



# Selah House

OUTPATIENT

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*Jeffersonville*

**Admissions and Referrals**

**812-393-2761**



## Who We Are

Located just across the river from Louisville in Jeffersonville, Indiana, Selah House Outpatient specializes in treating adults and adolescents of all genders struggling with eating disorders and co-occurring conditions.

We place a strong emphasis on building and practicing the skills and self-management strategies in real-time that enable clients to build a life in alignment with their values and long-term recovery.

## What We Treat

Selah House provides a serene, healing environment to help those who suffer from eating disorders and other co-occurring body-related issues.

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder
- Bulimia Nervosa
- Binge Eating Disorder
- Body Dysmorphic Disorder
- Compulsive Exercise Disorder
- OSFED (Otherwise Specified Feeding or Eating Disorders)

## Levels of Care

### Partial Hospitalization Program (PHP) | (ages 16+)

PHP serves as a preventive program to hospitalization, as well as a solid bridge for those stepping down from hospitalizations or residential treatment programs. PHP meets in-person 5 days a week for 6 hours a day.

### Intensive Outpatient Program (IOP) | (ages 12+)

IOP is designed to help individuals who are experiencing an increase in distressing symptoms and behaviors, are unable to progress in traditional outpatient services, or as a step-down in care from PHP. The extra treatment and support foster meaningful improvement and create a solid foundation before transitioning to community treatment. IOP meets in-person or virtually 3 to 5 days a week for 3 hours a day.

# Our Program

## Customized Treatment

Our onsite and telehealth programs are tailored to meet the needs of each client and include the following components:

- Psychotherapy groups
- Individual and family therapy
- Nutrition education
- Meal planning and support
- Medical and medication management
- Aftercare planning and assistance

## Compassionate Care

Our licensed clinicians utilize a trauma-informed approach and evidence-based therapies to provide holistic treatment using:

- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Exposure and Response Prevention (ERP)
- Experiential and Expressive Therapies
- Emotion-Focused Family Therapy (EFFT)

We are an LGBTQ+ affirming environment and inclusive of all religious preferences.

## Collaborative Environment

Experienced clinicians provide multidisciplinary treatment utilizing medical, nutritional, psychological, and psychiatric interventions.

Our treatment philosophy values collaboration with the community, including regular education and coordination with outpatient providers, family members, and support people.

# How Do I Get Started?

Call us at **812-393-2761** to speak with our admissions staff about treatment options and next steps. They are great at answering your questions about treatment or payment options and will guide you through the process and how to get started.

# Paying for Treatment

Selah House Outpatient offers a variety of payment options including in-network, out-of-network, and private pay rates. Call us at **812-393-2761** to discuss financial and insurance options.

Selah House Outpatient - Jeffersonville provides intensive day treatment to foster recovery and empower individuals to transform their lives.

***For more information on how we can help you  
or a loved one, call 812-393-2761.***

***100% Confidential.***



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## **Selah House Outpatient – Jeffersonville**

4500 Town Center Boulevard, Suite 103  
Jeffersonville, IN 47130

**[selahhouseoutpatient.com](http://selahhouseoutpatient.com)**



**ODYSSEY**  
EATING DISORDER NETWORK

Selah House Outpatient is a proud part of the Odyssey Outpatient Network.