



## Annual Report 2025: A Year in Review

Recovery International is achieving balance and growth, which is a very solid place to be. We have balance because our Volunteers are strong. They offer steady ways to practice our RI Method through groups they lead and educational features they offer to bring a deeper understanding of mental wellbeing. Our Volunteers are supported by a staff that lifts some of the burdens from the leaders, fixing technical and “people” issues with a strong understanding of the RI Method to be compassionate as well as efficient.

In 2025, we offered almost 200 groups weekly in English, Spanish, and Japanese. Our attendees can join from anywhere in the world via Zoom and telephone. Our in-person meetings are growing as volunteers establish groups within their local communities. Our Special Focus groups, including groups for those who are caregiving, are in a 12 Step program, have chronic physical health conditions, are making peace with food, or are grieving a death, loss or lifestyle change, have supported many by allowing them to give examples to a sympathetic group. In 2025, we offered meetings to over 72,000 attendees. Introductory Welcome meetings have now become a staple and a popular way to introduce newcomers to the RI concepts and meeting format and provide a gentle approach to the Method.

We have our challenges, too – one that has been with RI since the days when Dr. Low wrote a personal check to cover the organization’s expenses. Over the past 89 years, we have always survived, and we are very grateful to the many donors who have kept us afloat to do this important work. We currently have an encouraging balance sheet, but we also operate at a deficit each year that eats away at this strong position. We need to find more sustaining ways to keep RI in the black. This is a new habit of sustainability that we would like to practice.

Our growth comes from the dedication of our Volunteers, staff, and our new initiatives. In 2025, we introduced our RI App for both iPhone and Android, bringing RI resources and tools to your pocket. We held 15 online presentations throughout the year as a virtual conference. Some were about our history, and some were ways to help us hone our RI skills. Our *Better Mental Health for Everyone* workbook has been updated and is now available in English and Spanish with a longer list of spots.

We also started initiatives that will come to life in 2026 such as an audio version of *My Dear Ones*, the biographical book about Dr. Low and the development of RI, that includes many of the early members. We will have audiobook, e-book and large print editions of *Mental Health Through Will-Training*, Fifth Edition. And we are excited to announce an in-person conference in Chicagoland in April 2027, celebrating the 90th Anniversary of Recovery International. More details are coming soon! We hope you will make plans to join us.

As Dr. Low wrote, “The attainment of inner and outer peace is our supreme value.” Recovery International is strong and continues to offer the prospect of peaceful and productive lives for our many current and future members. Thank you for being a valued part of that mission.



Celinda Jungheim, President

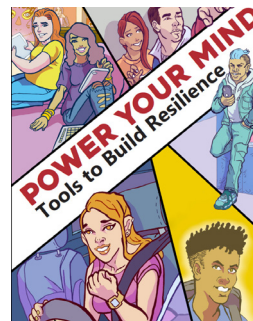


Karen G. Hall, CEO

## Programs, Outreach and Books

Our programs help people gain skills to manage their thoughts and control their impulses to lead more peaceful and productive lives. To support our mission and promote growth in the organization, our 2025 accomplishments included:

- Held 15 virtual conference sessions via Zoom with over 400 attendees;
- Translated the *Better Mental Health for Everyone* introductory workbook into Spanish – *Mejor Salud Mental para Todos*;
- Hosted almost 200 weekly peer-led meetings serving over 72,000 people;
- Trained 47 new people for Group Leadership roles;
- Continued our partnership with the Community Research Foundation (CRF) Peer Support Specialists who run meetings at CRF facilities around San Diego;
- Continued to train San Diego County Peer Support Specialists for *Power Your Mind* program delivery;
- Held 17 nationwide training meetings for Area and Group Leaders;
- Presented at 34 regional events reaching more than 9,000 mental health professionals, veterans, first responders, caregivers and others;
- Launched the RI app for tools, meetings, membership and more at your fingertips;
- Reached over 228,000 people through social media platforms – Facebook, Instagram and LinkedIn;
- Developed new brochures about the complementary relationship of RI and 12-Step programs, and to introduce RI to health professionals.



