Addiction & Co-Occurring Disorders Center
The Center was created to treat adults with addictions to a variety of substances including alcohol, cocaine, prescription opioids, heroin and marijuana. Our approach to treatment is abstinence-based, but when necessary, we will provide medication-assisted treatments. These include medications that have been shown to significantly reduce the risk of relapse, or that are indicated in the treatment of a co-occurring psychiatric disorder.

Each patient who comes to Silver Hill receives a thorough psychiatric evaluation and a treatment plan suited to their needs. That plan may include:

- Medical Detoxification
- Pharmacologic Therapies
- Individual and Group Counseling
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy (DBT)
- Twelve-Step Meetings

Addressing complex disorders that occur together

Addiction is a complex disease with both emotional and physical components. It is characterized by substance use that is compulsive or difficult to control despite negative or harmful consequences.

There is often a simultaneous psychiatric disorder that occurs along with addiction, such as anxiety, depression or bipolar disorder, which can make treatment even more challenging. Because Silver Hill is a psychiatric hospital, it is uniquely qualified to treat these co-occurring disorders. Each patient receives a level of care that corresponds to their level of need in a warm, supportive, homelike atmosphere designed to promote healing and recovery. From inpatient, to transitional living to intensive outpatient treatment, we have everything they need all on one campus.
Inpatient treatment

Many patients begin treatment in our inpatient level of care. They may be admitted for detoxification from alcohol, prescription medications or other substances. Simultaneous treatment of symptoms related to co-occurring psychiatric disorders is also provided as needed. The goals of this level of treatment are diagnostic assessment, safe detoxification, symptom reduction and stabilization. The average length of stay is 5-7 days, and inpatient treatment is usually covered by health insurance.

Transitional living

During this phase of treatment, patients reside on campus in a home-like setting where the focus is on developing a psychological understanding of their condition and new behavioral skills to manage the recovery process. And because a woman’s experience with addiction and psychiatric disorders can be different from a man’s, we have created a specialized program for women only, where treatment is led by women and includes therapies geared towards women. The length of stay for this phase of treatment is 4 weeks, but many patients often extend their treatment. This program is self-pay.

Patients who complete the residential Transitional Living Program are offered our Recovery Support Program for 12 months after discharge. The goal is to facilitate a smooth transition from treatment to recovery and increase the likelihood of continued recovery.

Outpatient treatment

This level of care is for patients diagnosed with an addiction who do not require residential treatment, but do need counseling and skill building to function effectively and maintain their sobriety. We offer two 6-week outpatient programs that meet three days a week and are usually covered by insurance. The Outpatient Addiction Program also provides outpatient detoxification for patients who meet daily with our clinical team to ensure a smooth and safe transition into recovery.

What patients take away

When patients complete treatment at Silver Hill they leave with the psychological understanding and behavioral skills necessary for a successful recovery. They are equipped with the ability to manage emotions, identify triggers, prevent relapse, and improve self-esteem. Our patients have a high level of satisfaction with their treatment, and a low level of relapse after it.

We encourage family participation

Psychiatric and addiction disorders can have a profound effect on the entire family. That’s why our licensed clinicians facilitate regular meetings with family members. We also have programs to support families with information, education and counseling on how to best help their loved ones throughout their recovery.

We offer an intensive 4-day Addiction and Co-Occurring Disorders Family Program that provides the opportunity to learn about the assessment, diagnosis and treatment of addictions. The program also includes education on relapse prevention and aftercare strategies, communication and conflict resolution, and allows families to meet others in similar situations.

Our treatment team

Our multispecialty treatment team has the expertise and experience to treat even the most complex presentations. The team includes several full-time psychiatrists with addiction certification as well as licensed clinical social workers, psychiatric nurses and certified drug and alcohol counselors.

Wellness services

Patients in the transitional living program may also make use of our Wellness Services which offer a holistic approach to recovery in recognition of the integration of body, mind and spirit. Services include yoga, acupuncture, personal fitness training, meditation and massage therapy. These alternative therapies are meant to be complementary to traditional medical care, not a substitute for it. These services are available for an additional cost.

Aftercare planning

At Silver Hill we take what happens after patients leave us as seriously as the time they have spent with us. From day one, our clinical staff works with patients and their families to create a safe, healthy, and meaningful discharge plan. This may include further residential treatment, intensive outpatient treatment, or scheduled appointments with community-based physicians and therapists.
Silver Hill is
• An independent not-for-profit psychiatric hospital
• Three levels of care all on one campus: inpatient, residential and outpatient
• A safe, healing environment
• Patient-focused, evidence-based therapies
• Caring, compassionate, highly-skilled staff
• Support for families
• A trusted partner to referring clinicians
• 6 Centers of clinical expertise
• An 85-year legacy of experience
• Licensed by the State of Connecticut
• Accredited by The Joint Commission
• Affiliated with Yale University School of Medicine, Department of Psychiatry

To find the appropriate program or begin the process of arranging for treatment, please see the following contact information.

Silver Hill Hospital
208 Valley Road
New Canaan, CT 06840
866 542 4455
contactus@silverhillhospital.org
silverhillhospital.org