EATING DISORDERS RESOURCE CENTER

aka EDRC
Campbell, CA
www.edrcsv.org
(408)356-1212

MISSION

The mission of Eating Disorders Resource Center (EDRC) is to 1) raise awareness of eating disorders (EDs) through presentations to physicians and health care professionals, educators, and community groups; 2) promote recovery through access to screening, treatment, experts, support groups, and the first local comprehensive resource directory; and 3) participate in local, state, and national advocacy efforts to support mental health parity, eating disorders legislation, and effective insurance coverage.

EIN
68-0616393

RULING YEAR
2006

IRS SUBSECTION
501(c)(3) Public Charity

FOUNDING YEAR
2006

MAIN ADDRESS
2542 South Bascom Ave. Suite 110
Campbell, CA 95008

AFFILIATION TYPE
Independent Organization

CONTACT
Janice Bremis, Executive Director
(408) 356-1212
janice@edrcsv.org

EXECUTIVE DIRECTOR
Janice Bremis

BOARD CHAIR
Monica Waldman

SUBJECT AREA
Community mental health care
Eating disorders
Mental and behavioral disorders

NTEE Code
Eating Disorder, Addiction (F53)
Mental Health Disorders (F70)
Community Mental Health Center (F32)
### PROGRAMS

**1. Eating Disorders Awareness, Recovery, and Advocacy**

Population(s) served: Adults

### POPULATIONS SERVED

1. Adults

### COMPLIANCE

- ✔ IRS Pub 78 Verified as of February 2024
- ✔ IRS BMF 509(a)(1) as of February 12, 2024
- ✗ A-133 Audit Required/Performed?
- ✔ Conflict of Interest Policy
- ✔ Written whistleblower policy

Section 509(a)(1) organization as referred to in Section 170(b)(1)(A)(vi)

### TRANSPARENCY MEASURES

- ✔ Board Practices Reported?
- ✔ Diversity Data Reported?
- 7 Number of Independent Board Members
Programs & Results

PROGRAMS

Source: Self-Reported by Organization, January 2024

Eating Disorders Awareness, Recovery, and Advocacy

Population(s) Served:
General/Unspecified

EDs have the highest mortality rate of any mental illness, including depression. Fortunately, with early detection and intervention, as well as medical, psychiatric, and nutritional support, recovery is possible. Our program involves the following components:

TRAINING FOR HEALTH PROFESSIONALS
ED specialists are not available in many areas and lack coordinated protocols. Our outstanding Speakers Bureau (which consists of physicians, therapists, dieticians, and dentists) provides training programs that educate health care professionals about screening for and recognizing the symptoms of EDs, evidence-based effective treatments, and available resources. EDRC works with local hospitals, medical groups, community clinics, and non-profit organizations such as: Santa Clara County Medical Association, Santa Clara County Department of Mental Health, Santa Clara Valley Medical Center, Stanford Hospital, Lucile Packard Children's Hospital, Kaiser Permanente, El Camino Hospital, Palo Alto Medical Foundation, National Alliance on Mental Health (NAMI), and Momentum for Mental Health.

SCHOOL OUTREACH
While eating disorders can affect people of all ages, teens and young adults are often most susceptible. In addition to biological and psychological risk factors, middle and high school students are highly influenced by peer pressure, the thin ideal set by the media, and the desire to be popular.

EDRC provides school outreach and faculty education to prevent EDs in youth in our community. Our program consists of our annual Be-you-tiful Be Free writing contest and training workshops for faculty and staff.

COMMUNITY OUTREACH
EDRC organizes awareness events in the community that encourage ED prevention and understanding including film screenings and events hosted during National Eating Disorders Awareness Week.

SUPPORT GROUPS
EDRC offers free monthly local support groups in which individuals struggling with EDs and their families can receive support. Though not a substitute for professional treatment, support groups are essential to the recovery process and act as a safety-net for those with limited or no insurance coverage.

