



Selah House



Overview and Clinical Outcomes

Admissions and Referrals: 765.233.9309



WHO WE ARE

At Selah House, our success is built on a foundation of evidence-based treatment that prepares adolescent and adult women ages 12 and older for their journeys towards life-long freedom from eating disorders. We offer a unique Christ-centered environment that meets each person where they are in an atmosphere of openness and acceptance without judgment, regardless of personal beliefs.

LEVELS OF CARE

Across all levels of care, we provide individualized treatment plans based on the needs of each client and offer a variety of evidence-based therapeutic modalities.

INPATIENT

Our inpatient program is structured, 24-hour care that focuses on medical stabilization, weight restoration, and psychiatric support.

RESIDENTIAL

Our 24-hour comprehensive care treatment program includes medical and psychiatric supervision. It's often utilized as a step-down option from acute or inpatient levels of care for those who need a safe, structured, and more intensive care environment.

PARTIAL HOSPITALIZATION PROGRAM (PHP)

Our PHP is a seven-day-a-week, full-day program that allows individuals the ability to take the next step in their independence from a residential environment. A balance of structured programming and practice incorporating real-life exposures into their daily lives fosters the skills needed for long-term, sustained recovery.



WHAT WE TREAT

Selah House provides a serene, healing environment to help those who suffer from eating disorders and other co-occurring conditions, including:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder (BED)
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Compulsive Exercise
- Otherwise Specified Feeding or Eating Disorders (OSFED)
- Co-occurring Mental Health Disorders

OUR METHODS

Our multidisciplinary team utilizes a comprehensive, evidence-based approach to contribute to overall healing and transformation. Specialized therapeutic modalities incorporating individual, family, and group therapies, are conducted in a healing and loving environment designed to meet the medical, nutritional, psychological, spiritual, social, and emotional needs of each client.

At Selah House, we meet each client exactly where they are in their recovery and provide the necessary therapeutic techniques to empower sustainable freedom. Individualized treatment plans are developed in collaboration with clients and families, which empower engagement in the therapeutic process. Our therapies include:

- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Experiential Therapies
- Equine Therapy
- Expressive Therapies
- Body Image Improvement
- Yoga/Mindfulness
- Spiritual Therapy
- Group Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)



Selah House has an extensive history of providing clinically excellent care for women in a picturesque setting that is naturally conducive for care. 2020 was a test of what was possible for Selah House, and the world, in ways we could have never imagined, but the need for clinically excellent, evidence-based care was never more apparent.

Selah House didn't let our clients or their families down during such a challenging year and I'm extremely proud of how they continued to outperform the nation with outcomes that enabled our clients to progress on their road towards lasting recovery.



Amos Taylor

CEO, Odyssey Eating Disorder Network



OUR MISSION

Just as Christ first loved us, Selah House loves and actively serves the needs of those who battle eating disorders, their families, and those committed to their care.

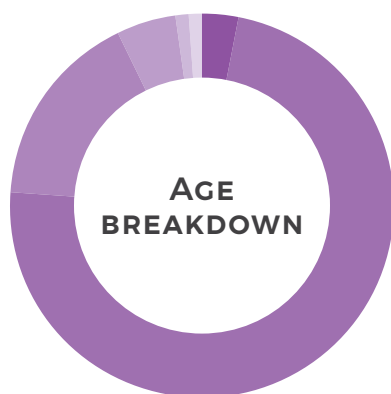


OUR TREATMENT PHILOSOPHY

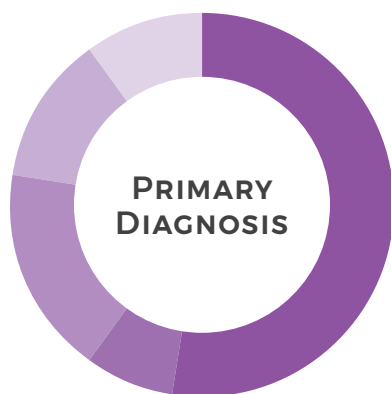
Selah House provides unique, superior, evidence-based mental health treatment not traditionally available within the care continuum especially for individuals with complex psychiatric conditions. We offer long-term, sustainable solutions to help our clients achieve optimal levels of health and independence.

SELAH HOUSE PATIENT PROFILE

As a trusted provider, we treat eating disorders for adolescent and adult females ages 12 and older. Selah House doesn't just focus on the presenting condition, but rather on the underlying disorders by utilizing a comprehensive whole-person approach that serves as the foundation for true client-centered care.



