

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

For more information on how we can help,  
call **614.689.3504**.

All calls are 100% confidential.



## Selah House

OUTPATIENT

*Columbus*

**Selah House Outpatient - Columbus**  
495 Metro Place Suite 330 South,  
Dublin, OH, 43017

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



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



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## WHO WE ARE

Located in Ohio, Selah House Outpatient - Columbus specializes in treating adolescents (ages 16 and older) and adults (ages 18 and older) of all genders struggling with eating disorders and co-occurring mental health disorders.

We don't think of eating disorder treatment in terms of rules and regulations. Each person has a unique story, and our treatment plans are tailored to match the specific diagnosis and needs of each client. 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 achieve long-term recovery.

## WHAT WE TREAT

Selah House Outpatient-Columbus provides a serene, healing environment to help those who suffer from eating disorders and other co-occurring body-related issues. We treat the following disorders:

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

## LEVELS OF CARE

### PARTIAL HOSPITALIZATION PROGRAM (PHP) | (AGES 16+)

Our PHP is the most comprehensive outpatient program available, providing intensive psychotherapeutic treatment and support in a less restrictive setting than inpatient care. PHP helps prevent hospitalization and also provides a solid bridge for those stepping down from hospitalizations or residential treatment programs. PHP meets in person five days a week for six hours a day.

### INTENSIVE OUTPATIENT PROGRAM (IOP) | (AGES 16+)

Providing a higher level of support, our IOP is designed to help individuals who are experiencing an increase in distressing symptoms and behaviors or who aren't progressing in traditional outpatient services. The extra treatment and support foster meaningful improvement and create a solid foundation for clients before they transition to community treatment. IOP meets in-person or virtually three to five days a week for three hours a day.

### VIRTUAL INTENSIVE OUTPATIENT PROGRAM (V-IOP) | (AGES 16+)

Our V-IOP is a convenient and COVID-safe treatment option that mirrors the experience and support of our in-person program. V-IOP meets for three hours a day, three to five days a week.

## OUR PROGRAM

### CUSTOMIZED TREATMENT

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

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

### COMPASSIONATE CARE

Our licensed clinicians utilize a trauma informed approach and evidence-based therapies to provide holistic treatment. Therapies include, but aren't limited to:

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

Additionally, we are proud to be an LGBTQ+ affirming environment and are proud to be inclusive of all religious preferences.

## COLLABORATIVE ENVIRONMENT

Board-certified psychiatrists oversee treatment, conduct psychiatric evaluations, and offer medical consultations. Through privileged clinical partnerships, community providers continue to serve as an extension of each client's treatment team

## HOW TO GET STARTED

Call us at 614.689.3504 to speak with our Admissions Team about treatment options and next steps. Our knowledgeable and compassionate team can answer your questions about treatment, including payment options, and will guide you through the next steps of the recovery process.

## PAYING FOR TREATMENT

Selah House Outpatient-Columbus offers a variety of payment options including in-network, out-of-network, and private-pay rates. Call us at 614.689.3504 to discuss financial and insurance options.

