

Disordered Eating Protocol

A protocol for students at-risk for eating disorders

In the school setting, there are times when concerns arise about an individual student's at-risk behaviors related to disordered eating (restricting, purging, supplement abuse, etc.). According to research, 1 in 8 adolescent girls and 1 in 16 adolescent boys will be diagnosed with an eating disorder. These concerns may come from peers, teachers, coaches, or other adults. When such concerns are raised, the student's Personal & Academic Counselor should be notified. The guidelines listed below outline how such information should be handled.

Step 1- Counseling Intervention: Identification and Assessment of Disordered Eating Behavior

- When a concern arises with one of your students about a potential eating disorder or disordered eating, first seek consultation with the Director of P/A Counseling.
- Set up a time to meet with the student.
- Do a general check in on how she/he is doing and assess their overall well-being.
- Advise the student as to the reason or cause for the meeting (the initial report). *Protect the reporting party's identity only if the reporter has requested this, and if feasible.*
- Administer the **Veritas Eating Disorder Assessment Tool**.
- Consult with the Director of P/A Counseling and assign student to the following risk category:
 - Category: "**High At-Risk**" students:
 - For those students who endorse **6 or more** of the assessment's statements.
 - Category: "**Low At-Risk**" students:
 - For those students who endorse **5 or fewer** of the assessment's statements.

Step 2- Parental Notification of Disordered Eating Behavior

- 1) Category: "**High At-Risk**"
 1. Advise the student that parent contact will be made.
 2. The student may be permitted to go back to class.
 3. The counselor will need to contact the parents within 24 hours.

4. When you talk with the parents (either in person or on the phone), provide complete disclosure of series of events to the parents. Parents are entitled to all details and materials. Materials or writings must be in original form, regardless of content. Counselor will provide parents with **four documents**:
 - a. Blank ROI
 - b. Completed Veritas screening tool
 - c. **Addendum C-1** (signed and returned within 24 hours to counselor)
 - d. Therapist Referral List
5. The student will be permitted to attend school while the parents are pursuing an assessment confirmation document. The assessment confirmation document must be received within 3 weeks of the initial parent notification.
 - a. Parent refusal to sign agreement and/or comply with agreement will warrant Counselor consultation with the Director of P/A Counseling and Principal to decide next steps, which may include contacting DFCS.
 - b. If the assessment confirmation document is not received by the agreed upon date in Addendum C-1, the student will not be permitted to attend school.

2) Category: **“Low At-Risk”**

1. The student should be permitted to engage as an **active participant** in regards to parental notification. Ask the student if they would like to inform parents of these concerns, or if they would prefer for the counselor to make first contact.
 OPTIONS:
 - a. Student informs the parent themselves of disordered eating behavior. Counselor follows up with parents to verify the student’s disclosure, and obtains a **signed Addendum C-2**.
 - OR*
 - b. Counselor informs the parent of disordered eating behavior first, and obtains a **signed Addendum C-2**.
2. After the student has indicated their preference and an agreed upon timeline for parental notification, they may be permitted to return to class.
3. When you talk with the parents (either in person or on the phone), provide complete disclosure of series of events to the parents. Parents are entitled to all details and materials. Materials or writings must be in original form, regardless of content. Counselor will provide parents with **three documents**:
 - a. Completed Veritas screening tool
 - b. **Addendum C-2** (signed and returned within 48 hours to counselor)
 - c. Therapist referral list

Step 3: Follow-Up

- Assigned counselor will **document** the series of events and outcome of meeting in Log Entries.
- Save the Addendum C-1/Addendum C-2 in the counseling P: drive.
- For High At-Risk, save the assessment confirmation document and the ROI in the counseling P: drive.

- **For High At-Risk:** Follow-up with the appropriate members of the Marist faculty (Administration, Dean of students, Director of P/A Counseling). See **email templates C-1**.
- Re-establish rapport with the student to communicate interest in their welfare and support of the services being provided.
- ***In order to preserve the student's well-being, we will only disclose this information to the necessary school personnel. Maintenance of the student's and family's confidentiality will remain a priority throughout the process.***