



# AGNES SCOTT COLLEGE OFFICE OF THE DEAN OF STUDENTS

## **Disordered Eating Response Protocol**

Agnes Scott College (ASC) has coordinated specific wellness and safety services in order to serve students dealing with anorexia, bulimia or other forms of disordered eating. We utilize a multidisciplinary team approach, as this is considered a best practice for Intervention of eating-related concerns on college and university campuses. The team consists of representatives from the fields of health, psychology, exercise, student life, nutrition and office of disability services who work collaboratively with the student toward stated goals.

### ***What is disordered eating?***

Disordered eating is the overarching term used to refer to a wide variety of problematic behaviors relating to weight, eating habits, exercise, and/or body image. These types of behaviors may include restricting intake of food, rapidly consuming large quantities of food in an uncontrolled or compulsive manner (binging), purging, over-exercising, frequently checking one's body size in the mirror, etc. Often accompanied with these behaviors are critical thoughts about oneself and negative emotions such as sadness, guilt, or anxiety. For more information about types of disordered eating or how to recognize the signs and symptoms, please refer to the National Eating Disorders Association's information page at <http://www.nationaleatingdisorders.org/information-resources/>.

### ***Intervention Team***

ASC takes a multidisciplinary team approach to working with enrolled students experiencing disordered eating to assist them in their treatment and recovery efforts. A multidisciplinary team approach is most beneficial to students because it maximizes services and support through coordinated care with the goal of students regaining wellness and succeeding academically, socially and emotionally. This approach may involve the student attending counseling sessions (individual and group appointments as available and appropriate), as well as nutritional and medical appointments.

Once a student presents to or initiates contact with a team member, the team member will work with the student to identify what goals the student would like to work toward. The team will work collaboratively with the student to determine treatment options, course of treatment, and recommendations for continued care, taking into account the student's individual goals. Once a plan is created the student is responsible for scheduling and attending these appointments. It is important to be proactive in scheduling these meetings to guarantee being seen. Recovery from the eating disorder must be a top priority to the student and the student should understand that at times adjustments to the student's academic and co-curricular plan may be necessary in order to incorporate treatment recommendations.

### ***Intervention Team Members***

- Wellness Center – 404.471.7100\*  
Executive Director, Wellness Center  
Director, Counseling and Psychological Services

Clinical Director, Student Health  
Student Support Coordinator, Wellness Center  
Dietician, Student Health

- Director, Residence Life - 404.471.6408
- Assistant Athletic Director and Director of Sports Medicine - 404.471.6496
- Coordinator, Disability Services - 404.471.6174
- Associate Dean of Students - 404.471.6075

*\*this line can be utilized to connect with any member of the Wellness Center listed above:*

The above individuals will meet on a regular basis once the need arises. The team may consult with others on an as-needed basis depending on the circumstances and needs of the student.