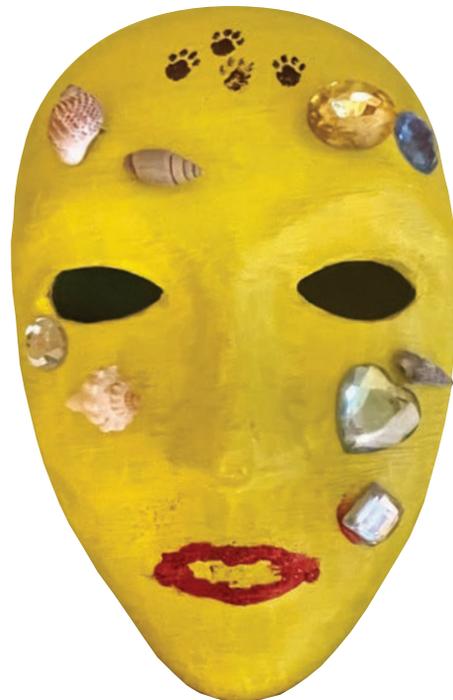


Silver Linings

ISSUE FOUR | 2022

SILVER HILL HOSPITAL



Read our art therapy cover story and more inside this issue.

How can we better serve our patients?

That is a question we are constantly asking here at Silver Hill Hospital and have been since our founding more than 90 years ago.

There is not one simple answer, of course, but rather a multitude of solutions driven by the latest evidence-based treatments. As an independent, nonprofit psychiatric hospital, Silver Hill is nimble and proactive in its approach to care.

We must be ready to adapt quickly because the country's mental health care needs are continuously changing and, unfortunately, have not received adequate attention and resources. Mental illness is a growing problem with more than one in five adults living with a mental disorder, according to the National Institute of Mental Health.

The COVID-19 pandemic remains with us after more than two years with new variants impacting us in different ways. As cases fluctuate between promisingly low and concerningly high, mental health problems continue to worsen as returning to normal gets delayed time and again. At Silver Hill, we have seen increased numbers of adolescents and young adults with depression, anxiety and other disorders.

While we will continue to address the mental health effects associated with the pandemic, we are moving forward with ambitious plans for 2022 and beyond. From new programming to renovating and repurposing buildings to better serve our patients, Silver Hill is enhancing its standing as a leader in the field.

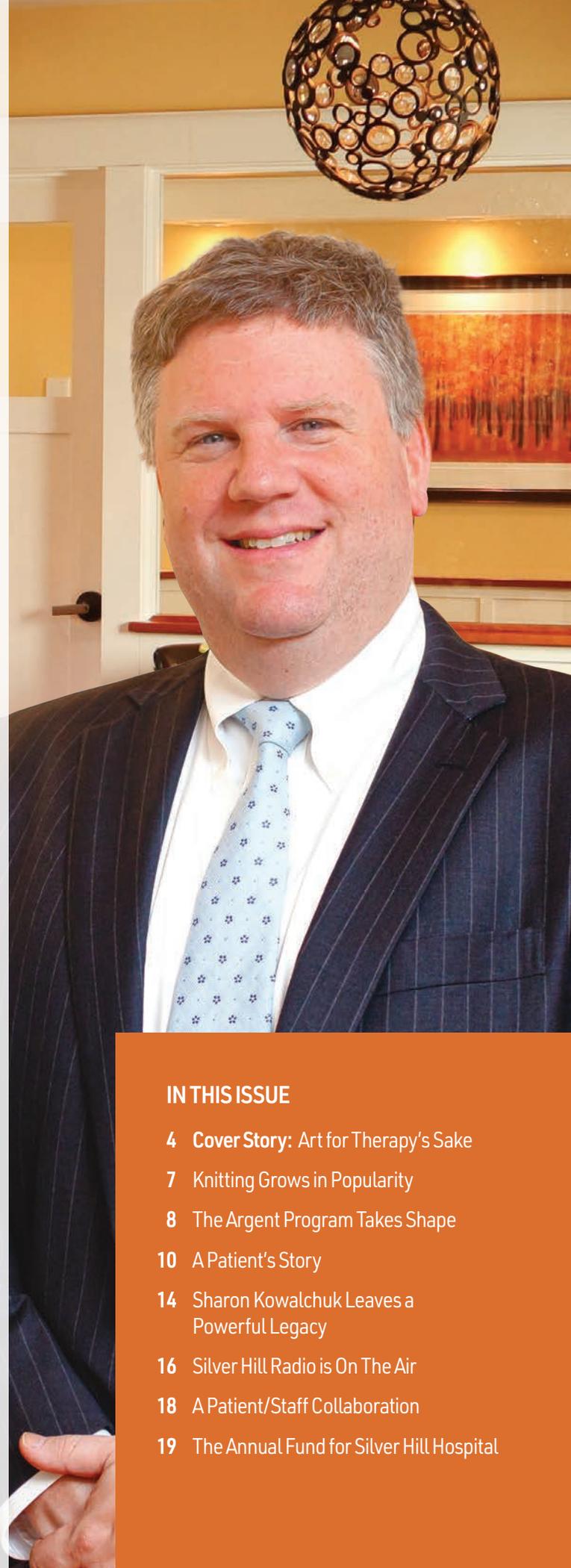
Our new Argent Program is a comprehensive assessment service designed for those with complex psychiatric disorders or co-occurring conditions. Our Center for the Treatment and Study of Neuropsychiatric Disorders continues to grow and help those with severe mental disorders such as schizophrenia or bipolar disorder. We have plans to renovate our former Acute Care Unit building to meet the demands of today's mental health environment.

