

—
Help.
Support.
Recovery.



THE ALLIANCE
for Eating Disorders Awareness



Our Mission

The Alliance for Eating Disorders Awareness is a national nonprofit organization dedicated to the outreach, education, early intervention, support, and advocacy for all eating disorders.

What We Do

The Alliance for Eating Disorders Awareness is the leading national nonprofit organization providing referrals, education, and support for all eating disorders. Since October 2000, we have worked tirelessly to raise awareness; eliminate secrecy and stigma; promote access to care; and support those susceptible to, currently experiencing, and recovering from eating disorders.

The Alliance offers comprehensive services, including:

- Educational presentations and training days
- Free, weekly, therapist-led support groups nationwide (virtual and in-person) for those experiencing eating disorders and for their loved ones
- Support and referrals through both our free help-line and comprehensive referral website/app
- Direct, low-cost, life-saving, outpatient treatment to underinsured and uninsured adults in the South Florida community.
- Unique and empowering scale Southern Smash smashing events and SmashTALK panel discussions.

Over the past 20 years, we have demonstrated our tireless commitment to creating change and making a positive impact on our community.

Why We Do It

Over the past 20 years, The Alliance has led the way in connecting individuals to the care they need and deserve, as well as offering free, therapist-led support groups nationwide.

- Eating disorders can affect anyone. People of all ages, genders, socioeconomic statuses, shapes and sizes, sexual orientations, races, abilities, and ethnicities can suffer from an eating disorder.
- 29 million americans will experience an eating disorder in their lifetime.
- Every 52 minutes someone dies as a direct result of their eating disorder.
- Only about one third of people ever receive treatment from their eating disorder.
- Full recovery from an eating disorder is possible. Early detection and intervention are important.



Our Founder & CEO

After recovering from a ten-year-long battle with various eating disorders, Johanna founded The Alliance for Eating Disorders Awareness in 2000. In addition, Johanna runs free weekly support groups, mentors individuals with eating disorders and their families, and helps thousands of people gain information and find the help they need. As a passionate advocate for mental health and eating disorders legislation, Johanna has spent a lot of time meeting with numerous members of Congress, and was part of the first-ever Eating Disorder Roundtable at the White House.

Johanna is a proud member of the Department of Health and Human Services, Interdepartmental Serious Mental Illness Coordinating Committee (ISMICC), on the Board of Directors for the Eating Disorders Coalition, and a member of the Eating Disorders Leadership Summit. She has received many awards for her ongoing outreach and advocacy work, including the Jefferson Award for Public Service®, Academy for Eating Disorders' Meehan/Hartley Leadership Award for Public Service, and Harlequin Enterprises' More Than Words Award. Johanna has appeared on national television programs including NBC Nightly News and The Today Show, and profiled in the New York Times, Cosmopolitan Magazine, and Glamour Magazine.

Johanna's book, *Life Beyond Your Eating Disorder*, was released by Harlequin Nonfiction in September 2010.

