

SILVER HILL HOSPITAL

CHRONIC PAIN
AND RECOVERY CENTER



Exceptional Care in an Exceptional Setting



SILVER HILL HOSPITAL

RESTORING MENTAL HEALTH SINCE 1931

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

HELP AND HEALING

Treatment for Chronic Pain and Co-Occurring Disorders 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.





CHRONIC PAIN AND RECOVERY CENTER

Putting Pain Control Under Your Control

The Chronic Pain and Recovery Center (CPRC) is for individuals with long-standing chronic pain when their past and current treatments have not provided adequate relief; or when the use of large amounts of opiate pain medication is causing problems in their lives; or when depression, anxiety or other emotional problems are complicating their recovery from chronic pain.

The goals of the CPRC program are to:

- Reduce your experience of pain
- Markedly reduce or, if possible, eliminate your dependence on opioid pain medication
- Increase your ability to function more effectively in your day-to-day life
- Improve your quality of life
- *And most importantly, put the control of your pain where it belongs – under your control*

Can you expect to become free of pain through our Chronic Pain and Recovery program?

Some patients leave our program pain free, but more often two things happen: patients experience a significant reduction in chronic pain; and patients learn to take control of any residual chronic pain so they are much less limited by it and are able to lead fuller, more rewarding lives.



Can you expect to become opiate-free through our Chronic Pain and Recovery program?

We believe that being opiate-free is often the best course but may not be the best plan for your particular chronic pain problem. While most patients in our program can achieve total abstinence from opiates many will need a treatment plan that includes low-dose opiate pain medication. In that case we will teach you how to manage on a low dose – and how to keep it there. For others their final chronic pain treatment plan may include the medication buprenorphine (Suboxone), a partial opiate that provides pain relief for those who need it and also helps you avoid returning to full-strength opiate medication if your treatment plan does not include it.

THE TREATMENT PROGRAM

The treatment program is multidisciplinary and the treatment staff includes psychiatrists, psychologists, a social worker, pain doctors, a physical therapists, residential counselors and dietician.

Treatment begins with an extensive diagnostic evaluation of your current pain problem and any co-occurring illnesses that may be impeding your recovery. It includes a review of past treatments and leads to a new treatment plan for you.

We typically start with a careful, medically managed reduction in the opiates you are taking because very often long-term use of high doses of opiate medication can make the pain worse instead of better. We want to learn – and want you to learn – what you need.

Chronic pain often limits physical activities leading to weakness and poor physical conditioning. This can lead to a downhill spiral of ever worsening physical conditioning, more discouragement – and worsening pain. Our physical therapist designs a reconditioning plan for each patient, implemented in our pool and gym four mornings each week. This usually has a significant impact not just on your physical health and mental health and but on your pain as well.

The afternoons are taken up with group session in which you learn techniques for controlling your pain, including – mindfulness training to teach you the emotional composure and control necessary for managing your pain; cognitive behavioral therapy (CBT) to help you change harmful habits of thought and give you techniques for managing life changes; and Acceptance and Commitment Therapy (ACT) to teach you how to achieve what you value most in your life.

Evening sessions offer meditation, qigong (the healing version of Tai Chi), and 12 Step meetings. The CPRC is proud to be the first pain center on the East Coast to include Chronic Pain Anonymous (CPA); patients can attend 2 CPA meetings weekly at the hospital.

You will have individual counseling sessions with our psychologists at least twice a week, and you

Chronic Pain and Recovery Center Group Room



ACCOMMODATIONS

Patients reside in Main House
and attend groups in the Martin Center.

will have scheduled visits with our psychiatrist. Our full-time CPRC psychiatrist will work with you to help implement your treatment plan and provide the medications you may need while you are here. Silver Hill Hospital has physicians on site 7 days a week, 24 hours a day.

FAMILY INVOLVEMENT IN THE CHRONIC PAIN TREATMENT PROCESS

Whenever possible, the Chronic Pain and Recovery Center wants to include families in the chronic pain treatment process. Over the course of your treatment with us, you have the option of participating with your family in a 1-day Family Program designed to provide family support education on chronic pain and communication skills.

For those patients who require treatment for substance use or addiction, we provide the opportunity to participate in an intensive 4-day Family Program with other transitional living patients and their families. Saturday and Sunday focus on education for family members and our patients then join them on Monday and Tuesday for facilitated family therapy.

Whichever program you choose (or is right for you), our experience is that families find them extremely beneficial.

AFTERCARE PROGRAM

The Chronic Pain and Recovery Center Aftercare Program is a unique, elective, year-long outpatient support program open to graduates of the Transitional Living Program. Patients return to the hospital regularly to sustain and advance the gains made during the course of chronic pain treatment. Exercise routines can be modified, a support network with current and aftercare patients is built, and emergent problems are addressed with patients, their families, and their community clinicians.

Separately, you can take advantage of our 12-month, post-discharge follow-up program that utilizes regular telephone contact with support counselors.



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

Our program addresses the whole person and fully integrates treatment for chronic pain and co-occurring disorders. Treatment is comprehensive and individualized to meet the needs of each patient.



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

www.silverhillhospital.org



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