EDRC ANNUAL REPORT 2019-2020

Founder's Message

Dear Friends,

As we celebrate EDRC’s 14th anniversary, I can’t help but feel immense gratitude for all that we have been able to accomplish. None of this would be possible without our community. The support from our donors, volunteers, and eating disorder community warms my heart.

It is an honor to work with our clients, hear their stories, and witness their resilience through their battles. This past year, we educated physicians and mental health professionals, provided guidance to 235 clients, and supported 1,077 people in our support groups. In the face of new challenges brought by COVID-19, we had to re-imagine some of our services, but our commitment to the cause remained the same. As quarantine continued, we saw an influx of calls from those experiencing a relapse and worked with local treatment providers to get them help in the face of much uncertainty. Thank you again for your belief in our mission and support of our efforts.

Sincerely,

Janice Bremis, Executive Director

Volunteer Camellia Hayat shares her story at Family and Friends Support Group and answers questions from parents.

Monica Waldman
Board Chair

“It is my honor to serve as chair of the EDRC Board of Directors with other passionate and caring professionals. It has been a joy to see the tangible impacts our programming has on our various communities. I want to extend a special thank you to you, the volunteers and partners listed here.”

RECOVERY: Support Groups Provide Space for Healing, Community, and Education

This year, EDRC’s free support groups had 1,077 attendees. Our groups support those seeking help for the first time, those in recovery, and parents of those struggling. The extensive benefits and effectiveness of support groups have been documented in scientific literature and positive feedback from our group members backs this up.

“The EDRC has been a great resource for me while pursuing recovery. The meetings are one of the only places that I feel safe to talk freely about my ED. It has been so helpful for me to meet other people with similar struggles and experience their recovery in all stages.

- Support Group Attendee

AWARENESS: EDRC’s Writing Contest Provides Platform for Students to Reflect on Mental Health

Body image is not how we are defined. Dig a little deeper, and a unique person you may find. Be you, and embrace the person inside. Those who love you for that, will join you for the ride.

- 2020 Writing Contest Winner

ADVOCACY

EDRC team participates in the NAMI Walk to raise awareness that Eating Disorders are serious mental illnesses.

3131 S. Bascom Avenue, Suite 140, Campbell, CA 95008
(408) 356-1212 ♦ info@edrcsv.org ♦ www.edrcsv.org
The faces behind it all:
Our amazing EDRC Volunteers!

1. EDRC Hosts Ask the Experts event in Gilroy, CA with panel members Madison Smith, Richa Sachdev Sandhu, MS, Wendy Mosqueda, LMFT, Danielle Hanchett Friedman, LCSW and moderator Kaitlyn McLaren.
2. Volunteer Celine Wang recognized at Junior League Annual Luncheon with the Crystal Bowl Award.
3. Volunteers Aparna Ramadurai, RD and her daughter Maya share with host Lissa Kreisler their insights on eating disorders.

Consider naming one or more of your favorite non-profits, including EDRC, in your will or trust or as a beneficiary of your IRA, 401(k), life insurance, or annuities. Even 1% will be appreciated by the non-profit while still providing for your loved ones.

1,077 people attended our support groups
235 people assisted through live-help

A sincere thank you to our generous donors
This list reflects donors from July 1, 2019 - June 30, 2020.

CHAMPION $10,000 and up
El Camino Healthcare District
Robert Family Foundation
The Valley Foundation

AMBASSADOR $1000 to $9999
Chun Zhen
David Ramsey
Evergent Technologies Inc.
Hugh Stuart Center Charitable Trust
Monica Waldman
Palo Alto Medical Foundation

ADVOCATE $100 to $999
Alicia Burgoon
Amy L. Hsieh
Bruce Blackfield
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Sara Jones
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Stefan Schmitz
Stephen Thigpen
Steven & Marie Boitano
Tami Lee
Terryann Sanders
Tom Ryan
Toni Ensunsa
William Richard & Judy Hencke

SUPPORTERS $1 to $99
Barbara Nielson
Diane Wright
Elaine Retzer
James Howley
John Paul & Josephine Breminis
Juan & Wendy Alvarez
Karen Wolf
Kit Leong
Lillian Svec
Lucille Deretic
Mark McDonnell
Michele Marks
Michelle L. Smith
Nanci Robertson
Paula-Jo Husack
Robert & Fernanda Trifilo
Sharon M. Gordon
Vanessa McCaslin

STATEMENT OF ACTIVITIES
Fiscal Year ended June 30, 2020
REVENUE:
Contributions ................... $73,064
In-Kind Contributions ........... $7,791
Net Investment ................... $(2,612)
Total ................................. $78,243

EXPENSES:
Total Expenses .................. $83,235
Change in Net Assets ............ $(4,992)

STATEMENT OF FINANCIAL POSITION
ASSETS:
Cash .............................. $341,199
Investments ...................... $117,797
Prepaid Expenses ................. $2,826
Total Assets ...................... $461,822

LIABILITIES:
Accounts Payable ................. $603
Accrued Payroll ................. $750
Total Liabilities ................ $1,353

NET ASSETS:
Unrestricted ...................... $11,469
Restricted Endowment .......... $350,000
Ending Fund Balance ........... $460,469

Our Mission
♦ Raise awareness through educating local physicians & health care professionals on how to identify the signs & symptoms of eating disorders
♦ Promote recovery by providing resources for education, treatment, & weekly support groups
♦ Advocate with related local, state, & national groups to support mental health parity legislation & increase insufficient insurance coverage

BOARD OF DIRECTORS
Amy Hsieh
Monica Waldman
Richa Sandhu
Tami Lee
Patti Dolan
Cindy McCalmont

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