### About Us

Member portal

Find a Spot

Find a Meeting

Donate Now

Membership

4 Step Method

en Español

Resources

**Thank you for being part of the RI community!**

**These accomplishments would not be possible without your support!**

## Looking Ahead

We have many goals to reach new audiences, offer new technologies, and provide you with more support. In 2026, we will:

- Offer at least 10 more virtual conference sessions throughout the year;
- Release an audiobook, large print format, and eBook of *Mental Health Through Will-Training*, 5th Edition;
- Release an audiobook version of *My Dear Ones*, about the life of Dr. Low and the early years of RI;
- Target social media messages to draw new people to specific special focus meetings;
- Update the website for ease of finding meetings and information, and to improve search optimization;
- Integrate an “AI helper” to the website to guide people through an example;
- Launch text communications people can opt into for notifications;
- Add Venmo as a payment option;
- Prepare for the 2027 90th Anniversary conference in Chicagoland.

# 2025 Financial Statements

In 2025, Recovery International benefitted from the continued expansion of meetings, including a growing number of in-person and special focus meetings. Online and telephone meetings remain popular, as we can continue to broaden our reach and find new people who can benefit from the Recovery Method. Partnerships with other organizations also help us to grow. The year ending total income exceeded budget expectations, and total expenses for the year were under budget which shows strong expense management. Recovery International remains financially strong, with substantial reserves and diversified revenue sources. Careful stewardship of resources and continued donor support will position the organization to sustain and expand its mission in the years ahead.

Judi Bakke, Treasurer

<b>Balance Sheet*</b>	<b>2024</b>	<b>2025</b>
Current Assets	\$4,918,359	\$4,653,418
Fixed and Other Assets	\$4,590	\$3,438
<b>Total Assets</b>	<b>\$4,922,949</b>	<b>\$4,656,856</b>
Current Liabilities	\$19,264	\$34,449
Long-term Liabilities	\$1,392,633	\$1,359,460
Equity	\$3,511,052	\$3,262,947
<b>Total Liabilities &amp; Equity</b>	<b>\$4,922,949</b>	<b>\$4,656,856</b>

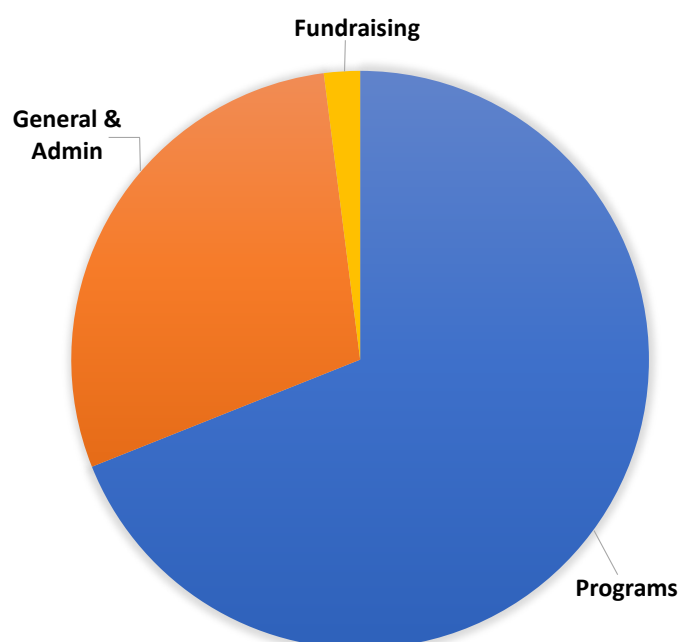
## Financial Activity\*

<b>Revenues</b>	<b>2024</b>	<b>2025</b>
Meetings & Area Revenues	\$72,613	\$78,451
Grants & Donations	\$504,200	\$595,197
Membership, Sales & Conf	\$89,857	\$72,938
Interest, Div. and Misc.	\$181,636	\$151,474
Bequests	\$0	\$36,073
<b>Total</b>	<b>\$848,306</b>	<b>\$934,133</b>