RESOURCES AND LIVE HELP
Our website - www.edrcsv.org - provides those seeking help in Santa Clara County with a comprehensive directory of local treatment professionals, educational material, insurance information, treatment studies, support groups, and other helpful links. In addition, we provide education, encouragement, and resources daily for callers struggling with eating disorders and their loved ones.

ADVOCACY
Due to the fact that EDs are not covered by most insurance companies including Medi-Cal and Medicare, many sufferers are denied equal access to treatment. EDRC participates in local, state, and national advocacy efforts to support mental health parity, eating disorder legislation, and effective insurance coverage.
RESULTS

Number of volunteers

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<thead>
<tr>
<th>YEAR</th>
<th>Number of Volunteers</th>
</tr>
</thead>
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<tr>
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<td>2018</td>
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<td>2017</td>
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Population(s) Served: No target populations selected

Related program: Eating Disorders Awareness, Recovery, and Advocacy

Number of individuals reached through direct educational programs, call and email support, and support groups

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<thead>
<tr>
<th>YEAR</th>
<th>Number of Individuals</th>
</tr>
</thead>
<tbody>
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<td>2014</td>
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Population(s) Served: No target populations selected

Related program: Eating Disorders Awareness, Recovery, and Advocacy

Total number of competitions held

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<td>1</td>
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<tr>
<td>2015</td>
<td>1</td>
</tr>
<tr>
<td>2014</td>
<td>1</td>
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Population(s) Served: No target populations selected

Related program: Eating Disorders Awareness, Recovery, and Advocacy

Number of individuals attending community events or trainings

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<td>2015</td>
<td>814</td>
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<td>2014</td>
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Population(s) Served: No target populations selected

Related program:
CHARTING IMPACT

What is the organization aiming to accomplish?

The mission of EDRC is to increase awareness and understanding of eating disorders for the general public and for health professionals; to promote early diagnosis, effective treatment, and recovery; and to advocate for mental health parity legislation and effective insurance coverage. EDRC is a vital resource in Silicon Valley. EDRC 1) offers a comprehensive, online, local resource directory; 2) responds to calls and emails from patients, family members, clinics, and health care professionals requesting recovery support, information, and help navigating the health care system; 3) provides an education and outreach program on the early detection and intervention of eating disorders; and 4) facilitates monthly support groups for sufferers and their families and friends.

What are the organization's key strategies for making this happen?

EDRC accomplishes its goals by providing:

In the area of AWARENESS:
- The annual Be-you-tiful Be Free writing contest for students at local middle schools and high schools. This contest promotes healthy body image and encourages young adults to embrace their differences.
- Various events during National Eating Disorders Awareness Week in February.

In the area of EDUCATION:
EDRC provides an outstanding speakers bureau, consisting of physicians, therapists, dietitians, psychologists, psychiatrists, and post-doctoral researchers at Stanford and Lucile Packard Children's Hospital. Trainings are coordinated in hospitals, community clinics, and non-profits in order to promote prevention, intervention, early diagnosis, and access to treatment. Trainings include instruction on:
- screening for and recognizing the early signs and symptoms of eating disorders
- evidence-based effective treatments
- available community resources
- co-morbid conditions.

Education is critical to reducing the duration and cost of treatment, the number of chronic cases, and the amount of lives lost to this deadly disease.

In the area of RECOVERY:
EDRC offers free monthly support groups in which family members, friends, and individuals struggling with eating and body image issues can receive support not currently offered by any other nonprofit in the community. Though not a substitute for professional treatment, support groups are essential to recovery and are especially valuable to those with limited or no insurance coverage.

The EDRC website provides the most up-to-date, comprehensive directory of treatment professionals, educational materials, support group information, and insurance support in Santa Clara County. EDRC responds daily to calls and emails for help, and connects callers with resources suitable to their need. As an example, a client recently called regarding her 19 year-old daughter who is struggling with an eating disorder, substance abuse, and self-harm. EDRC is helping locate a residential program for her that accepts Cigna and treats dual diagnosis disorders.

What are the organization's capabilities for doing this?

