



Rock Recovery

ANNUAL

REPORT

FY 19-20



A NOTE FROM OUR EXECUTIVE DIRECTOR



Eleven years ago, Rock Recovery (Rock) was founded by Dr. Carylynn Larson and a group of 11 passionate women who believed all people struggling with disordered eating deserved a chance at full recovery. Sadly, less than 20% of people who battle an eating disorder get the help they need, mostly due to financial resources, accessibility and mental health stigma.

People need our help now more than ever. When COVID-19 hit, we experienced a 420% increase in program applications.

Compared to last year, we now consistently have DOUBLE the amount of people reaching out for our help.

Millions of people are falling through the cracks of the current system, yet you are helping us bridge these gaps and provide unique and holistic clinical services and programs people need to thrive.

Things may look different now, but our clients are thriving thanks to you.

Our therapists open up their laptops and living rooms instead of our office doors, and healing is happening virtually.

We believe we are called to bind up the brokenhearted and bring freedom to captives across the country, starting with our first clinical program in California, and our growth won't stop there. By summer 2021 we plan to double our current clinical program capacity. While our expansion will start virtually, we will adapt to meet community needs and scale in-person programs later in 2021.



COVID-19 has brought many burdens and challenges, but it has also presented us with opportunities to think strategically about how we can step in to bridge critical treatment gaps and save more lives.

Thank you for your support and belief that all people deserve a chance at full recovery.

Together, we can make recovery a reality for more families and communities in the year to come.

Gratefully,

Christie Dondoro Bettwy

STORIES OF HEALING: ADDY

Three years ago, I was running a half marathon in Central Park when my right hip gave out from underneath me. I finally went to the emergency room, where they told me it was broken and that I would need emergency surgery that night.

My first question to the doctor: “How long until I can work out again?”

After surgery, my friend came to cook me dinner. When I watched her put butter in the pan instead of my low calorie vegan replacement — I cried.

I was 21 years old and already had lived for a decade with strict, restrictive food rules and had begun compulsively exercising.

I was so disconnected from my body that I didn't notice any warning signs as a stress fracture progressed to a serious injury.

It should've been the wake-up call I needed, but it took me months to get help.

After I moved to DC, I refused to travel to visit friends because I was concerned about not being able to get to the gym. I counted calories obsessively and once cried at my desk after eating two Starbursts. I hated my body.

Finally, I found a therapist, and months later in a low moment, I called Rock.

I wept on the phone when Rock said I sounded like a good fit for the program.

When I said I couldn't afford the fee, she offered me a deeply discounted rate. I still worried I wasn't sick enough, that I didn't deserve help, but I am so glad I pushed through that feeling.



Now over a year after I joined Rock, my life has completely changed.

Our meals together helped me unpack my restrictive food rules, and our discussions not only changed my relationship with food, exercise, and my body, but fundamentally upended the way I related to the world.

I learned about the science of intuitive eating. I started to relinquish my perfectionist grip on exercise. Group also gave me the language to speak to my loved ones about what I was going through for the first time, and for that I am infinitely grateful.

After months in group, as I began to apply the principles I'd learned to my life, I was offered a dream job, got out of a relationship that wasn't right for me, and began to build the life I wanted.

Everyday isn't perfect, but finally I have the coping mechanisms and the support I need to not only survive but to thrive.

CLINICAL PROGRAMS & SERVICES

**2,831
HOURS**

We provided 2,831 hours of therapeutic recovery services led by skilled clinicians in DC, MD, VA.

**2 to 5
PROGRAMS**

We grew from two to five programs, virtually and in-person across DC, MD, VA and now California.

**576
MEALS**

We provided 576 meals in our Bridge to Life programs. We served 24 clients and led 1,728 hours of therapy.

**68
CLIENTS**

We served 68 clients through our recovery groups, individual therapy and our NEW mom's group!

**150
REFERRALS**

We provided 150+ individuals and families with supportive resources and clinical referrals.

**105
INQUIRIES**

We received 105 program applications from individuals in need of clinical therapy services.

