

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



Therapeutic Residential Treatment Center



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



Accredited by
The Joint Commission

TRICARE® is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

For language assistance, disability accommodations and the nondiscrimination notice, visit our website. Physicians are on the medical staff of Midwest Center for Youth and Families, but, with limited exceptions, are independent practitioners who are not employees or agents of Midwest Center for Youth and Families. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. 231075-0940 5/23

Four Square Breathing ACCEPTS Non-judgmental Diary Cards

IMPROVE Interpersonal Effectiveness Self-Soothe

Dearman TIPP Emotions Happy

Pros and Cons DBT Mindfulness

Urge Surfing Chain Analysis Joy

Distress Tolerance Middle Path Happiness Hope STOP

Peace Radical Acceptance Courage Emotion Regulation

A Life Worth Living Cope Ahead Lemons to Lemonade Empowerment

Midwest Center for Youth & Families

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 Behavior Therapy (DBT) program, specializing in treating youth.

Our residential DBT program was created for 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 helps reduce 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 males ages 12-18 and females ages 10-18
- 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's-level clinicians, state-licensed teachers and dietitian
- Board-certified child and adolescent psychiatrist attends to patients weekly
- Family-centered treatment philosophy geared for reunification
- Secure and HIPAA-compliant webcam line for families and professionals to attend meetings in-person

Funding

- Insurance
- TRICARE®
- Self-Pay
- Indiana Medicaid/PRTF
- State Contracted



DBT Parent Education

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

DBT education is coordinated by a master's-level, DBT trained therapist, and is a critical component of family therapy. Therapists are able to individualize the curriculum in order to best address each family's unique needs.



Midwest Center for Youth & Families proudly serves our military families

WE ARE TRICARE®-CERTIFIED



Midwest Center for Youth & Families

1012 W. Indiana Street, Kouts, IN 46347

midwest-center.com



Physicians are on the medical staff of the Midwest Center for Youth & Families, but, with limited exceptions, are independent practitioners who are not employees or agents of Midwest Center for Youth & Families. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown.

TRICARE® is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 220366-0404 5/22

MIDWEST-CENTER.COM

Specialized treatment for adolescents

Midwest Center offers a full-immersion **Dialectical Behavior Therapy (DBT)** program for adolescents with pervasive emotional, behavioral or psychiatric challenges that impact the youth's functioning at home, in school and within the community.

The residential program is for males ages 12 to 18 and females ages 10 to 18. The program features all levels of staff, including our licensed teachers, being trained in DBT, as well as clinical staff participating in regular meetings with a DBT consultant to provide adherent treatment. Our comprehensive program is working toward certification through DBT-LBC.

DBT is central to every aspect of our programming, all day, every day.

Program features:

- Locked and secure, pro-social and seclusion-free environment
- On-site Cognia-accredited school with licensed and DBT-trained teachers implementing a year-round curriculum
- Menu planning by a certified dietitian that can accommodate food allergies and dietary preferences
- Board-certified child and adolescent psychiatrist and military veteran attends to patients weekly*
- Weekly military support group session run by a military family member*
- Equine-assisted psychotherapy — sessions are ground-based and focus on connection and attunement
- Ropes course helps encourage personal development and team building
- Pet-assisted therapy utilizing therapy dogs to promote coping with mental health disorders

**Services only available at the Kouts location*



We provide hope and healing to families in crisis. Call our intake line today for a no-cost assessment at **888.629.3471** or visit **midwest-center.com**.