EDRC accomplishes its goals through collaboration with numerous local partners including: Santa Clara County Medical Association, Santa Clara County Health and Hospital System, County Department of Mental Health, Community Health Clinics, California Medical Association, Santa Clara County Dental Society, Santa Clara County Library District, Cielo House, Center for Discovery, and local hospitals and treatment centers. We also partner with Stanford, San Jose State University, the American Association of University Women (AAUW), Lucile Packard Children's Hospital, National Alliance for Mental Illness (NAMI), and the Community Health Awareness Council (CHAC). National partners include the Eating Disorders Coalition (EDC), Association of Anorexia Nervosa and
Associated Disorders (ANAD), Academy of Eating Disorders (AED), and National Eating Disorders Association (NEDA). Partners help share our resources, allowing more care providers, community members, and sufferers to receive education and treatment support. Partners also collaborate for community awareness events and co-sponsor many of our educational and outreach programs.

We also have invested in an endowment to ensure long-term sustainability, and we have long-term consistent donors who contribute regularly to our programs and mission. On our team, we have Janice Bremis, the Founder, who is an expert in all local and many national eating disorder treatment professionals, centers, and resources, as well as Kaitlyn McLaren, the Program Manager, who is pursuing her Masters in counseling psychology at Santa Clara University. Our Board of Directors is made up of 4 active leaders and community volunteers.

We have developed a "Pocket Tool" for physicians to act as a "go-to" informational resource to aid in prevention, early detection, and intervention of eating disorders. Several advocacy teams are in place that are working to educate specific populations and promote legislation for mental health parity.

What have and haven't they accomplished so far?

EDRC’s success is contributed to our consistent focus, expanded partnerships, and the quality and passion with which we provide services. Every objective we are working on currently, including planning for National Eating Disorders Awareness Week and the next annual Be--you--tiful Be Free writing contest, propels us toward achieving our goals and reaching more individuals with the goal of eating disorder prevention, early diagnosis, intervention, and recovery. Our daily support to clients and family members is making a difference in their lives. (see Guidestar reviews for testimonials).

Our connections with the community have helped accomplish our goals on a wider scale. We’ve honed in on our statistical tracking and have a system to take detailed call notes, gather testimonials, and record percentage of satisfaction after educational programs. Follow-ups are key to our evaluation. However, the greatest obstacle continues to be the stigma and shame associated with the illness, which prevents many people from seeking help. Our Board of Directors guide us in developing strategies and objectives.
Financials

FISCAL YEAR START: 07/01
FISCAL YEAR END: 06/30

Financial Trends Analysis
Business Model Indicators

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<tr>
<th>Profitability</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2022</th>
<th>2023</th>
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<tr>
<td>Unrestricted surplus (deficit) before depreciation</td>
<td>-$47,545</td>
<td>$54,829</td>
<td>$19,027</td>
<td>$45,855</td>
<td>$181,947</td>
</tr>
<tr>
<td>As a % of expenses</td>
<td>-85.1%</td>
<td>99.3%</td>
<td>26.5%</td>
<td>56.2%</td>
<td>211.0%</td>
</tr>
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<td>56.2%</td>
<td>211.0%</td>
</tr>
</tbody>
</table>

Revenue Composition

| Total revenue (unrestricted & restricted) | $37,585 | $114,504 | $81,154 | $175,581 | $254,983 |
| Total revenue, % change over prior year | -68.1% | 204.7% | -29.1% | 0.0% | 45.2% |
| Program services revenue | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Membership dues | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Investment income | 8.0% | 1.8% | 3.0% | 2.7% | 4.2% |
| Government grants | 0.0% | 0.0% | 2.5% | 0.0% | 0.0% |
| All other grants and contributions | 92.0% | 97.1% | 93.7% | 91.8% | 95.8% |
| Other revenue | 0.0% | 1.1% | 0.9% | 5.5% | 0.0% |