STORIES OF HEALING: SARA

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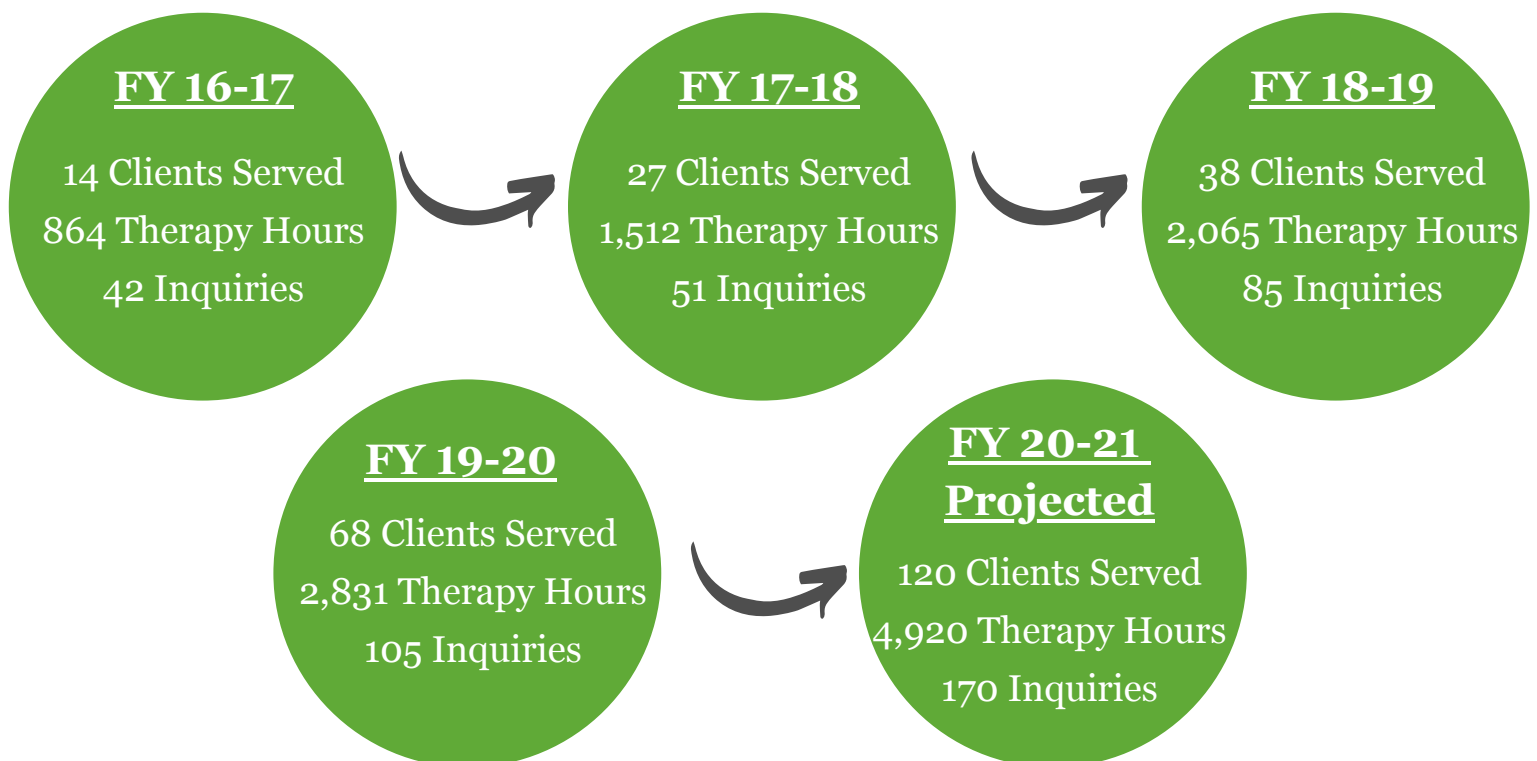
If I had been stuck at home for over two months during a pandemic a few years ago, I can only imagine the level of despair, panic, and spiraling I would have experienced around food, the closing of local gyms, and my overall body image.

Over a year after leaving my Bridge to Life group with Rock Recovery, I am so thankful and relieved to say that I'm still okay, even when it feels like the world is falling apart.

