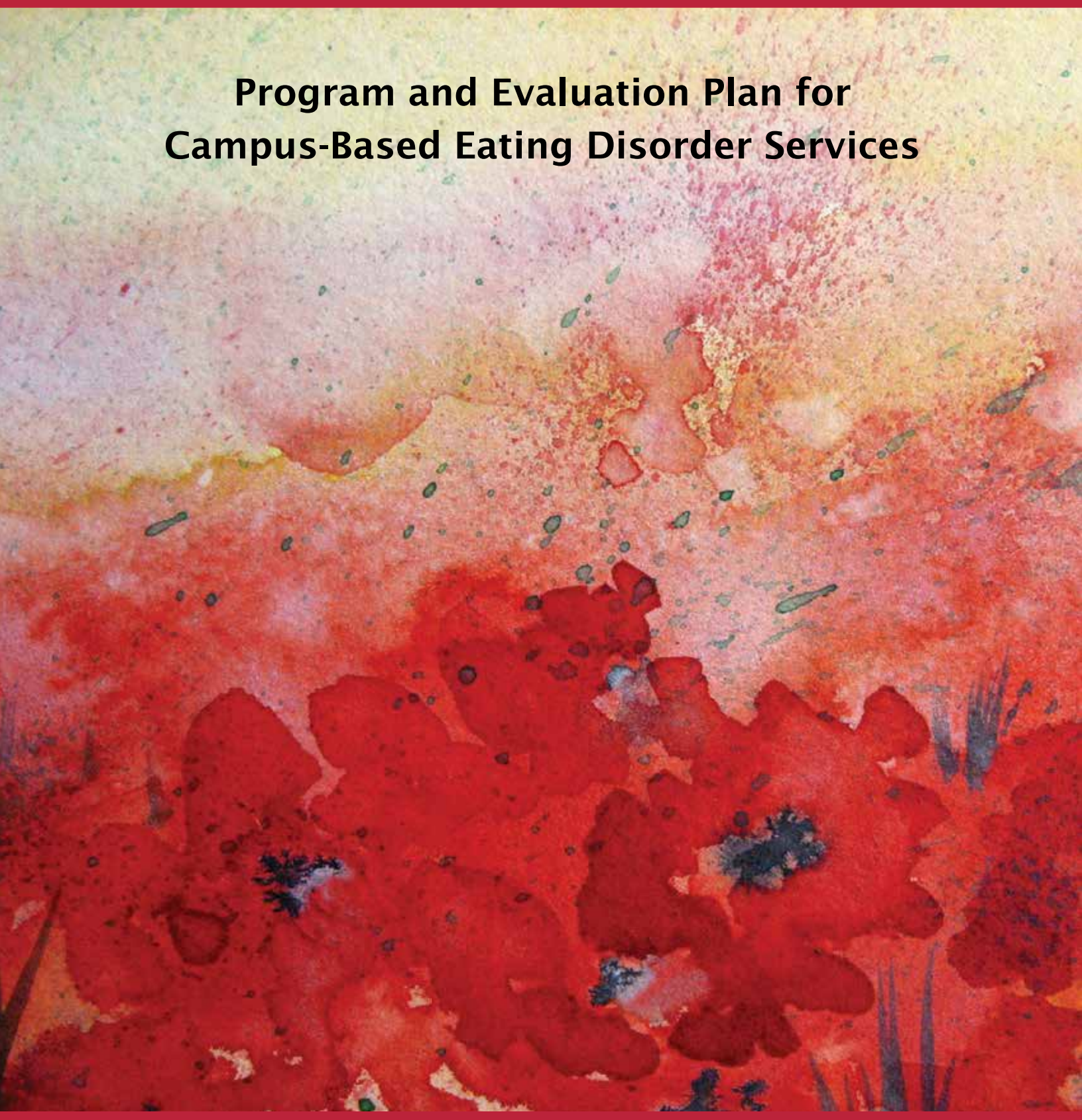




Counseling Center Guidelines



Program and Evaluation Plan for Campus-Based Eating Disorder Services

ED Program and Evaluation Plan



University counseling centers have a unique role in supporting college students struggling with body image issues, disordered eating and/or an eating disorder. In addition to providing clinical services, staff also have the opportunity to provide information, support, and consultation services to health centers, residential life programs, the Dean's Office, counseling departments, sororities / fraternities, and/or athletic programs. The following outline will provide guidance to both administrators and clinicians planning to establish campus-based eating disorder support services within their university community.

Hynes Recovery Services is currently developing the support group curriculum mentioned in the following guidelines (Expected completion date: Fall, 2015).



ED Program and Evaluation Plan

Provide information, support, and if necessary, referral services to students around body image and/or eating concerns.

