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 with eating disorders.
Eating 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.
Our new Eating Disorders Program includes both inpatient and residential treatment options for men and women. The program is for adult patients suffering with a range of eating disorders and behaviors, including anorexia, bulimia, binge eating disorder, emotional eating, body dysmorphic disorder, rumination disorder, and disordered eating resulting from psychotropic medications. Many of our patients also have co-occurring diagnoses of depression, anxiety, obsessive-compulsive disorder, or addiction that requires simultaneous treatment.

Patients are provided with opportunities to learn balanced and stable eating and exercise patterns, develop greater behavioral and psychological flexibility, challenge unhealthy schemas and core beliefs, and develop a sense of self and values that extends beyond the demands of an eating disorder.

Inpatient treatment is provided for those patients who require a higher level of care. Criteria for admission to the inpatient program include: inability to control eating disorder behaviors, low weight with food refusal, and co-occurring disorders such as depression, anxiety, substance use or self-harm behaviors. Other factors include: poor level of motivation, resistance to treatment, impaired insight, inability to control obsessive thoughts, impulsive or opposi-
tional behaviors, inability to control exercise and purging behaviors, and inability to follow treatment and gain weight. Silver Hill Hospital participates with many insurance companies that typically cover inpatient treatment.

The transitional living program offers a range of therapeutic opportunities and interventions designed to interrupt maladaptive behavior patterns and promote behavioral and emotional growth and change. Treatment is comprehensive and individually tailored, with an emphasis on treating all aspects of the individual. The aim is to treat variables that cause and perpetuate the eating disorder. The minimum length of stay is 4 weeks and many patients extend their treatment. The residential program is self-pay.

Treatment Includes:
- Structured 14-hour daily schedule
- Evidence-based treatments: Cognitive Behavior Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy
- Other treatment modalities: Compassion Focused Therapy, Internal Family Systems Therapy, Schema Therapy and Art Therapy
- Exposure-based experiences: meal preparation, cooking skills, shopping experiences and restaurant outings
• Daily group therapy: mindfulness-based practices, expressive therapies, skills and process-oriented groups
• Psychopharmacology
• Nutrition counseling and psychoeducation groups
• Movement and body-oriented therapies
• Recreational activities
• Motivational system of reward
• Wellness Services (optional)

FAMILY INVOLVEMENT
Families meet with the patient’s social worker, psychiatrist and other members of the multidisciplinary treatment team who are involved in the patient’s care. In addition, patients, family members, and significant others are invited to meet together for a weekly 90-minute family forum. The weekly family forum provides an opportunity for participants to ask questions, share concerns, and process information in a safe and supportive setting. Participants will receive information regarding the latest developments in eating disorder research and development, as well as clinically relevant information about eating disorders including communication, conflict resolution, relapse prevention, and aftercare strategies. The family forum will provide strategies to facilitate the patient’s continued growth and recovery and reduce the likelihood of relapse.

Communication helps to support the patient’s growth and recovery.
ACCOMMODATIONS
The Eating Disorders Program is located on the second floor of Main House.

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.

MULTIDISCIPLINARY TREATMENT TEAM
- Psychiatrist and APRN
- Psychologist and Social Worker
- Dietitian and Dietary Technicians
- Registered Nurses, Residential Counselors and Psychiatric Technicians
- Movement and Art Therapists
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

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