



Dear MEDA Friend,

As a valued part of the MEDA community your contributions make a difference to thousands of people AND save lives. Last year, **YOU** made it possible for us to:

- **Support and Treat Individuals:** 450 unique clients, 1,400 therapy group hours in groups such as: Living Large in Recovery, Hope and Healing from Trauma and Eating Disorders, Multi-Family Psychotherapy, and Body Image for Teens, and 4,200 clinical encounters.
- **Hold Free Drop-In Support Groups:** 2,300 people registered.
- **Empower and Train 850 Professionals:** Through Networking with a Purpose workshops, our annual conference, peer supervision groups, and community trainings.
- **Advance the Recovery Community:** 2,800 users have access to a 24/7 online recovery resource with topic-based forums.
- **Provide \$26,000 in Tuition Assistance for Professionals** seeking higher education in mental health and enabled BIPOC clinicians to attend MEDA's annual conference through our **Memorial Scholarship Fund for Black, Indigenous, and People of Color (BIPOC)**. We also issued **\$35,000** in direct care scholarships to meet the increased demand for services.

***A Client Story:** I had no idea that I had an eating disorder until my therapist brought it up in session. The only image of an eating disorder I had in my head came from those young adult novels that showed extreme examples of anorexia and bulimia. I didn't know anything else existed. It wasn't until I started going to MEDA that I learned about eating disorders and how diverse they are. When MEDA identified my eating disorder, I felt seen for the first time. I've learned so much. I have new tools, new ways of thinking; I'm happy and I am truer to myself now than ever before. MEDA changed my life.*

To achieve our goal of “Increasing Equitable Access to Care For All,”
WE NEED YOUR SUPPORT. Our current growth plans include:

- **Addressing the Growing Need for Services:** Expand available individual treatment; add new groups; incorporate different therapeutic modalities such as EMDR (Eye Movement Desensitization and Reprocessing); and expand our service area.
- **Reaching and Educating More Professionals:** Increase community trainings to improve the identification and treatment of those with eating disorders.
- **Serving LGBTQIA+ Communities** (who represent 20% of our clients): Widen outreach; create new strategic partnerships; expand specialized training to professionals; and engage clinicians with shared identities.
- **Growing the Organization:** Implement a new strategic plan, expand staff, launch a new website with a robust resource library, and improve systems to better on-board clients.



SCAN TO DONATE!

None of this work is possible without YOU.
Please support MEDA so we can offer critical, life-saving programming.

BETTER STARTS HERE

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MEDA's services are needed more than ever! Eating disorders continue to be a serious, deadly public health issue, impacting people of all ages.

- **28.8 million Americans** will have an eating disorder in their lifetime.
- BIPOC individuals are significantly less likely than white people to be asked by a doctor about eating disorder symptoms and half as likely to be diagnosed or receive treatment.
- Nearly nine in ten (87%) LGBTQIA+ youth reported being dissatisfied with their body.

Eating disorders are the second deadliest mental illness. Too often eating disorders are stigmatized, leading people who are struggling to feel isolated, invalidated, or silenced. **Eating disorders thrive in that isolation.** While recovery looks and feels different to everyone, there are similarities between struggles. **That is why connection in eating disorder recovery, which MEDA cultivates through its programs and services, is so important.**

Join us to offer care and a path to recovery for those who need treatment and support.

Please make a generous gift today. To donate, return the enclosed card, go to PayPal, or use the QR code.



SCAN TO DONATE!

With my deepest gratitude,

Monika Ostroff, LICSW, CEDS-S
Executive Director



"I felt isolated and misunderstood because of my eating disorder. I felt like I was always being left on the margins. When I found MEDA, I finally felt accepted." ~ A MEDA Client

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