We are grateful for the training and the tools we have learned, for the ways we use these tools to cope with trivialities, and for the ability to recognize the things that are out of our control.

Thank you for your support this past year. With the help of all our members, donors, leaders, staff and volunteers we were able to pivot to meet new challenges, and to discover new ways to fulfill our mission to help people lead more peaceful and productive lives.

With warm regards,

Joanne Lampey
President

Sandra Wilcoxon
CEO

2020 Program Overview

In addition to pivoting from in-person meetings to remote meetings held by phone or computer, we focused on social media activity and increased followers by 32%. A new feature, Daily Spots, quickly became popular and had more than 900 subscribers after just a few months.

All of this demonstrates that people are searching for help during these challenging times, and we are here. We welcome newcomers with intro sessions offered via Zoom or teleconference, and our membership has grown by 4% over last year. We’ve worked at improving our website, are offering more videos and information about meetings and the Recovery Method, and published The Wisdom of Dr. Low in a Kindle edition.

We offer ongoing support to our members through Weekly Wisdoms and the quarterly Recovery Reporter, and continuing education through monthly Area and Group Leader training sessions.

Collaboration with other organizations led to RI being named the Outstanding Community Program of the Year by the Suicide Prevention Council of San Diego, and they presented the award to Lisa Garcia in a virtual award ceremony.

Sandra Wilcoxon gave a virtual presentation about the new youth program at the Illinois State NAMI Conference.

Power Your Mind: Tools to Build Resilience—RI’s new youth program was launched in November with a virtual event celebrating the publication of the workbook. A new website, downloadable mini-zines, and a leader guide and training program were introduced soon after, and pilot testing with several groups began.

So, it has been an exciting and eventful year—now, on to the next!
2020 Financial Statements

In 2020 Recovery International benefitted from generous bequests and the Federal government’s Payroll Protection Program, which enabled us to adapt programs to meet the challenges of this unusual year. The impact of the pandemic is illustrated in the comparison with the prior year.

Hal Casey, Treasurer

Balance Sheet

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Assets</td>
<td>$1,750,122</td>
<td>$1,944,573</td>
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<tr>
<td>Fixed Assets</td>
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<td>$20,489</td>
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<tr>
<td>Total Assets</td>
<td>$1,774,419</td>
<td>$1,965,062</td>
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<td>Current Liabilities</td>
<td>$45,123</td>
<td>$9,405</td>
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<td>Equity</td>
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<td>$1,955,657</td>
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<tr>
<td>Total Liabilities &amp; Equity</td>
<td>$1,774,419</td>
<td>$1,965,062</td>
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Revenues

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<th>2020</th>
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</thead>
<tbody>
<tr>
<td>Meetings &amp; Area Revenues</td>
<td>$173,185</td>
<td>$82,750</td>
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<tr>
<td>Grants &amp; Donations</td>
<td>$320,955</td>
<td>$321,044</td>
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<td>Membership &amp; Sales</td>
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<td>$52,344</td>
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<tr>
<td>Misc &amp; PPP Grant</td>
<td>$397</td>
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<tr>
<td>Bequests</td>
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<td>$385,021</td>
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<tr>
<td>Volunteer Time</td>
<td>$1,173,066</td>
<td>$931,977</td>
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<tr>
<td>Total</td>
<td>$2,937,898</td>
<td>$1,866,494</td>
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Expenses

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</tr>
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<tbody>
<tr>
<td>Programs</td>
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<td>General &amp; Admin</td>
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<td>$242,034</td>
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<tr>
<td>Fundraising</td>
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<td>Total</td>
<td>$1,925,747</td>
<td>$1,639,329</td>
</tr>
<tr>
<td>Net</td>
<td>$1,012,151</td>
<td>$227,165</td>
</tr>
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</table>

Surplus from bequests used to rebuild cash reserves & endowment
The 2020 pandemic was a mental health challenge for the world which will continue in 2021. For young people, this is especially true. A recent survey of 3,300 young people aged 13-19 conducted by the America’s Promise Alliance found that more than “1 in 4 young people reported an increase in losing sleep because of worry, feeling unhappy or depressed, feeling constantly under strain, or experiencing a loss of confidence in themselves.”

With these statistics in mind, Recovery International (RI) launched Power Your Mind: Tools to Build Resilience in November. This new self-help workbook is geared to middle school through college age students and is an introduction to the RI Method and cognitive behavioral tools. Through graphic novel panels, it illustrates stressful situations and healthy ways of coping by applying RI concepts. According to the World Health Organization, “The consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.”

