Introducing Queer Space
Silver Hill Hospital’s new Intensive Outpatient Program

Our innovative LGBTQIA+ intensive outpatient program is designed to treat anxiety and depression in the context of unique intersecting identities. Patients will be entering a space that values cultural humility and mutual respect, therapeutic approach utilizing Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Narrative Therapy, Expressive Therapy, and process groups.

Cognitive Behavioral Therapy (CBT) increases awareness of experiences and cognitive processes that produce anxiety and depression. CBT can address symptoms of anxiety and depression by changing your thoughts, behavior, and feelings through a deeper understanding of cognitive, behavioral, and emotional processes.

Dialectical Behavioral Therapy (DBT) supports emotion regulation and provides important skills to help reduce anxiety and depression. This program will provide access to practical skills that you can utilize in everyday life.

Narrative Therapy will help you unpack how language and culture impact identity development. Dominant societal discourse often leads to shame and erasure of queer identity, increasing depression and anxiety. By rewriting and claiming a personal narrative, it is possible to create understanding and stories that can hold all your intersecting identities.

Expressive Therapy involves the use of art and creative techniques to help you express yourself and examine the psychological and emotional undertones in your art. With the guidance of an art therapist, you can explore the nonverbal messages, symbols, and metaphors in your art, leading to a better understanding of your depression and anxiety and what is causing your emotional stress.

Person-Centered Process Groups provide a compassionate space to work towards healing depression and anxiety with the support of therapists and peers working to understand your struggles. Process groups are flexible and adaptive to the unique circumstances of all the participants, ensuring that your personal needs are addressed.

Topics that will be explored include:

- Coping with anxiety and depression
- Identity Development
- Queer Visibility
- Substance use
- Supportive relationships and community

Adults: 18+
Monday, Tuesday, and Thursday from 2:00 PM – 5:30 PM

Outpatient Admissions
203 801 2217