Expense Composition

| Total expenses before depreciation | $55,861 | $55,191 | $71,884 | $81,552 | $86,218 |
| Total expenses, % change over prior year | -11.0% | -1.2% | 30.2% | 0.0% | 5.7% |
| Personnel | 0.0% | 13.4% | 8.2% | 60.3% | 62.7% |
| Professional Fees | 50.0% | 55.8% | 60.0% | 0.0% | 0.0% |
| Occupancy | 4.3% | 4.6% | 4.4% | 0.0% | 0.0% |
| Interest | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Pass-Through | 0.0% | 0.0% | 0.0% | 3.9% | 3.8% |
| All other expenses | 44.9% | 26.2% | 27.3% | 35.8% | 33.5% |
Financial Trends Analysis, continued

Moving Toward Full Cost Coverage

<table>
<thead>
<tr>
<th>Full Cost Components (estimated)</th>
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<th>2016</th>
<th>2017</th>
<th>2022</th>
<th>2023</th>
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<tbody>
<tr>
<td>Total Expenses (after depreciation)</td>
<td>$55,861</td>
<td>$55,191</td>
<td>$71,884</td>
<td>$81,552</td>
<td>$86,218</td>
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<tr>
<td>One Month of Savings</td>
<td>$4,655</td>
<td>$4,599</td>
<td>$5,990</td>
<td>$6,796</td>
<td>$7,185</td>
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<td>$0</td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
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<tr>
<td>Total Full Costs (estimated)</td>
<td>$60,516</td>
<td>$59,790</td>
<td>$77,874</td>
<td>$88,348</td>
<td>$93,403</td>
</tr>
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Capital Structure Indicators

Liquidity

| Months of cash | 58.8 | 72.4 | 56.6 | 31.6 | 17.5 |
| Months of cash and investments | 80.1 | 93.5 | 74.9 | 79.1 | 100.5 |
| Months of estimated liquid unrestricted net assets | 80.5 | 93.4 | 74.9 | 79.0 | 100.1 |

Balance Sheet Composition

| Cash          | $273,576 | $332,776 | $339,233 | $214,507 | $125,944 |
| Investments   | $99,336  | $97,313  | $109,298 | $322,884 | $596,357 |
| Receivables  | $0       | $0       | $0       | $0       | $0       |
| Gross land, buildings, and equipment (LBE) | $2,127 | $2,127 | $2,127 | $3,550 | $3,550 |
| Accumulated depreciation (% of LBE) | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% |
| Liabilities as % of LBE | 0.2% | 0.4% | 0.5% | 0.4% | 0.5% |
| Unrestricted net assets | $374,929 | $429,758 | $448,785 | $0 | $0 |
| Temporarily restricted net assets | $0 | $0 | $0 | N/A | N/A |
| Permanently restricted net assets | $0 | $0 | $0 | N/A | N/A |
| Total restricted net assets | $0 | $0 | $0 | $0 | $0 |
| Total net assets | $374,929 | $429,758 | $448,785 | $536,925 | $718,872 |

Key Data Checks

Material Data Errors

<table>
<thead>
<tr>
<th>2015</th>
<th>2016</th>
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</table>

Note: This issue is relevant to a small number of organizations: The nonprofit subject(s) of this report may have affiliates. The Form 990 data may not include information about any or all potential affiliates. If an organization does have affiliates and these affiliates have substantial financial activity, the financial data in this report may not present a comprehensive picture of the nonprofit’s financial condition. Please consult the 990s of any potentially related affiliates for additional information.
Operations

Source: Self-Reported by Organization, January 2024

EXECUTIVE DIRECTOR

Janice Bremis

Janice is the founding member of the Eating Disorders Resource Center. She graduated from San Jose State University with a BA in Liberal Arts, and has worked in fundraising within the healthcare community for most of her career. She was diagnosed with an eating disorder in 1975 and is well aware of the stigma associated with the disease, as well as the importance of emotional support and access to quality treatment. She is very passionate about advocating for people who have eating disorders and feels that this is her life's mission.

