

SHACS Services for Eating-Related Concerns

The Student Health and Counseling Service (SHACS) is comprised of three joint health and wellness services which work in collaboration to provide support for students with eating-related concerns including disordered eating and eating disorders. Providers from the three services collaborate on an individual case-by-case basis as well as meet as a consultation group to discuss student needs and concerns. SHACS does not provide ongoing eating disorders treatment but rather consultation, education, referrals, and temporary care until more comprehensive treatment services can be secured. The role of each service in this support is as follows:

Student Health Services (SHS)

Students with disordered eating/eating disorders present to SHS based upon self-referral, referral by Deans or other campus offices, referral by Monsour Counseling and Psychological Services or Health Education Outreach and will be evaluated. A complete history and physical exam and diagnostic screening and testing (i.e. laboratory testing, urinalysis, electrocardiogram, etc) may be performed at additional costs. Referrals for psychological and nutritional counseling and other supportive care may be made (psychiatrists, psychologists, and nutritionists, etc).

Monsour Counseling and Psychological Services (MCAPS)

Students with disordered eating/eating disorders present to MCAPS based upon self-referral, referral by Deans or other campus offices, referral by Student Health Services or Health Education Outreach. The presenting student attends an Initial Intake appointment with a MCAPS psychologist during which time current and past eating history, current and past weight history, current and past physical and psychological symptoms, and history of treatment will be assessed. If the student is not already connected with this service, referral to Student Health Services will be made at this time to assess/monitor physical aspects of student's disordered eating behavior. Referrals to Health Education Outreach or an off-campus nutritionist may be provided depending on client's specific concerns and symptom presentation. Client's assigned psychologist will assess appropriateness for brief versus ongoing treatment in consultation with SHS and facilitate necessary referrals.

Health Education Outreach (HEO)

Students with disordered eating/eating disorders present to HEO based upon self-referral, referral by Deans or other campus offices, referral by Student Health Services or Monsour Counseling and Psychological Services. General nutrition education and information about eating disorders and body image can be provided. Referrals to on-campus resources such as MCAPS and SHS will be provided as well as to off-campus support resources if necessary.

If necessary, any of our services will also help coordinate an extended support system which may include parents, Student Deans or other on- or off-campus services.