WHAT’S YOUR WHY?

Stories from ANAD

2019 Impact Report

National Association of Anorexia Nervosa and Associated Disorders

ANAD.org
This year marks the passing of ANAD’s founder, Vivian Hanson Meehan. Back in 1976, she worked tirelessly to ensure there was peer support among people with eating disorders. That’s how ANAD began - a support group and informal helpline in Highland Park, Illinois. Today, ANAD’s small but mighty staff has been able to recruit and train more than 600 volunteers around the country to provide ANAD’s free support services. These are the heroes who collectively donate 13,000 hours each year to provide hope for people recovering from eating disorders.

BECAUSE OF YOU.

Your financial support enables this volunteer engagement model to continue, so that approximately 1,000 people per week can use ANAD’s services. Each of their stories are meaningful. In this report, you’ll read about why a few of these people got involved with ANAD, and how they benefited.

WHAT’S YOUR WHY?

As you read through these stories, think about why you were inspired to join ANAD. Whether through utilizing the free services, volunteering, donating, or all three, you are part of a network of individuals who want to make a difference.

If the stories in this report resonate with your ‘why,’ consider continuing or growing your involvement with a donation to ANAD, a pledge to become an ANAD volunteer, or both!

WHY IS YOUR SUPPORT SO IMPORTANT?

- Because eating disorder treatment can be difficult to navigate, and sometimes impossible without insurance.
- Because more people die from eating disorders than any other mental illness besides opioid addiction.
- Because recovery is possible, with a system of support in place.

Thank you again for being an important part of helping to save lives, one person at a time.

Warmest regards,

Maria Rago, Ph.D.  Lynn Slawsky
ANAD President  ANAD Executive Director

P.S. This year’s fundraising goal is to quadruple the number of monthly donors in order to sustain impact throughout the year. Sign up as a ANAD monthly donor at anad.org/donate and you’ll receive an ANAD t-shirt!
Profile of an ANAD Mentee

EMILY

Emily* knew she needed help. Her eating disorder was impacting her job as a teacher, her happiness, and her relationships, but she didn’t know where to start. Her doctor meant well, but she needed more support as she negotiated work, relationships, and her eating disorder. That’s why Emily applied to join the ANAD Mentorship Program this year. In her application, she said she was looking for “encouragement, sometimes a little tough love, and someone who gets it.”

One of the requirements for the ANAD Mentorship Program is to have some kind of professional support in addition to the mentor. Because Emily had stopped working with professionals after leaving residential treatment, Emily called the ANAD Helpline to ask about a therapist in her area who was certified in eating disorder treatment. Soon after starting to see the counselor that ANAD recommended, Emily was matched with an ANAD Mentor, Jade.

Once paired with the ANAD Mentor, Emily said: “Jade is amazing! I am so thankful and grateful for her compassion and patience as I try to recover. It’s still hard, but Jade actually gets what I’m thinking in a way that not many other people in my life can.”

Emily and Jade began texting, checking in about issues and victories, and thinking of ways to keep Emily’s recovery moving forward. With Jade’s encouragement, Emily then expanded her support system by seeking out a dietitian and ANAD Support Group to continue getting her relationship with food back on track.

Today, Emily is still working towards full recovery. Thanks to her connection to ANAD, she has an understanding therapist, a regular support group, a dietitian, and a friend in Jade, her ANAD Mentor.

Profile of an ANAD Support Group Leader

TAMARA

Tamara* had five years in recovery from bulimia when she went back to school to become a Registered Dietitian. Tamara wanted to begin volunteering even before she graduated, which is why she began researching opportunities and stumbled upon ANAD Support Groups.

Worried that she might need to be a therapist to become a group leader, Tamara called ANAD in March. She learned that most ANAD groups are peer-led by people in recovery. They take ANAD’s online training, use the materials provided to them, and use those tools to create a community.

Tamara submitted an application, and her school agreed to donate a meeting room. After completing ANAD’s training, looking through the support group manual, and promoting the group around her community, she felt ready. By June of this year, Tamara hosted her first ANAD Support Group meeting and it drew 7 people. Women and men of various ages and eating disorder experiences discussed feelings they had in common.

