

Eating Disorders Treatment on Campus

The Health Center Building, located between the Dining Hall and Bream/Wright/Hauser, houses both Health and Counseling Services. Together, they work closely to provide a comprehensive treatment plan for the student with disordered eating and alterations in body image. The Health Center provides a wide variety of services for students. For those who are self-referred or referred to the Health Center from Counseling, the services include a complete physical examination by one of the nurse practitioners, nutritional guidance and support, lab work, height and weight follow up, and referral to College or outside medical doctors as needed. Within a framework of confidentiality, the Health and Counseling Services can provide team treatment for the student. Students are encouraged to take advantage of the services offered, whether it is out of concern for a friend or themselves.

On-going supports available for students include:

1. Individual therapy.
2. Group therapy through referral.
3. Peer mentoring in person or anonymously by telephone.
4. Brief nutrition consultation through the Health Center or by referral to the local hospital. Support is also available for a special diet by consultation with Dining Hall staff and written request from medical/counseling personnel.
5. Base-line medical testing and evaluation by a medical/counseling team.
6. Consultation and follow-up with staff physician.
7. Psychiatric referral and consultation.
8. Skill building groups in assertiveness, self-esteem building, family issues, and addictive behaviors.
9. Access to numerous educational and therapeutic resources including videos, self-help workbooks, journals and national newsletters on Eating Disorders and related issues.
10. Referral to local community agencies or home community support group.