

ANNUAL REPORT

FY 21-22



UPDATE FROM OUR DIRECTOR



Thanks to our generous supporters, our work is bearing incredible fruit. We are grateful we get to serve our amazing clients and their families during one of the most vulnerable seasons in their lives. It is a joy and a privilege we do not take lightly.

Two years ago I never would have predicted we would be where we are now. **Yet I am grateful for our community and supporters who faithfully stood by our side through it all.**

We now operate as a hybrid, nationwide organization that serves clients both in-person and virtually in the DC Metro area, and virtually nationwide (and even in multiple countries around the world)!

Last fiscal year we served a record number of therapy clients and support group members and their families, and provided 2,430 hours of therapy and 1,205 hours of support to those in need. We also hired a full-time Clinical Director, who is licensed across DC, MD and VA, to lead our program growth.

We are thrilled to provide virtual services, and will continue to offer both virtual and in-person programs to meet the community's needs across the DC metro area and nationwide. In the year ahead, we plan to continue to grow our client reach and open new programs for teens.

We have much more fruit to harvest together.

Together, I believe we will bring more healing and freedom to those held captive by their eating disorders and help them to live their lives to the full. Thank you for being a part of this healing work!

In partnership,

A handwritten signature in black ink that reads "Christie Dondero Bettwy".

Christie Dondero Bettwy
Executive Director

“

Rock Recovery has quite literally saved my life through their discounted programs, kindness, and care. Thank you for your incredible work! - Michelle, Program Graduate

”

STORIES OF HEALING: CARLY

"Diet culture was so ingrained in my psyche from a young age that I **always thought my eating disorder behaviors were just me doing "what I had to do" as a person who lived in a larger body.**

It took years of therapy for me to acknowledge and accept that I was worth more than the constant cycles of yo-yo dieting, binge eating, restricting, and self-hatred I experienced ever since I was a young girl.

Though I participated in many programs and made steps forward over the years, **lasting recovery and peace in my body remained elusive.** When I moved to DC in the middle of the pandemic, I found myself in a pattern of isolating, bingeing, and deep shame around my relationship with food.

I reached out to Rock desperate for something I could do to receive support while maintaining my full-time job. I knew my eating disorder was slowly stealing my life from me and would only get worse without intervention. **The Bridge to Life group was an absolute game-changer.**

Being consistently surrounded by a group of people who supported and understood me was a key piece in my recovery. I knew deep in my soul that these beautiful people were worthy of love no matter their size, and together they helped me learn that I was too.

Rock helped me finally replace my destructive patterns with life-sustaining self-compassion and self-care. I am now actively volunteering, joined a few sports leagues, and am thrilled with my newfound time and space not devoted to hating my body or losing control around food. **I know that every body is a good body - mine included!**

I absolutely could not have made this progress without Rock's support. They met me at my lowest point with professionalism, understanding, and grace, and lit the way for me to get my life back and build a future filled with potential. **I owe my life to those who help make this support available and accessible to all."**

PROGRAM IMPACT

We served 246 individuals in FY 21 - 22!

Thanks to you, we provided individual therapy, group therapy and faith-based support groups to a total of **246 individuals** through our virtual and in-person programs. Of these clients, 88% said their recovery and quality of life dramatically improved as a result of our programs.



Therapy Program Highlights

Total Program Inquiries: **360 inquiries**
Total Hours of Therapy Provided: **2,430 hours**
Total Therapy Clients Served: **124 clients**

Our amazing clients and staff were featured on Carson Daly's mental health segment on the Today Show!



Faith Support Program Highlights

We connected people ages 15 - 74 across the nation (and in multiple countries!) to supportive community through our support groups.
Total Support Group Members Served: **122 individuals**
Total Hours of Support Provided: **1,205 hours**



Community Empowerment Program Highlights

We loved being back in person again throughout the year. We reached **1,215 people** through **28 community events**, including our Run for Recovery, educational workshops and special donor events like our Building Bridges Breaking Bread gala!

