Center for Adolescents
Treatment at the Adolescent Center is designed to cooperatively, compassionately and systematically help teens and families in need of care. From initial diagnosis through discharge planning, we collaborate with patients, families and referring clinicians to ensure positive outcomes.

All treatment is overseen by a board-certified adolescent psychiatrist and includes patient-focused, evidence-based approaches, such as:

- Pharmacologic therapies
- Individual and group therapy
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy (DBT)
- Family therapy
- Medical detoxification
- Nutrition counseling

Because teens and adults have different needs, we created a separate facility within the Silver Hill campus to focus on the unique requirements of adolescents. The Center for Adolescents offers treatment for teens, ages 13 – 17, who may be struggling with mood disorders, anxiety disorders, self-harming behaviors, eating disorders or substance use disorders. Compassionate care is provided by a specially trained professional staff committed to enhancing the mental health of teens and families in crisis. Each patient receives a level of care that corresponds to their level of need in a warm, supportive, homelike atmosphere designed to promote healing and recovery. From inpatient, to transitional living to intensive outpatient treatment, we have everything they need all on one campus.

Enhancing the mental health of teens and families in crisis
Inpatient treatment

Teens are often first admitted to our inpatient unit for crisis management and stabilization. In a safe, stable, nurturing environment they can be guided through a depressive or psychotic episode, prevented from self-harm, or protected from the life-threatening consequences of an eating disorder. The unit is staffed by a board-certified adolescent psychiatrist, a licensed clinical social worker and experienced nurses. Group therapy addresses issues such as conflict management, self-esteem and managing emotions. There is also time allotted to keep up with school work. The unit has 10 beds and a typical length of stay is 7-10 days. Inpatient treatment is usually covered by health insurance.

Transitional living

This residential program is designed for teens who do not need close inpatient supervision but are not yet ready to manage successfully in an outpatient setting. The foundation of treatment in this program is Dialectical Behavior Therapy (DBT) – a highly-structured form of behavioral therapy that was created to provide the skills necessary to regulate emotions, control destructive behaviors and improve interpersonal relations. Patients live on the Silver Hill campus in a 10-bed house that is staffed 24/7 with highly-trained DBT personnel. Through DBT skills training groups and coaching, patients learn how to better regulate their emotions and to replace dysfunctional coping strategies with more adaptive behaviors. An important aspect of this program is the diagnostic meeting. Our treatment team, educational liaison and testing psychologist meet with the patient, parents, community clinicians and consultants to develop a diagnostic impression and individualized treatment plan. Neuropsychological and academic testing is reviewed during this meeting and the patient’s course of treatment is discussed. The minimum length of stay for this phase of treatment is 4 weeks, and many patients often extend their treatment. This program is self-pay.

Outpatient treatment

Our 6-week Adolescent Intensive Outpatient program provides treatment for teens who are willing and able to live at home, but require psychological treatment and skill building to function effectively at home and in school. Teens and their families learn the core skills of DBT to help them understand and manage powerful emotions, become more aware of themselves and how they think, and find effective ways of coping with stress. The program meets three afternoons a week, and is covered by health insurance.

We encourage family participation

We believe that collaboration with the family is fundamental to a teen’s successful treatment. Like medical illnesses, psychiatric illnesses effect everyone in the family, and we dedicate time to understanding and helping the family system. In addition to regular family meetings with our clinicians and family therapy, we have several group programs that provide families with support, education, coping strategies and the opportunity to learn the same DBT skills their child is learning.

Our treatment team

The Center’s clinical team includes board-certified adolescent psychiatrists, licensed clinical social workers, and masters level residential counselors who have been intensively trained in DBT skills coaching. The team also includes credentialed teachers, nutritionists and arts and recreational therapists.

Educational services

To limit the disruption of academic progress for adolescents during their stay with us, time is set aside for school work under the guidance of a certified teacher. Specialized support for academic areas such as foreign languages, higher level sciences, and advanced placement classes is available from private tutors for an additional fee.

Aftercare planning

At Silver Hill we take what happens after patients leave us as seriously as the time they have spent with us. From day one, our clinical staff works with patients and their families to create a safe, healthy, and meaningful discharge plan. This may include further residential treatment, intensive outpatient treatment, or scheduled appointments with community-based physicians and therapists.
Silver Hill is
• An independent not-for-profit psychiatric hospital
• Three levels of care all on one campus: inpatient, residential and outpatient
• A safe, healing environment
• Patient-focused, evidence-based therapies
• Caring, compassionate, highly-skilled staff
• Support for families
• A trusted partner to referring clinicians
• 6 Centers of clinical expertise
• An 85-year legacy of experience
• Licensed by the State of Connecticut
• Accredited by The Joint Commission
• Affiliated with Yale University School of Medicine, Department of Psychiatry

To find the appropriate program or begin the process of arranging for treatment, please see the following contact information.

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