

## Annual Report 2024: A Year in Review

One of the many strengths of Recovery International is the way we embrace and practice our shared values, the values taught and demonstrated by our founder, Dr. Abraham Low. The spirit of group-mindedness within our organization is evident in the way we work together to help ourselves and others strengthen and maintain better mental health. The collaboration among members, volunteers, donors and staff is a testament to our shared commitment to developing a supportive and productive organization.

In 2024, RI continued to expand our footprint. The number of in-person meetings continued to grow after the pandemic, balanced by the efforts of those running Zoom and phone meetings. We held our first in-person conference in San Diego since the pandemic. We launched new publications, such as the audiobook and eBook versions of *Manage Your Fears*, *Manage Your Anger*, and two new sets of Power Tool Cards.

Partnerships with our affiliates, including the Recovery organizations in Canada and Ireland, grew stronger. Our Israeli partner led the translation efforts of *Power Your Mind* into Hebrew to share with Israeli teenagers. Through our relationship with the non-profit CRF Behavioral Healthcare in San Diego, new meetings were launched for their program participants, and their peer leaders were trained to facilitate groups teaching the Recovery Method. These are just a few examples of the way RI has grown this past year.

We are so grateful for our many volunteer leaders and their assistants, who are essential to the provision of our self-help meetings. Over 9,000 peer-led meetings were held last year, serving more than 70,000 participants. Almost 24,000 volunteer hours were generously donated by RI leaders and members in 2024. RI has members from Austria, Canada, Croatia, England, Germany, India, Ireland, Israel, Sweden, as well as the U.S. and Puerto Rico.

Of course, none of these gains would have happened without the dedication of our volunteers, the generosity of our members and donors, and the commitment of our staff. The unwavering support and collective spirit of our volunteers, members and donors have been the cornerstone of our success. Your generous financial and volunteer contributions to RI enable us to extend our services to those currently unable to contribute. The benevolence of those who remember RI in their estate planning has allowed us to bridge the gap during challenging times and maintain our resolve to strengthening everyone's access to mental health services.

The dedication of our community is truly remarkable, and it is through this collective effort that we continue to build a lasting and effective organization. RI is stronger through our united efforts to better mental health. As a whole, we are stronger than the sum of our parts.

Warmest wishes,



A handwritten signature in blue ink.

Celinda Jungheim, President



A handwritten signature in blue ink.

Karen Hall, CEO

Thank  
You!

With great appreciation to our dedicated volunteers, who donated almost 24,000 hours of their time in 2024. We would not be here without you. We are so grateful!

### Programs, Outreach and Books

Our programs serve the mission of helping people gain skills to manage their thoughts and control their impulses to everyday stressors to lead more peaceful and productive lives. Our 2024 accomplishments included:

- Held the first in-person RI Conference in San Diego in over five years with 100 attendees including local community partners, RI members and non-members, board members and staff;
- Collected 800 pairs of socks for the unhoused in the San Diego area as part of the RI Conference;
- Developed and expanded the Power Tool Cards in two different designs with 100 spots;
- Launched a new Accountability meeting and corresponding *Spot Your Progress* journal;
- Released audiobook and eBook versions of *Manage Your Fears Manage Your Anger*;
- Translated *Power Your Mind: Tools to Build Resilience* for teens/young adults into Hebrew for Israel mental health partner;
- Hosted 185 weekly peer-led meetings serving over 70,000 people;
- Trained 60 new people for Group Leadership roles;
- Offered 13 continuing education sessions to the RI community with 275 participants;
- Held 18 nationwide training meetings for Area and Group Leaders;
- Presented at 38 regional events reaching more than 11,000 mental health professionals, veterans, first responders, caregivers and others;
- Reached 53,000 people through social media platforms – Facebook, Instagram and LinkedIn;
- Developed new brochures on fundraising and estate planning.

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 2025, look for:

- The release of the 5th Edition of *Mental Health Through Will-Training*, available at Oak Brook office and Barnes and Noble;
- Virtual conference sessions throughout the year;
- Release *Better Mental Health for Everyone* in Spanish and the 2nd edition of the English version;
- Release an audiobook and eBook of *Mental Health Through Will-Training, 5th Edition*;
- Launch the RI app for tools, meetings, membership and more at your fingertips;
- Expand Zoom Welcome Meetings for Newcomers;
- Develop new marketing materials about the complementary relationship of RI and 12-Step programs.

