

# CONNECTION

*EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION*



## **ONSITE ADOLESCENT PROGRAMMING HAS RUN SMOOTHLY SINCE JUNE 1 AND HAS BROUGHT A SPIRIT OF HOPE BACK INTO THE BUILDING AT ESPERANZA**

Our Esperanza Team Member **Sarah Snavelly, RD, LD** is an important facilitator of the hope adolescents and their families feel in this program. She believes that for recovery to have lasting impact, a high level of involvement from the teen's family is important. Sarah is a resource and guide for both adolescents and parents, understanding that an eating disorder effects the whole family. Her approach is scientific, nonjudgmental and focused on the unique situation of each patient. Sarah wants teens to feel cared for and safe. She is a firm believer that the good lines of communication among Esperanza staff help achieve that goal.

Our onsite Adult Partial Hospitalization program will reopen at Esperanza on June 29. Tele-health services will also continue for Adult Partial Hospitalization and Intensive Outpatient programs. There will be a phased return of all programs to the Esperanza campus in the near future.

**Call our intake coordinator Dessimber Daniels at (210)253-9763 ext. 410 for insurance benefits review and to schedule an assessment.**

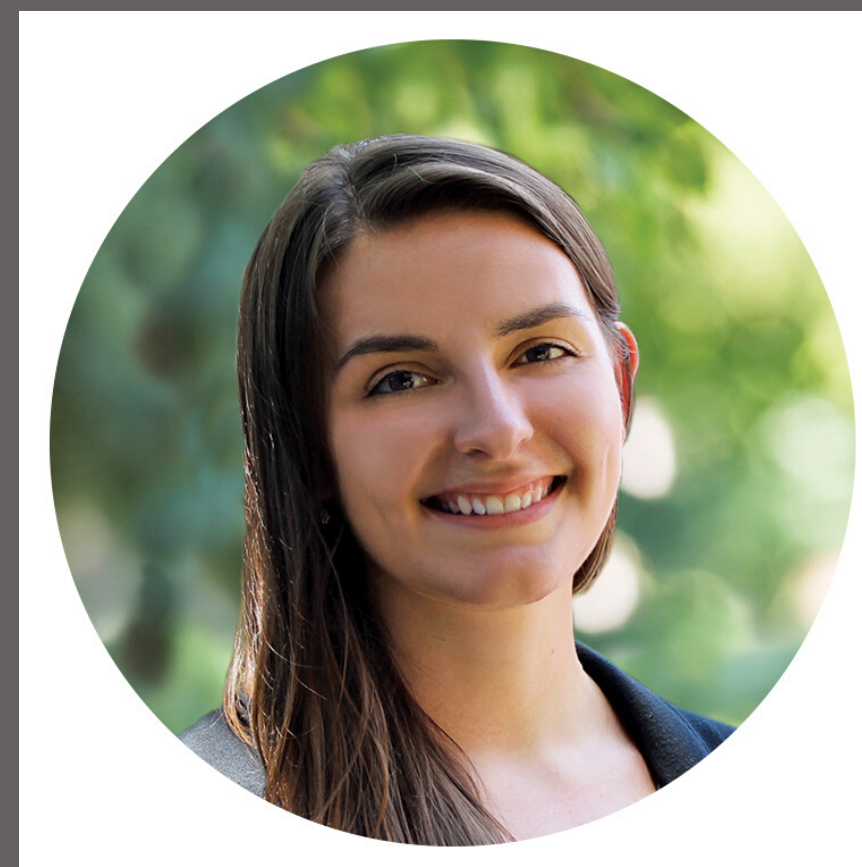


Recovery is staying on track through participation and connection

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

*"RECOVERY DOESN'T HAPPEN IN ISOLATION, IT HAPPENS IN CONNECTION WITH OTHERS."*

*Susan C. Mengden, PhD, CEDS-s  
CEO - Clinical Director*



*"FOOD IS MUCH MORE THAN NUTRITION. IT IS CULTURAL, SELF-EXPRESSION, A WAY OF GATHERING WITH LOVED ONES, AND THE WAY TO FUEL OUR BODIES FOR MUCH BIGGER THINGS THAT WE ARE CALLED TO ACCOMPLISH IN LIFE."*

*Sarah Snavelly, RD, LD*

**ESPERANZA = HOPE**