Facility Profile

A Life Worth Living . . .
Your DBT Journey Awaits
at Midwest Center for Youth
and Families

Midwest Center for Youth and Families, a therapeutic residential Dialectical Behavioral Therapy (DBT) program, specializes in treating youth ages 6-20.

Our unique residential DBT program gives hope to families who care for a child with mental illness. We help families understand how children with mental illness can struggle and maintain resilience with the right tools to build a life worth living, a day at a time.

We are invested in providing an evidence-based program. The philosophy behind DBT teaches us that while forces may seem to be in contradiction to one another, peace is found in the balance. It is not about being right, it is about being effective. Skill building is at the heart of DBT. Our programming teaches youth the skills they need to become effective in the journey of life.

Our Facilities

Midwest Center for Youth and Families, located in Kouts, Indiana, a 59 bed, private behavioral healthcare facility treats male and female youth ages 6-20.

South Shore Academy, located in Valparaiso, Indiana, a 15 bed, private behavioral healthcare facility treats females ages 13-20.

Both programs include:

- Dialectical Behavioral Therapy in a nurturing, safe and secure environment
- Residents immersed in DBT skill building
- Family participation including family therapy and parent education. Lodging assistance is provided on a case-by-case basis
- Nutrition screening and plan provided by a licensed dietician
- Accredited on-grounds school to provide ongoing, year-round core curriculum education in the primary and secondary grades. Extended school year offered for all students to assist them with catching up and keeping ahead in their education
Admissions

Assessments are always free and confidential to parents and referral sources. During the assessment process, parents are asked to discuss their child’s behaviors and why they are considering residential treatment. Our Intake Team’s goal is to gather as much information as needed to fully understand each child’s needs and determine whether or not residential treatment makes sense for the child at this point in time.

• Assessments are typically completed Monday-Friday, 8:00 AM – 4:30 PM CST

• Mobile assessments are provided to hospital referral sources upon request and are on a case-by-case basis

After the assessment process, and once our Intake Team and the family have agreed that a child will benefit from admission to our residential DBT program, a date and time for admission will be scheduled. Our Intake Team will also assist the family in preparing for their child’s admission.

• Schedule a Tour: Our Intake Team encourages families to tour our facility prior to admitting a child into our program. A tour can be arranged prior to or on the same day of admission.

• Transportation to our Facility: For some youth who will not come to treatment willingly—or you as a parent are unsure that you can safely transport your child to our facility—families can make arrangements with the Intake Team to safely transport a child to treatment.

• Program Information: We will provide families with information regarding their child’s stay at our facility (i.e., packing personal belongings, program schedule, call and visitation schedule, etc.).

To make a referral, schedule a free phone assessment or schedule a tour, please call our Intake Department at 888-629-3471.
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 (DBT), that result in positive outcomes for your child. 95% of our residents’ parents say they would recommend our DBT program to others.

For 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:

- 87% were placed with parents, relatives or adoptive parents at discharge
- 92% experienced a positive educational outcome
- 96% were placed in a less restrictive environment at discharge

“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 Center
Our Credentials

Midwest Center for Youth and Families takes pride in our secured, therapeutic residential Dialectical Behavioral Therapy (DBT) program, where residents receive the benefits of our credentials, licensure, accreditations and highly trained and experienced staff members:

• The first program to begin using Dialectical Behavioral Therapy with youth in a residential setting
• The only program in the Midwest offering a full DBT Immersion program
• Midwest Academy – state-licensed and accredited school combining clinical and educational services together
• Memberships: Indiana Association of Children and Family Services (IARCCA) and National Association of Therapeutic Schools and Programs
• Joint Commission on Accreditation of Healthcare organizations
• Licensed by the State of Indiana Child Care Institution

Clinical Staff

• Board Certified Psychiatrist and Certified Nursing Specialist to meet the psychiatric needs of our residents
• Every unit is staffed 24 hours a day, 7 days a week by licensed nursing staff, consisting of RNs and LPNs
• Staff members are trained in DBT upon hire and continue to receive ongoing DBT training—in addition to the facility’s yearly skills building training requirements
• Individual and Family therapy is provided by masters-prepared therapists
• Teachers in our private, on-grounds school are licensed and experienced in working with youth who have special needs—and are trained in DBT

888-629-3471
Pediatric Residential 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 Dialectical Behavioral Therapy (DBT).

How Dialectical Behavioral Therapy Works

In pediatrics, DBT is used to help teach core skills and techniques for decreasing emotional instability, decreasing impulsivity and encourages managing emotions in acceptable and appropriate ways.

