



Expertise & Experience that distinguishes Silver Hill Hospital in providing:

- A thorough diagnostic evaluation from **an expert clinician**
- Individualized treatment that is directed to your specific needs
- Compassionate care that respects your dignity
- A safe environment that fosters healing
- An 85-year track record of successful outcomes
- A comprehensive team approach to your care provided by our expert staff, in collaboration with your provider(s)
- Therapies that are patient-focused and evidenced-based
- Support for your family and loved ones

About Silver Hill Hospital

Nestled on 44 beautiful acres of rolling Connecticut countryside, Silver Hill Hospital is renowned for its clinical expertise, proven treatments and nurturing support. Together these elements create an environment of care and dignity in which our patients can reset, recover, and reconnect with their lives.

Silver Hill is an independent and not-for-profit psychiatric hospital nationally accredited by the independent Joint Commission. Silver Hill has been a standout among the nation's top psychiatric hospitals for adults and adolescents since its founding in 1931.

Intensive Outpatient Programs



Learn more at
silverhillhospital.org
or call 203-801-2217



Health, Healing, and Hope.



Intensive Outpatient Care Programs to Help You Continue Your Growth

Silver Hill Hospital offers specialized Intensive Outpatient Programs (IOP) for adults and adolescents who are able to live at home but desire continued addiction and/or psychological treatment to live full and independent lives.

Dual Diagnosis Program

In our Dual Diagnosis program, we identify and treat substance use disorders along with any underlying psychiatric disorders, such as anxiety or depression, that may be impacting recovery. Tailored to meet each patient's unique needs, individual therapy and medication management are offered as needed and in conjunction with the group therapy program. An evening program is available for our working clients.

Adult and Young Adult Dialectical Behavior Therapy (DBT) Skills Groups

The Dialectical Behavior Therapy program helps adults develop essential coping skills to learn how to better manage behaviors, emotions, interpersonal relationships, and thoughts. To best serve our young adult population a specialized track is available.

Women's DBT & Safe Relationships Program

A dual diagnosis program for women in early recovery, the Women's IOP focuses on building self-esteem, managing emotions, maintaining healthy relationships, and developing resiliency. This program incorporates Dialectical Behavior Therapy and Seeking Safety skills.

Adolescent Dialectical Behavior Therapy Skills Group

A program where teens learn how to manage powerful emotions, become more aware of the connection between thoughts and actions, find effective ways of coping with stress, and develop healthier interpersonal relationships.

Programs are Covered by Insurance and Medicare

Silver Hill Hospital participates with insurance and managed care networks that provide coverage for intensive outpatient services. Our admissions staff can help you determine your insurance benefits.

Let's get started.

Allow us to help you get better. Contact us today to find out which program might be right for you, and to arrange for treatment.

Call our direct number:

203-801-2217

We're here to help.