



Selah House

OUTPATIENT

Jeffersonville



WHO WE ARE

Located just across the river from Louisville in Jeffersonville, Indiana, Selah House Outpatient - Jeffersonville 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 Outpatient - Jeffersonville 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
- Body Dysmorphic Disorder
- Bulimia Nervosa
- Compulsive Exercise Disorder
- Otherwise Specified Feeding or Eating Disorder (OSFED)

LEVELS OF CARE

PARTIAL HOSPITALIZATION PROGRAM (PHP) | (AGES 12+)

PHP serves as a preventive program to hospitalization, as well as a solid bridge for those stepping down from hospitalizations or residential treatment programs. Our PHP meets in-person five days a week for six hours per day. Additionally, we have separate PHP treatment for adolescents (12 to 18 years).

INTENSIVE OUTPATIENT PROGRAM (IOP) | (AGES 12+)

Our intensive outpatient program (IOP) helps clients who are experiencing an increase in distressing symptoms/behaviors or aren't progressing in traditional outpatient services. Providing a step-down level of care from PHPs, the extra treatment fosters meaningful improvement and creates a solid foundation for clients transitioning to community treatment. Our IOP meets in-person three to five days a week for three hours per day. We also offer a separate IOP for adolescents (12 to 18 years).

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

Provided throughout Indiana and Kentucky, our evening V-IOP is a convenient virtual program offered only in the evenings on Mondays, Wednesdays, and Thursdays from 5:00 pm to 8:00 pm EST.



OUR PROGRAM

CUSTOMIZED TREATMENT

Our 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:

- 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

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 TO GET STARTED

Call us at 812.393.2761 to speak with our admissions staff about treatment options and next steps. They can answer any treatment and payment questions and guide you through the next steps.

PAYING FOR TREATMENT

Selah House Outpatient - Jeffersonville 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 outpatient 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**.

All calls are 100% confidential.



Selah House

OUTPATIENT

Jeffersonville

Selah House Outpatient - Jeffersonville
4500 Town Center Boulevard, Suite 103
Jeffersonville, IN 47130

odysseyoutpatient.com/jeffersonville



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