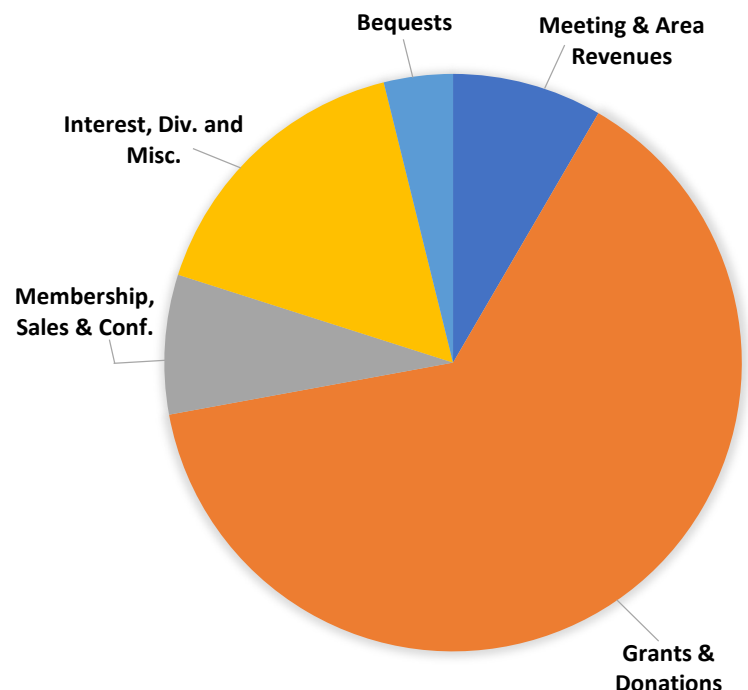
<b>Expenses</b>	<b>2024</b>	<b>2025</b>
Programs*	\$722,651	\$734,820
General & Admin.	\$352,651	\$309,377
Fundraising	\$19,624	\$21,457
<b>Total</b>	<b>\$1,094,926</b>	<b>\$1,065,654</b>

\*Please note that 2025 figures are preliminary and unaudited.

## Expenses



## Revenues



## Tribute Donations

Each of us has a unique story of how we found success with the Recovery Method. Perhaps it was an RI leader who guided you to learn the concepts and how to give an example. Or maybe the support of a long-time friend you met in meetings years ago helped you on the journey. It could be that a family member encouraged you to keep with the program and joined you in using the RI tools around the house. It may be that you chose to honor a friend or family member. Whatever your story is, acknowledging that person with a donation “in honor of” or “in memory of” can be done through Recovery International. In 2025, the following were listed as a tribute for someone’s donation. We want to recognize them here, knowing how important they have been to someone in RI.

Amy	Marlene Dixon	Thomas Kane	Eric Sannes
Antonina	John Durkin	Barbara Kharouf	Burt “Doc” Schaffer
Aunt Irmie	Katherine Elicks	Ann Kris	Darlene Schmerge
Captain Bill	Kathlyn Elsia	Lois M. Laux	Sue Scully
Cecilia & Katherine	Dorothy Englbrete	Norbert B. Lewandowski	William Scully
Delores	Cindy Epstein	Linda Lindenbaum	Jan Self
Dianne’s Mother	Janis Feldenhausen	Dr. Abraham Low	Dorothy Shipko
Elaine	Bob Fine	Emily Luisi	Natalie Silverberg*
Joan	June Fisher	Bob MacIntyre	Anita Singer
John from Ireland	Scott Fisher	Martin Marks	Julius Solomon
Mom Abram	Jean Francis	Dale Marxen	Mary Solomon
My brother Harry	Kenneth Freitas	Edward McAuley	Eve Sommerich
Bartlett Adams	Dolores Frost	Aileen McDonald	Billie Spark
Mike Alpert	Nan Gabriel	Ramon McGough	Lisa Spieth
Shirley Austin	Joe Galati	Rose Mecca	Gary Stacey
Thelma Jo Atwell	Rose Giambalvo	Patti Miller	Warren Steeves
Judith Bassette	Fran Goldstein	Carole Mitchel	Barry Stockinger
Joyce Beresch	Harland Haglin	Hubert Moschella	Henry Tiffany
Jerry Beresch	Laurent Hahn	John J. Murphy and Family	Matthew Tison
Karen Boldt	Sharen Hansford	Mary Eileen McCorra-Nestler	Mary Lynn Tlapa
Mary Brawley	Mary G. Harris	Nelly Christian Opie	Dawn Marie Torchio
Stephanie Brill	Jimmie Alan Harrod	Perry Page	Shana Tova
Gloria Calhoun	Paul Hartunian	Bruce Paul	Joan Urban
Hal Casey	Masud Hasan	Frank Penaskovic	Rose VanSickle
Stuart Cherkes	Lynn Heany	Jan Pillen	Don Verger
Marilynn Chevalier	Stephen Hirschman	Emma Prizant	Steve Vincent
Rosemary Clark	Helen Holtz	Rose Marie Pughes	Dolores Vorndran
Stella Coconate	Carrol Howard	Pnina Rabinowitz	Marlayne Weinberg
Elaine Marsha Cohen	Marilyn Howell	Andrew Reis	Patty Werber
Joe Comini	Joseph Hutchinson	Joan Rice	Jerry Williams
Rita Day	Laura Janetta	Treasure Rice	Laurie Williams
Richard Del Rio	Bob Johnson	Don Richards	Edith Windsor
Katherine Del Vecchio	William Johnson	Ralph Rieder	Shirley Zilz
Sally Denesha	Nancy Joseph	Larry Ryan	Military Veterans of the USA
Bob Dey	Celinda Jungheim	Jack Sandheus	RI Staff
Michael Disponzio	Ralph Jungheim	Donna Sagona	And RI Group Leaders!