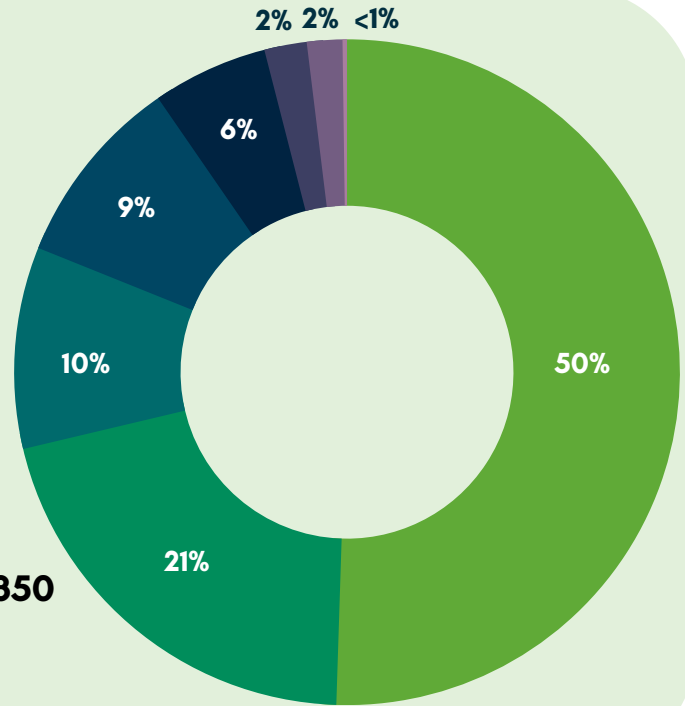
"If it wasn't for Rock, I still wouldn't be living a normal life. Thank you for making it possible for me to get the help I needed to succeed."
— **Gabby, Program Graduate**

93% of our program graduates shared that they continue to experience greater freedom around mealtimes one year after graduating, as a direct result of their time in Rock's programs.

FINANCIALS

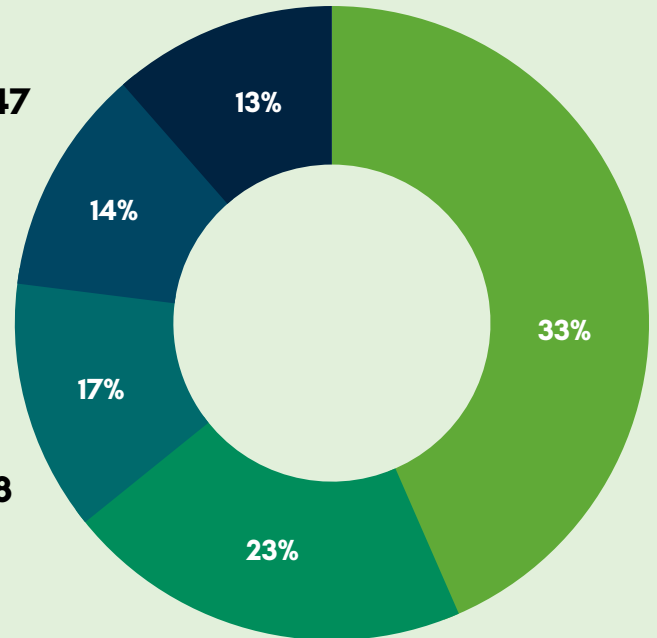
Total Income: \$515,265

- Individual Gifts: **\$259,816**
- Program Fees: **\$106,890**
- Business Contributions: **\$50,888**
- Event Revenue: **\$47,857**
- Churches: **\$28,850**
- Grants/Foundations: **\$10,600**
- Speaking Events & Presentations: **\$8,850**
- Miscellaneous: **\$1,514**



Total Expenses: \$425,250

- Therapy Programs & Services: **\$184,747**
- Community Programs: **\$88,243**
- Fundraising: **\$54,404**
- Management & Admin: **\$49,168**
- Faith-based Support Groups: **\$48,688**



FY 22 - 23 Financial Goals:

Total Projected Income: \$670,500

Total Projected Expenses: \$586,260

Our Generous Partners



"Rock was the turning point for me. It gave me a group to help me stay accountable, feel less alone, and think of recovery as something in reach. I will forever be grateful to Rock for showing me that a full, rich, and meaningful life is possible, and for helping me live that life today."

- Chelsea, Program Graduate



Scan the QR Code with your phone
or click to give today!