Exceptional Care in an Exceptional Setting

Silver Hill Hospital is an academic affiliate of Yale University School of Medicine, Department of Psychiatry.
SILVER HILL HOSPITAL HIGHLIGHTS

• A complete psychiatric hospital focused solely on diagnosis and treatment
• Expertise and experience in treating psychiatric, addiction and co-occurring disorders
• Extensive range of specialized treatment programs
• An experienced, licensed staff and a high staff-to-patient ratio
• Extensive family involvement and support
• Commitment to quality and patient safety
• Physical environment that supports recovery
• Seven Residential Transitional Living Programs
  Addiction Disorders
  Adolescent Dialectical Behavior Therapy
  Chronic Pain and Recovery
  Co-Occurring Disorders
  Dialectical Behavior Therapy
  Eating Disorders
  Persistent Psychiatric Disorders

Because we are a psychiatric hospital, we can address complex and difficult-to-treat disorders that often occur together.
HELP AND HEALING

Addiction and Co-Occurring Disorders
Treatment at Silver Hill Hospital

Silver Hill Hospital is an independent, not-for-profit psychiatric hospital — and one of the few such designated facilities in the country. Known for our compassionate and individualized approach to treatment, Silver Hill Hospital has been restoring mental health since 1931. Comprehensive psychiatric and addiction treatment services are provided in a team approach: highly qualified psychiatrists work closely with specialized nurses, social workers and other caregivers. Our staff is truly devoted to providing empathetic care for each patient and support for the family. Our beautiful setting — a 42-acre country campus in New Canaan, Connecticut — creates a warm, homelike environment that is further conducive to the healing process.
PROGRAM HIGHLIGHTS

Full continuum of care:
Inpatient Detox, Transitional Living Programs, Intensive Outpatient Programs

Treatment for addiction and co-occurring disorders often begins in our inpatient level of care. Patients are admitted for detoxification from alcohol, prescription medication and other substances. Simultaneous treatment of psychiatric symptoms is also provided for mood and other psychiatric disorders as needed. The goals of this phase of treatment are symptom reduction and medication management. This phase of care is generally covered by insurance.

After the initial treatment phase, patients move on to our Transitional Living Program. They reside on campus as they focus on developing a psychological understanding of their illness and developing new behavioral skills to manage their recovery process. The length of stay for this phase of treatment is 4 weeks, and some patients extend their treatment beyond this minimum. This program is self-pay – a small portion of the program may be covered by insurance. Our staff will help you determine if you have this benefit.

Treatment includes:

- Structured 14-hour daily schedule
- Group therapy, including psychoeducational, skills and process groups
• Twelve-Step Meetings: Women’s AA, Dual Diagnosis Anonymous, Caduceus AA, Al-Anon, AA and NA
• Gender-specific groups
• Psychopharmacology and medication assisted treatment for opioid addiction, when clinically indicated
• Intensive 4-day family program
• Recovery Support and Follow-up Service
• Recreational activities
• Nutritional consultation and eating disorder groups, when clinically indicated
• Cognitive Behavioral Therapy
• Dialectical Behavior Therapy
• Wellness services (optional)

FAMILY PROGRAM
Psychiatric and addiction disorders can profoundly affect not only the individual, but their families as well. Family members and significant others are encouraged to participate in the intensive 4-day family program to learn about the assessment, diagnosis and treatment of addictions and mood disorders. The program includes education about relapse prevention and aftercare strategies, communication strategies, conflict resolution and the opportunity to speak with other families in similar situations. Information on the neurobiology of addiction and
mood disorders and medication education is also included in this program. Weekly Al-Anon meetings are also available on campus.

RECOVERY SUPPORT AND FOLLOW-UP SERVICE
The goals of the Recovery Support and Follow-Up Service are to facilitate a smooth transition from treatment to recovery and to increase the likelihood of continued recovery during the first critical year. We accomplish this through an enhanced process of communication that supports the patient in his/her efforts to cultivate recovery and nurture a rich quality of life.

INTENSIVE OUTPATIENT PROGRAMS
The final phase in our continuum of care is the Intensive Outpatient Programs. Patients live at home and return to the hospital for group therapy led by licensed clinicians. Programs include Addiction/Co-Occurring Disorders, Dialectical Behavior Therapy Skills Groups and Women’s DBT and Safe Relationships.

MULTIDISCIPLINARY TREATMENT TEAM
- Full-time Psychiatrists, on-site 24-hours a day
- Licensed Clinical Social Workers
- Nurses and Dietitians
- Residential Counselors
- Recreation Therapists
ACCOMMODATIONS
Patients share double rooms and private baths in our gender specific housing. Women reside in Barrett House and men in Scavetta House.
ACCREDITATION
Silver Hill Hospital is licensed by the State of Connecticut and accredited by the Joint Commission.

ADMISSION
To begin the admissions process, please call us at 800.899.4455, ext. 4 to speak with one of our admissions clinicians. We will complete an intake and also collect demographic and insurance information. Once completed, the patient will be scheduled for an admission assessment.

Silver Hill Hospital
208 Valley Road
New Canaan, CT 06840

Toll free 800.899.4455
Admissions ext. 4
Admissions Fax 203.801.3451 or 203.966.1075

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