

## EATING DISORDER RECOVERY THROUGH CONNECTION

# Sharing Hope for Eating Disorder Recovery

## New Year Message from Our Executive Director

**OUR MISSION IS TO PROVIDE A NURTURING HOLISTIC APPROACH TO EATING DISORDER RECOVERY**

**“As we enter 2026, Esperanza Eating Disorders Center is thrilled to share several exciting updates and initiatives that have been in the planning stages over the past few years.”**

- Susan C. Mengden, PhD, CEDS-C, Executive Director



### Expanding Programming

To kick off the New Year, Esperanza Eating Disorders Center is broadening services by launching new ARFID (Avoidant/Restrictive Food Intake Disorder) programming for children, adolescents and adults. Karla Rodriguez, a member of our Dietary Team, will lead this initiative as the primary contact for the ARFID Treatment track. Karla brings both compassion and expertise in exposure work to her new role. Additionally, a Summer Intensives Program is in the works!

Esperanza will continue to enhance its evidence-based programming in 2026. This includes TBT-S (Temperament Based Therapy with Support) treatment, along with Trauma Informed Yoga starting this month.

### Growth in Trainings and Educational Opportunities

Esperanza is also expanding our offered trainings in 2026. This includes collaborations with U.S. Army-Baylor Master's Program in Nutrition, Certified Eating Disorder Specialist (CEDS) training, and opportunities for LPC-Associates, and practicum students. Additionally, our free on-site Teach & Tour Trainings will grow through partnerships with community professionals.

Continuing our mission to educate area clinicians, Executive Director Susan C. Mengden, PhD, CEDS-C, will resume providing CEDS supervision, at no cost for community professionals, starting in February 2026. This training is designed to help professionals recognize and treat those with eating disorders with evidence-based treatment approaches.

Continued training is planned for our community on the evidence-based treatments of DBT (Dialectical Behavior Therapy) skills, ACT (Acceptance and Commitment Therapy) and FBT (Family-based Therapy).

### Support for our Esperanza Community

With thoughtful planning, we are launching an Esperanza Alumni Support Group for our adults as they graduate from our program. This group will provide much-needed recovery resources and support for our past patients.

**“We are eager to implement these changes and further our commitment to serving our San Antonio and surrounding communities.”**