

# CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



## PATIENT SATISFACTION HIGH FOR ALL ESPERANZA PROGRAMS

Esperanza is a small eating disorder program celebrating its third year serving South Texas and offering specialized services tailored for the individual patient. We are pleased to share patient satisfaction scores for the period of May, 2019 - May, 2022. Patients in the Adult, Adolescent and Emotional Overeating Programs experienced high degrees of satisfaction during this period.

“We attribute these scores to several factors,” said Susan Mengden, PhD, Founder and Executive Director of Esperanza EDC. “First, our dedicated, expert staff work hard to find out where each patient is in their journey, then to develop a customized, flexible treatment plan for each one. Programs are based on our core philosophy of *Recovery by Doing*. Our programs are evidence-based and include many opportunities to practice new skills and strategies every day. Practicing during the program day and at home in the evening and on weekends gives patients the opportunity to incorporate new skills to replace destructive old habits. That focus on repetitive use empowers the patient and increases confidence when they complete the program.”

### Adult Program Keys to Success:

- Grocery shopping, meal preparation, restaurant outings and plating guided by dietary staff help build confidence.
- Emphasis on *Recovery by Doing*, giving patients opportunities to practice recovery through frequent exposures every day, paves the way for long term recovery success.
- Personalized treatment in a comfortable, home-like environment helps patients do the work of healing.

### Adolescent Program Keys to Success:

- Clinical groups are designed specifically for the developmental stage of adolescence.
- Families are included in 11 hours of programming each week to learn dietary and behavioral skills to support their teen.
- On Fridays, caregivers meet with clinical and dietary leaders to review their teen's treatment progress.

\*Scores for the Adolescent program are based on patient response, not parent response.

### Emotional Overeating Program Keys to Success:

- Evidence-based exposures build confidence using skills while addressing eating behaviors.
- Compassionate, nurturing, non-judgmental environment results in empowerment and authentic expression of emotions.

Overall 98%  
of Adult  
Patients Found  
Esperanza  
Helpful

100% of  
Adult  
Patients  
Recommend  
Esperanza

Overall 96%  
of Adolescent  
Patients Found  
Esperanza  
Helpful

96% of  
Adolescent  
Patients  
Recommend  
Esperanza

Overall 100%  
EO Patients  
Found  
Esperanza  
Helpful

94% EO  
Patients  
Recommend  
Esperanza

Connect with Dessimber Daniels at (210) 253-9763 for a telephone screening, insurance benefits review and to schedule a comprehensive, in-person assessment.

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