The workbook is designed to function as an independent, self-help tool or as part of a group workshop. An accompanying leader guide was also developed and in February and March of 2021, train-the-trainer workshops were conducted with 15 current RI members who were interested in learning how to confidently and consistently deliver the program to youth groups, after school clubs, or faith-based groups over a seven-week period. One of our first trainers to utilize the program was Emily Bouch, an RI group leader and high school teacher in Pittsburg, PA. Emily delivered the Power Your Mind workshop to a group of high school students in an afterschool program. Emily shared her post-workshop thoughts with us. “Our two guidance counselors and an interested teacher came to our sessions. They all were very impressed with the program and thought that it would work very well in our freshmen life skills class. Our hope is to get the freshmen teachers involved in learning how to confidently and consistently deliver the program to youth groups, after school clubs, or faith-based groups over a seven-week period. One of our first trainers to utilize the program was Emily Bouch, an RI group leader and high school teacher in Pittsburg, PA. Emily delivered the Power Your Mind workshop to a group of high school students in an afterschool program. Emily shared her post-workshop thoughts with us. “Our two guidance counselors and an interested teacher came to our sessions. They all were very impressed with the program and thought that it would work very well in our freshmen life skills class. Our hope is to get the freshmen teachers involved in learning the program so that we all can use a common language and set of tools with the kids when they are stressed or having symptoms.”

Los Angeles as part of the Western Recovery Conference. In addition, we will be part of a panel on using comics for teen programs at the National Council for Behavioral Health annual conference. During May 2021—Mental Health Month—we will be a part of “The Shift” virtual youth wellness rallies held in LA and Chicago, a very important dialogue about youth mental health and its impact on our communities. We also look to our RI members to bring us opportunities to connect with other organizations or youth groups. If your church or synagogue has a youth group, and their leaders are interested in learning more about this program, please contact Angela at info@poweryourmind.org.

Visit www.poweryourmind.org for more information or to download free mini-zines with cartoons and tools to share with the teens in your life.
Society of Dear Ones

We received bequests from several long-time members to support Recovery International in 2020. Their legacy gifts enable us to continue programs that serve thousands of people. We are grateful for their thoughtfulness and honor their memory and generosity:

- Michael Agin
- Mary Brawley
- Philip Dahlgren
- Harold Koebke
- Nancy Maier
- Philip Mancuso
- Stephen Millard
- Stanley Pahota
- Meredith Ransohoff
- Harold VanDeest
- Beverly Zweig

The Society of Dear Ones consists of people who have provided for the future by including Recovery International in their wills or estate plans. To join, simply let us know of your intention to leave a planned gift. You do not need to state an amount—every gift is meaningful and appreciated.

For many people, the easiest way to make a planned gift is through their will or living trust. You may choose to direct your gift to a specific program or department or you may allow your gift to be unrestricted in order to support the area of greatest need.

- Simply name Recovery International as a beneficiary in your estate documents.
- Create an amendment to your revocable trust or a codicil to your will.
- You can choose to give a specific sum, or a percentage of your estate, or you can give what remains in your estate after other distributions have been made.

Another option is to name RI as the beneficiary of your life insurance policy. Contact your policy’s administrator so that you can complete the beneficiary designation using the following info:

Recovery International
1415 W. 22nd Street – Tower Floor
Oak Brook, IL 60523-2074
Tax-Exempt Since Sept. 1942
Ein: 36-2041667
Nonprofit Tax Code Designation: 501(C)(3)
www.recoveryinternational.org
info@recoveryinternational.org

Thank You, Donors and Partners!

We rely on meeting contributions, memberships, gifts and grants to operate. This support is vital to continuing our programs and to ensuring that no one is turned away for inability to pay. We especially wish to recognize our donors of $250+:

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Ironman Foundation
Bruce & Treasure Sachnoff
Charitable Family Foundation
San Diego Coalition for Mental Health
SHARE!
Mental Health Systems Community Research Foundation

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Ellen Van den Bergh
Annmarie Vierick
Linda Weintaub
Frederic Weller
Peter Wernick
Laura Wyman
Michael Young
Joyce Zimmerman

Our lists are as complete as possible. We sometimes receive gifts with no name or partial designation. Please accept our apologies if we have inadvertently omitted a name, and contact us so that we may correct our records.

Nonprofi-tax Code Designation: 501(C)(3)
www.recoveryinternational.org
info@recoveryinternational.org

Should you have any questions or need assistance, contact Sandra Wilcoxon, CEO: swilcoxon@recoveryinternational.org or Howard Gold, attorney, RI Board Member, and Chair, Development Committee: hg@goldlawcorp.com