

UPDATE FROM OUR DIRECTOR



Your support bridges the gap between the insufficient care that people too often receive and the care they deserve and need to heal. Thank you for making life-changing therapy and support available to our incredible clients and families. I am grateful!

What a year it has been, thanks to you! **In April, I celebrated 10 years of service** with Rock Recovery. I can hardly believe that it has been a whole decade since I took a chance to fundraise my salary and come on staff as the first employee of this incredible organization.

This past fiscal year has held many milestones:

- **We became a full-time staff of five** (and counting!) thanks to your support.
- We started two new therapy groups, **our first-ever group for teens and our first-ever binge eating group**. These groups have helped us continue to bridge critical gaps in the community.
- We moved into a beautiful new office that is **TRIPLE the size** and will allow us to offer more groups and services for our clients.

This growth would not be possible without our generous supporters like YOU who make our programs accessible to those who need it.

While this growth is encouraging, what really inspires me are the countless stories behind these numbers from our clients and their families.

Stories like Daniela's, who came to us at one of the most vulnerable points of her life, but is now thriving thanks to your generosity.

Thank you for being a part of this healing work!

In partnership,

Christie Dondero Bettwy
Executive Director

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*I am so grateful for Rock providing affordable eating disorder recovery. **Honestly, if not for Rock I might not be here today.***

- McKenzie, Program Graduate

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STORIES OF HEALING: DANIELA

"There are no words to describe how Rock Recovery changed my life. I'd been dealing with an eating disorder way before I came to the United States as a graduate student. Once I was here, **the stress and anxiety about my studies, plus being away from my loved ones exacerbated my disease.**

I was a depressed, ashamed and very lonely foreign student **without a penny to spend on regular health care, let alone on mental health.** I reached out to Rock after googling "eating disorder recovery in the DMV area," and they got back to me almost immediately.

When Rock took me under its wing, not only did they offer me top-notch psychological support, but they supported my broken spirit too. The group therapy was affordable, challenging and incredibly illuminating. While the group leaders were knowledgeable and skillful therapists, they also embodied the compassion and empathy that I needed the most.

Rock gave me the opportunity to access a part of treatment that in hindsight, I consider indispensable to recovery - community. The bonds that I created with other people who were struggling had a healing power that let me know that I was not alone in carrying this darkness.

Rock set a safe space for us to follow one of the most basic human needs: eat free of judgment, and especially from our own judgment. **Moreover, in group, I felt for the first time in my life that my life mattered, that I belonged and that I was worthy of love, time and attention.** When I look back at my darkest moments, I remember that there were people who thought I was worthy of feeling good in my body, who encouraged me to trust myself, and who believed in me - the Rock team. I still have moments of doubt and hesitation, but I can seek comfort in healthier habits and not in rules and restrictions. Hunger is no longer my best friend or my shield against the world.

To all of you [supporters], please know that your efforts are not in vain... **You can pride yourselves in being the building blocks of a community that saves lives and puts together broken hearts. With tears of happiness I want to say thank you, thank you, thank you."**

PROGRAM IMPACT

We served 217 clients and families in FY 22 - 23!

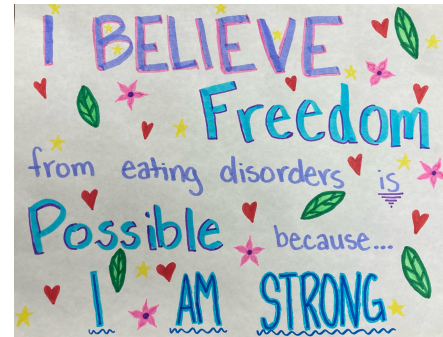
We provided affordable therapy and support to **217 people** through our virtual and in-person programs. Even better, 94% of clients said their quality of life **dramatically improved thanks to Rock**.



Therapy Program Highlights

We provided individual therapy services and our unique Breaking Bread meal support and Bridge to Life body image therapy groups to clients 14+.

- Served **125 clients with therapy services**
- Provided 2,616 hours of therapy



We started our **first-ever teen Bridge to Life therapy group!**
This is one example of an amazing client recovery story.



Faith Support Program Highlights

We connected people ages 15 - 74 across the nation (and in multiple countries!) to encouraging weekly and monthly support groups.

- Served **92 individuals with support services**
- Provided 661 hours of support



Community Empowerment Highlights

Raising awareness and providing educational resources to eradicate mental health stigma is core to our mission. This year we:

- Reached **1,228 community members through 28 impactful workshops and events.**
- Were featured in 12 news outlets, including WUSA9!

