Message from our founder

Dear friends,

It is said that in times of hardship, the real goodness of people emerges. As we all weathered the pandemic, Eating Disorders Resource Center (EDRC) was humbled by the unprecedented outpouring of support. When our need rose, our community stepped in to help. Cam and Bruce Brugler, our long-time donors, pledged to match all our year-end gifts, making this year's fundraising the most successful to date. Three new talented, dynamic community leaders joined our board of directors this year: Kathy Konjuh, Amir Alem, and Amia Nash. Their fresh perspective has energized us for the year ahead. We moved to a new location, thanks to the Los Gatos Therapy Center for giving us a space where we will be surrounded by professionals leading the way in eating disorder care in the Bay Area. We’re grateful that the community stepped in to help.

A special thanks to our team, including Frances Tian, our Program Manager who starts at UC Irvine School of Law this fall. Kanika Kansara is stepping into the role of Program Manager. A special thanks to Taylor Lin, for leading a very successful Every Body's Be-You-Tiful media campaign. We wish her all the best as she starts her journey at the University of Miami. Our student volunteers are vital to our work, and we cherish them.

Gratefully,

Janice Bremis

Our Work in Action

**Awareness** - The Eating Disorders Resource Center (EDRC) announced the winners of the 2022 Be-You-Tiful, Be Free Multimedia Contest. Entries were received from middle through high school students throughout Santa Clara County. Special thanks to our steadfast partner, the Santa Clara County Library District and the Palo Alto Medical Foundation.

**Recovery** - "Our support groups saw a significant increase in attendance," says Nancy Boyle, our longtime leader of the family group, who has been honored by both the Junior League and the County of Santa Clara Behavioral Health Services. This past year, Nancy started a monthly Ask the Experts program in which experts from throughout the field help educate our families and friends about eating disorders.

**Advocacy** - Our volunteers Amia Nash, Yaein Chen, Chris Mitchell, and Alexis Brugler participated in the Eating Disorder Coalition (EDC) Advocacy Day on Capitol Hill where they spoke to congressmen about eating disorders and the importance of passing two bills. The Anna Westin Legacy Act was passed as a result of our efforts and ensures training of primary and allied health professionals to screen, intervene, and refer individuals to treatment. The Kids Online Safety Act is a comprehensive bill to hold Big Tech accountable for social media harm for kids through enforcement, safeguards, and research.
This Year in Numbers

- **809** clients attended our support groups
- **214** clients assisted through our helpline
- **42** students participated in our annual multimedia contest
- **298** healthcare professionals educated

**Words of Gratitude**

"Thank you to EDRC and Dr. Derenne for your training on FDA-approved and commonly utilized off-label medications for different ED diagnoses, other recommended interventions, as well as how to assess the need for a higher level of care (e.g. relevant labs, physical manifestations)."
- Shefali Miller, MD and Chief Medical Officer at Momentum for Mental Health

"I truly appreciate Janice and the EDRC for giving me the incredible opportunity to run the writing contest campaign for the past 2 years. This experience has enriched my personal development, leadership skills, and grew my passion for mental health."
- Taylor Lin, student action council, and media campaign coordinator.

"Having proudly supported EDRC since 2006, we recognize how serious, widespread, and underdiagnosed eating disorders are and the important role EDRC plays in our community, to help those struggling with eating disorders, and their families."
- Ned Robert & Carol Ezeir, The Robert Family Foundation

**Stephanie Brooks**, the founder of Bay Area Nutrition, was honored by the Santa Clara County Behavioral Health Board with the Hero award for educating hundreds of healthcare professionals on how to screen, intervene and provide treatment options for those struggling with eating disorders.

"Such a wonderful group of people I am so thankful for. Although I wish I could have met them under different circumstances, I appreciate the support group and EDRC more than words can express. With all my heart I thank EDRC for all the help, resources and services you provide. I am happy to contribute what I can (wish it were more) and will continue to do so in the future as the work that you do is so incredibly important and invaluable."
- With gratitude, Val

**STATEMENT OF ACTIVITIES**

**2022 REVENUE:**

- Contributions: $153,279
- In-Kind Contributions: $7,970
- Net Investment: $33,832
- Total: $195,081

**EXPENSES:**

- Total Expenses: $82,036
- Change in Net Assets: $45,321

**ASSETS:**

- Cash: $214,507
- Investments: $322,884
- Assets: $2,406
- Total Assets: $539,797

**LIABILITIES:**

- Accounts Payable: $1,924
- Total Liabilities: $1,924

- Unrestricted: $187,873
- Restricted Endowment: $350,000
- Ending Fund Balance: $537,873

EDRC was honored to learn that the Krishnamoorthy Family has set up a charitable foundation with EDRC being one of the beneficiaries each year.

