



Selah House



Selah House Overview

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.

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)

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.

"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



ADMISSIONS AND INSURANCE

Selah House works with all commercial insurance companies and is in-network with Humana and Anthem Blue Cross Blue Shield plans. Prior to admission, we ensure that each client has a financial plan that works for them, so there aren't any surprises. Our Financial Team takes the time to help each client understand their benefits and cost of care. This is vital so our clients don't feel burdened while they're focusing on treatment.

**Call our Admissions Team at
765.233.9309 to get started today.**



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.