Our Team



**JOHANNA
KANDEL**

FOUNDER AND CEO



**JOANN
HENDELMAN,
PHD, RN, FAED,
CEDS, CEDRN**

CLINICAL DIRECTOR



**LIZ MOTTA,
LMHC**

DIRECTOR OF EDUCATION
AND RESOURCES



**MCCALL
DEMPSEY**

DIRECTOR OF SOUTHERN
SMASH



SAREA FOLEY

EVENTS MANAGER



**NIURKA
LLUVERAS-
HERNANDEZ**

OPERATIONS MANAGER



LISA MURANO

DONOR RELATIONS
MANAGER



**ALLISON
WEISER, PSYD,
MS**

EDUCATION AND
RESOURCES MANAGER



AMY SULLIVAN

SMASH COORDINATOR



**LAURIE
YURCHUCK**

FINDEHELP PROJECT
COORDINATOR



**MARK R
KRUNTORAD,
MA, LMFT**

TRAINING SUPERVISOR



**KATIE
MITTELSTAEDT,
PSY.D.**

POST-DOCTORAL FELLOW

Our Collaborative



**DR. BRYN
AUSTIN**

PROFESSOR, HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH AND BOSTON CHILDREN'S HOSPITAL



**MINAA B.,
LMSW**

WRITER, THERAPIST,
WELLNESS COACH



**CHASE
BANNISTER,
MDIV, MSW,
LCSW, CEDS**

CEO/PRINCIPAL OF
BANNISTER CONSULTANCY



NITIKA CHOPRA

FOUNDER & CEO OF
CHRONICON



MIMI COLE

FOUNDER, THE LOVELY
BECOMING



ELISA DONOVAN

ACTRESS AND AUTHOR



**JAMEELA
JAMIL**

ACTIVIST AND FOUNDER OF
I WEIGH



**JILLIAN
LAMPERT, PHD,
RD, LD, MPH,
FAED**

CHIEF STRATEGY OFFICER,
THE EMILY PROGRAM



**NICOLETTE
MASON**

DEAI CONSULTANT,
CONTENT CREATOR, AND
WRITER



**HUNTER
MCGRADY**

MODEL, ACTIVIST, AND
DESIGNER



STEPH NG

FOUNDER AND EXECUTIVE
DIRECTOR OF BODY BANTER



**RACHEL
PORTER, PSYD**

CLINICAL DIRECTOR AT
CAROLINA HOUSE, ANTI-
STIGMA ADVOCATE, AND
HEALTH AT EVERY SIZE
PROVIDER



**KATRINA
VELASQUEZ,
ESQ., M.A.**

MANAGING PRINCIPAL,
CENTER ROAD SOLUTIONS,
L.L.C.

Past Collaborators



Demi Lovato

Singer, Actor & Activist



Mandy Moore

Actress



Bethany C. Meyers

Founder & CEO,
the be.come project



Schuyler Bailar

1st Trans DI NCAA Men's
Athlete and Monte Nido &
Affiliates Fellow



Katie Sturino

Founder, Megababe Beauty



Virgie Tovar

Author & Host,
Rebel Eaters Club



**Morgan Harper
Nichols**

Artist & Writer



Faith Broussard Cade

Mental Health Counselor



Poppy Jaime

Founder & Host,
Happy Not Perfect



Dexter Mayfield

Dancer & Model



Beatrice Dixon

Founder, The Honey Pot



Tess Holliday

Body Positive Pioneer,
Model & Activist

Brand Partnerships



THE MENTAL
HEALTH
COALITION

iWEIGH

F E N T Y B E A U T Y
B Y R I H A N N A



TORY BURCH

thems
health #HALF
THE STORY

 BOMBAS

SUMMERSALT®

TOWER 28

OTHERLAND



THE HAPPINESS PLANNER®

Mastering Happiness & Success - One Day At A Time


mantraband®

Megababe

THE  HAIN

the
HoneyPot
company

ettitude




ATHLETA

Press Highlights

The
New York
Times

GLAMOUR

COSMOPOLITAN

 **NIGHTLY NEWS**


TODAY

NY
DAILY NEWS


NBC

**Roll
Call**



WELL  GOOD

THE
HUFFINGTON
POST

**marie
claire**

The
Boston
Globe



REUTERS

Our Stats



INSTAGRAM

Followers

14.7K

Avg. Monthly Profile
Impressions

151K

Avg. Monthly Profile Reach

32.2K

Total Post Video Views

13.5K

Avg. Monthly Post
Engagement

2.6k



FACEBOOK

Followers

15k

Total Video Play Clicks

3.5k

Total Video Views

70.8K

Total Replayed Video Views

6.9K

Avg. Daily Reach

4K

Total Impressions

920.7K



EMAIL

Subscriber List

19K+

Open Rate

26.51%

From Our Community



“The Alliance has worked tirelessly to support individuals and families that are walking this journey, holding their hands, so they do not have to walk this path alone. They are a bright light on a path that is muddled with darkness. They are the message, the support, the education, and the hope that full recovery from an eating disorder is possible.”

“The Alliance saved my life. I began attending free support groups about a year and a half ago and sought help from their low-cost Psychological Services around the same time. Without the reduced cost services and free in-patient and virtual support groups, I never would have gotten help for my eating disorder, and it could’ve taken my life. Because of their help, support, and guidance, my life has been saved. I’m now able to be there for my children, my family, my students, and for everything that life will bring me.”



From Our Community



“When I was struggling with an eating disorder, The Alliance was the resource that aided my family in getting me the proper treatment that I needed at the time. If it wasn't for The Alliance, I don't know where I would be today. I am forever grateful to The Alliance for everything they've done for me and for everything they continue to do for the community.”

“The Alliance has shown me that not only is recovery possible but that I, too, can have a life worth living. This organization has helped me realize that there is more to me than my struggles with an eating disorder. I know now that I am allowed to be myself, to be loved, to feel, to eat, to make mistakes, to heal, and to experience life. I no longer need to punish my body. My greatest fear has been the same as my greatest DREAM, and that, is recovery. My Alliance family has and will be with me every step of the way.”





THE ALLIANCE
for Eating Disorders Awareness

Thank you.

The Alliance for Eating Disorders Awareness
1649 Forum Place, Suite 2
West Palm Beach, Florida 33401
(866) 662 -1235
jkandel@allianceforeatingdisorders.com