



# In the Know

*In the Know* is published by the Division of Student Affairs to keep staff informed with news, helpful tips, and points of pride.

Have an idea for *In the Know*? Send it to Ray Willhoft at [raymond.willhoft@unt.edu](mailto:raymond.willhoft@unt.edu)



## BEAT: A Multidisciplinary Approach to Eating Disorder Treatment on Campus

College students are a population particularly at risk for eating disorders and eating disorder symptoms. On our UNT campus, the Mental Health Screening Questionnaire administered anonymously online from August 1, 2016, to August 7, 2017, indicated that, out of 147 students who took the survey, 1 in 5 identified as being “At Risk” for an eating disorder. Only 8% were identified as conclusively NOT “At Risk.”

Because of this, the **Body Image and Eating Awareness Team (BEAT)** was developed. BEAT is a multidisciplinary collaboration between Counseling and Testing Services (CTS), the Dean of Students (DOS) Office, Recreational Sports, Student Health and Wellness Center (SHWC) and Texas Academy of Math and Science (TAMS) that focuses on the prevention, recognition and treatment of eating disorders. Through BEAT, students have access to therapy, nutrition and medical services.

The BEAT Team Members are:

- Therapists - Steffanie Grossman, Ph.D., and Kristina Clevinger, M.S. (CTS), Patrick Turnock, Ph.D. (TAMS)
- Psychiatrist - Seema Gupta, M.D. (SHWC)
- Medical Provider - Herschel Voorhees, D.O. (SHWC)
- Registered Dietitian - Danielle Gemoets, M.S., RDN, LD (SHWC)
- Fitness Professionals - Wendy Comfort and Veera Korjala (Recreational Sports)
- Student Advocate - Heather Treadway, M.S. (DOS)
- Team Coordinator - Kathy Brewer, LVN, DON (SHWC)

Students can obtain a consultation through the team by calling **940-565-2333**, and general questions can be directed to [beatED@unt.edu](mailto:beatED@unt.edu).

Learn more at: [studentaffairs.unt.edu/student-health-and-wellness-center/services/beatED](http://studentaffairs.unt.edu/student-health-and-wellness-center/services/beatED)