Thanks to Rock, I am able to look around me and see what is happening in the world because I am no longer absorbed with the thoughts that accompanied my disorder. I can better engage with and care for others.

I am so thankful for my time with Rock.

CLIENT CARE BY THE NUMBERS



COMMUNITY EMPOWERMENT & SUPPORT HIGHLIGHTS

We educated and equipped 775 individuals, empowered our community through 18 community events, and provided support services to 32 individuals through our New ID series.



Educated the local running community through three Grub for Good Fun Runs.



Partnered with the Viva Center for NEDA Week documentary screening.



Educated 324 clinicians through three training events.



Engaged 200 community members at our Building Bridges Breaking Bread dinner.

In March 2020 we transitioned all in-person events and support groups online and continued to serve communities across the nation.

Held a virtual Corporate Lunch & Learn to equip employees to care for their mental health.

Held a virtual town hall to educate the community on the impact of COVID-19 for our clients.

Partnered with National Community Church for a workshop with 50+ registrants.

HOW COVID-19 HAS AFFECTED PEOPLE WITH EATING DISORDERS

- People are more isolated than ever and have lost their daily support
- Financial stability has decreased and more people need sliding scale services
- People in early stages of recovery have experienced setbacks or relapse and need immediate support and accountability

HOW ROCK RESPONDED TO COVID-19

- Pivoted immediately and transitioned all in-person clinical programs to HIPAA-compliant virtual platforms by March 15th
- Published a comprehensive COVID-19 support guide with affordable resources
- Launched new virtual peer-led support group offerings available nationwide
- Launched first long-term virtual clinical group therapy program to reach people across the entire state of Virginia
- Created a strategic plan to scale virtual programs and meet immediate needs

In-person programs will again be a core part of our work, yet virtual programs are here to stay. Rock is now prepared to scale virtual programs to help more people access the clinical care and support they need.

ROCK RECOVERY IN THE NEWS

Rock was featured in a variety of news outlets to bring awareness to how the pandemic affected individuals across the nation who struggle with eating disorders.

