

MISSION STATEMENT

“The mission of Elmhurst Home, Inc. is to provide person-centered, stage-matched, evidence-based, and Recovery Orientated Systems of Care for persons with substance use disorders ad mental health issues.

EHI specializes in residential treatment, outpatient, prevention services, recovery housing, and recovery services for persons with a substance use disorder including persons with co-occurring disorders.

Our primary goal is to assist each person served in achieving and maintaining recovery and improving every aspect of their quality of life.”

ABOUT ELMHURST HOME INC.

Elmhurst Home, Inc. is a non-profit 501(c)3 organization that provides "Recovery with Dignity" for men and women who have issues with substance abuse, mental health, and criminal conduct. Birthed from the vision and passion of James and Naomi Oden, to help those in need, Elmhurst Home, Inc. has delivered high-quality, effective addiction treatment since 1972.

It is our aim to serve our client's physical, mental, and emotional needs on the road to recovery. Call today for more information (313) 867-1090, ext. 101. At Elmhurst Home we believe that everyone deserves to live their best life, free from the constraints of substance abuse, mental health challenges, and unstable housing. We are here to listen, support and empower you!

NO ONE IS TURNED AWAY FOR AN INABILITY TO PAY AND THERE IS A DISCOUNTED/SLIDING FEE SCHEDULE AVAILABLE BASED ON FAMILY SIZE AND INCOME.

NON-DISCRIMINATION POLICY

Elmhurst Home, Inc complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Elmhurst Home, Inc. does not exclude people or treat them differently because of race, color, national origin, age, disability, sexual orientation, religion, sex, gender identity, or Inability to pay, and whether payment would be made under Medicare or Medicaid.

LOCATIONS

Elmhurst Home, Inc. is a 24 Hour Residential and Outpatient Services, Substance Use Disorders and Mental Health Treatment Center. Our multi-campus treatment centers offer gender-specific treatment.

MEN'S TREATMENT FACILITY

James Oden Center
12007 Linwood, Detroit, MI 48206 | (313) 867-1090

WOMEN'S TREATMENT FACILITY

Naomi's Nest
245 Pitkin, Highland Park, MI 48203 | (313) 865-1500

ADMINISTRATIVE OFFICE

Monday - Friday | 8:00 AM - 4:30 PM
12010 Linwood, Detroit, MI 48206

John C. Oden, Executive Director
Sarina Oden, Chief Operating Officer

MAILING ADDRESS

P.O. Box 2981, Detroit, MI 48202

ACCESS CENTER 1-800-241-4949

Serving this community for
over 50 years!



(313) 867-1090

www.ehinc.org

Serving our Client's Physical, Mental, and
Emotional Needs on the Road to Recovery

**DIALECTICAL BEHAVIOR
THERAPY (DBT)**

DIALECTICAL BEHAVIOR THERAPY (DBT)

Dialectical Behavior Therapy (DBT) is all about finding balance and making positive changes. It's like balancing on a seesaw to make things better. We learn to accept ourselves while also working on improving. We avoid doing harmful things while aiming for balance in life. We use techniques to understand our feelings and solve problems. We also learn new skills to cope with tough situations. Therapy is a team effort between the therapist and the person getting help. The goal is to help people lead happier lives by finding balance, accepting themselves, solving problems, and making positive changes.

The main idea of DBT is about putting together opposite ideas to find a balance between accepting who you are and wanting to make changes in your life. You may talk with a therapist one-on-one and also in groups where you can learn these skills together. The big goal of DBT is to help you have a life that feels good by creating a life worth living.



DBT Programming Philosophy

EHI recognizes DBT as a highly effective EBP that utilizes a holistic approach to address dialectical thinking, skills-based interventions, individualized treatment, mindfulness practices, validation, and support provided by a collaborative team who undergo continual evaluation and adaptation to help empower individuals to ensure wellness from the harmful effects of substance use and mental health challenges. Through DBT, we strive to help clients build “a life worth living”.



Some important parts of DBT:

Dialectics: This means blending different ideas that seem opposite. For example, being okay with yourself as you are, and also understanding when you need to make changes.

Mindfulness: This is about paying full attention to what's happening right now. It's being in the moment, noticing things without judging them. Learning mindfulness can help you understand and control your emotions better.

Distress Tolerance: DBT teaches skills to handle tough situations without doing things that might hurt you. These skills include finding ways to distract yourself, doing activities that comfort you, and learning to deal with pain or tough times without making them worse.

Emotion Regulation: This skill teaches you how to know and manage your feelings, and helps you find better ways to handle strong emotions and healthily express them.

Interpersonal Effectiveness: DBT teaches how to communicate well, be assertive, and manage relationships with others. It's about balancing your needs with the needs of those around you and building positive connections.