

CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



ESPERANZA OFFERS COMMUNITY-FOCUSED & PERSONALIZED EATING DISORDER TREATMENT

When Esperanza Eating Disorders Center opened in 2019, Susan C. Mengden, CEO and Clinical Director, had a clear vision of the environment she wanted to create for patients and staff alike.

That vision began with the selection of a team of experts who reflect the community served and who convey enthusiasm and hope for recovery to patients every day. "To create an environment of change, healing and hope, clinical expertise is important, but it is not enough," says Dr. Mengden. "Patients need to feel respected and hopeful to risk doing the hard work of healing. Having a staff of professionals committed to working as a team to show respect, compassion and an attitude of 'never give up' is one of the keys to recovery for our patients." Esperanza EDC patients experience an unparalleled level of individualized care. One of the ways to show patients respect and understanding is to individualize dietary and clinical goals.

One of our core philosophies is that recovery happens through connection. For example, parents of our adolescent patients are brought in 11 hours a week in order to learn the tools and skills necessary to support their teen with an eating disorder. Moreover, in multifamily groups, parents also get and receive support from each other. And our bilingual clinical and dietary staff ensure that Spanish speaking patients and their families are connected to the treatment process.

Another key to healing at Esperanza EDC is commitment to our philosophy of **Recovery by Doing**. Esperanza's programs are not just about teaching new skills, but instead are designed to encourage patients to develop a sense of mastery as they practice skills in real-life situations everyday. As a five-day-a-week program, patients have opportunities to practice skills on their own at home during the weekend, then return to the program to continue strengthening skills. In the kitchen, grocery store, restaurant and at the family dinner table, skills are used and refined so that patients are empowered with recovery tools when they leave Esperanza.

Connect with Dessimber Daniels at (210) 253-9753 for an insurance benefits review and to schedule an initial evaluation and assessment.

www.EsperanzaEDC.com



Susan C. Mengden, PhD
CEDS-iaedp Approved Supervisor
Esperanza Eating Disorders Center
CEO and Clinical Director

"I have knowledge of and love for San Antonio and this part of Texas. I have built Esperanza EDC as a close-to-home resource for those who suffer from eating disorders in this community, allowing families and loved ones to participate as important members of the treatment team."

Susan Mengden has specialized in the treatment of eating disorders for more than 31 years, most of those years in San Antonio.

Mengden grew up in the Hill Country, was valedictorian of her class at TMI and earned BA and MBA degrees from the University of Texas at Austin. She was awarded MA and PhD degrees from Boston College. She is also a Certified Eating Disorder Specialist-iaedp Approved Supervisor.

Dr Mengden has worked with all types of eating disorders at all levels of care. She implemented the military's first multidisciplinary eating disorder treatment program at Brooke Army Medical Center. She co-founded EDCASA: Eating Disorder Center at San Antonio in 2007.

Dr Mengden presents continuing education lectures at the national, state and local level. She is active in local professional societies including San Antonio Group Psychotherapy Society where she is a past president and the San Antonio iaedp Chapter, where she is the current vice-president.

ESPERANZA = HOPE

