



Not Alone Notes **2023 Annual Report**

Prepared by

Morgan Rondinelli, President & Co-Founder

In 2023, we...

- Mailed 349 Not Alone Notes
- Mailed 95 Back-to-School Notes
- Presented and exhibited at the IOCDF Annual Conference in San Francisco
- Attended 1 Million Steps for OCD Walks
 - In Boston, New Jersey, Florida, & Wisconsin
 - As Grand Marshalls in Boston!
- Applied to two grants (currently a finalist for one!)
- Produced a calendar with original art



Morgan and Molly at the Not Alone Notes exhibit booth at OCDcon



Lisa at the New Jersey OCD Walk

We also...

- Spotlited writers during OCD Awareness Week
- Collaborated with the IOCDF to send Holiday Messages of Hope to treatment centers
- Partnered with numerous other organizations
- Restarted our Not Alone Totes Program (mailed in 2024)
- Switched from a newsletter to our blog
- Celebrated our 6th birthday



Collecting donations for Not Alone Totes



Molly and a volunteer sorting through Holiday Messages of Hope

A GLIMPSE AT SOCIALS

Many people first find out about Not Alone Notes through social media, so it's important we keep posting and expanding our reach with the OCD community online.

FACEBOOK

5.4K reach
93 posts
126 new followers

INSTAGRAM

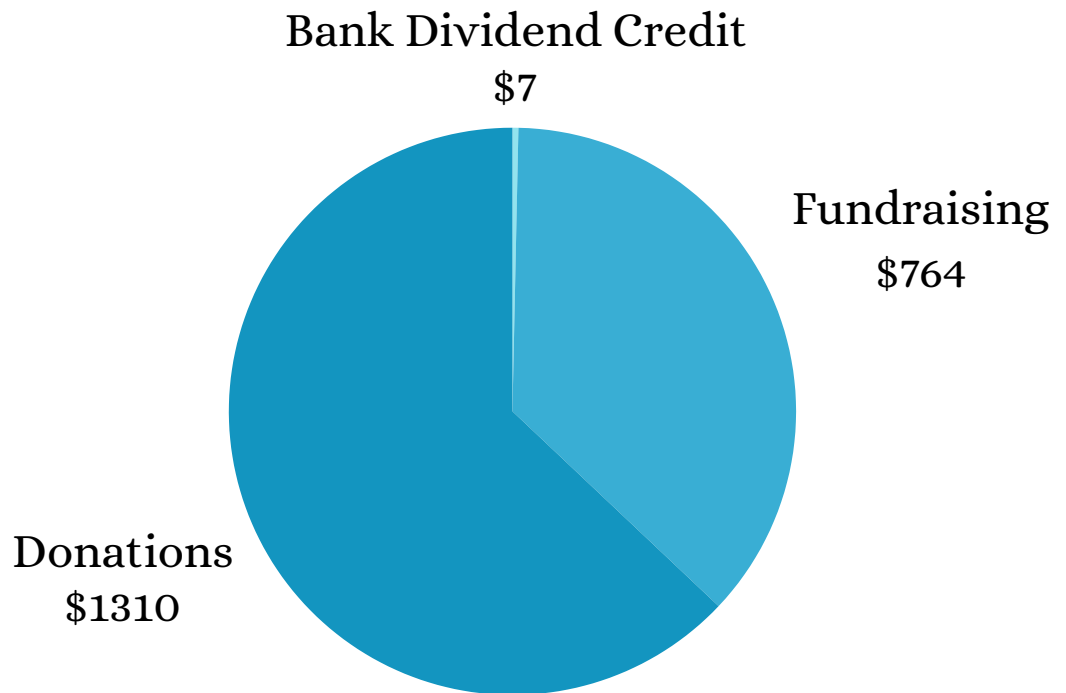
10.2K reach
89 posts
281 new followers

[@NotAloneNotes](https://www.instagram.com/NotAloneNotes)

A GLIMPSE AT FINANCES

We are so grateful for everyone who supports Not Alone Notes financially, helping us do our work for the OCD community!

Here's how we got our money:

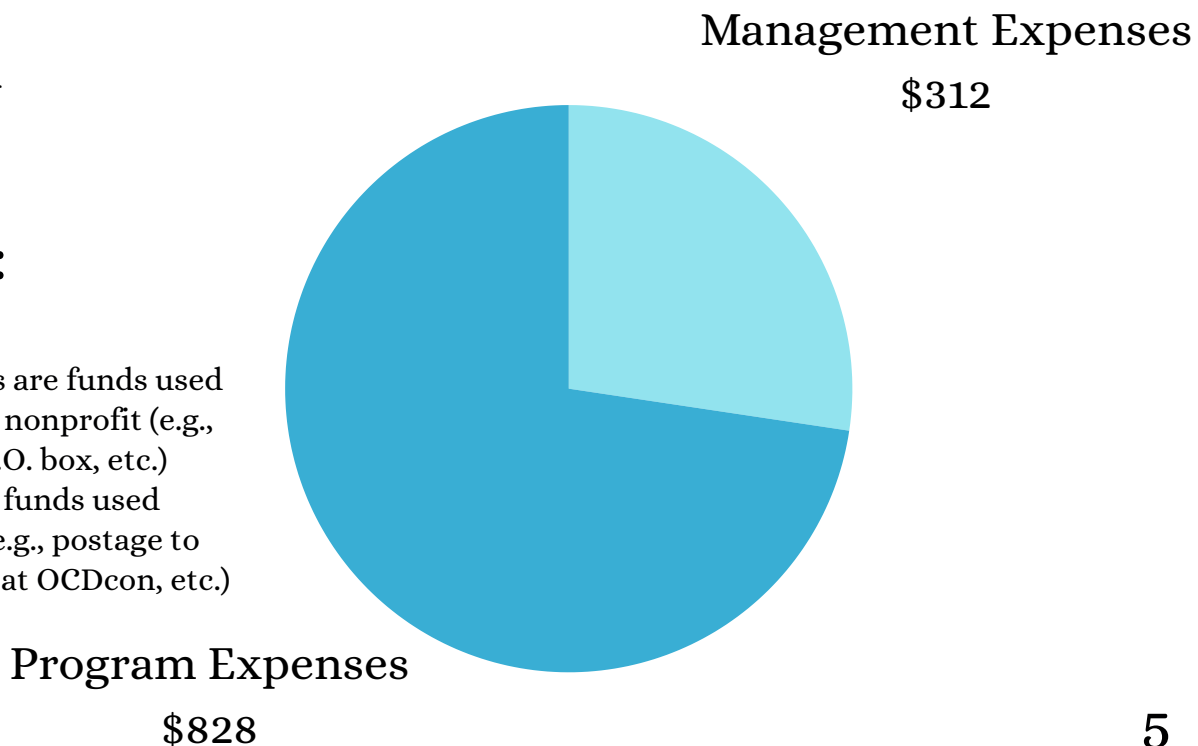


Here's how we spent our money:

What's the difference?

Management expenses are funds used towards operating the nonprofit (e.g., fees for our website, P.O. box, etc.)

Program expenses are funds used towards our mission (e.g., postage to mail Notes, exhibiting at OCDcon, etc.)



Here's to more notes and more advocacy in 2024!



Note decorated by Writer, Alex G

Not Alone Notes is a 501(c)3 nonprofit.

Mission: Mailing free, handwritten notes to others with OCD and related disorders to remind them they aren't alone, encourage hope, and dispense resources.

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