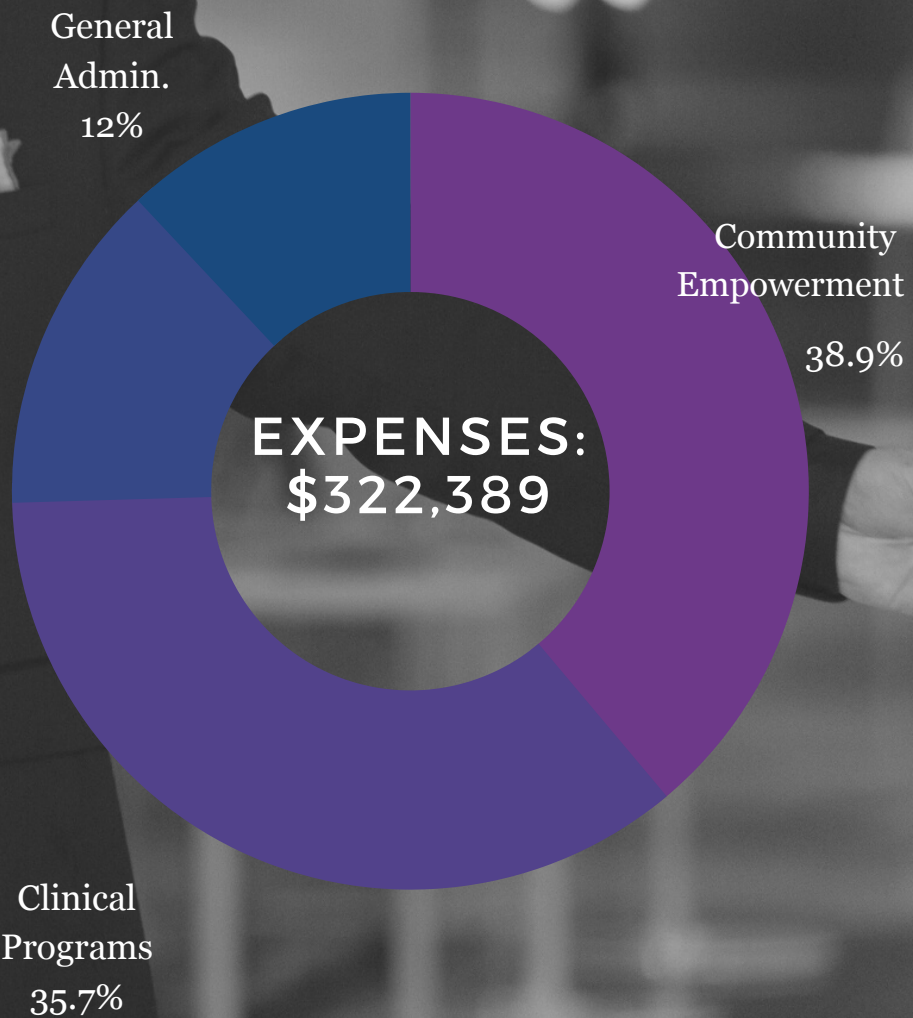
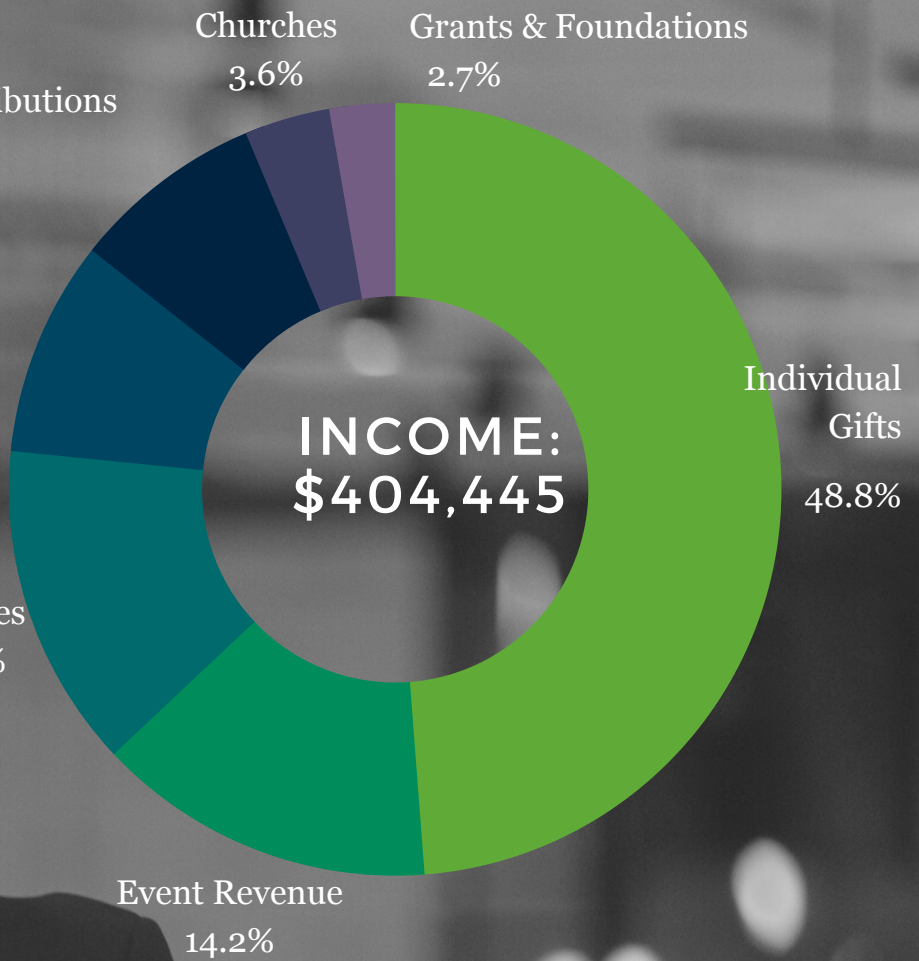
The Washington Post

BuzzFeed News

Verily

STAY
TUNED

FY 19-20 FINANCIALS:



FY 20-21 FINANCIAL GROWTH PLANS



WITH THIS GROWTH WE WILL



Grow our full-time staff team from three to five to have bandwidth for national oversight and program growth.