## 2024 Financial Statements

In 2024, Recovery International benefitted from the continued expansion of meetings post-pandemic. Online and telephone meetings have allowed us to continue broadening our reach, finding new people who can benefit from the Recovery Method. As community meetings begin to flourish again, we are hopeful that we will see continued growth.

Judi Bakke, Treasurer

| <b>Balance Sheet</b>       | <b>2023</b> | <b>2024</b> |
|----------------------------|-------------|-------------|
| Current Assets             | \$5,229,072 | \$4,918,359 |
| Fixed and Other Assets     | \$5,927     | \$4,590     |
| Total Assets               | \$5,234,999 | \$4,922,949 |
| Current Liabilities        | \$15,361    | \$19,264    |
| Long-Term Liabilities      | \$1,425,908 | \$1,392,633 |
| Equity                     | \$3,793,730 | \$3,511,052 |
| Total Liabilities & Equity | \$5,234,999 | \$4,922,949 |

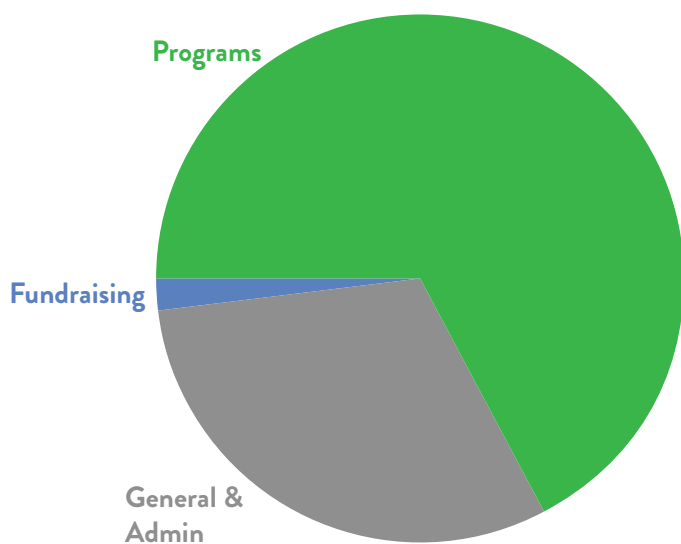
### Financial Activity\*

| <b>Revenues</b>           | <b>2023</b> | <b>2024</b> | <b>Expenses</b>  | <b>2023</b> | <b>2024</b> |
|---------------------------|-------------|-------------|------------------|-------------|-------------|
| Meetings & Area Revenues  | \$70,457    | \$72,613    | Programs**       | \$632,687   | \$722,651   |
| Grants & Donations        | \$343,341   | \$504,200   | General & Admin. | \$229,200   | \$352,651   |
| Membership, Sales & Conf. | \$74,135    | \$89,857    | Fundraising      | \$19,653    | \$19,624    |
| Interest, Div. and Misc.  | \$158,792   | \$181,636   | Total            | \$881,540   | \$1,094,926 |
| Bequests                  | \$20,162    |             |                  |             | \$0         |
| Total                     | \$667,337   | \$848,306   |                  |             |             |

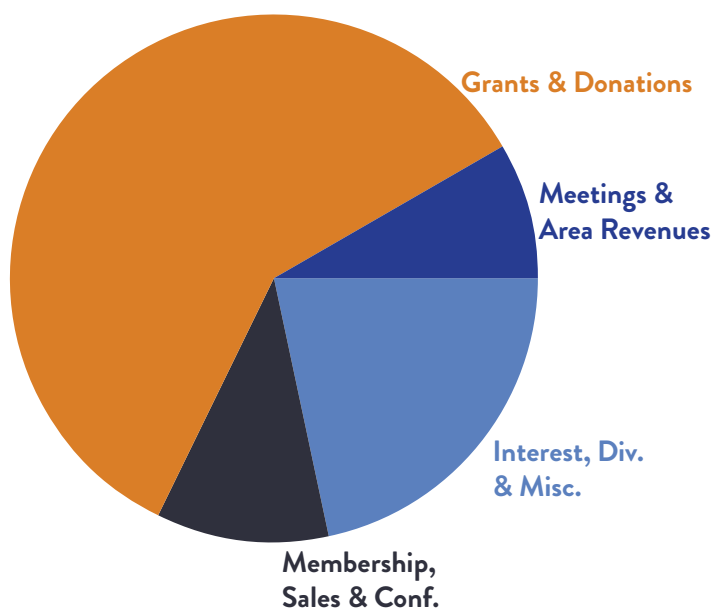
\*Please note that 2024 figures are preliminary and unaudited.

