



South Shore Academy

WHO IS

Midwest Center for Youth and Families?

Midwest Center for Youth and Families is an innovative treatment provider that delivers outstanding care for youth by a highly dedicated team of professionals.

For the past 10 years, we have successfully treated over 1,000 children with mental illness in a compassionate and caring manner.

Care is provided around-the-clock by highly credentialed staff:

Dr. Michael Frampton, Medical Director,
Board Certified Psychiatrist

Certified Nursing Specialist

Masters Prepared Therapists

RN's & LPN's

State Licensed Teachers

Compassionate Behavioral Health
Workers

Setting Standards of Excellence
One Child at a Time

Dialectical Behavioral Therapy

Treatment Locations

Length of stay is determined by clinical criteria; however, the Valparaiso site treats shorter lengths of stay anywhere from 45-90 days.

Midwest Center for Youth and Families

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

South Shore Academy

2301 Cumberland Dr.
Valparaiso, IN 46383

www.Midwest-Center.com

Call Toll Free 888.629.3471



Accredited by the Joint Commission



Midwest Center for
Youth & Families
1012 W. Indiana Street
PO Box 669
Kouts, IN 46347



Dialectical Behavioral Therapy
Female Adolescents

South Shore Academy



Midwest Center
for Youth and Families

Why is Midwest Center providing Dialectical Behavioral Therapy (DBT)?

Dialectical Behavioral Therapy, developed by Marsha Linehan, PHD at the University of Washington, has been shown to significantly reduce parasuicidal behaviors (i.e. cutting), suicide attempts, and inpatient stays. In addition, clients are more likely to start and complete treatment which leads to more sustained behavioral control. Given the upward trend over the past several years with adolescent females engaging in self-harming behaviors, Midwest Center recognizes the importance of providing a program to effectively treat this population.

Who benefits from DBT?

DBT was originally developed to treat intense emotional swings, impulsiveness, confusion about self (identity), and suicidal behavior. Clients are taught necessary skills to regulate emotions, control self-destructive behaviors, and improve interpersonal relations. DBT is appropriate for a range of problems relating to emotional deregulation including substance abuse, eating disorder behaviors, and anger-related problems. It is also highly effective for treating individuals with severe personality disorders, including borderline personality disorder.



South Shore Academy Midwest Center for Youth and Families



How does DBT work?

DBT increases behavioral skills to help clients build relationships, manage emotions, and cope effectively with various life problems. DBT targets issues with four skill sets:

- Mindfulness
- Interpersonal Effectiveness
- Distress Tolerance
- Emotion Regulation

In each area skills are taught and homework is given to teach clients how to deal with issues without resorting to self-defeating behaviors (self-mutilation, suicide attempts, substance abuse, sabotaging meaningful relationships, etc.)

The final stage of DBT is for the client to feel freedom and happiness with life.

For information

or referrals about admission criteria, length of stay, payment and insurance verification, please call our admission specialists at [888-629-3471](tel:888-629-3471). A free and confidential assessment is provided.



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

-Resident age 18



DBT Residential Care

Our intensive residential treatment program is designed to promote stabilization as well as long-term treatment gains through the use of skills groups, individual and family therapy. We also provide academic credits for students while they are in treatment through our accredited on-site school program. In addition, an on-call DBT therapist is available to residents 24 hours a day to assist with crisis situations as needed. Midwest Center's DBT Program Director will facilitate wrap-around services for continued outpatient follow-up.