



## EATING DISORDER RECOVERY THROUGH CONNECTION

### Staff Spotlight

#### Esperanza Announces Two Psychiatrists Joining Our Team Dr. Brandi Milmo and Dr. Ami Chatrath

**Brandi Milmo, MD is one of the new Esperanza team members. She is a psychiatrist who sees patients in the partial hospitalization program. Dr. Milmo provides psychiatric evaluations and medication management. She monitors the patients' psychiatric stability and communicates with the treatment team to help ensure recovery.**

Dr. Milmo obtained her BS in the United States Naval Academy in 2004. She earned her medical degree at UT Health San Antonio in 2009. She actively served as a physician in the aviation community of the Navy for 10 years then returned to UT Health to start her psychiatric residency in 2019, where she served as chief resident. She graduated in 2023.

Always drawn to the impact of mental health on overall well-being, Dr. Milmo is mindful of the psychiatric nuances of eating disorders and strives to get to know her patients. "Establishing a rapport is important." She knows the comfort of the patient is paramount to recovery and likes the "homey - not clinical" feel of Esperanza.

**As a treatment component of our partial hospitalization program, each patient is seen by a staff psychiatrist. Ami Chatrath, DO will provide a psychiatric evaluation and, if their individualized treatment plan calls for it, medication management. Dr. Chatrath will work with the patient and treatment team to monitor patients' psychiatric stability for optimal recovery.**

Dr. Chatrath completed his BS in Cellular & Molecular Biology at Texas Tech University in 2015 and earned his MBA at Texas Tech in 2015. He earned his DO at the University of North Texas Health Science Center through the Texas College of Osteopathic Medicine. He finished his psychiatric residency at UT Health San Antonio in 2023 and served as chief resident of psychiatry for University Hospital, in his final year of training

Dr. Chatrath believes that "progress always starts with the first step" and feels that working with patients is an honor that he takes seriously. "I'm seeing people at their most vulnerable". He notes that the combination of psychiatric treatment, along with dietary guidance, are key to recovery. "The way we view ourselves and our relationship with food is impacted by social norms and societal expectations." Especially interested in helping the LGBTQIA+ community, Dr. Chatrath notes that Esperanza's "culture is one of compassion" and that compassion is extended to each and every patient.

