



Selah House

“Being able to see true freedom walked out in front of you every day makes you believe that it’s possible and completely attainable. I left Selah with a greater knowledge of not only who I am, but a deeper knowledge of who God is as well. Choosing to reclaim your life by deciding to enter Selah will be a choice you will be forever thankful for. I know I am.”

Healing Environment

Selah House provides a serene, healing environment to help those suffering from an eating disorder walk into freedom and restore what matters most in life. We offer comprehensive quality care for women and adolescent girls, ages 16 and older who suffer from eating disorders and other co-occurring body-related issues.

- **Anorexia Nervosa**
- **Bulimia**
- **Body Dysmorphic Disorder**
- **Compulsive Exercise**
- **Otherwise Specified Feeding or Eating Disorders**
- **Other Co-Occurring Disorders**

Selah House is accredited at the highest level through CARF International and is a licensed Private Mental Health Institution by the Division of Mental Health and Addiction.

Selah House is the only licensed provider offering inpatient, residential, and partial hospitalization care for eating disorders in the state of Indiana.

Christ-centered Treatment

Selah House is a Christ-centered, clinically excellent program. We regard every person as a spiritual being on a human journey, and we treat the whole being with therapeutic psychiatric, medical, and nutritional care that supports women physically, spiritually, and emotionally during eating disorder recovery.

As a Christ-centered program, we hold each individual in high regard, knowing they are made in the image of God. Regardless of faith, we meet each person where they are in their journey in an atmosphere of openness and acceptance without judgment. We hope to lead our clients into wholeness and help them identify how God and spirituality relate to the journey of recovery, with the goal being to lead them into a fulfilling life free from their eating disorder.

“Seeing God’s love through those at Selah House is what leads me today to look for God’s radical love throughout each day, and believe because of God’s great love- recovery is worth it.”

Clinical Excellence

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

At Selah House, we meet the client exactly where she is in her recovery and provide the necessary therapeutic techniques to empower sustainable freedom. Individualized treatment plans are developed with the client and comprise a combination of treatment modalities to empower each person as they are engaged and informed in their treatment experiences.

- Cognitive Behavioral Therapy
- Acceptance and Commitment Therapy
- Dialectical Behavioral Therapy
- Experiential Therapies
- Equine Therapy
- Art Therapy
- Body Image Improvement
- Yoga/Mindfulness
- Spirituality/Selah Group
- Group Therapy

We understand the importance of family involvement in the recovery process. Our licensed family therapist meets with the client and their family weekly to discuss family dynamics during and after recovery.



“I want to thank everyone at Selah for helping me to get my life back. As hard as treatment can be, freedom is SO worth it! Selah was an answered prayer for me, and I know other people will be blessed by the amazing staff there as well. I love all of you staff members and my Selah sisters! You will all forever be in my heart!”

Continuum of Care

At Selah House, our goal is to make each woman feel as safe and close to home as possible. All levels of treatment are conducted in comfortable and inviting home-like settings. Our residential campus overlooks the White River and offers a serene pond with fountain and quiet wooded area. Our partial hospitalization campus provides 65 acres of lush Indiana farmland which also houses our equine therapy program. Both locations offer patio areas for group gatherings and individual spaces for journaling, meditation, and spiritual reflection.

Our levels of care are designed to offer a clear step-down process so clients feel continually supported in their recovery journey.

LEVELS OF CARE:

- **Inpatient:** Structured 24-hour care focusing on medical stabilization, weight restoration, and psychiatric support.
- **Residential:** Step-down option for those needing less intense treatment, with 24-hour care, as well as medical and psychiatric supervision.
- **Partial Hospitalization Program:** A less intense and structured option for those ready to practice recovery outside of a controlled treatment environment.

All our levels of care provide individual treatment based on the needs of the client and offer a variety of individual and group therapies.

Selah House is an in-network provider with many insurance companies. Additionally, we work diligently with out-of-network plans and private pay options.



Family Program

Eating disorders affect not only the one suffering but also the family. As part of our treatment program, we encourage family involvement, which includes family and individual client sessions to help evaluate family needs, roles, and processing through treatment. Also, we use intensive family-focused treatment days to assess family functioning, educate family members on eating disorders, help family members and clients find hope and creative ways to grow together and enjoy family life outside of treatment. Our dedicated family therapists are involved with each client and their family throughout treatment to increase the understanding and progression of the recovery journey.

Aftercare

The transition back to the outside world can be challenging, as such, Selah House provides a continuing love and support. Our goal is sustained recovery and ensuring seamless continuity of care as the foundation. We help clients and their families learn the needed skills to help prepare for the transition to life after treatment. Our comprehensive aftercare planning ensures there is a connection to a support team at home, including finding a therapist and dietitian in the local community. We will also remain connected through scheduled phone calls, emails, and post-discharge surveys and offer resources, encouragement, and self-care tips as continued support.

“I am now choosing to walk in freedom, and it is amazing. I never thought this level of freedom even existed, but it does. Recovery is hard but worth it. Every day I am going to choose life over an eating disorder.”



“God is truly amazing to have worked through the Selah staff to transform my life. I never believed I would have freedom from my eating disorder, but I am slowly coming alive day by day. I feel hope, and for the first time can see myself as a beautiful, cherished, precious child of God. For the first time, I can feel freedom in my heart from the lies that have bound me for so long, and genuine happiness. I have hope for the amazing future God has for me! The team at Selah House completely changed my life, and I will forever be so thankful to them! I would never have fought for my freedom if it wasn't for them!”



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