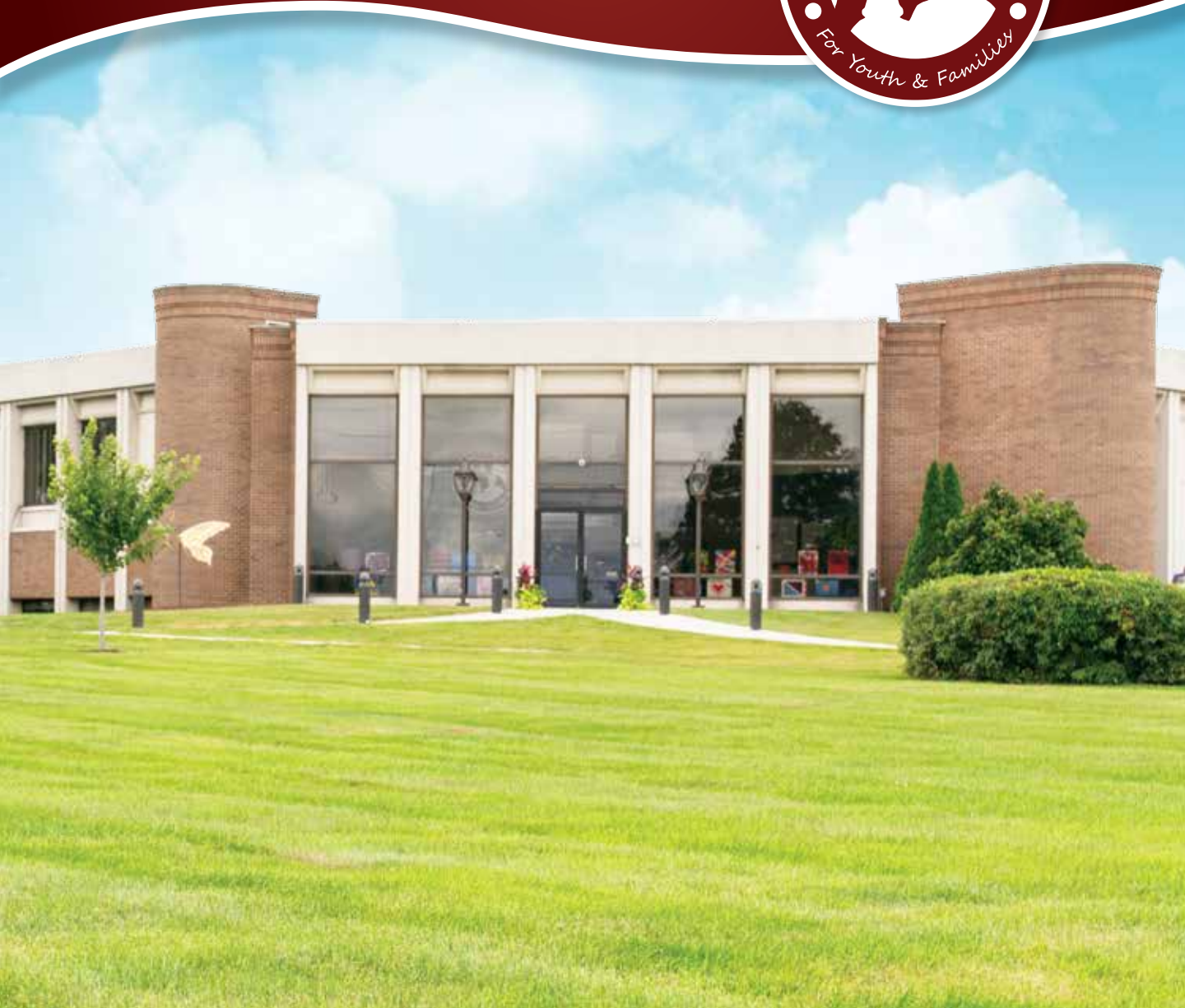


Getting to know Midwest Center for Youth & Families





"At Midwest Center for Youth & Families, it is our privilege to serve the residents and families we work with. The opportunity to support families through difficult times, promote healing and work toward re-unification is our mission and one we value."

A handwritten signature in white ink, reading "Rob Hittmeier".

