Silver Hill Hospital is an academic affiliate of Yale University School of Medicine, Department of Psychiatry.
Adolescent Treatment at Silver Hill Hospital

Silver Hill Hospital is an independent, non-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.

The vision of our adolescent treatment programs is to establish a collaborative relationship with each of our patients, their families and their clinicians in the community. We will build on these connections to support the patient, with the family’s help, in achieving meaningful emotional growth.

Our adolescent multidisciplinary team is comprised of highly motivated and specially trained professionals committed to enhancing the mental health of teens and families in crisis. We provide evidence based psychotherapy, psychopharmacology, family treatment, educational assessments and interventions that cooperatively, compassionately and systematically help teens in need of care. We are committed to every patient and family and possess the experience, drive and capacity to implement the highest quality care possible.

VALUES

• Compassion
• Collaboration
• Family-centered care
• Integrity and professionalism
• Accountability and transparency
• Safe and positive therapeutic environment
• Scholarly clinical excellence
• Best possible outcome
ADOLESCENT SERVICES HIGHLIGHTS

• Integrated psychiatric diagnostic evaluation
• Multi-disciplinary team, including a board certified child and adolescent psychiatrist and two licensed clinical social workers to treat a small clinically appropriate population
• Expert Dialectical Behavior Therapy for adolescents provided by intensively trained clinicians
• Commitment to rigorous DBT-informed family work
• Licensed teachers collaborate with each patient’s school and help patients keep up with their individualized academic work
• Experience-informed individualized aftercare planning
• Adjunctive treatments include writing, art, horticulture, drumming and recreation therapy
• Comfortable, homelike environment with outstanding amenities
• Psychiatrist available 24-hour onsite for urgent care
• Academic affiliate of the Yale School of Medicine, Department of Psychiatry
PROGRAM HIGHLIGHTS

Inpatient Treatment
The Adolescent Inpatient Unit conducts assessments, engages families and provides acute psychiatric treatment for teens and families in crisis. The team collaborates with referring physicians and therapists in developing inpatient and aftercare treatment plans. The unit provides comfort, stability, behavioral and pharmacologic treatment as needed and a nurturing environment in a time of crisis. The unit is staffed by a board certified child and adolescent psychiatrist, social worker and nursing staff. The typical length of stay is five to seven days and treatment is usually covered by insurance.

Residential Treatment
When five to seven days of treatment is not enough, we offer a six-week, ten bed residential Adolescent Transitional Living Program (ATLP) for males and females ages 13 through 17. We admit patients to the ATLP who have mood disorders, anxiety disorders and co-occurring eating or substance use disorders and a wide array of other behavior problems. Our program is rooted in Dialectical Behavioral Therapy (DBT), an evidence based treatment. We have adapted the DBT model for the residential setting.
by training our masters’ level residential counselors as DBT skills coaches. Adolescents learn skills from the DBT core modules: Mindfulness, Emotional Regulation, Interpersonal Effectiveness, Distress Tolerance and Walking the Middle Path. Additional treatments include individual and group psychotherapy, medication management, significant family involvement, creative arts therapy and individualized educational support.

The minimum length of stay at the ATLP is six weeks. A portion of the cost is covered by insurance and our insurance utilization review team assists families whenever possible. Most of the program cost is self-pay.

**Psychiatric Evaluation**

Psychiatric treatment is based on a thorough evaluation of each adolescent’s strengths and limitations. Our evaluation process engages the active participation of the teen, his/her family, the staff of the ATLP, the teen’s community therapists, the ATLP’s education services and, if indicated, additional consultants. When we have sufficient information – usually several weeks into the program – we gather as many of the participants as are available and discuss the findings. This evaluation meeting leads to: 1) a written report that serves as the basis for further treatment planning; and 2) a valuable and enlightening experience for the teen and family.

**FAMILY INVOLVEMENT**

Fundamental to the teen’s success in the program is a collaboration with the family. Like medical illnesses, psychiatric illnesses are a family affair and as such we dedicate time to understanding and helping the family system. In addition to regular family meetings, our Program Manager runs a weekly multifamily DBT skills group for parents that teaches the same skills that the teens are learning. Families also participate in the Adolescent Family Program. The goal of this full-day program is to provide families with support, education, and coping strategies – all in the service of helping their teen.
TREATMENT INCLUDES:
• Weekly individual DBT psychotherapy
• Daily group DBT skills training
• Supportive and closely monitored milieu
• Daily community meeting, mindfulness and DBT skills coaching
• Psychiatric management
• Twice weekly family involvement
• Nutrition therapy and dietary consults
• Recreational activities, including West African drumming, creative writing, art therapy, tai chi, yoga, full gym and indoor pool

THE TEAM
The primary clinical team has been intensively trained in DBT and includes a board-certified child and adolescent psychiatrist, two licensed clinical social workers, and masters level residential counselors who manage the milieu. In addition, we consult with a neuropsychologist, internal medicine specialists and nursing, education consultants and attorneys as

‘It’s a very supportive environment and our teens experience it that way.’
needed. The team also includes a director of education, credentialed teachers, an art therapist, music therapists, recreational therapists and creative writing, tai chi and yoga instructors.

**ADOLESCENT IOP**

Our Adolescent Intensive Outpatient Program (IOP) is a 6-week program that provides care for teens, who are able to live at home, yet require psychological treatment and skill building to function more effectively. Dialectical Behavior Therapy (DBT) is the core treatment modality. DBT helps teens manage powerful emotions, find more effective ways of coping with stress and improve interpersonal relationships. Families engage in the treatment weekly, attending a multi-family DBT skills group. Our program requires that patients maintain a therapeutic relationship with a community-based therapist and psychiatrist for medication management, when indicated.
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.

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Admissions ext. 4
Admissions Fax 203.801.3451 or 203.966.1075

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