

# 13<sup>TH</sup> ANNUAL GIVING REPORT

2014-2015



EATING  
DISORDERS  
COALITION of  
TENNESSEE



# FINANCIAL HIGHLIGHTS

FISCAL YEAR ENDING JUNE 30, 2015

## STATEMENT OF ACTIVITIES

### REVENUE

Donations	\$166,805
Sponsorships	\$15,895
Membership Dues	\$8,840
Registration/Ticket Sales	\$7,773
Grants	\$6,450
Interest Income	\$70

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<b>TOTAL REVENUE</b>	<b>\$205,833</b>
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### EXPENSES

Program Services	\$136,401
Supporting Services	\$67,653

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<b>TOTAL EXPENSES</b>	<b>\$204,054</b>
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**INCREASE IN NET ASSETS**    \$1,779

## PROGRAM SUMMARY

Annual Forum	\$33,359
Online Education and Resources	\$22,073
Educational Events	\$14,470
NEDA Walk	\$13,243
Treatment Referrals	\$12,143
PaintED: Art Therapy Program	\$9,023
Support Groups	\$8,388
The Body Project	\$7,321
Membership Network	\$6,527
Lunch & Learns	\$4,392
Speakers Bureau	\$2,830
BalancED: Yoga Program for ED Recovery	\$2,631

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<b>TOTAL EXPENSES</b>	<b>\$136,401</b>
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## STATEMENT OF FINANCIAL POSITION

### ASSETS

Cash	\$135,661
Accounts Receivable	\$27,872
Prepaid Expenses and Others	\$11,049
Office Equipment and Furniture	\$7,169

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<b>TOTAL ASSETS</b>	<b>\$181,751</b>
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### LIABILITIES

Accounts Payable	\$154
Deferred Revenue	\$7,100
Payroll Liabilities	\$2,284

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<b>TOTAL LIABILITIES</b>	<b>\$9,538</b>
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### NET ASSETS

Unrestricted	\$170,433
Net Income	\$1,779

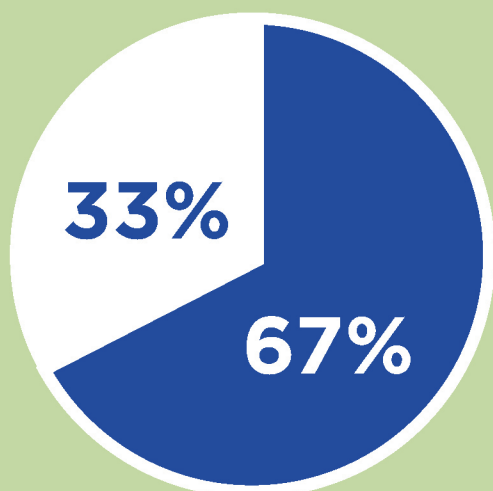
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<b>TOTAL NET ASSETS</b>	<b>\$172,212</b>
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<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$181,751</b>
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## INVESTMENT OF RESOURCES



- Program Services
- Supporting Services

## DEAR FRIENDS,

What an amazing year you have made possible for us at the Eating Disorders Coalition of Tennessee. Thanks to your support, we continue to serve as a trusted path to recovery for those affected by eating disorders and related issues. Your involvement has enabled the implementation of new programs and the expansion of our services across the state of Tennessee. Thank you for believing in us!

At the heart of our work, we help individuals navigate away from situations of desperation and pain, walking along side of them on their journeys to recovery. We seek to connect everyone affected by this disease with the best resources for physical, emotional, and spiritual healing. Over the past year, we assisted 182 individuals in this way, offering personal, one-on-one help at no cost. Our caring and compassionate staff turn conversations of fear and despair into hope and empowerment for our clients. It is such a blessing to serve in this role for individuals and families who don't know where to turn for help or what steps to take in order to seek recovery.

We also strive to create a supportive community that inspires resilience, growth, and change. Because of you, we were able to develop two new programs over the past year to support our clients in recovery. PaintED, our creative support group program, provides free-of-cost art therapy groups to the Nashville and Chattanooga communities. We continue to receive amazing feedback from PaintED participants, and the program is quickly proving to be a valuable recovery tool. Additionally, we recently implemented a community yoga therapy program called BalancED. BalancED classes are offered on a monthly basis, allowing participants to address body image concerns and self-acceptance through the practice of mindfulness and meditation. We are so encouraged to see the strong communities that are developing through these programs. Your support has provided them a safe, welcoming space, allowing light to shine through the darkness that often accompanies an eating disorder.

Our third focus this year addresses effective methods of eating disorder prevention. We are passionate about helping those around us feel confident and comfortable in their own skin, thus reducing a major risk factor in the development of eating disorders. Earlier this summer, the EDCT provided a workshop to train a group of clinicians and community volunteers to facilitate a powerful curriculum called the Body Project. The Body Project teaches program participants that true beauty comes from within, despite the messages we hear from the media and our society on a daily basis. We are excited to create a movement where our communities feel worthy and loved because of who they are - not what they look like. We cannot wait to bring this program to our schools, youth groups, and other community settings to teach high school students and young adults how to love and appreciate their bodies just as they are.