Rob Hittmeier, CEO



welcome



ome

Located in Northwest Indiana
65 miles southeast of Chicago, IL



ais



Discovery



gr



meetings

Referrals & Admissions

No Charge Assessments

Monday thru Friday

8:00 am – 4:30 pm CST

Treatment Funding

- ▶ Commercial Insurance
- ▶ Tricare
- ▶ Indiana Medicaid
- ▶ Self-pay



Katie Lerch

Director of Intake

admissions



Admissions Criteria

- ▶ Males ages 12-18 and females ages 10-18
- ▶ Primary mental health diagnosis
- ▶ Pervasive emotional, behavioral or psychiatric problems which impact functioning in home, school and community
- ▶ History of past treatment, which may include acute/inpatient and/or outpatient treatment
- ▶ IQ of 75 or higher

A smiling woman is hugging a child who is wearing a military uniform. The woman's face is partially visible, showing a joyful expression. The child is wearing a camouflage military uniform. The background is a soft, out-of-focus grey.

Proudly Serving Our Military Families



Midwest Center for Youth & Families is a therapeutic residential Dialectical Behavior Therapy (DBT) program specializing in treating adolescents. Our full-immersion DBT program was created for youth with pervasive emotional, behavioral or psychiatric challenges that impact functioning at home, in school and within the community.

service

Insurance Contracts

Midwest Center for Youth & Families is contracted with the following insurers*:

- ▶ Blue Cross Blue Shield
- ▶ Anthem
- ▶ Tricare
- ▶ United Behavioral Health (UBH)
- ▶ Aetna
- ▶ Cigna
- ▶ Beacon Health Options
- ▶ Humana
- ▶ Compsych
- ▶ Priority Health
- ▶ Health Alliance
- ▶ Magellan
- ▶ Indiana Medicaid

*This list is not comprehensive, and is subject to change at any time. Being an in-network provider is not a guarantee of patient admissibility or treatment coverage. Benefits will be verified by Midwest Center for Youth & Families prior to admission.

immersi

Full-Immersion DBT

Our full-immersion DBT model makes us unique from other programs.

1. Every staff member from housekeeping to the CEO is trained in DBT, which allows every interaction that a patient has with an adult in our facility to reinforce their use of DBT skills.
2. DBT skills are taught, encouraged, and modeled throughout every aspect of our patients' day.



Mindfulness

- ▶ Focusing the Mind
- ▶ Directing Association
- ▶ Understanding How You Feel

Emotional Regulation

- ▶ Reducing Emotional Intensity

Distress Tolerance

- ▶ Reducing Impulsivity
- ▶ Crisis Management

Interpersonal Effectiveness

- ▶ Keeping Relationships Steady
- ▶ Knowing What is Needed
- ▶ Maintaining Your Self-respect

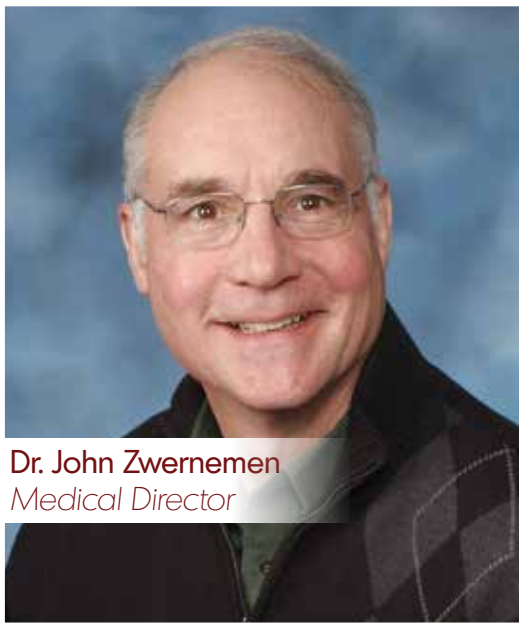
DBT

DIALECTICAL BEHAVIOR THERAPY

Walking the Middle Path

- ▶ Learning Not Everything is Black and White
- ▶ Reaching Acceptance in the Moment

Clinical Leadership



Dr. John Zwernemen
Medical Director



Dr. Robert Raster
Medical Director

lead



Krystina Davis

Director of Clinical Services



Brett Miller

*Director of
Performance Improvement
and Risk Manager*

Leadership

equine



assisted



Equine Assisted Therapy is provided weekly by an EAGALA certified therapist. These are just a few photos of the horses patients will get the opportunity to spend time with.



