



Therapeutic
Residential
Treatment
Centers



South Shore Academy

Facility Profile

Midwest Center for Youth and Families, a 59 bed, private, behavioral healthcare, child and adolescent residential facility, is located in the heartland of the Midwest in rural Kouts, Indiana. The campus, dedicated to treating both male and female youth, is located on five acres of prairie land and features a serene and secure setting that is conducive to healing and growth.

South Shore Academy, a 17 bed, private, behavioral healthcare, adolescent residential facility, specializing in Dialectical Behavioral Therapy (DBT) for females, is also located in the heartland of the Midwest in Valparaiso, Indiana.

All Programs include:

- Treatment in a nurturing and safe environment with a 1:4 staff ratio
- Family participation in treatment and weekend visitations (travel and lodging assistance is available on a case-by-case basis)
- Comprehensive emotional, physical, intellectual, social and psychiatric needs assessments and evaluations
- Strengths-based therapy that uses incentives and rewards to encourage positive decision-making
- Multiple-disciplinary treatment team to plan, provide and evaluate treatment in coordination with family and referral source
- Licensed and accredited on-grounds school to provide ongoing, year-round, core curriculum education in the primary and secondary grades
- Optional 30-Day Diagnostic Program offered to provide a fast-track assessment and diagnostic evaluation for youth in need of ongoing treatment recommendations
- Nutrition Screening and plan provided by a licensed dietician

Admissions

Assessments are always free and confidential to parents and referral sources.

- Assessments are typically completed Monday-Friday, 8:00am-4:30pm CST
- Mobile assessments are available upon request, for referral sources
- To facilitate placements, the family tour, youth assessment and admission can be completed all on the same day

To make a referral, schedule a free phone assessment or schedule a tour, please call our Intake Department at 1-888-629-3471.

General Information

Midwest Center for Youth and Families Facilities



Kouts

Valparaiso

Our Outcomes

We believe the best way to assist you and your family is to use evidenced-based treatment programs, such as Dialectical Behavioral Therapy, that result in positive outcomes for your child. As a result, 95% of our residents' parents say they would recommend our program to others.

For 10 years, we have participated in a state-wide outcomes study project for the Indiana Association of Children and Family Services (IARRCA). Our program outcomes have demonstrated the following successes for our residents:

- 96% were placed in a less restrictive placement at discharge
- 87% were placed with parents, relatives or adoptive parents at discharge
- 92% experienced a positive educational outcome
- The average length of stay for a child in our program was 179 days. This means half of the youth served were in care for 6 months or less (Median of 187 days)

"The best part of my job is helping students develop new positive thinking patterns and expand their talents and skills, as well as find their true potential." Teacher
Midwest Academy



Our Credentials

- Licensed by the state of Indiana
- Our facilities and programs are accredited by the Joint Commission
- We hire and train highly skilled professionals (board certified psychiatrist, certified nursing specialist, licensed nurses, licensed and Masters-level prepared therapists, teachers, as well as Bachelors-level and other experienced behavioral health care associates), who bring a wide variety of skills and experiences to our programs

Our Facilities

Our Program Locations

Midwest Center for Youth and Families – main location in Kouts, Indiana

- Treats both male and female youth ages 6-20
- Program is geared for youth needing a longer term of treatment
- Average length of stay 120-180 days

South Shore Academy – Valparaiso, Indiana Campus

- Treats female youth ages 12-20
- Program is intensified for youth needing a shorter term treatment
- Average length of stay 45-90 days

General Information

Pediatric Residential Program

Pediatric Program

Our pediatric program was developed to meet the needs of those younger children who have had challenges with sexual, emotional, or physical abuse and/or neglect. As a result, many younger children may exhibit poor social skills, boundaries, impulse control and anger management issues. We treat both males and females ages 6-12 in our pediatric program, using Rational Behavioral Therapy (RBT).

