



Adolescent Treatment Program Philosophy

The Adolescent Program is based on the Family Based Treatment-informed (FBT) approach for eating disorders. Developmentally appropriate materials and groups, designed specifically for the adolescent with an eating disorder, are at the heart of our programs. And treatment takes place in a home-like environment staffed with compassionate and knowledgeable professionals who help individuals feel valued and listened to.

For adolescents, family involvement is a critical component of recovery. Parents/caregivers provide their teen's food each day, allowing them to prepare foods they normally eat at home. Three therapeutic meals weekly with parents, including siblings, and clinicians that give the patient practice using skills and help parents learn to support their teen. Parents/caregivers participate in two multi-family groups. Parents are provided one group per week for feedback and updates from clinical, dietary and educational staff.

Recovery by Doing helps adolescents incorporate new coping skills and behaviors into their lives and is part of every level of care at Esperanza.

Recovery by Doing means that adolescents participate in a variety of evidence-based nutrition groups where skills are put into practice, including:

- Hands-on nutrition education and meal plating
- Developmentally appropriate cooking groups
- Mealtime and snack exposures led by nutrition professionals
- Recovery focused enjoyable movement

The Partial Hospitalization Program provides 10 hours of tutoring each week during the school year by a certified teacher. The teacher can also assist with:

- IEP/504 planning
- SAT prep
- College applications
- Coordinating school assignments

Population Served:

- Adolescents of all genders (13-17-year-old)
- Anorexia
- Bulimia
- Binge Eating Disorder
- ARFID (Avoidant Restrictive Food Intake Disorder)
- Orthorexia and OSFED (Other Specified Feeding and Eating Disorders)

Call our office at 210.253.9763 for insurance review and to schedule an assessment

Esperanza = Hope

Adolescent Treatment Program

Partial Hospitalization Program (PHP) | 8-10 Hrs/Daily | Monday - Friday

Intensive Outpatient Program (IOP) | 4Hrs/3-5 days | Monday - Friday

Service Offered	PHP	IOP
MEDICAL CARE		
Initial Assessment	✓	
Medical Monitoring	✓	
Daily Monitoring by Nursing Staff	✓	✓
PSYCHIATRIC CARE		
Initial Assessment	✓	
Medication Management with Psychiatrist	✓	
BEHAVIORAL THERAPY		
Individual Psychotherapy Sessions	2/week	1/week
Family Therapy Sessions with LMFT	1/week	1/week
Therapeutic DBT, ACT, and CBT Skills Group	Up to 6/day	Up to 3/day
Multi-Family Group	1/week	1/week
NUTRITION		
Weekly Individual Sessions Dietitian + Adolescent Dietitian + Caretaker	✓	✓
Meal and Snack Support	up to 3 meals and 2 snacks/per day	1 meal and 1 snack/3 - 5 times per week
Nutrition Education for Adolescents	✓	✓
Nutrition Education for Caregivers	✓	✓
Multi-Family Dinners Supported by Dietary and Clinical Staff	3/week	1/week
Cooking Activities	✓	
Snack Exposure	✓	
THERAPEUTIC GROUPS See website for full list	✓	✓
ACADEMICS	✓	