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

Comprehensive psychiatric and addiction treatment services are provided in a team approach: highly qualified psychiatrists working closely with specialized nurses, social workers, therapists and other caregivers.
HELP AND HEALING

Treatment for Persistent Psychiatric 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.
PROGRAM HIGHLIGHTS

Full continuum of care: Inpatient and Transitional Living Programs

The Persistent Psychiatric Disorders Program is for patients diagnosed with psychiatric disorders such as schizophrenia or bipolar disorder. Treatment for persistent psychiatric disorders begins in our inpatient level of care. The goals of this phase of treatment are symptom reduction and medication management.

After the initial treatment phase, patients move on to our Transitional Living Program. They reside on campus and participate in cognitive remediation, psychosocial rehabilitation and medication management. 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.

COGNITIVE REMEDIATION

Cognitive remediation is a computer-based series of training programs used to increase attention, focus, motivation and other traits related to cognitive processes. Patients are assessed to determine their
cognitive strengths and deficits. Computer training is assigned to address the deficits, and patients are re-assessed at the completion of training.

PSYCHOSOCIAL REHABILITATION
Psychosocial skills taught in this program focus on developing tools for independent living, daily decision-making skills, social integration and management of time and resources. Patients also work on skills to increase self-awareness, reduce stress and improve self-confidence.

TREATMENT INCLUDES:
• Structured 14-hour daily schedule
• Group therapy, including psychoeducational and skills groups
• Medication education
• Psychosocial rehabilitation
• Cognitive remediation
• Twelve-Step work
• Psychopharmacology
• Intensive family program
• Recreational activities
• Nutritional consultation, when clinically indicated
• Cognitive Behavioral Therapy
• Dialectical Behavior Therapy
• Wellness services (optional)

**DAILY SCHEDULE**
Patients reside in Michael’s House, an eight-bed residence that fosters a family environment. They plan, prepare and eat their meals together as a community. After lunch, each patient participates in clinical groups which are led by licensed staff. Groups include building relationships, managing emotions, communication skills, healthy eating/
nutrition, problem solving and symptom management. After dinner, patients participate in groups focusing on things such as life skills and current events. A dietitian is available to address weight management issues. Patients with an addiction also participate in AA or NA meetings.

FAMILY SUPPORT
Families meet with the patient’s social worker, psychiatrist or other members of the treatment team who are involved in treatment and discharge planning. A weekly Family Program provides education, peer support and self-care. Families learn symptom management, early detection of relapse and communication skills.

MULTIDISCIPLINARY TREATMENT TEAM
- Full-time Psychiatrists, onsite 24-hours a day
- Licensed Clinical Social Workers
- Nurses
- Residential Counselors
- Recreation, Art and Horticultural Therapist
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

www.silverhillhospital.org

silverhillblog.org

Silver Hill Hospital
RESTORING MENTAL HEALTH SINCE 1931