NUMBER OF EMPLOYEES

Source: IRS Form 990

BOARD CHAIR

Monica Waldman

BOARD CO-CHAIR

Tami Lee

BOARD MEMBERS

Amy Hsieh
Development Manager, Tri-City Health Center

Monica Waldman
West Valley College, Palo Alto Art Center

Tami Lee

Amir Alem

Amia Nash

Kathy Konjuh
## OFFICERS, DIRECTORS, TRUSTEES, AND KEY EMPLOYEES
### FISCAL YEAR 2022

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Compensation</th>
<th>Other</th>
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<td>Janice Bremis</td>
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<tr>
<td>Monica Waldman</td>
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<td>Kathy Konjuh</td>
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### Officers Directors, Trustees, Key Employees

**FISCAL YEAR 2021**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Compensation</th>
<th>Benefits/Deferred Compensation</th>
<th>Expense Account, Other</th>
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<tr>
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<td>Amy Hsieh</td>
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<td>Janice Bremis</td>
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<tr>
<td>Richa Sachdevsandhu</td>
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<tr>
<td>Cindy McCalmont</td>
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<td>Regina Barhydt</td>
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## Officers Directors, Trustees, Key Employees

**FISCAL YEAR 2020**

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<tr>
<td>Richa Sachdevsandhu</td>
<td>BOARD MEMBER</td>
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### Paid Preparers

**FISCAL YEAR 2023**

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<th>Firm EIN</th>
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<th>Firm Phone</th>
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<tbody>
<tr>
<td>HRB TAX GROUP INC</td>
<td>43-1871840</td>
<td>1301 MAIN ST STE 105F, KANSAS CITY MO 64108 USA</td>
<td>800-472-5625</td>
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### Paid Preparers

**FISCAL YEAR 2022**

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<th>Firm Phone</th>
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</thead>
<tbody>
<tr>
<td>Block Advisors</td>
<td>431871840</td>
<td>15466 LOS GATOS BLVD STE 201, LOS GATOS CA 95032</td>
<td>4083583822</td>
</tr>
</tbody>
</table>
**BOARD LEADERSHIP PRACTICES**

GuideStar worked with BoardSource, the national leader in nonprofit board leadership and governance, to create this section, which enables organizations and donors to transparently share information about essential board leadership practices.

<table>
<thead>
<tr>
<th>Section</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BOARD ORIENTATION &amp; EDUCATION</strong></td>
<td></td>
</tr>
<tr>
<td>Does the board conduct a formal orientation for new board members and require all board members to sign a written agreement regarding their roles, responsibilities, and expectations?</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>CEO OVERSIGHT</strong></td>
<td></td>
</tr>
<tr>
<td>Has the board conducted a formal, written assessment of the chief executive within the past year?</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>ETHICS &amp; TRANSPARENCY</strong></td>
<td></td>
</tr>
<tr>
<td>Have the board and senior staff reviewed the conflict-of-interest policy and completed and signed disclosure statements in the past year?</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>BOARD COMPOSITION</strong></td>
<td></td>
</tr>
<tr>
<td>Does the board ensure an inclusive board member recruitment process that results in diversity of thought and leadership?</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>BOARD PERFORMANCE</strong></td>
<td></td>
</tr>
<tr>
<td>Has the board conducted a formal, written self-assessment of its performance within the past three years?</td>
<td>Yes</td>
</tr>
</tbody>
</table>
Organizational Demographics

Who works and leads organizations that serve our diverse communities? This organization has voluntarily shared information to answer this important question and to support sector-wide learning. GuideStar partnered on this section with CHANGE Philanthropy and Equity in the Center.

Leadership

The organization’s leader identifies as:

- **Race & Ethnicity**: White/Caucasian/European
- **Gender Identity**: Female, Not transgender
- **Sexual Orientation**: Decline to state
- **Disability Status**: Decline to state

Race & Ethnicity

*No data*

Gender Identity

*Transgender Identity*

*No data*

Sexual Orientation

*No data*

Disability

*No data.*

*We do not display staff or senior staff disability information for organizations with fewer than 15 staff.*
Equity Strategies  Last Updated: 04/13/2020

Candid partnered with Equity in the Center - a project that works to shift mindsets, practices, and systems within the social sector to increase racial equity - to create this section. Learn More

Data

✓ We disaggregate data to adjust programming goals to keep pace with changing needs of the communities we support.

