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

The program is staffed 24-hours a day with DBT-trained personnel. Under the guidance of this staff, patients have the opportunity to apply the skills and coping strategies they learn – as they learn them.
HELP AND HEALING

Dialectical Behavior Therapy Program 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

Our Dialectical Behavior Therapy (DBT) Program is for women and men struggling with intense emotions, impulsivity, and harmful behaviors, often including self-harm. DBT is a highly structured form of behavioral therapy that teaches patients the skills necessary to regulate emotions, avoid self-destructive behaviors and improve interpersonal relationships.

Patients reside on campus in a house that is staffed 24-hours a day with DBT-trained personnel. Under the guidance of this staff, patients have the oppor-

Patients are monitored closely by their psychiatrist with weekly visits or more frequently as needed.
tunity to apply the skills and coping strategies they learn – as they learn them. Most team members are intensively DBT-trained and all participate in a weekly consultation team.

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
• Individual DBT psychotherapy sessions
• Daily group skills training and skills homework review
• Daily mindfulness meditation groups and DBT skills coaching
• Psychopharmacology, when clinically indicated
• AA and NA meetings
• Nutritional consultation and eating disorder groups, when clinically indicated
• Recreational activities
• Wellness services (optional)
Patients learn the five core DBT modules:  
**Mindfulness:** observing thoughts and feelings in the moment and realizing there’s a choice in how to respond.  
**Emotion Regulation:** learning to more effectively control one’s emotions and become less reactive to people and situations.  
**Interpersonal Effectiveness:** how to maintain relationships, meet personal needs and preserve self-respect.  
**Distress Tolerance:** an “acceptance strategy” to help tolerate intense emotions without engaging in problematic behaviors.  
**Middle Path:** more effectively managing extreme behavior to achieve greater balance in life.  

…patients love when they learn that they have the option to not over-react to situations.
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 two or three days a week for skills training groups led by licensed clinicians. Programs include DBT Skills Groups and Women’s DBT and Safe Relationships.

MULTIDISCIPLINARY TREATMENT TEAM
• Full-time Psychiatrists, onsite 24-hours a day
• Licensed Clinical Social Workers
• Nurses
• Residential Counselors
• Dietitians
• Recreation Therapists

FAMILY SUPPORT
Families may meet with the patient’s social worker, psychiatrist or other members of the treatment team who are involved in treatment and discharge planning. DBT education is provided to family members and significant others during the weekly DBT family group. Silver Hill also hosts the Family Connections program several times throughout the year.

ACCOMMODATIONS
Patients reside in River House, a 12-bed residence that overlooks the Silvermine River. Patients share double rooms and private baths.
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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