How Rational Behavioral Therapy Works

RBT provides positive reinforcement for positive behaviors and actions. The model is based on cognitive behavioral approaches that focus on strengths, such as learning how to relate with others and build healthy relationships. By focusing on these strengths, RBT targets each residents' needs by teaching them how to:

- Monitor thought patterns
- Recognize connections between thinking and behaving
- Replace distorted thinking with rational thinking
- Create intrinsic values whereby the child wants to engage in positive behaviors

Program Features



- Weekly individual and family therapy
- Daily group therapy
- Kinetic and tactile activities, such as movement, sensory and play activities
- Community based recreational outings and activities
- Psychological, neuropsychological and genetic testing provided as needed



Female Adolescent Residential Program

Given the upward trend over the past several years with adolescent females engaging in self-harming behaviors, we recognize the importance of providing a program that effectively treats this difficult to serve population.

At Midwest Center for Youth and Families and South Shore Academy, we provide Dialectical Behavioral Therapy (DBT). DBT, developed by Marsha Linehan, Ph.D. at the University of Washington, has been shown to significantly reduce para-suicidal behaviors such as cutting, suicide attempts, and inpatient stays. Additionally, clients are more likely to begin and complete treatment with DBT than with traditional treatment programs, which leads to more sustained behavioral control.

How does DBT work?

DBT increases the development of behavioral skills that help residents build relationships, manage emotions, and cope more effectively with various life problems. DBT targets residents' issues by teaching four primary skill sets:

- Mindfulness
- Interpersonal Effectiveness
- Distress Tolerance
- Emotion Regulation

"DBT has helped me out a lot by teaching me how to be mindful, use better coping skills and how to communicate."

*Resident
age 18*

In each primary area, skills are taught and homework is given to assist youth in learning how to deal with their issues, without resorting to self-defeating behaviors, such as self mutilation, suicide attempts, substance abuse and sabotaging meaningful relationships. The final and ultimate stage of DBT results in the youth being able to feel freedom and happiness with life.



"I have found that having this highly clinical and sophisticated resource in the Midwest has been invaluable for daughters of my families who require the level of support that South Shore Academy provides."

*Karen Mabie,
Education Consultant, The School
Solution, Glencoe, Illinois*

Program Features

- Female-focused DBT therapy groups
- Weekly individual, group and family therapy
- 12-Step chemical dependency track, including substance abuse groups
- DBT-trained therapist available on-call for residents 24/7
- Nutrition screening and plan compiled by a licensed dietician
- Psychological and neuropsychological testing provided, as needed
- Community-based recreational outings and activities

Male Adolescent Residential Program

Our male adolescent program was developed to meet the unique needs of young males who are experiencing difficulties with relationships and/or behaviors at home, school or within their peer groups. These difficulties can include disruptive behaviors, emotional and psychiatric issues, as well as co-occurring substance abuse. The individual needs of each youth are identified and become the basis for that individual's treatment program.



Through the use of social interaction and group activities, young males are taught how to cope more effectively with adults, peers and members of the community. Youth who require a highly structured setting will benefit from this effective treatment program.

Because we have identified that Dialectical Behavioral Therapy (DBT) is just as effective at helping male adolescents as it is for female adolescents, we have incorporated this effective, evidenced-based treatment component into our male adolescent program at our Kouts facility.

How does DBT work?

DBT increases the development of behavioral skills that help residents build relationships, manage emotions, and cope more effectively with various life problems. DBT targets residents' issues by teaching four primary skill sets:

- Mindfulness
- Interpersonal Effectiveness
- Distress Tolerance
- Emotion Regulation

In each primary area, skills are taught and homework is given to assist youth in learning how to deal with their issues, without resorting to self-defeating behaviors, such as aggression, suicide attempts, substance abuse and sabotaging meaningful relationships. The final and ultimate stage of DBT results in the youth being able to feel freedom and happiness with life.