\*\*The dollar value assigned to volunteer services has not been included in the 2024 Balance Sheet and has been removed from 2023 for comparison purposes.

### Revenues



### Expenses



## Joan Spelter: Life-long Dedication to RI

Over 64 years ago, a young, married New York woman named Joan traveled by train twice a week from Queens to Manhattan to attend an RI Meeting. At those meetings, she listened intently as the leader and others spoke about how they felt before learning the Recovery Method and the difference the program made for them. Joan realized that she had found the place she needed to be. By dedicating herself to studying Dr. Low's books and attending weekly meetings, she found some relief. She also found that she wasn't alone in what she had been experiencing.



Even as a “new student” of Recovery, her dedication to the program was apparent. In Joan's second year of membership, she became more involved and became an Assistant Leader and went on to train for a Group Leader role. Flash forward to 2025, and today we celebrate Joan Spelter's 64+ years of service and devotion as a Group Leader and Area Leader for the Schenectady (Northeastern New York) area.

At 95 years old, Joan is still holding weekly Zoom meetings (4:00pm ET) and going strong! Even the pandemic didn't stop her. When Covid started, she quickly learned Zoom so people could continue to access the mental health support they need from the program. Joan stated, “Consistently being a part of RI has been something I've enjoyed sharing with my children as they grew up. It has given me purpose, motivation and support to keep going every day. One of my sons has been involved with RI himself and we are able to be there for one another for 5-minute phone calls.”

Joan's daughter, Joan Horgan, alerted headquarters of this incredible milestone. “I am one of five children, and we have all benefited from Recovery not only through my mother's well-being from her practice of the Method, but also from what we have learned from her and the program itself. The ripple effect of Dr. Low is beyond measurable. Recovery has seen my mother through many things, not the least of which has been the loss of two spouses. Through it all, it has been her bedrock and anchor in the storms.” Today, Joan feels blessed with humor and that she can laugh at her symptoms and not take them too seriously.

As many of our Leaders know, volunteering with RI takes a “high average” degree of dedication. And Joan served multiple capacities over so many decades. She is a truly incredible person and extremely devoted to Recovery International. RI staff are appreciative of all our volunteers for sharing their passion and time to help so many people!

Thank You *Joan!*

# Society of Dear Ones

We are grateful to the people who have already let us know that Recovery International is included in their estate plans. This generosity will keep the work alive to serve generations to come. We express our gratitude to the members of the Society of Dear Ones. If you'd like to consider joining them by including a gift to Recovery in your will or estate plan, contact Karen@RecoveryInternational.org or call (312) 337-5661 for more information. 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** - Name Recovery International as a beneficiary, or a contingent beneficiary, of a 401K, an IRA, a Pension Fund, or a Profit-Sharing Plan.

## Lifetime Members

Thank you, lifetime members, for your long-term commitment to Recovery International.

|                             |                      |                   |                         |
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| Patricia & Richard Aglietti | Cheryl Dyer          | Anna Jordan       | Joan Rice               |
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| Joseph Breck Brush          | Fran Goldstein       | Mary McNamara     | Marlene Smith           |
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### Gold Level

|                         |                    |                 |                      |
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### Silver Level

|                     |                      |                       |                         |
|---------------------|----------------------|-----------------------|-------------------------|
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| Mary Durbin         | Michele Kostyshak    | Maritza Rodriguez     | Frederic Weller         |
| Victoria Edelman    | Michael Larson       | Randall Royfe         | Mary Ellen Worgan Houde |

\* 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.