Psychotic Disorders Center
Take back your life

This Center was created for individuals with psychiatric disorders that are characterized by intermittent or long-standing psychoses that prevent them from adequately functioning in daily life. Conditions treated at the Center include schizoaffective disorder, schizophrenia and bipolar disorder.

When patients arrive they are given a comprehensive neuropsychiatric assessment along with a review of their diagnosis and treatment history. Based on this evaluation, our clinicians develop an individualized treatment plan. Elements of that plan include such patient-focused, evidence-based therapies as:

- Pharmacologic Therapies
- Cognitive Behavioral Therapy
- Psychosocial Skills Training
- Cognitive Remediation Training

A psychotic disorder can be very debilitating and highly disruptive. But it doesn’t need to prevent you from living your life. Many, with even the most difficult long-term symptoms, are able to lead fulfilling, rewarding lives. Our goal at Silver Hill is to help patients take charge of their symptoms and take back their lives.

Living with a psychotic disorder
Inpatient treatment

All patients admitted to the Center must first complete an inpatient program. The goals of this level of care are diagnostic assessment, crisis stabilization, medication management and symptom reduction. The inpatient program at Silver Hill offers a high clinician-to-patient ratio so that each patient can 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 inpatient stabilization patients may enter our transitional living program, where they live on campus in an 8-bed residence that fosters a family environment. The program is built around an active schedule of groups, individual work and activities geared toward remediation of the psychosocial and cognitive deficits associated with the illness. The skills taught in the program focus on independent living, making daily life decisions, social integration and management of time and resources. Patients also work on skills to increase self-awareness, reduce stress and improve self-confidence.

Several times a week, residents prepare and eat meals together as a community. They participate in groups focused on building relationships, managing emotions, communication skills, healthy eating, problem solving, and symptom management. A dietician is available to address weight management issues, and patients with addictions also have access to AA and NA meetings on campus. This program is a minimum length of stay of 6-weeks and many patients extend their treatment. This program is self pay.

Treatment at the Center helps patients

- Reduce signs and symptoms of their illness
- Improve interpersonal and family relationships
- Enhance skills for independent living

We encourage family participation

We recognize that the entire family can be affected when one member suffers from a mental illness. 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. Our Psychotic Disorders Family Program provides education, peer support and self-care. Families learn symptom management, early detection of relapse and communication skills.

Our treatment team

Our caring, multispecialty treatment team includes, psychiatrists, licensed clinical social workers, nurses, residential counselors, and dieticians.

Wellness Services

Patients in our transitional living program 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