

Therapeutic Residential Treatment Centers



Midwest Center for Youth & Families

Facility Profile

A Life Worth Living: Your DBT Journey Awaits at Midwest Center for Youth & Families

Midwest Center for Youth & Families is a state licensed, therapeutic residential Dialectical Behavioral Therapy (DBT) program, specializing in treating youth ages 10-20.

Our unique residential DBT program was created for male and female children and adolescents with pervasive emotional, behavioral or psychiatric challenges that impact the youth's functioning at home, in school and within the community.

We are invested in providing an evidence-based program that seeks to validate the youth's feelings and challenges. It balances acceptance by encouraging residents to make productive life improvements. DBT focuses on the following skill sets:

- Mindfulness
- Interpersonal Effectiveness
- Distress Tolerance
- Emotion Regulation

Studies have shown that DBT reduces the rate of self-injury and suicide attempts by encouraging residents to manage their issues without resorting to self-defeating behaviors.

Program and Treatment Facts

- Residential, full immersion DBT program for both males and females ages 10-20
- Locked and secure, pro-social and seclusion free environment
- Fully accredited on-grounds school with curriculum that runs throughout the year
- Clinical focus with 24 hour nursing and therapy staff, master-level clinicians, state licensed teachers and dietitian
- Board certified psychiatrists attending to residents weekly
- Family-centered treatment philosophy geared for reunification
- Secure and HIPAA compliant web-cam line for families and professionals to attend meetings in-person

Funding

- Insurance • Self-Pay • Indiana Medicaid/PRTF
- State Contracted

Admission Criteria

- Pervasive emotional, behavioral or psychiatric problems which impact a youth's functioning in home, school and community
- History of past treatment, which may include acute/inpatient and/or outpatient treatment
- IQ of 75 and above

Making a Referral

It is easy to make a referral. Simply provide the following information to the Intake Department by calling 888-629-3471, faxing to 219-766-0007, or emailing midwestcenterintake@uhsinc.com:

- Name, age and gender
- Recent psychosocial history
- Psychiatric evaluation
- Recent psychological testing/reports, if applicable
- Medications
- Physical/medical information
- Family information
- Current treatment team information

DBT Parent Classes

Why should parents learn about DBT? It gives them new parenting skills and empowers them to parent a child with an emotion regulation disorder.

The DBT curriculum we offer is designed to help parents learn how DBT adapts to real-life situations.

Our curriculum empowers parents to learn and:

- Gives parents an overview and introduction about children and adolescents with an emotion regulation disorder
- Helps parents understand how DBT targets issues their child is experiencing
- Teaches how DBT fits into everyday life

Attendees of our parent classes are assured in the fact that they're not alone in what they're experiencing with their children.

Parent DBT classes are taught on the weekends at both our Kouts and Valparaiso locations.

Contact Information

Midwest Center

888-629-3471
1012 W. Indiana Street,
PO Box 669
Kouts, IN 46347

South Shore

888-629-3471
2301 Cumberland Drive
Valparaiso, IN 46383



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