



Selah House

OUTPATIENT

Cincinnati



WHO WE ARE

Located just northeast of Cincinnati in Mason, Ohio, Selah House Outpatient - Cincinnati 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 (ARFID)
- Binge Eating Disorder
- Bulimia Nervosa
- Compulsive Exercise Disorder
- Otherwise Specified Feeding or Eating Disorder (OSFED)

LEVELS OF CARE

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

PHP serves to prevent hospitalization as well as provides a solid bridge for those stepping down from a hospitalization or a residential treatment program. Our PHP meets in person five days a week for six hours per 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. Our IOP meets in-person three to five days a week for three hours a day. We also offer a separate IOP for adolescents, ages 12-18.

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

This convenient and COVID-safe treatment option fosters meaningful improvement and provides a solid foundation for clients transitioning back to traditional outpatient treatment. Our V-IOP is offered only in the evenings for residents throughout Ohio on Mondays, Wednesdays, and Thursdays from 5:00 pm to 8:00 pm EST.



OUR PROGRAM

CUSTOMIZED TREATMENT

We provide customized care that's designed to meet each client's specific needs and unique goals. Our treatment team partners with clients and their families to design treatment plans that provide a successful pathway to recovery. Treatment can include:

- Psychotherapy groups
- Individual and family therapy
- Nutrition education, meal planning and support
- Medication management
- Aftercare planning and assistance.

COMPASSIONATE CARE

In a supportive and healing environment, we take a whole-person, trauma-informed approach to treatment using evidence-based modalities that facilitate progress from clinical care towards independent self-care, including:

- 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

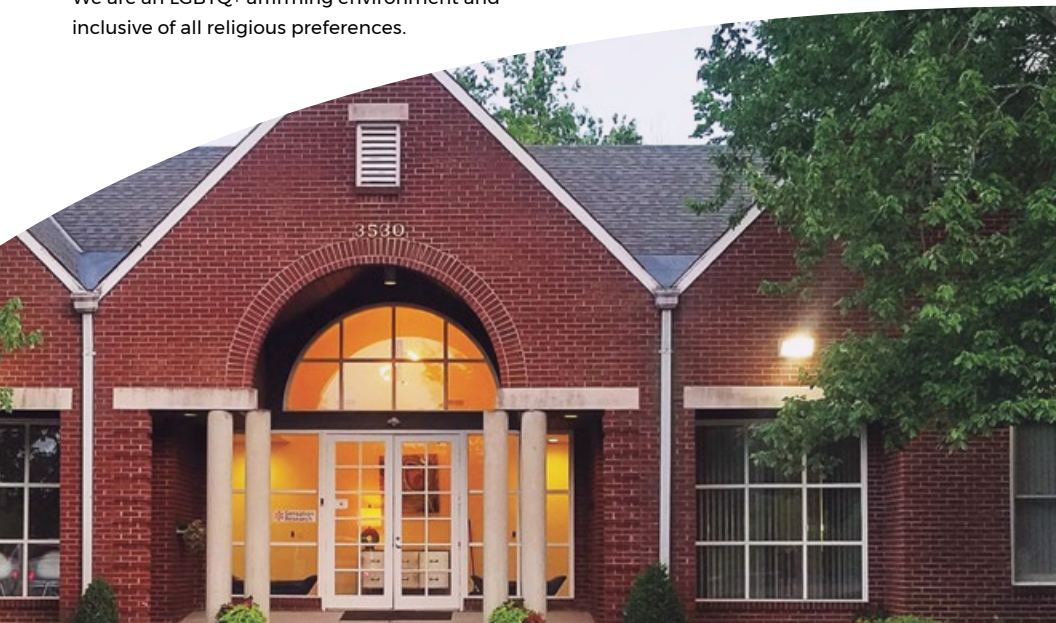
Experienced clinicians provide multidisciplinary treatment utilizing medical, nutritional, psychological, and psychiatric interventions. Our treatment philosophy values collaboration with the community, including regular education and coordination with outpatient providers, family members, and other members of each client's support system. The two-way communication with each client's community ensures clients receive seamless continuity of care as they transition into and out of our program.

HOW TO GET STARTED

Call us at 513.540.3938 to speak with our admissions team about treatment options and next steps. They can answer questions about treatment, provide information about the available payment options, and guide you through the next steps of the process.

PAYING FOR TREATMENT

Selah House Outpatient - Cincinnati offers a variety of payment options including in-network, out-of-network, and private-pay rates. Call us at 513.540.3938 to discuss financial and insurance options.



Selah House Outpatient - Cincinnati 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 **513.540.3938**.

All calls are 100% confidential.



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Selah House Outpatient - Cincinnati
3530 Irwin Simpson Rd, Suite B
Mason, OH 45040

odysseyoutpatient.com/cincinnati



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