South Shore Academy

(Residential Treatment Center)

CONTACT

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NATSAP

Member Since: 2008

PROGRAM OUTLINE

Gender:	Girls Only
Ages:	12 - 20
Grades:	8 - 12
Enrollment:	15
Duration:	30 days
Founded:	2008



Airport: Chicago, IL

South Shore Academy is an intensive residential treatment center created for treatment resistant females, ages 12-20 with borderline features, self-harming behaviors, substance abuse and intense emotional mood swings using Dialectical Behavioral Therapy (DBT.) Adolescents who have not been amenable to previous treatment efforts can often benefit from intense DBT treatment.

The South Shore Academy's DBT immersion program help clients build relationships, manage emotions and cope effectively with various life problems. DBT targets issues with four skill sets:

- Mindfulness
- Interpersonal Effectiveness
- Distress Tolerance
- Emotion Regulation

Every day these skills are reinforced in every aspect of our program to teach clients how to deal with issues without resorting to self-defeating behaviors (self-mutilation, suicide attempts, substance abuse, sabotaging meaningful relationships, etc.) The final stage of DBT is for the client to feel freedom and happiness with life.

Our intensive residential treatment program is designed to promote stabilization as well as long-term treatment gains through the use of skills groups, individual and family therapy. The treatment is also based on a medical model carried out by highly credentialed staff. Academic credits are provided for students while they are in treatment through our accredited on-site school program. In addition, an on-call DBT therapist is available to residents 24 hours a day to assist with crisis situations as needed. South Shore Academy's Program Director will facilitate wrap-around services for continued outpatient follow-up.

Individual Psychotherapy Available: Yes
Accreditation, Licensure: Indiana Department of Child Services Residential Child Care License; Indiana Dept of Education; Joint Commission (JCAHO) Accreditation
Professional Affiliations: NATSAP-Associate Member; National Association of Psychiatric Health Services; National Alliance on Mental Illness; Indiana Association of Children & Family Services.