## Society of Dear Ones

The Society of Dear Ones was established as a way to appreciate and honor the people who have let us know that Recovery International is included in their estate plans. This generosity will keep RI's work alive, serving present and future generations. There are multiple ways that you can plan your gift, including:

- Bequests – Including Recovery International in your will, trust or estate plan is an easy way to support future programs.
- Life Insurance – You can make Recovery International the beneficiary of a policy.
- Retirement Plan – Recovery International can be included as a beneficiary, or a contingent beneficiary, of a 401K, an IRA, a Pension Fund, or a Profit-Sharing Plan.

If you'd like to consider joining them by including a gift to Recovery in your will or estate plan, please contact Karen@RecoveryInternational.org or call (312) 337-5661 for more information.

### Lifetime Members

*Thank you, lifetime members, for your long-term commitment to Recovery International. We are grateful.*

Mamie Adair	Poppy Davis	Laura Jannetta	Sheila Rabel
Patricia and Richard Aglietti	Claudia DePrenger	Mike Jennings	Michael Radelow
Joe Anglim	Gretchen Dill	Kareolynn Jewall	Christy Ray
Helen Apodaca	Nancy Downes	Dorothy Johnson	John Reimers
Marcian Ashby	Dale Dunlap	Anna Jordan	Ruth Reynolds
Judith Bakke	Cheryl Dyer	Claire Jordan	John Rice
Eleni Barber	Marilyn Eldridge	Karen Jordan	Teresa Richards
Kendelyn Beck	Trudy Engel	Celinda Jungheim	Jay Roberts
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Phyllis Berning	Suzanne Flecker	Tammy Kretsedemas	Paul Sarbaugh
Sally Bescak	James Fratrack	Cathy Kurz	Dorothy Sariego
Susan Beyerlein	Beth Friedman	Stephen Landry	Albert Schafer
Jessica Bezemek	Annabelle Furgerson	Kim Leitel	Marilyn Low Schmitt
Maryka Bhattacharyya	Lisa Garcia	Pamela LePen	Aron Schneiderman
Margaret Biolchini	Phillip Gerard	Kerri LeRoy	Linda Schwartz
Aryeh Z. Brodsky	Dan Gillen	Linda Lindenbaum	Steven Sheppard
Cliff Brown	Mary Gillen	Michael Lisinsky	Jean Sherwood
Joseph Breck Brush	Penelope Gillespie	David Lisowski	Nick Silverstein
Lynette Bryant	Jocelyn Giudice	Martinique Marron	Charlotte Smith
Patti Bucher	Hal Goldblatt	Libby Marvin	Marlene Smith
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Gerald Chamales	Vilma Gulla	Karen Owen	John Tilton
Paul Chevalier	Carol Guyon	Steven Pappas	Paul Verschoor
Jeanne Clawson	Rose Hamann	Imelda Pearce	Dolores Vorndran
Robert Cleary	Leslie Heilman	David Penniman	Gary Wachtel
Gary Collier	Martha Hickman	Gay Perkins	David Wiesner
Joan Crable	Kevin Hicks	Brian Perles	Kate Wilks
Jim Crawford	Sandra Hofferth	Nick Polizzi	Mark Zausmer
Shawn Cribari	Thomas Hulton	Noelle Poss	Martha Zausmer
Stacie Dahl	Joanne James	Fernande Pruden	Peter and Sandy Zinnato

# Donor Honor Roll

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Sachnoff Charitable Family Foundation  
Dillion Marcus, LTD

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Joyce Zimmerman

\*Deceased but still with us in spirit. Space does not allow us to list all donors under \$250 but we thank each of you for your contributions. We make every effort to report our donor list accurately. If you believe we omitted your name in error, please contact us at (312) 337-5661.