

# TTU CRC



TEXAS TECH UNIVERSITY  
College of Human Sciences

## Center for Collegiate Recovery Communities™

### **EATING DISORDER & DISORDERED EATING SUPPORT**

Eating disorder and/or disordered eating recovery often require specialized support for recovery maintenance.

The Collegiate Recovery Community offers students recovery support in the areas of nutrition, academics, and relationships. Support in these specific areas is intended to strengthen a healthy recovery foundation.

### **STUDENT MEMBERS OF THE CRC RECEIVE THE FOLLOWING SUPPORT:**

- One-on-one meetings with registered dietitian specialized in eating disorders to aid in developing a healthy relationship with food, as well as food/weight related behaviors
- Weekly eating disorder support seminar
- Supportive environment and dedicated space on campus including study areas, game room and meditation space

### **CONTACT:**

Center for Collegiate Recovery Communities

Alex Shrode MS, RDN, LD

806.834.8099

[alexandria.shrode@ttu.edu](mailto:alexandria.shrode@ttu.edu)

[www.depts.ttu.edu/hgs/csa](http://www.depts.ttu.edu/hgs/csa)

Please Note: The Center for Collegiate Recovery Community is not designed as a treatment program but can assist in appropriate referrals and resources.