Personality Disorders Center

SILVER HILL HOSPITAL
Some people experience difficult situations in life and move forward despite the hardships. Others who experience similar situations feel intense negative emotions that may lead to harmful behaviors.

For those patients, we provide treatment with Dialectical Behavior Therapy (DBT), a highly-structured form of behavioral therapy that was designed to provide the skills necessary to regulate emotions, control destructive behaviors and improve interpersonal relations. “Dialectical” refers to the integration of opposites, in this case finding balance between acceptance and change. Through DBT training, patients learn how to make the positive behavioral changes that allow them to accept distress in life and feel at peace with their reality. The conditions we treat at the Center include borderline personality disorder, self-harm, anxiety disorders, depression and substance use disorders.

Finding balance

The five core modules of DBT

- Mindfulness. The observation of thoughts and feelings in the moment and the realization there’s a choice in how to respond.
- Emotion Regulation. The effective control of emotions and lessening of reactivity to people and situations.
- Interpersonal Effectiveness. Maintaining relationships while meeting personal needs and preserving self-respect.
- Middle Path. A skill for effectively managing extreme behavior to achieve greater balance in life.
Inpatient treatment

Inpatient treatment is the most intensive form of care, indicated for a phase of illness that requires medical intervention for symptom reduction and stabilization. When a patient is at risk for self-harm or destructive behavior, inpatient care may be necessary prior to admittance to the Personality Disorders Center. The inpatient program at Silver Hill offers a high clinician-to-patient ratio allowing each patient to receive the individual attention he or she requires and be prepared for subsequent levels of care. The cost of inpatient treatment is usually covered by health insurance.

Transitional living

After patients are stabilized, they can continue treatment on an extended basis in our transitional living program, one of the few residential programs in the country that focuses on treatment with DBT. 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. Patients live on the Silver Hill campus in a house that is staffed 24/7 with highly trained DBT personnel. Under the guidance of this staff, patients live the skills and strategies they are learning, as they learn them. The length of stay is 4 weeks, but many patients often extend their treatment. This program is self-pay.

Intensive outpatient

The third level of care is outpatient treatment. We provide three intensive outpatient programs for patients at a low risk for self-harm who have a stable living environment. Patients live at home and come to Silver Hill two or three days a week for skills training based on the core DBT skills of Mindfulness, Emotion Regulation, Interpersonal Effectiveness and Distress Tolerance. The Women’s DBT and Safe Relationships IOP also utilizes the Seeking Safety treatment model to help patients improve relationships, maximize the presence of supportive people and let go of destructive relationships. Outpatient programs are usually covered by health insurance.

We encourage family participation

We recognize that the entire family can be affected when one member suffers from a psychiatric disorder. That’s why we encourage families to meet with members of the patient’s treatment team and participate in family programs to help them build stability and develop concrete coping strategies. DBT education and skills training are also provided during a weekly DBT Family Program.

Our treatment team

Our intensively trained DBT team consists of psychiatrists, licensed clinical social workers, nurses and residential counselors.

Wellness Services

Patients in our transitional living and outpatient programs may also make use of our Wellness Services which offer a holistic approach to recovery in recognition of the integration of body, mind and spirit. Services include yoga, acupuncture, personal fitness training, meditation and massage therapy. These alternative therapies are meant to be complementary to traditional medical care, not a substitute for it. They are most effective when combined with medical treatment to help alleviate symptoms of pain and anxiety. These services are available for an additional cost.
To find the appropriate program or begin the process of arranging for treatment, please see the following contact information.

Silver Hill Hospital
208 Valley Road
New Canaan, CT 06840
866 542 4455
contactus@silverhillhospital.org
silverhillhospital.org

What we want you to know about Silver Hill Hospital

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