

2020 Annual Report: Pivot

Pivot : the action of turning around a point, the action of pivoting : a person or thing that is central or important to someone

A year ago, the buzzword was “Pivot.” Every organization, business and family had to change course due to the Covid-19 Pandemic. Recovery International was no different. At the beginning of the year we had plans to move in one direction but, suddenly, we had to leave our offices, close community meetings, and shift to running more meetings by conference call and Zoom.

We are so proud of Recovery International’s staff, our Area and Group Leaders, our members, our board—everyone who rallied to rapid changes. You are critical to our mission—you are who we serve, and who bolster us!

Yes, we had to pivot last year. But a pivot is also the central point we move around. At Recovery, this is Dr. Low’s work and the Recovery Method, which are at the center of all we do. So, when the external environment changes drastically, we know that wherever we turn or wherever we end up, Dr. Low’s work will anchor us and will provide stability while everything whirls around us.

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

Joanne Lampey
President



Sandra Wilcoxon

Sandra Wilcoxon
CEO

2020 Program Overview



290 community meetings closed due to pandemic



Remote meetings (telephone & online) tripled from 35 to 103



Telephone went from 21 to 45 per week



Online and chat went from 14 to 58 per week

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

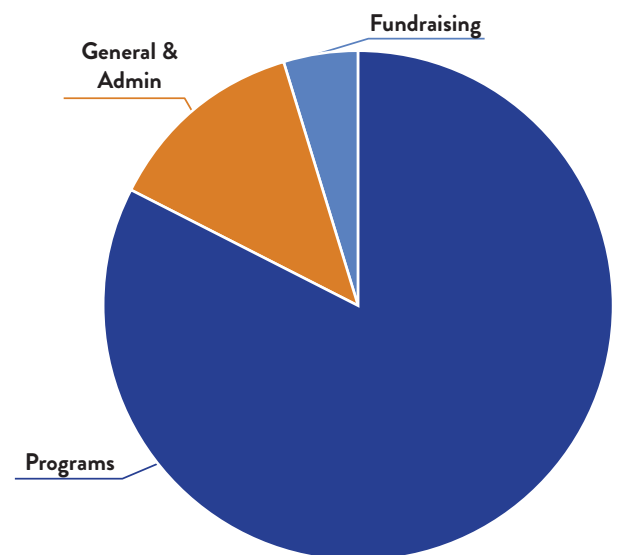
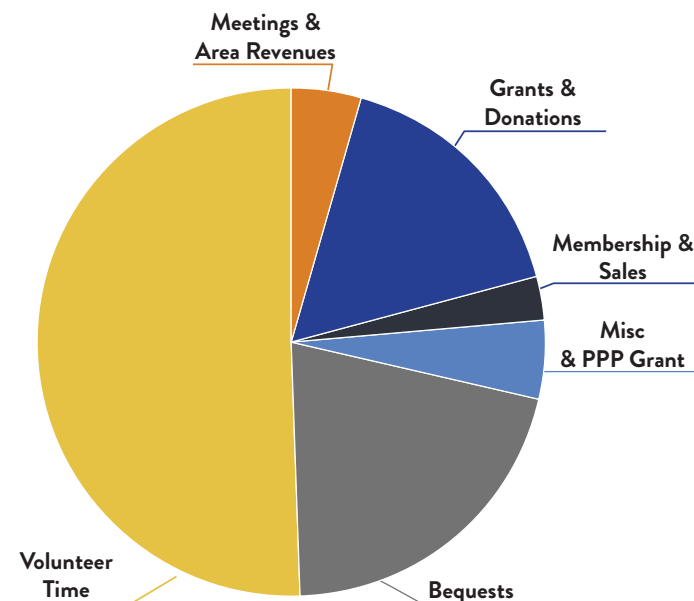
| | 2019 | 2020 |
|---------------------------------------|---------------------|---------------------|
| Current Assets | \$ 1,750,122 | \$ 1,944,573 |
| Fixed Assets | \$ 24,297 | \$ 20,489 |
| Total Assets | \$ 1,774,419 | \$ 1,965,062 |
| Current Liabilities | \$ 45,123 | \$ 9,405 |
| Equity | \$ 1,729,296 | \$ 1,955,657 |
| Total Liabilities & Equity | \$ 1,774,419 | \$ 1,965,062 |

Revenues

| | 2019 | 2020 |
|--------------------------|---------------------|---------------------|
| Meetings & Area Revenues | \$ 173,185 | \$ 82,750 |
| Grants & Donations | \$ 320,955 | \$ 321,044 |
| Membership & Sales | \$ 46,558 | \$ 52,344 |
| Misc & PPP Grant | \$ 397 | \$ 93,358 |
| Bequests | \$ 1,223,737 | \$ 385,021 |
| Volunteer Time | \$ 1,173,066 | \$ 931,977 |
| Total | \$ 2,937,898 | \$ 1,866,494 |

Expenses

| | 2019 | 2020 |
|-----------------|---------------------|---------------------|
| Programs | \$ 1,661,760 | \$ 1,332,096 |
| General & Admin | \$ 186,841 | \$ 242,034 |
| Fundraising | \$ 77,146 | \$ 65,199 |
| Total | \$ 1,925,747 | \$ 1,639,329 |
| Net | \$ 1,012,151 | \$ 227,165 |



Surplus from bequests used to rebuild cash reserves & endowment

Power Your Mind

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 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



"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 program is gaining traction with a national reach! Interviews were conducted with the International Bipolar Foundation, Brain XP, and WBEZ – Chicago Public Radio. In March, a session on *Power Your Mind* was presented at SHARE! in

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

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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

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

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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