**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:**

- Amia Nash
- Amir Alem
- Amy Hsieh
- Kathy Konjukh
- Monica Waldman
- Tami Lee
Thank You to Our Donors
Donations received from July 1, 2021 - June 30, 2022

Champion ($10,000+)
El Camino Healthcare District
Kaiser Permanente
Lantern League
Sutter Health/PAMF
Robert Family Foundation

Ambassador ($1000 to $9999)
Alicia Burgoon
Amir Alem
Brandenburg Family Foundation
Bruce & Cam Brugler
Bruce Blackfield
Compass Cares
David Ramsey
Dick & Linda Kozarek
Goddard Family Foundation
Hugh Stuart Center Charitable Trust
Jean Qin Kong
Justice Family Charitable Fund
Kevin Toreson
Krishnamoorthy Family
Mary E. McCloy
Mike Lee
Monica Waldman
Montecatini
Robert Weil
Sajja Family

Advocate ($100 to $999)
Acute
Alsana
Amrita Eating Disorder Treatment
Amy Hsieh
Ann Ewing
Ann Moresco
Ann Marie Auer
Anna Uemura Jean
Anne & Jamie O'Connell
Anthony Augimeri
Apple
Aparva & Kanika Kansara
Attracta Lee
Barbara Neilson
Barbara Larkin
Bay Area Nutrition
Belinda Wortham
Bob & Fernanda Trifilo
Bright Funds
Campbell Teen Family Therapy
Candace Ford & John Gray
Center For Discovery
Chun Zhen
Cisco Systems Foundation
Cynthia Kapphahn
Dan & Linda Tapella
Daniel Cosgrove
David Mineta
Dawn Edgren
Deborah Woodward-Dorin
Debra Schlesinger
Debra Safer
Debra & Jerry Chin
Dennis & Debbie Cashman
Diane Mahan
Diane Petroni
Donna Pombo
Dorian & Cathy Stonie
Eli Navid
Ellie Simonson
Equip
Evolve Wellness Group
Gilead
Glen and Ellen McLaughlin
Heritage Bank of Commerce
Hilda Zhang
History Club of Los Gatos
Isabelle Monahan
James O'Connell
James Howley
John & Michelle Hansen
John Di Simone
John & Virginie Mitchem
Josephine Bremis
Karen Bremis
Kathy Konjuh
Kathleen Babington
Keqin & Cathy Zheng
Kindful
Kid
Kit Leong
Lenore McKnight
LGTC Group
Linda Poncelet
Lisa Aronovitz
Loraine Fox
Mark Porter
Martha Castellanos
Mary Myers
Mary Boetcher
Matt Hryniewicz
Meadows Behavioral Healthcare
Michael Romeyn
Michael Shira
Michael & Kathleen Juvet
Michele & Ron Bontemps
Montecatini
Moriah Behavioral Health
Nanci Robertson
Neelam Dharod
Netfli
Patti Dolan
Paul Davoli
Peggy Reinders
Peter Berkery
Rachel Wheeler
Reasons Eating Disorders Center
Refresh Mental Health/Cielo House
Robert Fitzgerald
Sara Jones
Silicon Valley Bank
Stefan Schmitz
Steve Feinberg
Tami Lee
Teresa O'Neill
The Emily Program
Toni Ensunsu
Tonja Krautter
Val Honerkamp
Victor Chen
W. Richard and Judy Hencke

Supporters ($1 to $99)
Abbott Laboratories
Anie Clark
Ann Kim
Benedicte Richardson
Denise Bridges
Edward Cosci
Elaine Retzer
Jeremy Sosnick
Fran & Jack Osorio
Josephine Fasciona
Joshua Ramirez
Juan & Wendy Alvarez
Kathie Sheehy
Kathy Duisenberg
Kendra Devejian
Lucille Deretch
Margaret Bailey
Michelle Smith
Rebecca Eyre
Sascha Montgomery Durose
Sherri Azim
Sharon Gordon
Sherri Plaza
Sheryl Tealdi
Tawnee Johnson
Whitney Walker

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.