Eating disorders require treating the person as a whole. Eating disorders affect people emotionally, socially, and physically, requiring a multidisciplinary treatment approach.

YOUR TREATMENT TEAM: WHAT TO EXPECT

TREATMENT OPTIONS
Treatment is a personal choice based on your comfort level. A student may undergo initial assessment for disordered eating in many ways, including:

+ Contacting a mental health provider on or off campus.
+ Contacting a medical provider at Lafene Health Center or off campus.
+ Visiting with Lafene’s registered dietitian.

After the initial assessment, the student may be asked to meet with other members of the treatment team. One of the following recommendations will be discussed:

SHORT-TERM OUTPATIENT CARE
The student may be encouraged to consider services including nutrition, medical and psychotherapy.

INTENSIVE OR LONG-TERM CARE
The student may be referred to community providers or regional facilities that offer the appropriate level of care. See links to programs/facilities.

RESIDENTIAL SERVICES
The student may be referred to programs offering in-patient care when a higher level of care is recommended.

MEDICAL PROVIDER
Prevent and/or treat the medical ramifications of disordered eating.

YOUR INITIAL VISIT INCLUDES:

+ Detailed history and physical examination to determine if you are at risk or currently have an eating disorder.
+ Necessary diagnostic tests — such as lab, EKG, bone density — to evaluate physical effects resulting from disordered eating.

MENTAL HEALTH PROVIDER
Assist in identifying underlying issues contributing to your eating behaviors and formulating healthier coping tools.

Several important factors are discussed, including:

+ Disordered eating symptoms.
+ Coping skills and support system.
+ Body image.
+ Level of functioning — eating, sleeping, use of substances and medications.
+ Suicide risk assessment.

REGISTERED DIETITIAN
Help establish a healthier eating pattern and reduce harmful nutrition beliefs and behaviors. In the initial assessment, you will be asked about:

+ Your typical food and beverage intake.
+ Activity level.
+ Eating behaviors and body image concerns.

A customized meal plan will be provided based on estimated nutrient requirements. You will not be pressured to eat or rapidly change current behaviors, but coached to achieve gradual nutrition improvements to support recovery.

YOUR ROLE
Asking for help can be a difficult and gradual process. For treatment to work, you must be engaged in the process. This includes:

+ Remaining open and honest.
+ Addressing concerns with treatment providers as they occur.
+ Regularly attending visits with each team member to ensure health and safety.
+ Willingness to work on body image, eating and exercise behavior, and relationships.
+ An openness to feedback and trust in the recovery process.

ARE YOU AT RISK?
Free, confidential and anonymous online self-screening at nationaleatingdisorders.org/screening-tool

SYMPTOMS REQUIRING URGENT CARE:

+ Dizziness, fainting, shortness of breath.
+ Chest pain.
+ Prolonged/painful constipation or diarrhea.
+ Blood in stool or vomit.
+ Uncontrollable inability to keep down any food or fluids.

ULTIMATE TREATMENT GOALS

+ Medical/physical stability and health.
+ Normalized, nonrestrictive eating.
+ Normalized, safe physical activity.
+ Absence of purging behaviors.
+ Healthy coping mechanisms.
+ Improved mental health.
+ Social support in place to minimize or prevent relapse during stress.
HELP FOR DISORDERED EATING

Many people recover from eating disorders. If you have eating concerns, we can help. Take the first step and reach out to someone.

REGIONAL TREATMENT OPTIONS:

OUTPATIENT
Insight Counseling • Kansas City
insightkc.org

Renew Counseling • Kansas City
renewkc.com

Rethink Nutrition • Manhattan
rethinknutrition.net

Unbound Recovery • Manhattan
unboundmhk.com

INTENSIVE OUTPATIENT, RESIDENTIAL OR PARTIAL HOSPITALIZATION (IOP, RES, PHP)
Eating Disorder Care (EDCare) • IOP/PHP
Kansas City, Denver, Colorado Springs, Omaha
eatingdisorder.care

Bellaore Eating Disorder Recovery • IOP/Bridge Program
Kansas City
bellaorecovery.com

Thalia Therapy & Wellness Center • IOP
Kansas City
thalihouse.com

McCallum Place • Res/PHP
KC, St Louis, Columbia
mccallumplace.com

Omni Inventive Care • PHP, IOP, OP
Omaha, Nebraska
omniic.com

INPATIENT/MULTIPLE LEVELS OF CARE
Laureate • Inpatient, Res, PHP, OP
Oklahoma
eatingdisorderhope.com

Eating Recovery Center of Denver • Inpatient, Res, PHP, IOP, Virtual IOP
Colorado
eatingrecoverycenter.com

Lafene Health Center
1105 Sunset Ave.
Manhattan, KS 66502
Located near the corner of Sunset and Claflin.

TREATMENT RESOURCES AT KANSAS STATE UNIVERSITY:
To make an appointment or get information on current charges, call:
Lafene Health Center
785-532-6544
k-state.edu/lafene

Lafene Counseling and Psychological Services (CAPS)
785-532-6927
k-state.edu/counseling

NEED MORE INFO?
Lafene Health Center and/or Lafene CAPS can provide information on health care providers in the Manhattan and surrounding communities specializing in the treatment of eating disorders.

Notice of Nondiscrimination
Kansas State University prohibits discrimination on the basis of race, color, ethnicity, national origin, sex (including sexual harassment and sexual violence), sexual orientation, gender identity, religion, age, ancestry, disability, genetic information, military status, or veteran status, in the university’s programs and activities as required by applicable laws and regulations. The person designated with responsibility for coordination of compliance efforts and receipt of inquiries concerning the nondiscrimination policy is the university’s Title IX Coordinator: the Director of the Office of Institutional Equity, equity@k-state.edu, 103 Edwards Hall, 1810 Kerr Drive, Kansas State University, Manhattan, Kansas 66506-4801. Telephone: 785-532-6200, TTY or TRS: 711. The campus ADA Coordinator is the Director of Employee Relations and Engagement, who may be reached at chartist@k-state.edu or 103 Edwards Hall, 1810 Kerr Drive, Kansas State University, Manhattan, Kansas 66506-4801, 785-532-6377 and TTY or TRS: 711.

Visit edreferral.com for information on providers and programs in nationwide locations.