Thank you for allowing us to help others discover their strength, courage, and hope for recovery. We hope that you've kept up to date with our progress and program outcomes presented in EDCT Update: A Quarterly Report, which we began at the beginning of this year. If not, you may find them on our website ([edct.net/about/quarterly\\_updates](http://edct.net/about/quarterly_updates)). In the pages that follow this letter, you'll see the names of our friends and supporters who made our work and vision possible in the 2014/2015 fiscal year. Thank you again from the bottom of our hearts. We hope you will consider how you can continue to make a difference over the next twelve months. For someone, you could make all the difference in the world.

Sincerely,

*Kathleen Yabroudy*

Kathleen Yabroudy, EDCT President



*Angela Courtney*

Angela Courtney, EDCT Board Chair

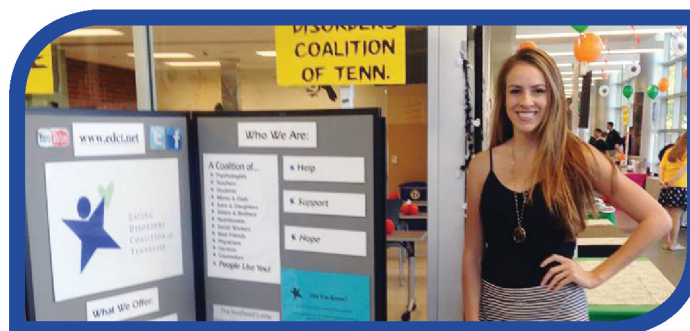




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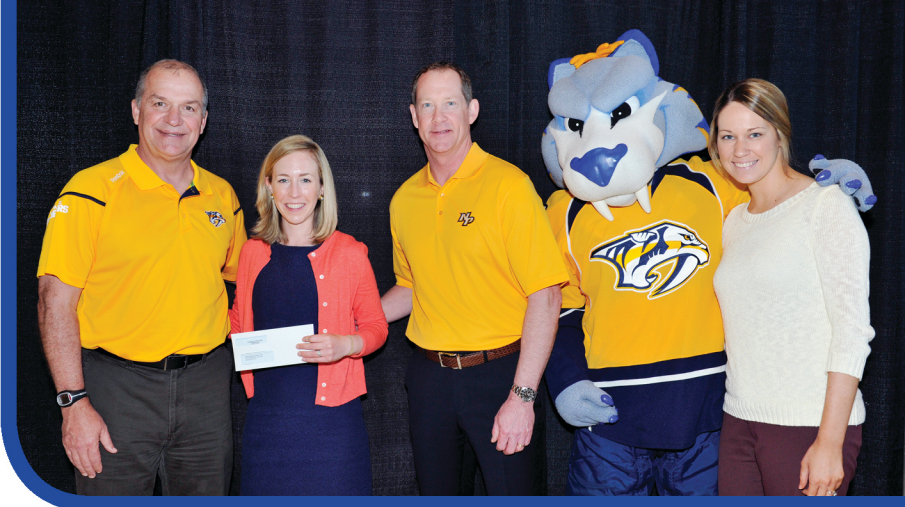
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Kathy and Marbut Glenn Gaston  
Ruth Randolph

**Karen Silien**  
Alyson and Robert Knop  
Irv Rubenstein



# GET INVOLVED

## 1. GET “SOCIAL” WITH EDCT

-  facebook.com/myEDCT
-  @EDCT
-  Eating Disorders Coalition of Tennessee
-  @edctnash

## 2. STAY UPDATED

Join our email list: [contactus@edct.net](mailto:contactus@edct.net)

## 3. REQUEST A TRAINED SPEAKER

Schedule an EDCT staff member or Speakers Bureau volunteer for your next meeting.

## 4. GET EDUCATED

Attend a clinical or community training hosted by EDCT.

## 5. VOLUNTEER

Match your strengths and talents with EDCT’s offerings and events.

## 6. PROMOTE POSITIVE BODY IMAGE

Bring The Body Project to your school, company or organization.

## 7. BE ON THE FRONTLINE

Help direct friends and loved ones affected by body image concerns or eating issues to EDCT.

## 8. GET CREATIVE WITH EDCT

Spread the word about our art therapy and yoga programs.

## 9. HELP FUNDRAISE

Attend one of EDCT’s signature fundraising events.

## 10. GIVE THE GIFT OF RECOVERY

**Credit Card:** [www.edct.net/donations](http://www.edct.net/donations)

**Check:** Eating Disorders Coalition of Tennessee  
2120 Crestmoor Road, Ste. 3000  
Nashville, TN 37215

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