

This past year has been an example of the resilience of Recovery International, as the organization began to rebound from the challenges wrought by the pandemic. We know from Dr. Low that “control of our internal environment is infinitely more important than all the possible triumphs we may be able to score over external environment.” We also know that our members, donors, volunteers, leaders, Board members and staff rose to transform many of the obstacles brought by the pandemic into opportunities.

The number of Zoom and phone meetings, and meeting attendees, have continued to increase and have allowed new participants from all over the world to find the support they need. We have members from Canada, Croatia, Germany, India, Ireland, Israel, Sweden, as well as the United States and Puerto Rico. Over 2,500 peer-led meetings were held last year, serving more than 68,000 participants. In-person community meetings are beginning to resume. Attendance at the new Spanish-language Zoom meeting exceeded 350 last year.

Meeting contributions have not returned to pre-pandemic levels yet, but they were offset by some very generous bequests. These funds are helping us to replenish reserves depleted by recent crises. We are even more grateful than ever to those who are able to contribute a little extra through higher-level memberships and philanthropic gifts. Every dollar helps! It is this group-mindedness

which allows us to continue to provide services to those currently unable to contribute, and to work toward better mental health for all.

What is most touching, of course, are the personal stories from individuals about the difference RI has made in their lives. Events such as the pandemic bring home the importance of putting Dr. Low’s Method into practice regularly and having peer-support available through meetings seven days each week. Our hearts help to stir us to action, and to feel the difference this organization is making. Thank you for your role in serving this higher purpose, and in helping others to achieve Better Mental Health.

Warmest wishes,



Nicole Cilento
Nicole Cilento
Acting President



Karen G. Hall
Karen G. Hall
CEO

Programs and Outreach

Our programs serve the mission of helping people gain skills to lead more peaceful and productive lives using the method and tools created by Dr. Low. Here’s what we accomplished in 2022 toward that mission:

- Celebrated the 85th Anniversary of Recovery International!
- Overhauled the RI website with new features, testimonials, and training opportunities.
- Held over 2500 peer-led meetings, serving more than 68,000 participants.
- Opened another Spanish meeting which served more than 350 people.
- Trained 64 new Group Leaders and Power Your Mind Leaders.
- Offered 18 continuing education sessions with 250 participants.
- Held 44 monthly training meetings for Area Leaders and Group Leaders.
- Published the *Better. Mental. Health. for Everyone* workbook.
- Presented at three national and 21 regional mental health conferences and events reaching more than 2,100 mental health professionals, veterans, first responders, care givers, and others.
- Held the RI Annual Meeting and third holiday event via Zoom.
- Continued Daily Spots, Weekly Wisdoms, and the quarterly Recovery Reporter.
- Expanded online outreach through Facebook, Google Ads and Linked In.

Thank you for being part of the RI community! These accomplishments would not be possible without you!

Looking ahead ...

We have many ambitious goals to reach new people, offer new technologies, and provide more support and educational content to our members and leaders in the future. In 2023, look for:

- The 5th edition of *Mental Health Through Will-Training* which includes key concepts and tools at the beginning of each chapter and advanced spotting at the end.
- An RI app for your mobile device to have daily spots, tools, meetings and more at your fingertips.
- A more compact version of the teen/young adult workbook, *Power Your Mind: Tools to Build Resilience*, and an online version for students to use in schools.
- Expanded reach to students on college campuses.
- Special marketing efforts to the licensed professional audience so we continue to get referrals to RI meetings.
- Video library of recorded continuing education special sessions so you don’t miss anything.

2022 Financial Statements

In 2022, Recovery International again benefitted from generous bequests. This provided a significant increase in our revenues for the year. Introducing more remote meetings — online and via teleconference — has enabled us to reach new people and continue expanding our mission. As community meetings resume in person, we expect to see continued growth.

