



Selah House

Reclaim Freedom

At our Christ-centered eating disorder treatment center in Indiana, we support adolescent (12+) and adult women in achieving lasting recovery from anorexia, bulimia, and other eating disorders. With individualized treatment plans and evidence-based therapies, we focus on the whole person and not just the symptoms to promote long-term healing.

Our Levels of Care

The Selah House continuum of care includes

- Inpatient Treatment
- Residential treatment
- Partial hospitalization program (PHP)
- Aftercare Programming

Christian Programming

Selah House's Christian Eating Disorder Treatment Center integrates faith-based guidance with clinical treatment, offering a comprehensive approach to recovery. Programs include individualized therapy, medical and nutritional support, and holistic options such as equine-assisted therapy, mindful movement, and art. Clients are also supported in their faith journey by a dedicated team member who helps them grow spiritually while healing emotionally and physically.

What We Treat

- Anorexia nervosa
- Bulimia nervosa
- Binge eating disorder (BED)
- Other specified feeding or eating disorder (OSFED)
- Purging disorder

How We Treat

At Selah House, our therapy services support healing of the mind, body, and spirit. We combine compassionate care with proven treatments to help women and girls achieve lasting recovery.

- Holistic Approach
- Nutritional Therapy
- Spiritual Therapy
- CBT
- DBT
- ACT
- ERP
- Individual Therapy
- Group Therapy
- Family Therapy
- Medical Nutritional Therapy
- Art Therapy
- Equine Therapy
- Yoga

Selah House holds top-level accreditation from CARF® International and The Joint Commission.





Flexible Payment Options

Selah House works with all major insurers and is in-network with several health plans. Before admission, our team creates a clear financial plan and works directly with insurance providers to maximize benefits, so clients can focus fully on recovery.

- Aetna
- Ambetter
- Anthem/Blue Cross Blue Shield
- CareSource
- Humana
- MultiPlan/PCHS
- Parkview Signature Care
- Physicians Health Plan of Northern Indiana
- UnitedHealthcare & affiliates (Optum, UMR, etc.)

Selah House is proud to be a participating provider in the VA Community Care Network (NPI # 1699974568).

Please note that we do not accept Medicare or Medicaid.



Emily Auten

Therapist and Christian Program Lead

In addition to serving as a primary therapist, Emily Auten has stepped into the role of offering pastoral care at Selah House. Along with being a Licensed Clinical Social Worker, Emily brings multiple years of experience serving in a pastoral role within her church's youth program. Over the past several months, she has played an integral part in building energy around our Christian Programming for clients seeking faith-based care. Emily is deeply committed to helping clients draw on their faith as a source of hope and strength in recovery.

