

EATING DISORDER RECOVERY THROUGH CONNECTION

Our Leadership Team

Meet Our Leadership Team

Zaira, Alejandra, and Emily guide Esperanza with a strong vision to fulfill our mission of delivering holistic, compassionate care. They consistently work towards the healing and recovery of our patients. These leaders embody the essential elements of a comprehensive multidisciplinary team needed to address eating disorders and provide effective leadership. Read more below in their own words what being a part of Esperanza means to them.



Zaira Suarez, MS, RD, LD
Director of Dietary Services

Nutrition intervention in eating disorder treatment goes far beyond a meal plan. In a world full of misinformation, dietitians have the privilege of serving as nutrition science experts who provide solid, evidence-based education, and there is something truly special about witnessing the moment when diet culture beliefs are gently challenged and replaced with a more compassionate and empowering understanding of nutrition.

While it can be challenging as a provider to find creative and meaningful ways to help, there is nothing more powerful than offering hope to someone who has been living this way for years.



Alejandra Garza, MS, LPC
Clinical Director

As clinical director I get to guide other clinicians, help with complex cases, and make sure patients are getting trauma-informed, ethical, evidence-based care. I enjoy supporting others in their professional growth and contributing to thoughtful, high-quality clinical care for programs.

The most rewarding aspect of my role is the opportunity to build meaningful connections with both patients and colleagues.

Feeling seen and understood is deeply important to me, and fostering an environment of trust and genuine connection is what makes my work truly fulfilling.



Emily Prentice, LCSW
Director of Adult Services

As a social worker, I am also passionate about dismantling the systemic drivers that cause and sustain disordered eating, including anti-fat bias, weight stigma, transphobia, racism, and homophobia. Walking through the doors of Esperanza each morning, knowing that I will have the honor of working with and on behalf of our patients, brings me such gratitude.

I will never tire of seeing how recovery allows our patients to embrace vitality and authenticity and build meaningful lives. If there is one thing I would like to impress upon people, it is that eating disorders are not a choice, and recovery is possible!