Leading the group has been healing for Tamara. She says the people she meets every week “keep me focused on recovery in a way I was lacking before….it lets me use my experiences in a productive way. It’s incredible to do some good in the world after all the [crap] that happened to me.” Creating space to talk about eating disorder struggles helps shrug off the taboo that can keep people isolated.

“If it makes me feel so much better to be there even after years of recovery, I know I just have to keep it going so people still struggling can have the same feeling.”

* Names and identifying information in this profile have been changed to protect privacy.
Profile of an ANAD Board Member

PAT SANTUCCI, MD, FAPA, FAED

At medical school in the 1960’s, Pat Santucci was one of only 5 women in her program. As she trained, graduated, and started her medical practice, Pat watched the rise of the ‘new woman.’ Ideas about how women should look were shifting from Marilyn Monroe to Twiggy, and women were dieting as a result. That’s likely why Pat started seeing a sharp rise in women coming to her with Anorexia Nervosa.

There had been very little information on eating disorders throughout medical school. So Pat reached out to various hospitals to learn more. Through her research, Pat heard about a nurse named Vivian in Highland Park, Illinois, who was beginning to build eating disorder support infrastructure. Vivian also was finding very little in the way of resources for people with eating disorders. That’s why they began working together. Pat focused on medical and psychiatric issues while Vivian focused on family dynamics, support groups, and advocacy. Because of their tireless work to change perceptions, peer-led support groups have become a vital component of eating disorder care.

Pat also worked to ensure that eating disorders were part of medical school curricula, the American Psychiatric Association Guidelines, and helped establish hospital programs dedicated solely to eating disorders. She also was a founding member of the Academy of Eating Disorders. Of the many hundreds of professionals Pat has trained on eating disorders, one intern, Maria Rago, PhD, is now president of ANAD’s board of directors.

Today, Pat is a board member of ANAD, serving as the organization’s medical director. She most recently authored an ANAD publication called, Eating Disorders and Pregnancy: A Comprehensive Book for Women and Healthcare Professionals.

ANAD APPROACH GUIDE SERIES

Healing the eating disorder community through compassionate action

Eating Disorders and Pregnancy: A Comprehensive Book for Women and Healthcare Professionals

Also available as an abbreviated guide of Twenty Important Things to Know

Becoming a mother can be an exciting and joyful time, but if you have an eating disorder, pregnancy can be both physically and emotionally challenging. ANAD’s first book, by Patricia Santucci, MD, FAPA, FAED, ANAD’s medical director, aims to provide a thorough examination of this complex topic.

Eating Disorders in Schools: A Guide for Educators

This guide is a brief look at how teachers, coaches, health/physical education teachers, and social workers can promote positive self image and help to support students in recovery.

Binge Eating: Breaking the Cycle

This guide offers information about Binge Eating Disorder (BED), self-help suggestions, and tips on how to care for yourself while living with BED.

Treatment Center Discharge Guide, 3rd Edition

This guide offers input from people who have been through formal eating disorder treatment, family members, and treatment centers. It also contains mealtime support cards.

Read the full explanation of the ANAD Approach and access these guides at anad.org/anad-approach-guides.
ANAD’s Guiding Values

ANAD understands that individuals struggling with eating disorders can come from all different backgrounds, socioeconomic levels, sizes, gender/sexual orientations, etc. That’s why we developed these guiding values:

1. ANAD is committed to providing free services that are accessible to all.
2. ANAD demonstrates openness and inclusivity by respecting every part of the eating disorder recovery journey.
3. ANAD approaches every interaction with compassion and patience.
4. ANAD promotes self-care and well-being throughout our community.
5. ANAD believes in the power of community and long-term relationships.
6. Through teamwork and education, ANAD will find help for anyone.