Midwest Center for Youth & Families Leadership Team (l-r): Brett Miller, Director of Process Improvement/Risk Management; Bryan Lolkema, Director of Operations; Katie Lerch, Director of Intake; Krystina Davis, Director of Clinical; Laurie McAlpine, Director of Nursing; Brandy Clark, Director of Business Development; Jaci Banks, Director of Human Resources; Roberta Woods, Director of Education; Courtney Liff, Director of Utilization Review; Rob Hittmeier, CEO

award



"I am so very thankful to each and every member of your staff for working with kids like me. Because of all of you I am still alive and have hope for my future. Thank you for saving my life."

– Former Midwest Center patient

winning

Program Highlights

- ▶ Full-Immersion DBT
Therapeutic Residential
Treatment Center
- ▶ Locked and Secure,
Seclusion-Free Environment
- ▶ Family-Centered Treatment
for Males and Females
- ▶ Ages Males 12-18
Females 10-18
- ▶ Insurance Accepted
- ▶ Accredited On-Grounds
School

A photograph of two people, a man and a woman, standing in front of a brick wall. The man, Chris Illiff, is wearing a blue and white checkered shirt and a pink tie. The woman, Katie Saunders, is wearing a blue denim jacket over a black top. Both are wearing identification badges. A large red 'hio' logo is partially visible in the top right corner of the image.

Chris Illiff
Staff Supervisor

Katie Saunders
Therapist

Daily Schedule

Midwest Center's environment is highly structured, with a schedule that keeps patients busy and engaged in their own treatment.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs
	Breakfast	Breakfast/ Goal Gx	Breakfast/ Goal Gx	Breakfast/ Goal Gx	Breakfast/ Goal Gx	Breakfast/ Goal Gx	Breakfast
8:00-8:30	Medpass	Medpass	Medpass	Medpass	Medpass	Medpass	Medpass
	Contributions	Finish ADLs	Finish ADLs	Finish ADLs	Finish ADLs	Finish ADLs	Contributions
9:00-9:30	Goal Gx	School	School	School	School	School	Goal Gx
	DBT/Peer Gx						Expressive Art Gx
10:00-11:00	DBT/Staff Gx (Visitation)						
	Gym (Visitation)	Gym	Gym	Gym	Gym	Gym	Gym
11:30-12:00	Lunch (Visitation)	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Teambuilding Gx						ILS Gx
1:00-3:00	DBT Movie / Discussion	School	School	School	School	School	DBT Movie/ Discussion/ Visitation
	Points Review	Points Review	Points Review	Points Review	Points Review	Points Review	Points Review
3:15-4:00	Goal Review	Processing Gx	DBT Gx	Gx A Processing Gx	DBT Gx	Rec	Goal Review
	DBT Jeopardy/ Team Building	Peer/Skill Review Gx	Peer/Skill Review Gx	Gx A Skill Review Gx B Skill Review (4:30-5:00)	Peer/Skill Review Gx	Peer Gx	Peer/Skill Review Gx
5:00-5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	ADLs Phone calls Self-Soothe **	ADLs Phone calls Goal Review Self-Soothe **	ADLs Phone calls Goal Review Self-Soothe **	ADLs Phone calls Goal Review Self-Soothe **	ADLs Phone calls Goal Review Self-Soothe **	ADLs Phone calls Goal Review Self-Soothe **	ADLs Phone calls Self-Soothe **
6:30-7:00	Medpass	Medpass	Medpass	Medpass	Medpass	Medpass	Medpass
	Rec Therapy	Rec Therapy	Rec Therapy	Rec Therapy	Rec Therapy	Earned Incentive Gx	Gym
8:00-8:30	Contributions/ Finish ADLs	Contributions/ Finish ADLs	Contributions/ Finish ADLs	Contributions/ Finish ADLs	Contributions/ Finish ADLs	Contributions/ Finish ADLs	Contributions/ Finish ADLs
	Rooms	Rooms	Rooms	Rooms	Rooms	Rooms	Rooms
9:00***	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