More than double client capacity and open seven new clinical programs (bringing us to 12 clinical programs).



Serve an additional 20 community members weekly across the nation with support services.



Educate and equip 1,000+ community members nationwide through workshops and events.



Continue to lay the groundwork for further nationwide expansion to three new states by 2022.

FY 20-21 CLINICAL PROGRAM EXPANSION PLANS

Rock has seen a 420% increase in program applications from March - June.

We are the only nonprofit that provides affordable clinical treatment combined with peer support and spiritual care. We have an urgent opportunity to serve more people than ever before and change the eating disorder treatment landscape in the DC Metro Area and Nationwide.

Together, here is what we can do next year:

- Launch five new clinical programs within the DC Metro region (starting with Maryland) and continue to build out our replicable and scalable model for virtual and in-person therapy services
- Start new virtual clinical programs in California (plans to launch in-person services in late 2021)
- Create clinical expansion strategy for next three target states and eventual nationwide expansion
- Create weekly, nationwide virtual peer-led support groups and chaplain-led services

By July 2021 we plan to DOUBLE our program capacity and add seven new virtual clinical programs across Maryland, Virginia, California and Washington, DC.

- Existing programs in the DC Metro Area currently serve 40+ clients weekly
- New virtual DC Metro programs will serve 40+ clients weekly
- New virtual California programs will serve 16+ clients weekly



FY 20-21 COMMUNITY & FAITH SUPPORT EXPANSION PLANS

In order to overcome clinical licensing barriers across states and to immediately reach people across the entire nation, we are building virtual community support services led by non-clinical trained leaders, alumni and the Rock Chaplain.

SUPPORT & FAITH SERVICES

- **New ID:** A six-week faith-based series and support group led designed to help attendees experience freedom from disordered eating (offered quarterly virtually and throughout the year in-person with various church and clinician partners).
- **NEW Weekly Support Groups:** Safe community spaces led by trained peer leaders to provide accountability and support to those with disordered eating and body image.
- **NEW Monthly Chaplain Service:** A virtual service led by Rock's chaplain that provides an inspiring message to support recovery along with scripture and prayer.

COMMUNITY EMPOWERMENT

Rock will continue to educate communities nationwide with virtual events such as:

- Wellness workshops to educate businesses and organizations about prioritizing mental health to create a balanced life.
- Continuing education for clinicians and medical professionals that provide effective training on eating disorders and related issues.
- Community and family workshops and educational events on mental health and eating disorder recovery.
- Fitness and health events to provide safe spaces for community members to care for their health and well being through movement.





*"Coming into Rock Recovery, I felt extremely hopeless...having this community in a really hard time in my life has made all the difference. I've never felt so supported and accepted in the 15 years of battling my eating disorder completely alone. **It's because of Rock that I'm finding that maybe recovery is really possible after all.**"*

ROCK RECOVERY CLIENT

OUR GENEROUS SPONSORS:



OUR TALENTED TEAM:

Christie Dondero Bettwy - Executive Director

Kate Jarvi, MA - Clinical Program Manager

Jessica Pomales, MDiv - Chaplain

Emily Remillard, MA - Program Therapist

Meredith Riddick, LPC, CEDS-S – Clinical Program Director

Kristyn Soto, MS, Director of Community Partnerships

Elise Thibodeaux, LPCC, CEDS-S - California Therapist

BOARD OF DIRECTORS:

Caryllynn Larson, PhD – President

Brendan Sorem – Treasurer

Pia Rose, MSPH - Secretary

Bobbi Boteler, RD – Board Member

Teresa Green, MSPH – Board Member

Elizabeth Holm, DrPH, RD – Board Member

David Sigman, CPA - Board Member

ADVISORY COUNCIL:

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

Dena Cabrera, PsyD, CEDS

Leah Graves, RD, LD, CEDRD, FAED

Lisa Lilenfeld, PhD, FAED

Chris Willson, MS, LPC

Rock is proud to be named:

