

EDRC 2023 Annual Report

Awareness ♦ Recovery ♦ Advocacy

Dear Friends,

Message from Janice

This year, we lost a dear friend and pillar of our community, **Kristie Driscoll**. She was passionate about those around her and always willing to help someone in need. We are humbled by the outpouring of support to EDRC in her memory. We send our gratitude to the circle of family and friends who donated in her memory. Our thoughts continue to be with the family, including **Dr. Vance Driscoll, Hans & Sandra Orup, Kara, Vanessa, and Erika**.



In memory of Kristie Driscoll

As part of our efforts to educate healthcare professionals and the community, we partnered with *Momentum for Health* to present a webinar about the prevalence and impact of eating disorders. This presentation by **Dr. Danielle Colborn, Amia Nash, and Paraag Marathe** was an opportunity to emphasize that eating disorders are deadly mental illnesses. We are grateful to have worked with **Dave Mineta** and his team. EDRC also partnered with **NAMI Santa Clara** to present to KLA employees, per the suggestion of **Sarah Prabhu** and **Mahendra Ramachandran**. We continue our strong partnership with NAMI Santa Clara through the annual NAMI Walk.

Check out our efforts in awareness, recovery, and advocacy below. We are especially proud of one of our first volunteers, **Amia Nash**, now a board member and recent graduate of UC Berkeley School of Public Health. Leading the last two Eating Disorder Coalition Advocacy Days, she has been key to our advocacy efforts. Thank you, Amia!

Gratefully,

Janice Bremis

Janice Bremis

Monica Waldman

Monica Waldman



Our Work in Action

Awareness - The Eating Disorders Resource Center (EDRC) announced the winners of the 2023 *Be-You-tiful* Multimedia Contest. 123 entries were received from middle through high school students throughout Santa Clara County. Special thanks to our steadfast partners, the **Santa Clara County Library District** and the **Palo Alto Medical Foundation**. [Click here](#) to read the winning entries.



Recovery - Our support groups continue to act as a vital resource within our community. We host a Family & Friends support group, as well as groups for those struggling with an eating disorder themselves. Our dedicated team of facilitators diligently work to make our support groups warm, informative, and supportive for all attendees. Thank you, **Mandy (pictured left), Shell, Marina, Christine, Cam & Bruce, John, Val, Ann, and Carly** for all your hard work!

Advocacy - Once again, our volunteers **Amia Nash, Yaen 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: Kids Online Safety Act and Improving Mental Health & Wellness in Schools Act! Thank you (pictured from top left to bottom right), **Alexis, Amia, Yaen, and Chris**.



The Year in Numbers

1,218 clients attended
our support groups

422 clients assisted
through our helpline

123 students participated in our
annual multimedia contest

877 healthcare
professionals educated

Words of Gratitude

"EDRC has been super helpful in connecting me to community resources and support. EDRC collaborated with me to help find the correct resources for a family I was supporting. EDRC's entire team is QUICK to respond and puts 100% into their work. It shows they care and want to get their supports out to people. They are also very willing to work with our school, to provide education to our students in a variety of ways. I'm grateful for their program and for their staff!"

- **Katie Taylor**, High School Social Worker

"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

"I discovered the EDRC Support Group for friends and family when I first learned of a beloved granddaughter's diagnosis with anorexia. Your weekly zoom support group became informational support for me as well as emotional support as I dealt with my feelings of isolation and found needed intimacy in the sharing that unfolded. I looked forward to the weekly meetings, and felt very close to and trusted by others in the group. I've never experienced a zoom activity that felt so honest and real. I sincerely thank EDRC and the others who shared their stories with me on the calls."

- **Grateful Grandmother**

"I work in the mental health field as an Associate Marriage and Family Therapist. EDRC has been incredibly helpful and supportive! They have provided trainings for us at Christian Counseling Center to help us better understand the complex nature of eating disorders and to help us get our clients the help they need. Janice was also so generous with her time, taking the time to speak with me individually. She very kindly shared a number of resources, referrals, and tools to help me support my clients. I am so thankful for EDRC and the amazing work they do!"

- **Therapist from Christian Counseling Center**

STATEMENT OF ACTIVITIES

2023 REVENUE:

Contributions	\$233,250
In-Kind Contributions	\$11,057
Net Investment	\$23,813
Total	\$268,125

EXPENSES:

Total Expenses	\$86,218
Change in Net Assets	\$181,907

ASSETS:

Cash	\$125,944
Investments	\$596,357
Assets	\$313
Total Assets	\$722,614

LIABILITIES:

Accounts Payable	\$3,782
Total Liabilities	\$3,782

NET ASSETS:

Unrestricted	\$368,831
Restricted Endowment	\$400,000*
Ending Fund Balance	\$718,831

*Endowment increase due the many donations in memory Kristie Driscoll. These funds are designated to ensure long-term stability.



NBC Bay Area interviews EDRC's Janice to discuss NEDA's use of an AI Chatbot for their helpline.



Claire, Amy, Bert George, and Janice at the Lantern League Wine Social at Bert's wine store

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

EDRC Board of Directors

- ◆ Amia Nash
- ◆ Amir Alem
- ◆ Amy Hsieh
- ◆ Kathy Konjuh
- ◆ Monica Waldman
- ◆ Tami Lee

Thank You to Our Donors

Donations received from July 1, 2022 - June 30, 2023

*In memory of Kristie Driscoll

Champion (\$10,000+)

El Camino Health Care District
Jennifer Krach*
Kaiser Permanente
Palo Alto Medical Foundation /
Sutter Health
Robert Family Foundation
The Valley Foundation
Los Gatos Therapy Center

Ambassador (\$1000 to \$9999)

Ann Jensen
Brandenburg Family Foundation
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Glembocki Family Trust*
Goddard Family Foundation
Jean Qin Kong
John Hansen
Los Altos Mountain View Comm. Found.
Maxfield Family Foundation
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Santa Clara Family Health Plan
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Advocate (\$100 to \$999)

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Cynthia J. Kapphahn
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Evolve Wellness Group
McCleve Family*
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Kathleen King
Kay Ryan*
Kegun and Cathy Zheng
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Kristi Saso*
Lenore McKnight
Lillian Svec
Linda Poncetta
Lisa Pontier*
Liz Bucko*
Liz Ferrari*
Louise Pahl*
Manikandan Kenyan
Marianna Samson*
Maribeth Portz*
Mark Porter
Martha Castellanos
Mary E. McCloy
Matt Hrynkiwicz
Meghana Rao
Michele & Ron Bontemps
Molly Fezell*
Molly Kloos*
Molly Rhine*
Mona Litvak
Montecatini
Nadine Weil

Nanci Robertson
Natasha Bhavne*
Netflix
Orla MacLean*
Patti Dolan
Peter Gailey*
Phyllis Romine*
Robert Weil
Roger & Joy Quinn*
Ross Joel*
Ruifeng Li
Sandi Conniff*
Sandy and Ed Cichanowicz*
Sara Jones
Sascha Montgomery Durose
Silicon Valley Bank
Steve Feinberg
Susan & Tommy Sakoi and Carolyn &
Cynthia Stewarts*
Tami Lee
Tammy Burt
Telander Family
Teresa O'Neill
The Healthy Teen Project
Wayne Firsty
Within Health
William Richard Hencke, MD

Supporters (\$1 to \$99)

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Toni-Sue Passantino*
Virginia Driscoll*
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.