

## **Eating Disorder Coordination of Care Information Regarding Medical and Psychological Support**

### **FOR THE STUDENT**

#### **Medical Services**

- The Student Health Center has a number of clinicians (doctors, physician assistants, nurse practitioners) who may act as a primary care provider for patients needing monitoring for medical complications of eating disorders. We work together as a team, but patients are encouraged to work with one person as their primary medical provider. Appointment Desk staff may assist you with making appointments with clinicians and the nutritionist at (831) 459-2500.
- Other people on our team are our Nutritionist, staff from Psychiatry, Counseling and Psychological Services (CAPS) and Nursing. You may also receive care from these departments.
- If you experience difficulties making or keeping appointments, or otherwise utilizing our services, please contact Beth Hyde, NP, chair of our Eating Disorder Treatment Team for assistance at (831) 459-3952.
- Your medical provider may request that you sign a contract regarding your care with us identifying someone we can contact in the case of a medical emergency.

#### **Psychological Support**

- The primary person in charge of your treatment is your therapist. We want to work closely with that person to insure you are receiving the best of care medically and psychologically.
- If you have a therapist already, please share this information with your therapist, and sign a record release with them, so our medical staff may communicate with your therapist regarding your care.
- If you do not have a therapist, we can give you names of some local therapists we have worked with in the past, or the psychologists from the CAPS Department can help you arrange care with a therapist off campus.
- You may want to check with your medical insurance provider before selecting a therapist to minimize your out of pocket expenses. If you have the UC Student Health Insurance Plan (SHIP), our Insurance Office staff can help you understand your benefits and help you with claim forms.
- CAPS also runs an *Eating Awareness* group that is led by a psychologist. This is a supportive place for students to discuss eating and body image issues, and learn effective coping strategies. Please call CAPS (831) 459-2628 to schedule an appointment with the group leader to talk about how the group might meet your needs.

**PLEASE SHARE THE INFORMATION ON THE REVERSE SIDE WITH YOUR THERAPIST TO HELP EXPEDITE YOUR CARE**

**INFORMATION FOR THERAPISTS**

- The Student Health Center can monitor patients by checking their weight, vital signs, and performing physical examinations and lab tests as needed.
- Based on the above information, we can decide how often a student needs to see us for this monitoring.
- Since medical complications can be life threatening, communication with the therapist is essential to provide ongoing evaluation of the patient's physical status.
- We consider the therapist the primary provider for this condition, with the medical staff providing information that might require the patient and therapist to seek inpatient or intensive outpatient therapy if the patient is destabilizing.
- Please ask the patient to sign a consent form to allow you to communicate limited but important information regarding their status.
- Once the student has decided on a therapist and clinician, those two people may communicate directly after permission is given. The chair of the Eating Disorder Treatment Team is Beth Hyde, NP. She can be reached at (831) 459-3952. The medical providers have confidential voice mails and can give you their direct numbers. In urgent need, please call our administrative assistant at (831) 459-2869 to direct your call to the Medical Director or the appropriate medical provider.
- Our Eating Disorder Team meets monthly to review cases and consider treatment options. You may be called in advance of this meeting to request an update on a particular patient. Some community providers find it useful to attend these meetings. If you would like to be contacted about meetings, please call Beth Hyde at (831) 459-3952.
- Please check with your patient regarding issues of payment and insurance. Students who have the Student Health Insurance Plan (SHIP) can be helped by our Insurance Office regarding their coverage. You can reach our Insurance Office by calling (831) 459-5142.
- If you are seeing our students and would like to enroll as a provider under our Blue Cross PPO plan, please use the Blue Cross website to apply as a provider.