



  
**Rock Recovery**  
BRIDGE TO LIFE

# Annual Report FY 2017-2018



  
**Rock Recovery**  
BRIDGE TO LIFE

**Thanks to You:**  
**Where We've Been & Where We're Going**



## Thanks to You - Where We Are: Letter from Our Executive Director

One of our clients shared this reflection after graduating our Bridge to Life program:

"Without Rock Recovery I wouldn't be where I am today. I never thought I would be able to even accept that I had an eating disorder, let alone overcome it."

Your support removed the barriers that would have prevented her from healing, and now she is free to live a joyful and full life as a wife, daughter, friend and employee. When I think about how far you've helped us come as an organization, I almost can't believe it. Thanks to you, we can now serve clients twice as quickly than ever before.

In January we hit a major milestone and doubled our Bridge to Life program capacity - something we had dreamed of since we developed our first waiting list in 2013.

With your help, we will continue to educate the community and expand our programming to include wrap-around recovery support services to innovatively bridge the very real and dangerous gaps our community is facing.

As I look to Rock Recovery's tenth anniversary in March, I am already dreaming of all we will do together over the next decade so that all people can live joyful and healthy lives free from food and body image struggles.

Thank you for joining us on this journey,

*Christie Dondero Bettwy*

Christie Dondero Bettwy  
Rock Recovery Executive Director



**Bridge to Life Recovery Program:**  
Last year, we **DOUBLED** our program capacity.  
We have now served *94 incredible clients* since our Bridge to Life program began in 2012.

We provided *27 men + women* with critical services such as:

*Supportive meals  
Group therapy  
Chaplaincy  
Peer-mentorship*

## Community Highlights:



Launched our **SECOND** Bridge to Life program in the DC area



Building Bridges benefit dinner with 150 attendees



Spoke at Goucher College during National Eating Disorders Awareness Week with The Renfrew Center



Arlington Health Fair and New ID Course with Grace Community Church



Special Health at Every Size clinical education event with Monte Nido. Special Compassion



Featured on 91.9 FM



In Whose Image? special event for clergy and lay leaders



Launched parent support group in Maryland

## How We Transformed Lives Together This Past Year:

Before joining our program, 100% of our clients shared that they would avoid social situations because of food.

### How is life different now for our clients?

100% of clients who graduated in the past year said as a result of our program they have stopped restricting certain foods, added more foods into their diet, and no longer fear bingeing and purging.

"I feel more confident to take on what life throws at me."

- Janice, Program Graduate

### How are our clients growing and healing?

100% of program graduates also said their quality of life has significantly improved as a result of our program AND their body image and self-acceptance improved.

"Joining Rock has been one of the best steps I've taken toward recovery."

- Dawn, Program Graduate

### How do we know we are making a difference?

100% of these graduates said they would recommend our program to a friend or someone else who struggles.

"I had a safe space to connect with others who understood me."

- Jennifer, Program Graduate



We provided *88% more meals* to our clients than the year before, for a total of *504 meals*

We provided *1,512 hours of expert therapy + chaplaincy* to help clients heal (a *75% increase* from last year!)

Our skilled peer mentors provided *550 hours of mentorship* to help clients along their journey

Clients had *72 goal-setting sessions* with skilled clinicians to help propel them further into their dreams for their future

"At Rock Recovery I've found a community I never knew existed - and for which I'm extremely grateful. *Your support of this program allows so many people to work through a debilitating condition and find freedom from eating disorders.* My sincerest gratitude!"

- K, Current Client

• *Grow our new clinician-led family support groups* to provide support, encouragement and help to more families.

• *Continue to provide community support + empowerment* to schools, churches and key at-risk audiences within our community.

Will you join us to help more amazing men, women and families on their journey to freedom? Find out more at [www.ockrecovered.org/cornerstone](http://www.ockrecovered.org/cornerstone).

## Where We Are Going with Your Help:

We pledge to be a vibrant cornerstone in the community and provide exceptional recovery programming and services available to all.

How can we bridge more gaps together? *We have a goal to raise an additional \$150,000 this year so that we can:*