*Wednesday evening is outing for eligible residents

**Self-soothe time in back dayroom

***No more requests after 9:00 pm

Sample Schedule

Living

Residential Units

Our 74-bed facility is divided into five locked and secure units, which are separated by age and gender. Patients are encouraged to bring personal items such as a small throw blanket and stuffed animal, posters, and pictures of family and friends.



space



living and s

Some items to bring

To make their stay at Midwest Center for Youth & Families more comfortable, patients are allowed to wear their own clothes, and may bring a limited number of approved clothing items with them. They may also bring a few personal items (subject to staff approval), such as a throw blanket, a stuffed animal, and books. In addition, toys, games, puzzles, self-soothe items, and arts and crafts supplies are provided to patients. A complete list of items which may be brought to the hospital will be provided prior to admission.



space





Cafeteria

Cafeteria

Daily meals and snacks are provided by a local caterer and served on-site. Menu planning is completed by our Certified Dietician.



recreat

Secure Outdoor Area

Each day (weather permitting) our patients spend time outside in our secure outdoor play and exercise area. Recreational therapists plan activities to ensure therapeutic benefit.



tion



recreat



100

Recreational Therapy

Patients engage in activities at a scheduled time every day. Activities might include arts and crafts, board or card games, music, or physical activities. Unlike recreational activities simply done for fun, recreational therapy is always done for therapeutic

benefit. According to the National Council for Therapeutic Recreation Certification (NCTRC), "recreational therapists treat and help maintain the physical, mental, and emotional well-being of their clients by seeking to reduce depression, stress, and anxiety, build confidence, and socialize effectively."

recreati

In addition to daily on-site recreational therapy, the RTs at Midwest Center also plan patient outings. Outings have the added benefit of allowing patients to practice using the DBT skills they have learned in real-life situations.

Outings also allow patients the opportunity to practice and develop social skills and, if applicable, learn to cope with their social anxiety.



Mary Corpe
Recreational Therapist



Therapy Dog Greta

Pet Therapy

One of the highlights for patients during their stay at Midwest Center is visiting with therapy dogs and their handlers. The dogs are certified through Therapy Dogs International, and include Toby, Teddy, and Alex (pictured left-right).





Midwest Academy



Kerrie Lolkema
*Assistant Principal and
Resource Teacher*

Midwest Academy is our on-grounds, accredited school.
Patients attend school year-round, Monday thru Friday,
9:00 am – 3:00 pm.



Roberta Woods
Director of Education



Midwest Academy

- ▶ Credits transfer to both Indiana schools and out of state schools.
- ▶ Small group tutorial is provided for identified students.
- ▶ Summer school includes opportunities for credit recovery, enrichment and remediation opportunities.

ademy







Midwest Academy

We believe that:

- ▶ Every child can learn and each child is encouraged to reach his/her full potential.
- ▶ The quality of our school is directly related to the involvement and investment of teachers, staff, therapists, and entire community.



challenge

Beyond Boundaries Challenge Course



Patients are able to experience the Beyond Boundaries Challenge Course to build confidence, strengthen communication skills, and learn to work as a team.



