



Adult Treatment Program Philosophy

RECOVERY BY DOING IS PART OF EVERY LEVEL OF CARE

Recovery by Doing helps adults incorporate new behaviors and coping skills into their lives and is part of every level of care at Esperanza. **Recovery by Doing** means that adults participate in a variety of evidence-based therapy groups where skills are put into practice, including:

- Hands-on meal plating and nutrition education
- Restaurant and takeout exposures led by nutrition professionals
- Grocery shopping
- Cooking classes
- Recovery focused enjoyable movement
- Mindfulness and meditation
- Creative expression

In line with our mission, patients bring their own food each day, learning to prepare and eat meals once back in their own home. **Recovery by Doing** clinically is learning to use skills in the moment of dysregulation and exposures to movement, body image triggers and avoided activities.

Our experienced multidisciplinary team of mental health professionals, dietitians, physicians, and integrative therapists are committed to working with the patient, their loved ones, and professionals in the community. Through this collaboration, our goal is to empower the patient to continue progress toward recovery after leaving Esperanza.

Population Served:

- Adults of all genders (18+year-old)
- Anorexia
- Bulimia
- Binge Eating Disorder
- ARFID (Avoidant Restrictive Food Intake Disorders)
- Orthorexia and OSFED (Other Specified Feeding and Eating Disorders)

Esperanza Eating Disorders Center offers an individualized and collaborative approach for every patient. Both Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) are available.

**Call our office at 210.253.9763 for insurance review and to
schedule a free phone assessment**

Esperanza = Hope

Adult Treatment Program

Partial Hospitalization Program (PHP) | 8-10 hrs/daily | Monday - Friday
Intensive Outpatient Program (IOP) | 3-4 Hrs/3-5 days | Monday - Friday

Service Offered	PHP	IOP
MEDICAL CARE		
Initial Assessment	✓	
Medical Monitoring as Needed 1/week	✓	
Daily Monitoring by Nursing Staff	✓	✓
PSYCHIATRIC CARE		
Initial Assessment	✓	
Medication Mangement with Psychiatrist as needed	✓	
BEHAVIORAL THERAPY		
Individual Psychotherapy Sessions	2/week	1/week
Family/Couples Therapy Sessions with LMFT	1/week	1/week
Therapeutic Group	Up to 6/day	Up to 3/day
NUTRITION		
Weekly Individual Session with Dietitian	✓	✓
Meal and Snack Support, supported by dietary and clinical staff	2 meals and 2 snacks per day	1 meal and 1 snack
Nutrition Process and Education Group	✓	✓
Takeout Meal Exposure		✓
Restaurant/Snack Exposures/Outings	✓	
Cooking Activities	✓	✓
Grocery Planning and Outings	✓	✓
THERAPEUTIC GROUPS See website for full list	✓	✓