

# SCHOOL + RECOVERY

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## SCHOOL+ RECOVERY = IT'S A NO BRAINER

Have you ever thought about receiving eating disorder treatment but worry about missing school? You are not alone. This is a very common reason people delay beginning recovery thinking "Oh I will just start treatment over the summer, and I will be ready to return to school come August!" While this is an understandable desire, the time you spend delaying recovery allows for the eating disorder to further entangle in your mind. Without properly challenging the eating disorder, it has space to live, thrive and make itself at home.



At Esperanza we are prepared for concerns about missing school. We provide guidance with our professional education specialist, who communicates directly with the school and teachers to ensure the student receiving treatment stays on top of their work. Treatment can be very overwhelming and school stress at times only adds to the challenges of recovery. This is why we have Susan Heinemeyer, BS, our education specialist - so you don't have to do it alone. We want you to feel supported and to have as little stress in your life as possible. But in order for you to excel in school and everything that comes with it, you must treat the unhealthy thoughts and behaviors of an eating disorder.

Think about it like this...you develop coping mechanisms that correspond to eating disorder behaviors. These behaviors are on a ladder - the eating disorder ladder. When life is going well, you are happy with friends, school, etcetera, the eating disorder behaviors may be low on the ladder - meaning you don't find yourself using them as often. But they are **STILL** there, simmering, and ready to be called to action. Then, when life hits a speed bump and things are not going well, your eating disorder gets louder in your head, suggesting you use an eating disorder behavior. This brings the eating disorder high up on the ladder. It has been called to action. So, as life ebbs and flows the eating disorder ladder remains intact and the eating disorder adjusts accordingly - ready to step in at any time.

**BUT**, if you receive treatment and address the reasons, the roots, and the triggers behind an eating disorder that ladder slowly disappears. There is no longer an eating disorder to fall back on. Instead, eating disorder behaviors are replaced with healthy coping mechanisms and emotional regulation.

Missing school to receive eating disorder treatment is a very reasonable concern, but we have you covered at Esperanza. We provide 2-4 hours a day for schoolwork and tutoring. We believe in support, kindness, and patience. You will never feel alone in your eating disorder journey. And remember, if you don't receive proper treatment for the eating disorder, it will live on that ladder inside of you ready to "report for duty" at any moment. Imagine a life free of the eating disorder voice in your head and healthy coping skills to fall back on!

*Recovery is possible and it starts with YOU!*