"Rock Recovery allowed me to relate to other people. I felt acknowledged and heard...[Rock Recovery's group] brought me one step closer to freedom and myself."

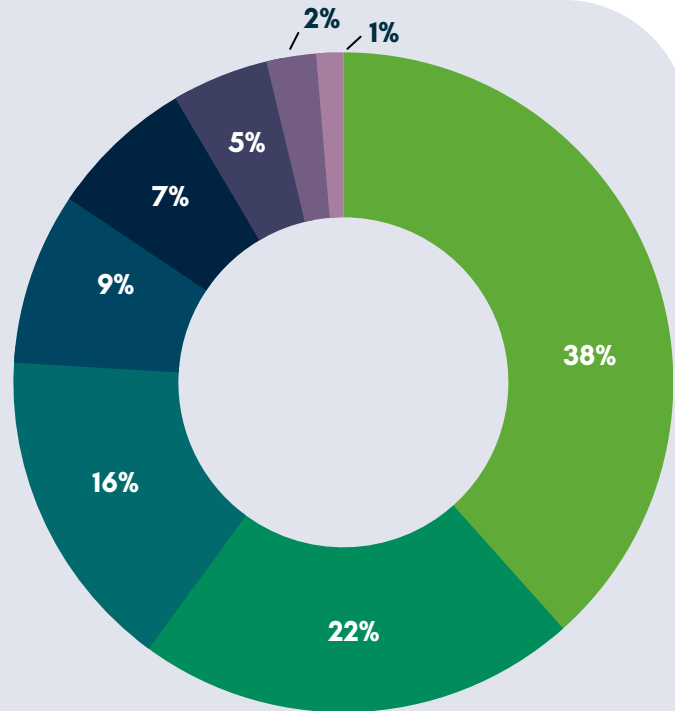
- Diana, Program Graduate

94% of our Breaking Bread and Bridge to Life program graduates shared that their quality of life has improved as a direct result of their time in Rock's program.

FINANCIALS

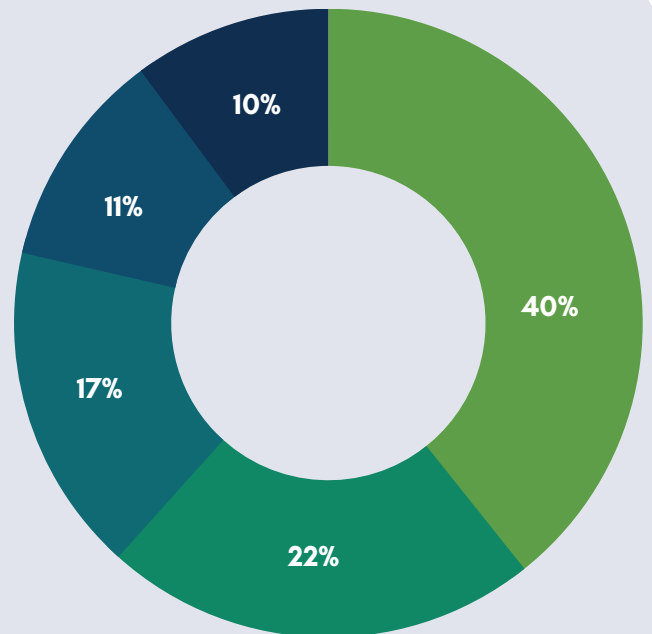
Total Income: \$584,227

- Individual Contributions: **\$224,307**
- Program Service Fees: **\$126,464**
- Special Events Income: **\$92,943**
- Grants and Foundations: **\$49,300**
- Business Contributions: **\$41,519**
- Church Contributions: **\$27,764**
- Government Fundings: **\$14,191**
- Miscellaneous: **\$7,739**



Total Expenses: \$569,117

- Therapy Programs: **\$223,543**
- Community Programs: **\$127,303**
- Fundraising: **\$96,429**
- Management & Admin: **\$63,896**
- Support Programs: **\$57,946**



FY 23 - 24 Financial Goals:

Total Projected Income: \$830,750

Total Projected Expenses: \$728,375

Our Generous Partners



THE MORRIS & GWENDOLYN
CAFRITZ FOUNDATION



*"Rock's teen group was a safe and comfortable environment and **I felt welcomed and accepted by the group leaders and my peers.** Having a place to come be validated and heard has given me the strength to stand up for the changes I need in my own life."
- Jessica, Teen Bridge to Life Graduate*