2019 at ANAD - 2020 Goals

Mentors
- **Currently**: 570 mentor/mentee pairs
- **Accomplishment**: In 2019 ANAD expanded training materials and promoted inclusivity in order to improve the quality of support provided by mentors
- **Goal**: In 2020 ANAD will increase recruitment to make mentorship more available for people of color, men, older people, the LGBTQ community, and others who could use increased access to eating disorder resources

Support Groups
- **Currently**: 110 support groups (4 online)
- **Accomplishment**: In 2019 ANAD began more regularly engaging with our support group leaders to learn what they need in order to provide an excellent service
- **Goal**: In 2020 ANAD will evaluate the efficacy of our support groups, learning about their impact on recovery

Helpline
- **Currently**: 112 referral emails were sent out between Jan 1 and Nov. 1, 2019. Additionally, more than 250 phone conversations with Helpline callers.
- **Accomplishment**: In 2019 ANAD trained a second staff member to answer the Helpline in order to increase service hours, and created a training manual to teach the skills necessary to assist callers
- **Goal**: In 2020 ANAD plans to expand service hours by recruiting and training volunteers, and to feature a variety of resources that are accessible to anyone, regardless of location or insurance status

Conference
- **Accomplishment**: In 2019 ANAD hosted a conference for more than 200 attendees who had the opportunity to learn about innovative methods in eating disorder treatment
- **Goal**: In 2020 ANAD will host another conference for professionals with a priority on content around HAES (Health At Every Size), weight stigma, and the neurobiology of eating disorders

With your support, together we can do it!
The ANAD Mentorship Program has helped Jennifer share the things she learned, given Susan an understanding friend, and accountability for both of them. In a world where too many people keep their eating disorders and struggles a secret, Susan and Jennifer have learned there is power in connection.

**Jennifer** began starving herself in 7th grade, which led to two years of bingeing and purging. Once her family found out, they sent her to a Partial Hospitalization Program, where she addressed her behaviors, but never her underlying feelings. Jennifer was angry, but didn’t have the tools to effectively process the emotions. When her husband told her something needed to change, she stepped back: she was more than a set of accomplishments. Why was she here, what was her impact? Those questions sent Jennifer on a path to volunteer, which is why she became an ANAD Mentor.

**Mentoring reconnects Jennifer** to an emotional time in her life, but allows her to rewrite the ending of that chapter in her story. Jennifer uses mentoring to stand by others and share her journey. Being invited into someone else’s life to stand with them is a privilege. It gives Jennifer a sense of purpose, renewed thankfulness for her own well-being, and accountability to maintain full recovery.

**Susan** had struggled with Bulimia since high school. She was thrilled with the compliments, until she was discovered. No one really understood or offered to help, they just made her feel ashamed.

**Susan** dealt with dehydration, acne, financial trouble and ruined teeth, until she realized something needed to change. A therapist helped, but Susan just wasn’t ready to commit to recovery. That’s why she reached out to ANAD.

**Susan** learned about the ANAD Mentorship Program, and was matched with Jennifer. They began texting, and Jennifer told Susan that “recovery is a choice you have to make on a daily basis,” and that she could not be ashamed of her past. “You have to make peace to move forward,” Jennifer advised Susan.

The ANAD Mentorship Program has helped Jennifer share the things she learned, given Susan an understanding friend, and accountability for both of them. In a world where too many people keep their eating disorders and struggles a secret, Susan and Jennifer have learned there is power in connection.

**DID YOU KNOW?**

More than half of the mentees who participate in ANAD’s Recovery Mentorship Program report that, after just three months, they feel:

- More able to connect with others
- More comfortable talking about their eating disorder
- Believe there are people who understand them
Profile of an ANAD Helpline caller

EVAN AND HIS MOM

Evan’s mother, Margaret, first called the ANAD Helpline in May because her son had refused to continue seeing his therapist. At 17, Evan had been fighting his eating disorder for more than two years. Margaret spoke with Kristen about the pressures of being a school athlete, and his current support system. Kristen encouraged Margaret to let Evan be part of the decision making process when it came to his treatment. Kristen then sent Margaret information on eating disorder specialists in their area. Evan and his mom then worked together to pick a new therapist to whom Evan felt more connected. He began regular sessions this summer.