Implementation steps:

- Establish and conduct baseline eating disorder training for all clinical staff.
- Assist staff in delivering therapeutic eating disorder interventions to students through supervision and training opportunities within and outside of the university setting.
- Collect/adapt/create training materials on related mental health concerns, including anxiety and depression, obsessive-compulsive disorders, substance abuse, self-mutilation behaviors, and suicidal ideation, providing staff with clear guidelines on how to most appropriately respond to these clinical issues.
- Design group therapy training for clinical staff, including an outline on group therapy models and research articles providing information on group therapy development.
- Provide monthly 1 hour clinical staff meeting to offer clinical support, case consultation, group supervision and/or in-service training to all counseling staff treating students with eating disorders.
- Develop support structure for clinical interns, including plan for individual skill and knowledge development.

Support clinical staff in providing effective treatment services for students through program development and quality improvement techniques.

Implementation steps:

- Coordinate needs assessment to inform technical development. Follow-up during team meetings to brainstorm ideas involving program development based on survey results.
- Draft protocols for screening, identifying, and intervening with students who disclose sexual assault and/or incidents of domestic violence.
- Create list of educational brochures for students (request program/organization to send copies to University Health and Counseling Services).
- Create list of community resources specializing in eating disorder treatment. Follow-up with referral protocol for outpatient providers, eating disorder treatment programs, and/or in-patient facilities. In addition, develop mechanisms to evaluate and measure the impact/efficacy of treatment recommendations, including meeting with students to determine effectiveness of recommended resources.
- Conduct bi-annual student record reviews and surveys with providers to inform improvement efforts.

ED Program and Evaluation Plan

Provide On-Campus Support Group

Create 10-week curriculum, which will include the following materials: group flyers, pre-assessment questionnaire, intake forms (administrative/clinical), confidentiality agreement, individual and group outlines, and post-group evaluation form. Upon conclusion of the final group session, students will receive a list of both on and off-campus resources.

Implementation steps:

- Create group orientation session introducing students to the purpose and benefits of group therapy. (Provide outline of “The Rights of Group Participants”).
- For each designated topic, create a detailed description of the content for each session, (specifying goals to be achieved during each group), as well as a list of books and research articles as supplemental reading material for both group leaders and their students.

Support Group Curriculum

- Week 1: Maintaining Recovery on Campus
 - Week 2: Managing Body Image Distress
 - Week 3: Assertiveness Skills / Increasing Self-Esteem
 - Week 4: Healthy Eating on Campus
 - Week 5: Overcoming Perfectionism (CBT Skills)
 - Week 6: Regulating Emotions (DBT Skills)
 - Week 7: Navigating Relationship Issues
 - Week 8: Identifying Effective Stress Management Strategies
 - Week 9: Creating Relapse Prevention Plans / Recovery Presentation
 - Week 10: Group Wrap Up / Next Steps / Complete Evaluation Form
- Create group therapy evaluation form for students, allowing for feedback on structure and effectiveness of group sessions.
 - Establish plan for monthly group therapy supervision to assess effectiveness of existing groups.

ED Program and Evaluation Plan

Identify and address issues that affect smooth communication and coordination of services among administrative and clinical staff.

Implementation steps:

- Develop staff survey regarding current practices and flow of communication.
- Coordinate an information sharing/support structure for your counseling department. (This should include providing staff sufficient time to review referral and intake information prior to a student's initial clinical session).
- Organize system regarding follow-up of all critical incidents, since not all staff are available for on-going treatment team meetings.
- Create an ED Response Team binder, composed of: ED University Protocols, minutes from team meetings, and educational materials presented during in-house trainings.
- Implement individual meetings between Clinical Director and other staff to provide support, case-sharing, and in-service training.

Collaborate with community programs to address gaps in services for students struggling with eating disorders.

Implementation steps:

- Conduct surveys with students seeking eating disorder services to assess gaps in services, barriers to access, and resources needed.
- Increase collaboration and service coordination among all campus departments, which support students with an eating disorder diagnosis.
- Develop comprehensive treatment directory, including guidelines for students to assist them in seeking either outpatient providers and/or a residential treatment facility.
- Contact local and statewide eating disorder organizations to:
 - Inquire about being placed on their mailing lists. (This will provide information on upcoming conferences and/or training opportunities).
 - Obtain information on their program/organization and request brochures and other written materials to establish student/professional resource library.
 - Express desire for collaboration, to increase ease in referring students for support outside of the university setting.
- Plan a community outreach and awareness strategy around the identification and treatment of students with eating disorders throughout the entire university community.
- Establish affiliations with research initiatives such as the **Healthy Minds Network**, a resource for higher education administrators, which addresses the connection between the mental health of young adults and their health behaviors, physical health, and social, educational, and economic outcomes.

