

## REGIONAL TREATMENT PROGRAMS:

**Insight Counseling** (Kansas City)  
[insightkc.org](http://insightkc.org)

**Renew Counseling** (Kansas City)  
[renewkc.com](http://renewkc.com)

**McCallum Place** (KC, St Louis, Columbia)  
[mccallumplace.com](http://mccallumplace.com)

**Eating Disorder Care** (EDCare)  
(Kansas City, Denver, Colorado Springs)  
[edcdenver.com](http://edcdenver.com)

**Eating Recovery Center of Denver**,  
[eatingrecoverycenter.com](http://eatingrecoverycenter.com)

**Thalia House** (Kansas City)  
[thaliahouse.com](http://thaliahouse.com)

Visit [edreferral.com](http://edreferral.com) for information on providers & programs in nationwide locations.

## COME VISIT US



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](http://k-state.edu/lafene)

**Counseling Services**  
785-532-6927  
[k-state.edu/counseling](http://k-state.edu/counseling)

## NEED MORE INFO?

*Lafene Health Center and/or Counseling Services can  
provide information on health care providers in the  
Manhattan and surrounding communities specializing in  
the treatment of eating disorders.*

**KANSAS STATE**  
UNIVERSITY

## 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.

**HELP IS AVAILABLE!  
THERE IS HOPE.**

**LAFENE+**  
HEALTH CENTER

**KANSAS STATE**  
UNIVERSITY | Counseling Services

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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 [mybodyscreening.org](http://mybodyscreening.org).

### 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.