- **Under 18:** 3%
- **18-25:** 71%
- **26-35:** 19%
- **36-45:** 5%
- **46-55:** 1%
- **56+:** 1%



- **Anorexia Nervosa:** 52.5%
- **Avoidant/Restrictive Food Intake Disorder (ARFID):** 7.5%
- **Bulimia Nervosa:** 17.5%
- **Other Eating Disorder, Unspecified:** 12.5%
- **Other Eating Disorder, Specified:** 10%

● **Average Length of Stay:** 49 days



BASIS-24 EVALUATION

Selah House uses BASIS-24, a leading behavioral assessment tool, to identify a wide range of symptoms and problems that occur across the diagnostic spectrum. Using a five-point Likert scale, the 24 questions are scored using a weighted average algorithm that gives an overall score and scores for six subscales. These subscales cover the following domains: depression, relationships, self-harm, emotional lability, psychosis, and substance abuse.

Throughout 2020, 80 clients participated in programming with 63 clients completing the BASIS-24 assessment. The questionnaire was administered at admission, mid-treatment or every 30 days, and again at discharge.

"Thank you Selah House! My daughter spent 8 weeks here and found healing! The staff here are wonderful, caring people! Our Family Therapist was an amazing, gifted person! They did such an amazing job communicating and making us parents feel involved! I'd recommend this place."

- Parent of Selah House Client



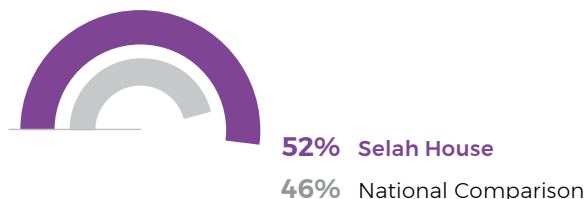
SELAH HOUSE OUTPERFORMED THE INDUSTRY IN 2020

Selah House uses a whole-person, innovative, and flexible approach to treatment, which offers each client the opportunity for complete recovery. Our programs go above and beyond to empower individuals and address their mental, physical, social, spiritual, and vocational needs.

Selah House surpassed the BASIS-24 National Comparison Group across key symptom severity measures when compared to 74,730 cases from many similar organizations.

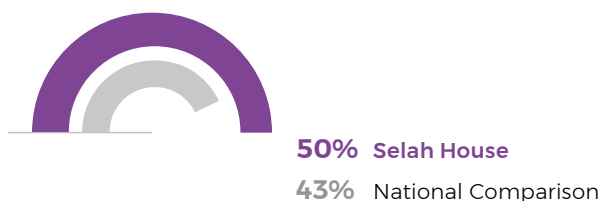
REDUCTION IN DEPRESSIVE SYMPTOMS

Clients at Selah House experienced a 52% average reduction in depressive symptoms and an increase in functioning (daily/role functioning and depression or anxiety symptoms).



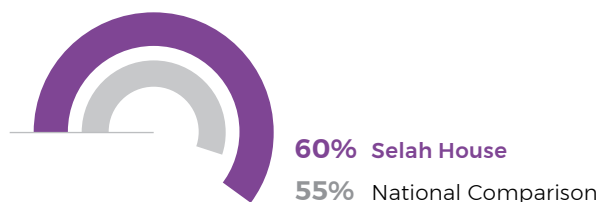
REDUCTION IN EMOTIONAL LABILITY

Clients at Selah House reported a 50% average reduction in mood swings, racing thoughts, and feeling short tempered at discharge.



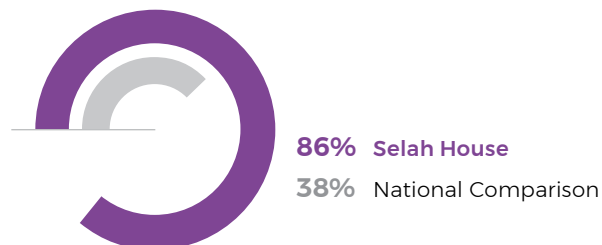
REDUCTION IN PSYCHOSIS

Clients at Selah House experienced a 60% average reduction of psychosis symptoms (hallucinations, paranoia, detachment, and disorganized thinking).



REDUCTION IN SUBSTANCE ABUSE

Clients at Selah House experienced a 86% average reduction in urges to drink, abuse substances, and problems with drugs or alcohol.



ADMISSIONS AND INSURANCE

Selah House provides comprehensive care through compassion and clinical excellence to empower sustainable freedom from eating disorders.

For more information on how we can help,
call **765.233.9309**.



Selah House

Selah House

1106 Meridian Street, Suite 300
Anderson, IN 46016

selahhouse.com



Selah House is a proud part of the
Odyssey Eating Disorder Network



Accredited at the highest level through
CARF International, an independent
accreditor of health and human services.



A licensed Private Mental Health Institution by the Division of
Mental Health and Addiction.

Selah House is the only licensed inpatient, residential, and PHP
treatment center for eating disorders in the state of Indiana.