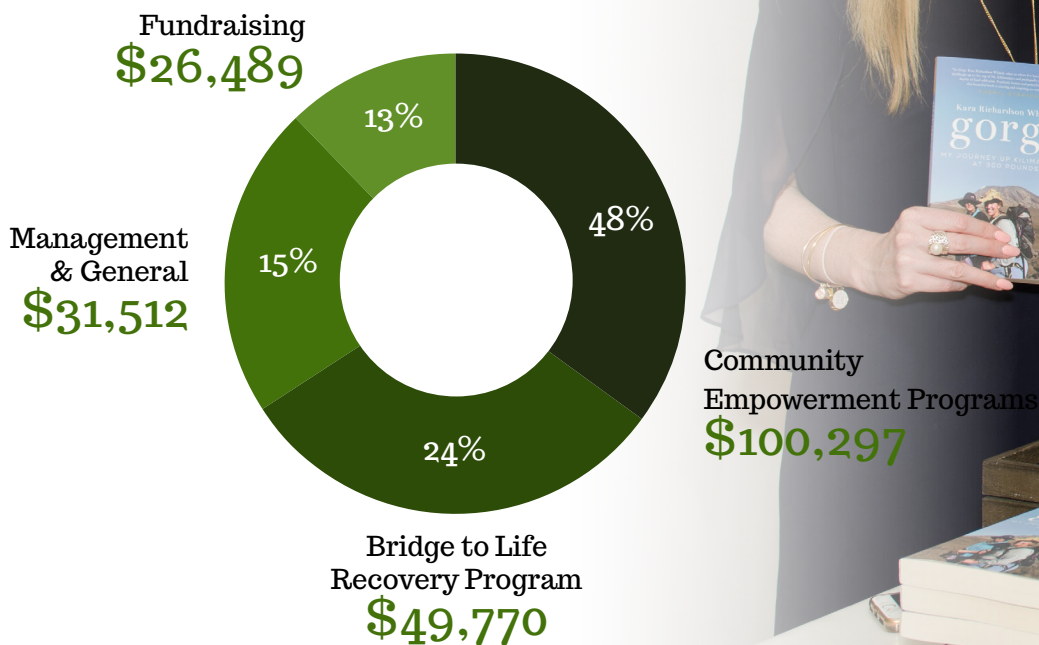
• *Open a community center in Arlington, VA* with wrap-around services including lunch and dinner meal support, movement therapies, support groups and more!

• *Launch our Third Bridge to Life recovery program in Maryland* later in 2019 (to supplement our existing programs in Arlington, VA and Washington, DC) and serve up to 10 more clients (for a total of 30 weekly!).

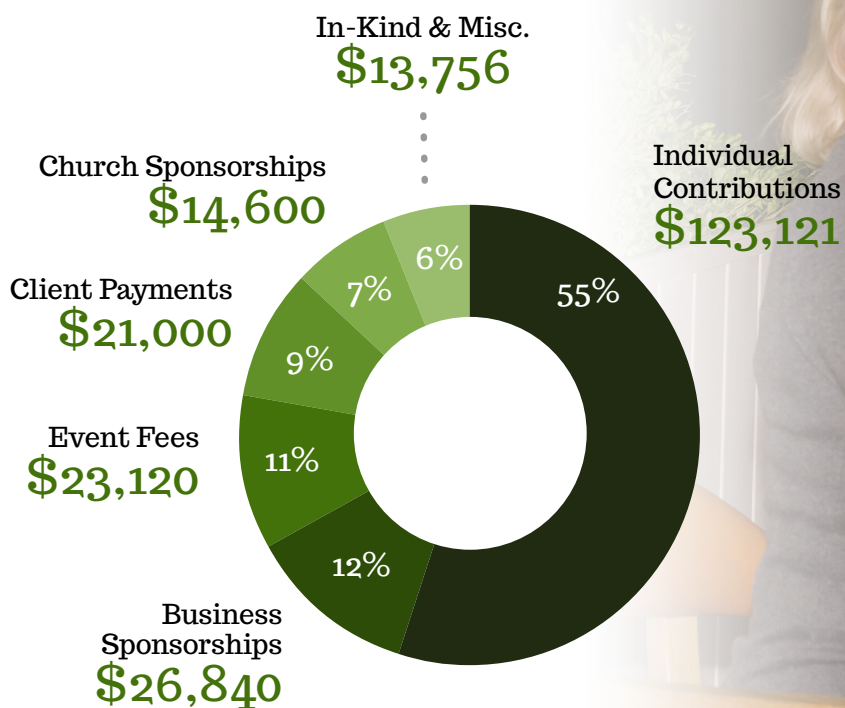


## By the Numbers - FY 17-18

Expenses: \$208,068



Income: \$222,437



"Rock Recovery has been the cornerstone of my recovery, a true 'bridge to life.' Here I find the safety, connection and grace that I once thought impossible, and I am bursting with gratitude for people like you, whose generosity really saves lives."

- D, Current Client

# A Special Thanks to:

## Our Generous Sponsors:

*Gold*

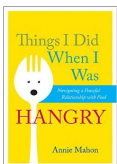
CENTER FOR DISCOVERY<sup>®</sup>  
Transforming Lives



*Silver*



*Bronze*



## Our Talented & Passionate Team:

### *Our Staff Team:*

Erin Bair, MDiv - Chaplain

Christie Dondero Bettwy - Executive Director

Kristyn Brier, MS - Communications &  
Community Outreach Manager

Diana Gaydusek, PsyD - Clinical Program Director

### *Board of Directors:*

Carylynn Larson, PhD - President

David Sigman, CPA - Treasurer

Elizabeth Holm, DrPH, RD - Secretary

Bobbi Boteler, RD, LD, CEDRD

Teresa Green

### *Advisory Council:*

Dena Cabrera, PsyD, CEDS

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Lisa Lilienfeld, PhD, FAED

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



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