

# CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



## EATING DISORDER TESTIMONIES OF RECOVERY & RESILIENCY

### Adolescent Male Recovered from Anorexia

My son was diagnosed with Anorexia Nervosa at the age of 13. He also has Aspergers Syndrome.

We started noticing weight loss in October of 2018. At first, we attributed the weight loss to medications and increased exercise. Month after month his weight continued to drop. Early in 2019, we consulted with our pediatrician and a gastroenterologist to rule out any medical conditions. Ulcers and scarring were found, but those were associated with anxiety from being bullied and acid reflux. After several more months and a weight loss of close to 40 pounds, the pediatrician recommended eating disorder treatment. We tried to help my son for a few months at home with the support of a dietitian, but he was not getting any better.

Finally, my son's psychologist suggested Esperanza Eating Disorders Center and Dr. Susan Mengden. During the initial interview, Dr. Mengden not only spoke with me, but also with my son. She let his voice be heard and made him feel part of the process. I felt that at Esperanza EDC my son would be cared for and healed as a whole person. The team at Esperanza put my son's health and interests first. That felt like a sign from God that this is where we are supposed to be. Treatment wasn't easy but it was carefully tailored to the individual. Things that worked for my son didn't necessarily work for other individuals. As a family we learned skills to help my son in recovery. We had a dietitian, a family therapist and an individual therapist for my son.

My son has been in recovery since June 2020. He has regained confidence and has returned to public school. He is on the high school swim team! I never thought we would see the day he was up on a block in swim jammers! It was at that moment I knew we made the right choice to receive treatment at Esperanza EDC.

### Recovery Means:

"Recovery means my son has taken back control of his body and that he is listening to his body instead of the eating disorder. I see and hear that every time he picks up a fork and asks "can I have some more please?" It is my hope that he will take this experience, remembering the struggles he had, and realize he is strong enough to overcome anything."

AT ESPERANZA EATING DISORDERS CENTER, WE OFFER PATIENTS THE TOOLS NECESSARY FOR RECOVERY. TO TRULY RECOVER, THE PATIENT NEEDS PERSEVERANCE, MOTIVATION AND WILLINGNESS TO USE THE TOOLS WE TEACH THEM. OUR TEAM FOCUSES ON MAKING EACH INDIVIDUAL PATIENT AN INTEGRAL PART OF THE TREATMENT AND RECOVERY TEAM. NO ONE CAN DO RECOVERY ALONE.

THERE ARE MANY PSYCHOLOGICAL FACTORS IN A PATIENT'S LIFE THAT LEAD TO FEELINGS OF UNWORTHINESS. EVERYONE IS WORTHY OF TREATMENT AND RECOVERY. PROVIDERS ARE A KEY COMPONENT IN THAT WE HOLD A SPACE OF WORTHINESS UNTIL A PATIENT CAN BELIEVE IN IT FOR THEMSELVES.

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## NATIONAL EATING DISORDER AWARENESS WEEK FEBRUARY 22 - 28, 2021

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