Samantha Webster
Staff Nurse

Laurie McAlpine
Director of Nursing



Nursing

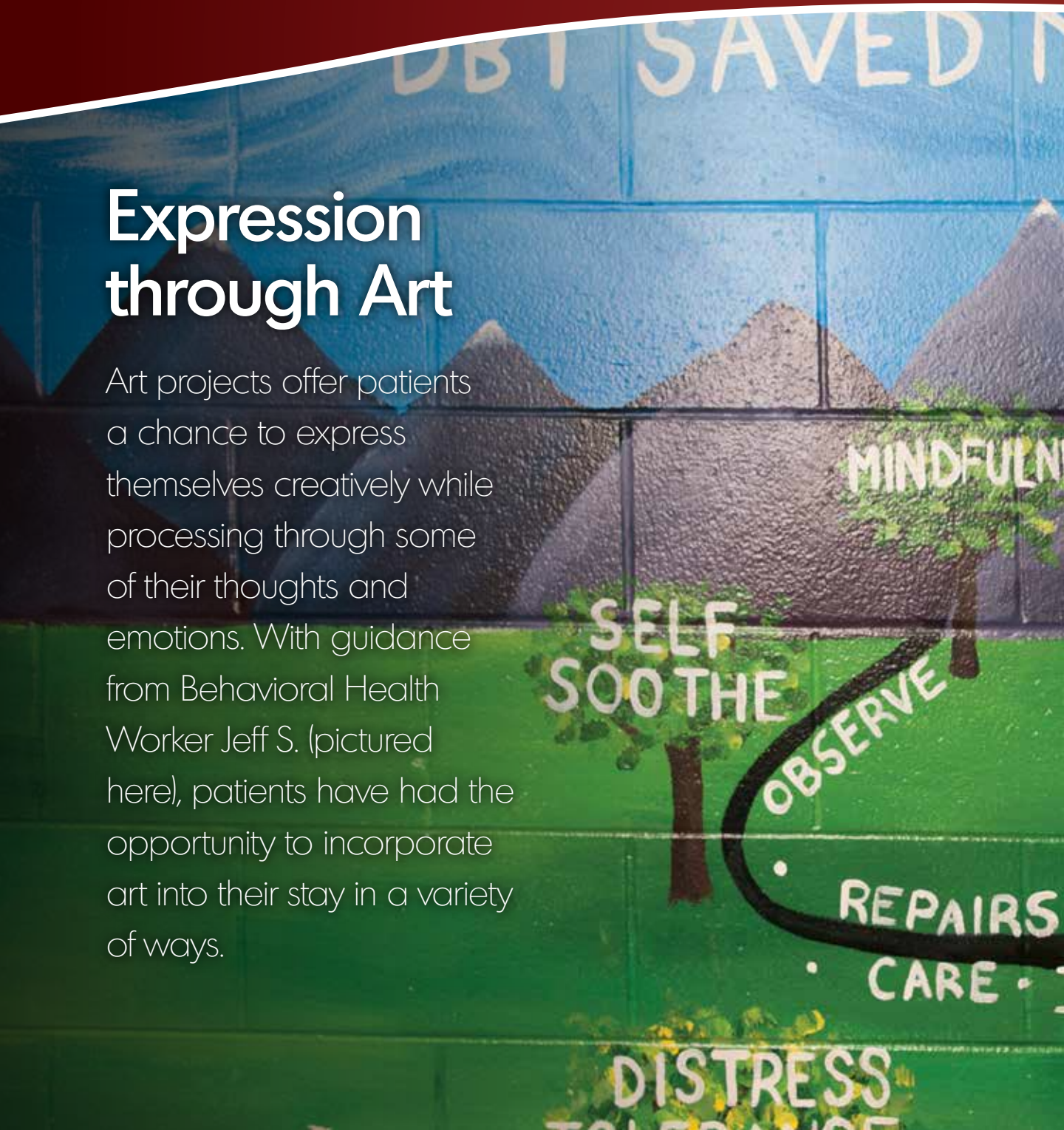
Our nurses and doctors believe that every Midwest Center patient should know what medications they are taking and why, as well as any potential side effects they may cause. Nurses ensure that each patient is educated about their medications and how they are making them feel, then shares this information with our doctors who make dosing adjustments and/or medication changes as needed.

At our monthly Patient Assembly, nurses recognize patients who have taken an active role in their own medication management and demonstrated strong medication knowledge.

nursing

Expression through Art

Art projects offer patients a chance to express themselves creatively while processing through some of their thoughts and emotions. With guidance from Behavioral Health Worker Jeff S. (pictured here), patients have had the opportunity to incorporate art into their stay in a variety of ways.



"The totem pole was designed to represent our patients' rebirth through DBT skills," says Jeff S. "The patients picked animals to include on the pole that have attributes they hope to obtain, like strength, courage, and resilience."

"The words written at the base of the pole - rising from the ashes like a phoenix - sum up the transformation that our patients experience during their time with Midwest Center and beyond," says Jeff S. "They were chosen because they represent a really powerful concept...the ability to reinvent yourself despite your past."

The project took 6 months to complete, and involved more than 30 patients.





Mask Project

"Creating the masks allowed patients to explore their experiences with feeling one thing inside but expressing something different to the outside world," says Jeff S. "They learned that getting rid of those masks and accurately expressing to others what we're truly feeling inside is an important skill for life."

ression



"We are grateful that you have entrusted your child into our care. We look forward to meeting you and helping you on your journey to healing."

Brandy Clark

Yours in hope,

Brandy Clark

Director of Business Development





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For Youth & Families

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