Policy on Treatment of Eating Disorders

Students may request primary consultation and initial assessment services from Counseling and Psychological Services (CAPS) or Student Health Services. The purpose of these primary services will be to formulate a diagnosis and to make recommendations regarding the most appropriate treatment and level of care for the student, based on the length, complexity, and severity of symptoms.

Students with a history of a diagnosed eating disorder may seek treatment at CAPS for issues related to well-being and college adjustment (e.g., other health concerns, relationship issues) while attending the University at Albany. However, successful management of a diagnosed eating disorder requires ongoing intensive medical and psychological treatment and monitoring, and nutritional services, as well as communication and coordination among various treatment professionals. In such instances, CAPS will provide referrals to students in need of intensive and long term treatment and/or management of diagnosed eating disorders.

Local Resources

- **Comprehensive Care Center for Eating Disorders of Northeastern New York (CCCED)**
  (518) 262-5299  [http://www.amc.edu/patient/services/necced/](http://www.amc.edu/patient/services/necced/)
  The Center serves 23 counties in New York State, including, Albany County, and provides clinical support and guidance to those dealing with the complex issues associated with eating disorders. The local Center offers an overall treatment model that provides a continuum of collaborative care between Albany Medical Center, Four Winds Hospital Saratoga, LiveWell Intensive Outpatient Program for Eating Disorders, and other providers in the Capital Region.

- **HPA/LiveWell**
  HPA/LiveWell is a psychological practice that provides the intensive outpatient treatment (IOP) for eating disorders as well as individual, group and family therapy, nutrition counseling and medical management.

- For online anonymous mental health screening of eating disorders, depression, and other psychological issues: [http://screening.mentalhealthscreening.org/danes](http://screening.mentalhealthscreening.org/danes)

National Resources

- **American Dietetic Association (ADA)**  [http://www.eatright.org/](http://www.eatright.org/)
  Provides a locator to assist in finding a nutrition professional in the area.

  Provides factual information about eating disorders as well as tips about how to be helpful to someone diagnosed with an eating disorder.