

Eating Concerns Initial Appointment Request Form

In order for us to efficiently serve new patients, we require that new students with eating concerns answer this questionnaire. It will help us evaluate your concerns and direct you to the right resources. Complete this form and upload it to the health portal (<https://binghamton.medicatconnect.com/>) under “mental health forms” or fax it to 607-777-5280.

Once you have completed and submitted the questionnaire, check the health portal frequently for further messages or instructions from us. We will provide you with further direction on our process and request any more information we need. If you have questions, send us a message (in the health portal, use the “provider” PSYCHMSG as the recipient for your message). If you are unable to complete the form call us at 607-777-3711.

We do not have urgent or emergent appointments available. If your concern is acute and you need to speak to a psychological counselor right away, call the University Counseling center at 607-777-2772, or call the Binghamton General Hospital crisis line at 607-762-2302. For urgent physical health concerns, you may go to a local emergency room or walk-in center for evaluation.

Answer all questions:

1) Why are you seeking an appointment to evaluate eating concerns?

(Ex. Therapist recommended it, weigh-ins requested by home provider, concerns about developing issues with eating/body image)

Answer:

2) Who is your current therapist/counselor, when have you last seen them, and when is your next appointment scheduled? (We require students to be actively engaged in counseling services if they are having active eating disorder symptoms).

Current Counselor/Therapist: _____

Last Appointment attended: _____

Next Appointment Scheduled: _____

3) Are you currently under the care of a medical provider for your eating concern?

Yes No

If yes, please provide their contact information:

Provider's name (first, last and degree): _____

Address: _____

Phone #: _____

Last appointment attended: _____

Next appointment scheduled: _____

4) Have you had prior outpatient, inpatient, or residential treatment for an eating issue?

Yes No

If yes, list approximate dates and names of programs you have attended.

5) Are you interested in considering taking a medication for your symptoms?
(We have on-campus Psychiatry Consultation for medication management when patients are seeing therapists off and on campus)

Yes No

6) Are you currently on any medications prescribed by any current medical provider?

Yes No

If yes, list all names of medications and number of medication/refills you have left. If you need refills urgently, you will need to contact your current provider.

Medication	Strength (mg)	Amount/Refills left
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Note: Our on-campus providers can assess health status and provide preliminary recommendations for treatment of active symptoms. We can provide support and monitoring for students in recovery in conjunction with off-campus and home providers to aid in sustaining recovery and monitoring for relapse. We cannot provide intensive treatment. If you require care that is beyond the scope our providers can deliver, we will help you with referrals to providers to treat your condition.

Once you send the form back to us, it will be reviewed (during business hours, 8 a.m.–4 p.m. Monday–Friday), and we will message you through the health portal for any additional information we need or to schedule an intake appointment as indicated. All of our intake appointments are during business hours, are IN PERSON and can run up to 90 minutes long. If you have any questions send a message in the health portal or call us at 607-777-3711.