Children learn DBT through storytelling. All four of the DBT components are taught in child friendly language with child friendly materials. We make learning fun. Our young males participate in Dino Scounts Club whereby they earn coins and certificates showing their knowledge in the understanding and application of DBT.

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Program Features

• 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 challenging 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 suicidal behaviors 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

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In each primary area, skills are taught to assist youth in learning how to deal with their issues, without resorting to self-defeating behaviors, like self-mutilation, attempting suicide, substance abuse and sabotaging meaningful relationships. The final and ultimate stage of DBT results in the youth feeling freedom and happiness with life.

Program Features

• Female-focused DBT therapy groups
• Individual, group and family therapy
• Psychoeducational substance abuse groups offered
• 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

“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.”
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.

Dialectical Behavioral Therapy (DBT) is just as effective for male adolescents as it is for female adolescents. We have included this treatment program and fully immerse our male adolescents at our Kouts facility.

How does DBT work?
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• Mindfulness
• Interpersonal Effectiveness
• Distress Tolerance
• Emotion Regulation

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In each primary area, skills are taught to assist youth in learning how to deal with their issues, without resorting to self-defeating behaviors, like aggression, attempting suicide, substance abuse and sabotaging meaningful relationships. The final and ultimate stage of DBT results in the youth feeling freedom and happiness with life.

**Program Features**

- Male-focused DBT therapy groups
- Individual, group and family therapy
- Psychoeducational substance abuse groups offered
- 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 to Midwest Center for Youth and Families?
Parents, mental health professionals, teachers or anyone who is involved in the life of a child in need of our services.

What is the admission process?
One of the first things we do is conduct an intake assessment on your very first phone call to us. From there, we may ask you to gather clinical information (see next FAQ question) for us, so we can review that information to make sure we are the best placement option for your child. The Intake team will coordinate all steps for placement with you.

What sort of clinical information do you review?
Records from past or current hospitalizations, psychiatric evaluations, psychological evaluation (if applicable), and the child’s Independent Education Plan, if they are receiving special services at school. We may request additional records if necessary.

Will Insurance pay for residential DBT services?
We accept most insurance coverage. Please call us and we can help guide you through the process of insurance certification and benefits eligibility.

Will Medicaid pay for services?
Yes, as long as your child meets Medicaid’s criteria for clinical necessity. Please call and speak with our Intake Department to clarify admission criteria. A case-by-case determination is usually necessary.

Do you have DBT education for Parents?
Yes, to help you in the Journey to Wellness with your child, we provide a Parent DBT Class that will give you new tools and skill sets for parenting.

Can I contact someone at Midwest Center for Youth and Families, if I need assistance on the weekend or in the evening?
Midwest Center for Youth and Families is a 24-hour operation. Should you need to speak with someone, call us at 1-888-629-3471 for assistance. Tours, assessments and admissions are usually scheduled during the week, Monday-Friday, 8:00am-4:30pm Central Standard Time (CST). Administrative phone lines are answered daily and during the weekends. After your child is admitted, talk with your child’s therapist about specific calling times to speak with your child.

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**What is the average length of stay?**
There is no set length of stay for our residential DBT program. Each youth’s length of stay is determined by their unique strengths, needs and willingness to work through their individualized treatment plan. Additional factors may also impact a child’s length of stay in our program. Managed care programs, used by private insurance and Medicaid, continuously review your child’s progress in treatment. We developed our residential DBT program so that kids can benefit from treatment in as few as 30 days.

**Do we use mechanical restraints or seclusions?**
No, we never use any form of mechanical restraints or seclusion. We do use Bridge Building, a program to provide for the care, welfare and security of everyone involved in a potential crisis situation.

**What kind of aftercare programs are available?**
Each child is assigned a therapist who will oversee the child’s master treatment plan. The therapist will assist the family in identifying the necessary aftercare programs within the child’s community—so there is a smooth transition for the child and family at the time of discharge.

**What should my child bring to your facility?**
Casual, wash and wear clothing that is seasonally appropriate. Some personal items from home are allowed. Specifics are provided by the Intake team.

**Can I visit with my child?**
Yes, we provide visitation hours on the weekends. These will be given to you at the time of admission.

**Who has to know about my child’s hospitalization?**
Your child’s treatment at our facilities is personal and private. 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 and will 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.
“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

“It’s a life changing program. It gave me my life back.”
Female Resident Age 15
“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.

“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

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