-Hal Casey, Treasurer

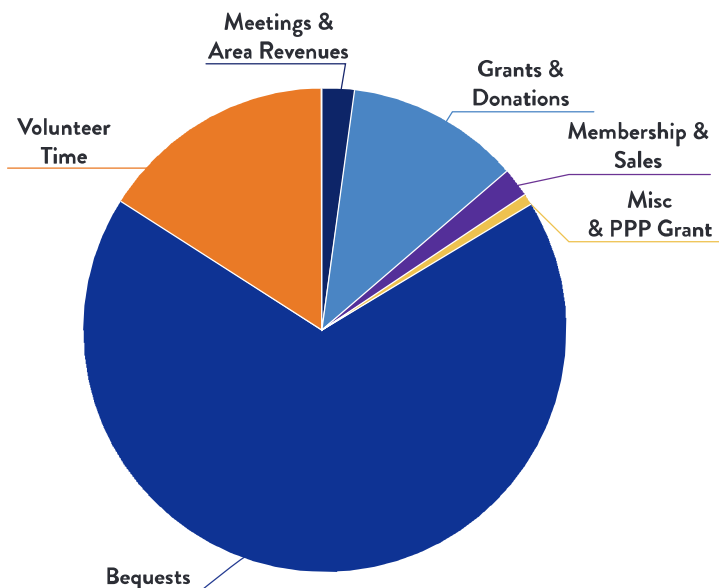
Balance Sheet

	2021	2022
Current Assets	\$ 3,429,927	\$ 5,440,564
Fixed Assets	\$ 10,599	\$ 4,132
Total Assets	\$ 3,440,526	\$ 5,444,696
Current Liabilities	\$ 12,930	\$ 17,619
Long-term Liabilities	\$ 1,352,186	\$ 1,389,047
Equity	\$ 2,075,410	\$ 4,038,030
Total Liabilities & Equity	\$ 3,440,526	\$ 5,444,696

Financial Activity

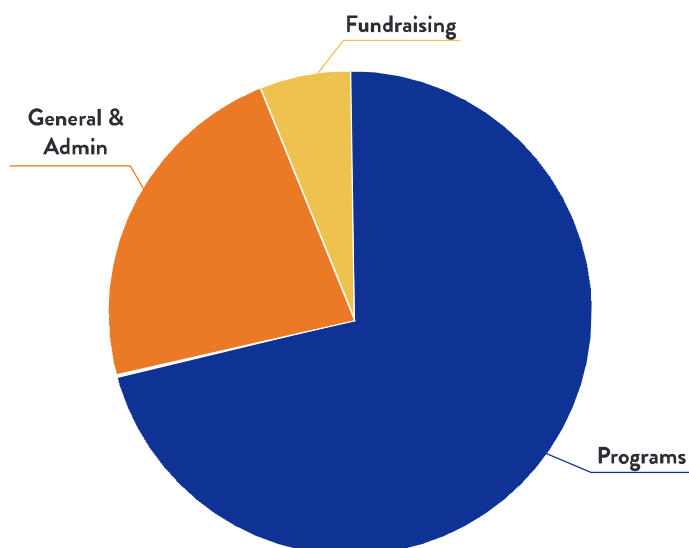
Revenues

	2021	2022
Meetings & Area Revenues	\$ 61,492	\$ 71,279
Grants & Donations	\$ 389,881	\$ 397,303
Membership & Sales	\$ 50,133	\$ 71,105
Misc & PPP Grant	\$ 129,737	\$ 6,112
Bequests	\$ 183,852	\$ 2,283,881
Volunteer Time	\$ 494,521	\$ 533,662
Total	\$ 1,309,616	\$ 3,363,342



Expenses

	2021	2022
Programs	\$ 847,696	\$ 976,182
General & Admin	\$ 275,872	\$ 313,580
Fundraising	\$ 74,808	\$ 82,325
Total	\$ 1,198,376	\$ 1,372,087
Net	\$ 111,240	\$ 1,954,307



RI Across Generations

When Martha Zausmer was a young mother living in Michigan in 1975, her sister-in-law Florence recommended that she attend Recovery meetings. There had been a *Detroit News* article about Dr. Low and Recovery in the Ann Landers advice column. Martha had noticed positive changes in her sister-in-law since she had joined Recovery. Martha bought Dr. Low's book but was hesitant to attend meetings in case there was someone there she knew. But after her first meeting, she was hooked.

Another woman at that first meeting was also a young mother, about Martha's age. She talked about how the Recovery Method helped her raise her children. That resonated with Martha.

After attending six months of meetings, the group leader, Annette Serling, who became a mentor to Martha, asked Martha if she would become an assistant group leader. So Martha completed leader training. Eventually, Annette moved permanently to Florida, and Martha began running the meetings year-round.

