

# CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



## Adolescent Eating Disorder Treatment

Eating disorders often develop in the teen years, with common age of onset between the ages of 12 and 25

“Early intervention with evidence-based therapies result in reduced treatment time and higher incidence of full recovery for patients,” said Susan C. Mengden, PhD, Founder and Executive Director of Esperanza Eating Disorders Center. “Diagnosing and treating the eating disorder early and intensely, especially in teens, results in fewer long term medical and psychological conditions resulting from the eating disorder. Eating disorders can become ego-syntonic if not addressed fully with early intervention.”

Medical complications including heart conditions, cognitive loss, dental erosion, increased risk of self-harm and suicide, and osteoporosis, which can develop within months for males with eating disorders in their developmental years, are all diagnoses which can be minimized or avoided with early, appropriate treatment.

Esperanza’s Adolescent Programs are based on proven, evidence-based therapies, including CBT, DBT, and ACT. The programs are also Family-Based Treatment Informed (FBT). These therapies have been modified to be appropriate for the teen mind and environment. Treatment modifications include:

- Family involvement in adolescent treatment is critical. Families are included in therapeutic meals with clinicians, nutrition education geared to the developmental needs of teens, multi-family skills training groups and family therapy in the Adolescent PHP Program. Parents also learn how to plate meals for their teen according to meal and caloric prescription.
- Developmentally appropriate cooking groups, mealtime and snack exposures, and family meals are part of Esperanza’s *Recovery by Doing* philosophy which allows hands-on practice of new skills to modify behaviors.
- Academic support and coordination with the teen’s school helps students stay on track academically during treatment, allowing both student and family to focus on recovery.

Connect with Dessimber Daniels at (210) 253-9763 for a telephone screening, insurance benefits review and to schedule a comprehensive, in-person assessment.

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

ESPERANZA = HOPE



SUSAN HEINEMEYER, BS  
CERTIFIED TEACHER  
EDUCATION LIAISON

### Academics

Susan Heinemeyer is a certified teacher, experienced educator, and Esperanza’s Education Liaison. She has worked with the eating disorder population for 13 years. Susan has deep relationships with area school administrators, allowing her to facilitate all aspects of academic progress during a student’s time at Esperanza. She helps students meet their needs in several academic areas, including SAT/ACT prep, AP courses, college applications and GED completion.

Fear of falling behind academically is often a perceived barrier to treatment for teens. It is important to note that an individual with an eating disorder is often fatigued, “brain fogged” and lost in anxious and obsessive thoughts, certainly not a healthy place for top academic performance. The first report card of the school year is often a time of extreme stress for the student, and the time that families identify eating disorder behaviors. Know that at Esperanza the teen’s academic needs will be met, whether the need is for catching up or keeping up in AP classes.

If you would like to schedule a tour of Esperanza’s new facility or schedule eating disorder training for your organization, contact Beth Confer at [bethc@esperanzaedc.com](mailto:bethc@esperanzaedc.com) or at 210.749.1030 for arrangements