Program Features

- Male-focused DBT therapy groups
- Weekly individual, group and family therapy
- 12-Step chemical dependency program, including chemical and substance abuse groups
- DBT-trained therapist available on-call for residents 24/7
- Nutrition screening and plan compiled by a licensed dietician
- Psychological, psychiatric and neuropsychological testing provided as needed
- Physical fitness activities
- Community-based recreational outings and activities



Frequently Asked Questions

Who can refer someone to Midwest Center for Youth and Families and South Shore Academy?

We accept referrals from family members, mental health professionals, schools, social service agencies, department of child services, probation, EAP's and managed care companies. To make a referral, please call **888-629-3471**.

What should my child bring to your facility?

Casual, wash and wear clothing that is seasonally appropriate. Some personal items from home are allowed. For a complete list of approved items, visit our website at www.midwest-center.com and refer to our FAQ's page (see the Parent Handbook).

Will insurance pay for services?

Many insurance HMO, PPO, and Managed Care plans are accepted at both of our facilities. To assist you in understanding your policy, our business office will verify insurance benefits with your insurance company.

Will Medicaid pay for services?

Yes. As long as Medical Necessity Criteria have been met, Indiana Medicaid will generally cover the cost of services. Medical Necessity Criteria for admission will be determined by our intake staff.

When can I talk to my child and what if I have an emergency?

Therapists will work out a schedule with the family to allow for consistent phone time and family therapy. Families and referral sources are encouraged to participate in the child's treatment staffing (in person or via phone) with the clinical team and child, as arranged by the child's therapist. Parents may also visit on-site every Saturday and Sunday from 2:00 to 5:00 PM CST. If an emergency arises, we are always open and a staff member can assist you in communicating with your child. Please call our toll-free number, **888-629-3471**.

How long will my child stay?

Your child's length of stay at our facility depends on their unique needs and strengths. Their individual treatment plan will focus on what goals need to be met in order to move your child to a less restrictive treatment setting-- with an emphasis being on goal attainment in the shortest period of time possible. Most youth in our Kouts program stay in treatment between 120-180 days, and girls in the South Shore Academy stay an average 45 – 90 days.

Do you use mechanical restraints or seclusion?

No. We never use any form of mechanical restraint or seclusion. We do use Bridge Building control techniques, a unique and comprehensive training program that utilizes non-threatening, verbal and physical interventions aimed at assisting out-of-control youth in regaining composure and control over their own behaviors. This program is designed to provide for the care, welfare and security of everyone involved in a potential crisis situation.

Who has to know about my child's hospitalization?

Your child's treatment at our facilities is personal and private, and clinical information can only be released to others with your expressed consent. Prior to your child's discharge, you will be involved in aftercare planning. You will need to give authorization to allow us to release clinical information about your child to the facility or provider that will be providing aftercare following your child's discharge.

What aftercare programs are available?

If your child was referred to our program by a mental health professional or community mental health association, we will refer your child back to those professionals for aftercare services. Our therapists work with each child's family to arrange for and coordinate the most appropriate follow-up care.



"It certainly is not easy to turn your daughter over to a group of total strangers, no matter how well recommended they come. We were impressed by how the admissions staff and clinical director met our daughter head on with compassion and firmness. We are so grateful to have found your program."
South Shore Academy Parent

"When I first got here, I wasn't doing so well with my behavior. I can now really tell the change in my anger is a lot better, and the DBT program has taught me a lot of skills as well. This place really does work, if you work with it."

Male resident, age 16.



"It's a life changing program. It gave me my life back."
Female Resident Age 15

"There are so many things I am proud of, like the sincerity and genuine care for each unique resident." Behavioral Health Worker





Contact Information

Midwest Center for Youth and Families .
.....888-629-3471

1012 W. Indiana Street
PO Box 669
Kouts, IN 46347

South Shore Academy.....888-629-3471

2301 Cumberland Drive
Valparaiso, IN 46383



Accredited by the Joint Commission

www.midwest-center.com