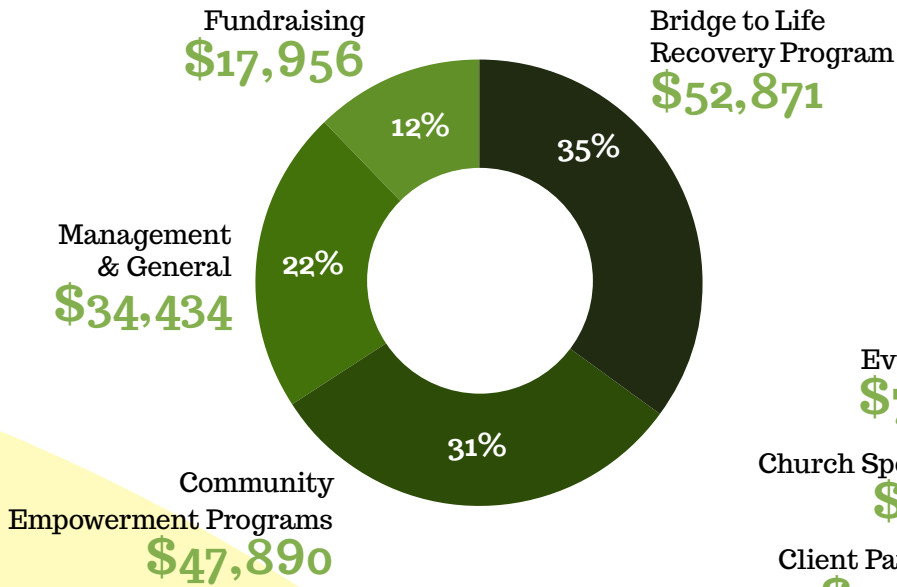
FEBRUARY:

National Eating Disorders Awareness Week - held first-ever Maryland event with The Well and Barre & Body Image Class with Xtend Barre

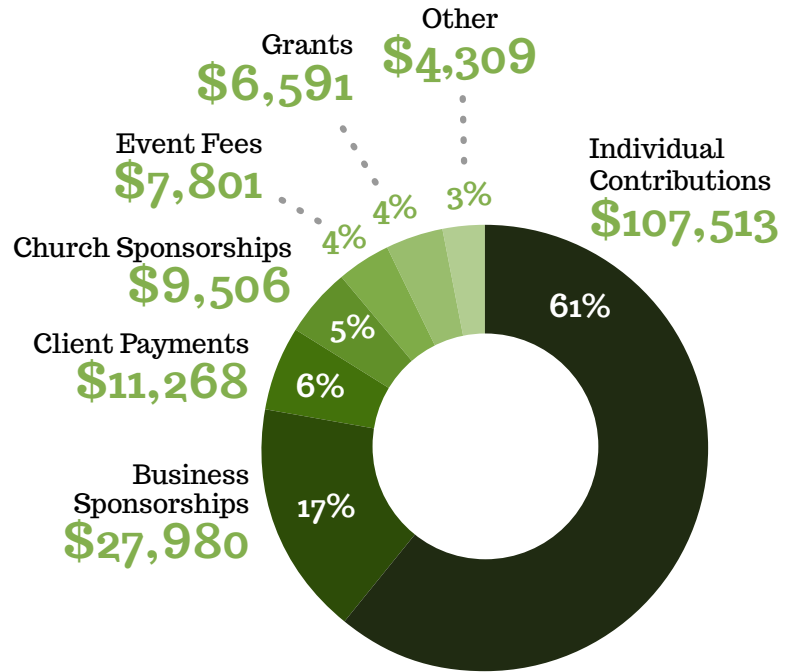
Wisely Stewarding Our Resources:

Financial Snapshot

EXPENSES: \$153,151



INCOME: \$174,969



"I LEARNED SO MUCH, but the most important thing I left with was the awareness that I need more help."

- New ID attendee



MARCH:

Spoke to group of 40+ moms at Immanuel Bible Church



APRIL:

Announced partnership with Eating Disorder Network of Maryland



MAY:

Held 4th annual Building Bridges Breaking Bread fundraiser, raising \$25,000, and hosted New ID with Grace Community Church



JUNE:

Co-hosted a training with Veritas Collaborative on nutritional interventions for eating disorders and depression

Supporting the Journey to Freedom:

Our Generous Sponsors

OUR SPONSORS MAKE THE WORK WE DO POSSIBLE.
Without their support, none of this year's tremendous growth would have been possible.

GOLD:



SILVER:



"After struggling with an eating disorder for over seven years, I finally entered treatment a year ago. When I got the call that there was an opening in Rock Recovery I was SO excited. Over the past six months, this group has been an incredible support for me. **WITHOUT IT, I'M SURE I WOULD HAVE RELAPSED.** The meals I never would have tried alone.

The therapists and volunteers are encouraging, validating, wise and wonderful. **I THANK GOD FOR ROCK RECOVERY HELPING ME ON MY JOURNEY TO HEALTH AND FREEDOM."**

- Sarah, program graduate



Leading Us into the Future: Our Talented Leadership

AND A SPECIAL THANKS TO THE FAITHFUL TEAM BEHIND THE SCENES.

We rely on our dedicated and talented volunteers, staff, Advisory Council and Board of Directors to carry out our heartfelt mission to save lives and help others live in freedom.



BOARD OF DIRECTORS:

Carylynn Larson, PhD - President

David Sigman, CPA - Treasurer

Elizabeth Holm, DrPH, RD - Secretary

Sharon Baker

Bobbi Boteler, RD, LD, CEDRD

Pascal Laporte



ADVISORY COUNCIL:

Dena Cabrera, PsyD, CEDS

Leah Graves, RD, LD, CEDRD, FAED

Lisa Lilienfeld, PhD, FAED

Kortney Parman, RD, RN, MS, FNP-C