Recovery helped Martha raise her three children, survive the deaths of two husbands and a divorce. At one point, Martha felt inspired to follow her lifelong passion of art, and went to college. She became an artist using watercolors and oils. She developed close friendships in art school with other women, and those friendships remain strong today.

Martha's three children grew up hearing about Recovery. "They don't want to hear me talk Recovery anymore.... They know the words now." Her daughters said that the Recovery mindset was ingrained in their lives when they were young, and in how they learned to approach life's challenges.

Martha's daughter Nancy says she was about 13 when her mom started attending Recovery meetings. She noticed that her mom was changing, shifting her habit patterns, and was parenting differently. When Nancy was at college, she started attending local Recovery gatherings. As a young mom, she would put her kids in the stroller and head off to meetings. Nancy said that Recovery, "saved my life, saved my marriage." "When lower tones are present, you know it will pass...It takes the emergency out of it." Nancy shares her mother's artistic vision and is a jewelry designer – a field that requires perfectionism. "I learned to have a sense of humor

and not take myself so seriously. I can't even imagine my life without it." According to Nancy, "There are no adequate words to express the value of RI for all of us onto even our next generation!"

Martha's daughter Jan was also "raised in Recovery." She started attending meetings at the age of 14. She said that Recovery "was a language I grew up with." Jan said it is important to understand the nuances of Dr. Low's teachings, to trust yourself and follow your own common sense. Recovery became an anchor in her life. "I routinely Spot – it's second nature." It saved her life in college. She feels the Recovery Method was ahead of its time when Dr. Low developed it. Jan said that practicing the Method regularly allows one to become more discerning and insightful.

Without Recovery, Martha says, "I don't know where I would be today. It would be a completely different life. I feel good about myself. I like myself. It shows. People feel that, when they're with someone who feels good about themselves. I am doing some nice stuff now." Martha led meetings for 45 years until the pandemic shut down community meetings three years ago.

Recovery has been a family affair for the Zausmers – and they continue to share its values with their children and grandchildren.

It has helped them develop resilience, a sense of humor, and more connection and peace as a family. "Recovery is generational with my family" ...and it shows. Jan says, "Thanks, Mom, for including Dr. Low in our lives!"



Martha Zausmer with her daughters
Jan and Nancy

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 plans, contact donate@recoveryinternational.org or call (312) 337-5661 for more information about planned giving. There are several ways that you can plan your gift:

- **Bequests** - Including Recovery International in your will or estate plans is an easy way to support future programs.
- **Life Insurance** - You can make Recovery International the beneficiary of paid-up policy.
- **Life Income Trusts** - Life Income Trusts provide income during your lifetime with the principal released to RI later.
- **Charitable Lead Trust** - Trust assets provide income to RI for a specified time period, with principal returning to donor or designee afterward.

Bequests

Recovery is able to continue our important work through the thoughtful, forward-thinking and group-minded actions of people who have planned ahead and included Recovery in their wills. The generous bequests from the past two years from those who appreciate the role Dr. Low's Method played in their lives include the following friends:



Mary Brawley



Philip Dahlgren



Philip Gorelick



Susan Miller



Kathleen Quinlan



Suzanne Plain Walder

Donor Honor Roll

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

Foundations & Organizations

Anonymous
Ancient Order of Hibernians
Community Health
Improvement Partners
Dillon Marcus LTD.
Sachnoff Charitable Family
Foundation
SHARE! (Self-Help and
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Platinum Level

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Peter Zinnato
Sandy Zinnato

Gold Level

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Lynette Bryant
Pam Carlino
Margot Conard
Katie Elsila
Cynthia Fogg
Michael Gabriele
Marjorie Geisler
Joe and Sharen Hansford
Elizabeth Hartigan
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Albert Schaffer
Eleanor Seifert
Carolyn Sommerich
Nancy Steeves
Norma Steiner
Eric Stiles
Daniel Thielen
Richard Urey
Alan & Ann Vollmann
Rebecca Wightman
Sandra Wilcoxon
Kate Wilks
Martha Zausmer

Silver Level

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Carol Abram
Mia Aca
Alia Ashraf
Lesley Baehr-Sinkin
Elneta Baqi
Jane Bardolf
David Bartlett
Robert Bessen
Carol Biesanz
Charles Blumberg
Katherine Bolton
Patricia Brady
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