✓ We disaggregate data by demographics, including race, in every policy and program measured.

Policies and processes

✓ We seek individuals from various race backgrounds for board and executive director/CEO positions within our organization.

✓ We have community representation at the board level, either on the board itself or through a community advisory board.
# Appendix

## Key Documents

<table>
<thead>
<tr>
<th>IRS Forms 990</th>
<th>2023 990</th>
<th>2022 990</th>
<th>2021 990</th>
<th>2020 990</th>
<th>2019 990</th>
</tr>
</thead>
<tbody>
<tr>
<td>IRS Forms 990T</td>
<td>Not Available</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Audited Financial Statements</td>
<td>Not Available</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Key Organization Documents

- Letter of Determination
- 2023 Annual Report
- 2022 Annual Report
- 2021 Annual Report
- 2020 Annual Report
- 2011 Annual Report
- Key Revenue & Expense Data from Form 990
- Key Balance Sheet Data from Form 990
EATING DISORDERS RESOURCE CENTER
Aka EDRC
2542 South Bascom Ave. Suite 110
Campbell, CA 95008

Foundation Status Code: PC*
Public charity described in section 509(a)(1) or (2)

IRS Publication 78 Details

Organization name: Eating Disorders Resource Center
Location: Campbell, CA
Most recent IRS Publication 78: February 2024

Deductibility status description:
A public charity (50% deductibility limitation).

Verified with most recent Internal Revenue Bulletin: March 04, 2024

IRS Business Master File Details

Organization name: EATING DISORDERS RESOURCE CENTER
Most recent IRS BMF: February 12 2024

Reason for Non-Private Foundation Status:
Section 509(a)(1) organization as referred to in Section 170(b)(1)(A)(vi)

EIN: 68-0616393
IRS subsection: 501(c)(3) Public Charity
Ruling date: 02/2006

This organization was not included in the Office of Foreign Assets Control Specially Designated Nationals (SDN) list.

On September 8, 2011, the IRS issued regulations which eliminated the advance ruling process for a section 501(c)(3) organization. Learn more

* The Foundation Status Code is the code that foundations are required to provide for each grantee annually on part XV of Form 990PF. Note that this code cannot be derived in some cases (e.g., supporting organizations for which ‘type’ can’t be determined).

IRS Revenue Procedure 2011-33 allows grantors to rely on third-party resources, such as GuideStar Charity Check, to obtain required Business Master File (BMF) data concerning a potential grantee’s public charity classification under section 509 (a) (1), (2) or (3).

GuideStar Charity Check Data Sources

- GuideStar acquires all IRS data directly from the Internal Revenue Service.
- IRS Publication 78 (Cumulative List of Organizations) lists organizations that have been recognized by the Internal Revenue Service as eligible to receive tax-deductible contributions.
- The IRS Internal Revenue Bulletin (IRB) lists changes in charitable status since the last Publication 78 release. Between the release of IRS Publication 78 and the subsequent IRS Internal Revenue Bulletin, the IRB date will reflect the most recent release date of IRS Publication 78.
- The IRS Business Master File lists approximately 1.7 million nonprofits registered with the IRS as tax-exempt organizations.
- The IRS Automatic Revocation of Exemption List contains organizations that have had their federal tax-exempt status automatically revoked for failing to file an annual return or notice with the IRS for three consecutive years.
- The Foundation Status Code is a value derived by mapping the codes found on the 990PF filing instructions to the corresponding codes in the IRS BMF. Note that not all codes are able to be mapped due to insufficient data.
- The Office of Foreign Assets Control (OFAC) Specially Designated Nationals (SDN) list contains organizations that are owned or controlled by targeted individuals, groups, and entities, such as terrorists or narcotics traffickers. Their assets are blocked and U.S. persons are generally prohibited from dealing with them.

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