



Esperanza = Hope

210•253•9763

140 Heimer Rd, Suite 400  
San Antonio, TX 78232

[EsperanzaEDC.com](http://EsperanzaEDC.com)



At Esperanza Eating Disorders Center, our goal is to provide a supportive, empowering environment for eating disorder recovery. Our team of experienced multidisciplinary clinicians utilize evidence-based treatment approaches to provide individuals with a wide range of skills and healthy coping behaviors to guide them to a life of fulfilling recovery.

Our cornerstone philosophy is *Recovery by Doing*. Patients do not just hear about what to do, they get hands-on experience *doing recovery*. Integrative therapies as well as grocery shopping, restaurant outings and cooking and plating their own meals are all part of our hands-on approach to healing.

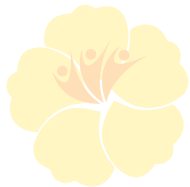
We look forward to *doing recovery* with families and individuals in the South Texas community. Contact us to take the first step toward a life worth living.

With shared hope,

*Susan C. Mengden*

**Susan C. Mengden, PhD**  
*Certified Eating Disorder Specialist-iaedp Approved Supervisor*  
*Certified Group Psychotherapist*  
*Executive Director*

*Hope • Expertise • Teamwork • Respect • Recovery by Doing • Holistic Healing*



# Treatment that meets you where YOU are



Receiving treatment at the right level of care at the right time is important for patients to successfully heal mind, body and spirit. Research indicates that early recognition and treatment of an eating disorder results in more successful outcomes. Full recovery from an eating disorder IS possible.

At Esperanza, having the consistency of one therapist throughout all levels of care enhances the atmosphere of support and empowerment at the heart of our programs. Evidence-based therapies, including CBT, DBT and ACT, provide patients at all levels of care with a wide range of skills to guide them to a life of sustainable recovery. Our programs are gender inclusive and provide treatment for all types of eating disorders including Anorexia, Bulimia, Binge Eating Disorder, Avoidant Restrictive Food Intake Disorder and Other Specified Feeding or Eating Disorders.

## Partial Hospitalization Program (PHP)

- Up to 10.5 hours of structured programming per day, up to five days a week
- Three therapeutic meals and two snacks per day
- Nutritional rehabilitation groups
- Psychiatric evaluation and medication management
- Medical evaluation by physician

## Intensive Outpatient Program (IOP)

- Up to four hours of structured programming per day, up to five days a week
- One therapeutic meal and one snack per day
- Body image groups and continued focus on *Recovery by Doing* are integral parts of the IOP
- Flexible schedule to accommodate work/classes, when possible

## Outpatient Care


Outpatient Care provides regular, ongoing support and relapse prevention assistance. If a patient does not have a therapist in the community, Esperanza has eating disorder outpatient therapists available, or can make referrals to help you find a therapist in the community who will be a good fit for you.

## Other Levels of Care

If the levels of care offered at Esperanza do not meet your needs, referrals to facilities providing higher levels of care will be offered.

## Nutrition Component

The Esperanza Dietary Team understands that eating disorders are not just about the food. We acknowledge the complex role



“Esperanza’s individualized and unique hands-on approach to recovery truly sets them apart from other programs. My previous therapist and another treatment program taught me DBT skills. I was truly hesitant to hear about their DBT programming because it has never worked for me. At Esperanza, they do more than teach you how to use skills, they SHOW you how to put them into ACTION.”

— Esperanza Patient

nutrition plays throughout the recovery process. Our dietary team provides gentle guidance through mealtimes, from preparation to finishing the last bite. Our dedicated and supportive dietary staff are here to help our patients heal their relationship with food and find freedom from obsessive worrying about food and appearance.

### Adolescent Programs

The family is an integral part of the treatment team in our adolescent programs.

- Programs are for ages 13-17.
- Parents are included in multi-family groups, family therapy and therapeutic meals with their teen. Parent nutrition education groups, meal planning and plating to the teen's meal plan are also included.
- At the PHP level, a certified teacher provides up to three hours of individualized academic support each day and communicates with home schools to help each student stay on track.

### Emotional Overeating Program

This specialized IOP program focuses on achieving a healthy relationship with one's body, regardless of current size.



- Weight loss is not a measure of success in this program
- Learn skills to overcome behaviors that have exerted destructive control over your life

#### Key program components include:

- DBT Skills
- Learning to eat for well-being
- Engaging in enjoyable movement
- Learning to practice self-compassion, self-respect and self-care
- Individual and group nutrition education
- HAES (Health At Every Size) principles
- Evening hours to accommodate work schedules

## At Esperanza Eating Disorders Center you will find...

### Hope

In our nurturing, experienced professionals who are with you on every step of your journey

### Expertise

In the cutting-edge treatments customized to meet the individual needs of each patient

### Teamwork

In the carefully selected multidisciplinary team of mental health professionals, dietitians, physicians and experiential therapists committed to working with you, your loved ones and professionals in the community to empower lasting recovery

### Respect

In our commitment to consistent, respectful communication with every patient and every team member

### Recovery by Doing

In the kitchen, grocery store, restaurant and at the family dinner table, we practice *doing* recovery to reinforce skills learned each day

### Holistic Healing

In focus on mind, body and spirit for a recovery based in balance and wellness



Esperanza = Hope



## SHOULD I BE CONCERNED?

If you answer “yes” to one or more of these questions, an evaluation by an experienced eating disorder professional could help with assessment and treatment recommendations:

- Do you find yourself preoccupied with thoughts of food?
- Do you ever eat in secret?
- Does your weight affect the way you feel about yourself?
- Have any members of your family suffered from an eating disorder?
- Are you fearful of gaining weight or becoming fat?
- Do you often feel like your eating is out of control?
- Do you often avoid eating with your family or in public?
- Do you ever vomit or over-exercise to compensate for calories consumed?

**Call us at (210) 253-9763  
to begin your journey toward  
a hopeful future.**

Our screening clinician will gather information about symptoms and behaviors, type of care you are looking for and specifics of insurance coverage to verify benefits. Next an intake evaluation with a dietitian or with a doctoral or master’s level clinical will be scheduled.



140 Heimer Rd, Suite 400  
San Antonio, TX 78232

o: 210•253•9763

f: 210•255•1681



Visit us online at  
[EsperanzaEDC.com](http://EsperanzaEDC.com)

