Midwest Center for Youth & Families and South Shore

(Residential Treatment Center)

CONTACT

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NATSAP

Member Since: 2008

PROGRAM OUTLINE

Gender: Coeducational/
Single Gender Groups
Ages: 6 to 20
Grades: K to 12
Enrollment: 74
Duration: 30 to 60 days
Founded: 2005



Airport: Chicago, IL (CHI)

Midwest Center and South Shore is an intensive residential treatment center providing locked, secure Dialectical Behavioral Therapy (DBT), that is covered under most insurance policies. Our program was created for children and adolescents, ages 6-20 with pervasive emotional, behavioral or psychiatric problems that impact youth's functioning in home, school and community. Diagnoses include, but not limited to Bipolar, borderline features, self-harming behaviors, substance abuse ADHD, anger management, ODD and PTSD. Children and adolescents who have not been amenable to previous treatment efforts can often benefit from intensive evidenced-base DBT treatment.

The Midwest Center and South Shore treatment components 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. Midwest Center and South Shore therapist will facilitate wrap-around services for continued outpatient follow-up.

Individual Psychotherapy Available: *Yes*
Accreditation, Licensure: *Indiana Department of Child Services; Joint Commission; Midwest Academy*
Professional Affiliations: *NATSAP-Full Member; National Association of Psychiatric Health Services (NAPHS); National Alliance on Mental Illness (NAMI); Indiana Association of Children & Family Services.*