By fall, Evan was feeling anxious about returning to school. He wanted more options to help himself, so he decided to call the ANAD Helpline himself. After talking to Evan about his current struggles and goals, Lily gave him the names of pro-recovery apps, some blogs to connect with, and told him about the ANAD Approach guide Eating Disorders In Schools, which he could share with his coach and teachers.

Today, Evan is doing well. He feels like he’s making big steps towards full recovery. He continues to be a defender on the soccer team and has gotten involved in his school’s community service club. By working with his therapist, he has gotten better at sharing his feelings, setting boundaries, and asking for help when he needs it.

* Except for ANAD staff, names and identifying information in this profile have been changed to protect privacy.

Profile of an ANAD Donor

CATHY FUSSELL

It took more than 10 years of struggling with Anorexia Nervosa for Cathy to finally be hospitalized. In 1988, she was treated at Advocate Christ Medical Center in Oak Lawn, Illinois. Her treatment team included a dietitian, doctors, art therapist, and psychiatrist.

Cathy’s dietitian, Elaine, suggested that a support group might be useful. So when Cathy began seriously working on recovery, ANAD support groups became a critical component of her treatment plan.

“Since the participants were bulimic and anorexic, there was camaraderie knowing that they were dealing with the same thing. I felt safe to talk about things I was going through, and knew they could relate to me,” she said of the ANAD Support Group.

Because of how much they helped and her desire to stay involved in the community, she began donating to ANAD while still attending support groups. Once she felt stronger in her recovery, she began an ANAD support group of her own in Crestwood, Il. That group ran for ten years.

“I got to meet Vivian - she was a very strong and wonderful woman,” says Cathy, a regular ANAD Donor.

Vivian’s passing has inspired Cathy to continue her involvement with ANAD. She made another donation to ANAD as soon as she learned the news, and is applying to start a new ANAD Support Group where she lives now, near Notre Dame’s campus.

“A lot of students at Notre Dame would probably benefit from an ANAD Group, and I’d like to get more involved in the community here,” she said.
GET INVOLVED!

No matter what’s your why, there are so many ways to get involved with helping people in eating disorder recovery.

Volunteer
If you’re in recovery, learn about becoming an ANAD Mentor, tell your story, or write for ANAD. If you are passionate about recovery, start an ANAD support group, plan a candlelight vigil, or contribute your skills in other ways. Contact us at hello@anad.org to get started.

Raise Awareness
Talking about eating disorders and recovery is important, and telling people about how ANAD can help is a direct way to let people know how to get help. Repost (@anadhelp), talk to your community, and ask a friend to volunteer for ANAD.

Donate
Consider a gift of $50 or more this year to help one more person receive the support they need to successfully work on recovery.

- Donate by check: Make payable to ANAD and mail to: ANAD 220 N. Green Street Chicago, IL 60607
- Donate online: Make a donation by credit card at anad.org/donate.
- Sign up to be a monthly donor and receive an ANAD t-shirt in return!

Stay Informed
Sign up for our monthly newsletters to learn about all of our events, impact, and the latest news from ANAD at anad.org/newsletter

FINANCIALS
Oct 2018 - Sep 2019

INCOME

- Individual Donations $ 66,249
- Business Partnerships $ 65,473
- Conference $ 57,270
- Delta Phi Epsilon* $ 46,730
- Events $ 2,615
- ANAD Store $ 1,829
- Investment Income $ 1,114
- Admin $ 73,903
- Conference $ 54,116
- Volunteer Recruitment $ 23,493
- Program Management/Training $ 20,275
- Fundraising $ 14,655
- Helpline $ 6,512
- Merchandise $ 1,148

EXPENSES

- Admin $ 73,903
- Conference $ 54,116
- Volunteer Recruitment $ 23,493
- Program Management/Training $ 20,275
- Fundraising $ 14,655
- Helpline $ 6,512
- Merchandise $ 1,148

*This amount is approximately one-quarter of a generous gift from Delta Phi Epsilon Sorority. The remainder has been reserved to support future programs.

INCOME EXPENSES

Volunteers have contributed 13,000 hours to support ANAD programs over the last year. ANAD could not deliver our programs without volunteer support.