

# F.E.A.S.T. – 2016 ANNUAL REPORT

FAMILIES EMPOWERED AND SUPPORTING TREATMENT FOR EATING DISORDERS



## HISTORY & BACKGROUND

F.E.A.S.T. started back in 2007, formally, when we became a recognized nonprofit. Our volunteers and our board of directors formed originally from an online community of parents around the world connected by our common experience of loving and supporting sons and daughters who have suffered from eating disorders, and their siblings.

We are here because we have been there! We are a global community of parents, and those who support parents. We have known the worry, the fear, the frustration. Many of us have seen our loved ones go from terribly unwell to robustly healthy. Some among us are supporting longtime sufferers who have not reached full recovery. And some of us have lost our beloved children to their illnesses, through permanent estrangement or death. We know the power of care giving, of loving support, of skilled clinicians, and of applying the emerging science to improve outcomes.

## MISSION & PRINCIPLES

### MISSION

F.E.A.S.T.'s mission is to support caregivers by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

### PRINCIPLES

1. Eating disorders are biologically based mental illnesses and fully treatable with a combination of nutritional, medical, and therapeutic supports.
2. Parents do not cause eating disorders, and patients do not choose eating disorders.
3. Parents and caregivers can be a powerful support for a loved one's recovery from an eating disorder.
4. Blaming and marginalizing parents in the eating disorder treatment process causes harm and suffering.
5. Patients should receive evidence-based treatment, when available.

6. Families should be supported in seeking the most appropriate treatment in the least restrictive environment possible.
7. Food is medicine: all treatment should include urgent and ongoing nutritional rehabilitation.
8. When the family is supported, the patient is supported.
9. Siblings and parents are affected by a family member's illness; their needs deserve full attention, too.
10. Parents have a unique capacity to help other parents with support, information, and the wisdom of experience.
11. F.E.A.S.T. is committed to a coalition-building model of advocacy work that requires mutual respect among caregivers, professionals, and patients.

## FINANCIAL STATEMENT

In 2016, F.E.A.S.T. was recognized as a valuable asset for training, education, and participation in conferences hosted by Academy for Eating Disorders (AED), Australia and New Zealand Academy for Eating Disorders (ANZED), International Association of Eating Disorders Professionals (IAEDP), National Eating Disorders Association (NEDA), and the National Institute of Mental Health (NIMH) at a cost of \$8,100.

## 2016 STATEMENT OF ACTIVITY REPORT

Net Assets at the Beginning of the Year	\$ 76,573.62
Net Assets at the End of the Year	\$ 67,433.66
<b>2016 Change in Net Assets</b>	<b>\$ (9,139.96)</b>
<b>2016 Revenue</b>	<b>\$ 15,953.97</b>
Fixed Operational & Program Expenses	\$ 21,491.72
Variable & One-Time Expenses	\$ 3,209.06
<b>2016 Expenses</b>	<b>\$ 24,700.78</b>