Each new program and innovation is in lockstep with our mission to transform the lives of people impacted by mental illness and addiction. Every staff member and volunteer at Silver Hill is dedicated to this mission and strives every day to make the patient experience as effective, comforting and healing as possible.

Thank you again for your support as we move forward in this time of great need. Your support helps us remain a leader in the mental health field.



Andrew J. Gerber, M.D., Ph.D.
President and Medical Director



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Silver Linings

A PUBLICATION FOR FRIENDS OF
SILVER HILL HOSPITAL

Silver Linings is a publication for Silver Hill Hospital's supporters and friends. It will be produced periodically with important news and updates.

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ABOUT OUR COVER:

The masks artwork you see on the front cover of this publication were created by different patients at Silver Hill Hospital. Turn to page 4 to read more about our Art Therapy program and the benefits it is having as part of our overall recovery and therapy programs.



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Planning your legacy? We have an idea, and it's easier than you might think.

A planned gift to Silver Hill Hospital creates a legacy that will offer hope to future generations of patients and families living with mental health and addiction challenges.

If you choose to make a planned gift, it can be a very effective strategy. Here's how it can benefit you:

- Better tax planning
- Important economic advantages to you and your family
- The ability to make a much larger gift than you ever thought possible
- The income from certain life income plans may help you to transform low-yielding investments into a new source of income for yourself and/or other family members

It's easy to do, and we can help. Plus, by indicating your bequest intentions, you'll be invited to become a lifetime member of our Sterling Society, which honors all who include Silver Hill in their estate plans.

For more information, please call Sarah Shevchik, Director of Planned Giving, at 203-801-3129, or email us at: plannedgiving@silverhillhospital.org.



ART FOR THERAPY'S SAKE

Art is healing.

Whether a patient is a master painter or can barely draw stick figures, art and other creative outlets provide therapeutic value to improve a wide range of symptoms and help patients who have trouble verbalizing their emotions. Art therapy is an important part of treatment for patients at all levels of care at Silver Hill Hospital.

"Some people can't verbalize their emotions, but they know they are feeling something," says Sarah Salice, MPS, ATR-P, CLAT-TP, an art therapist at Silver Hill. "Sometimes it might be easier to take black paint and throw it on paper or take a red piece of charcoal and scribble aggressively. That itself is showing emotion. They may not have the words to express it, but once they've let it out onto the paper, they slowly find the words to explain how they are feeling. They aren't just sitting

with those emotions any longer. "It's about the process and letting yourself go," Sarah adds. "It's a nonthreatening type of therapy. It's not confronting what you are feeling all at once. It's more of a journey. You don't need to know all the answers right away."

Katie Wieting, ATR-BC, LCAT, CLAT, leads the art therapy department and has been at Silver Hill for 13 years. The hospital recently affirmed its commitment to art therapy by adding Salice to the staff.

continued on next page >



Silver Hill Hospital's art therapists Katie Wieting (left) and Sarah Salice in the art room at the Martin Center on Silver Hill's East Campus.

Art is one of many creative outlets incorporated into a patient's treatment plan at Silver Hill. There are several options, many led by volunteers, that encourage patients to explore their creativity. Other options include music therapy, knitting, jewelry making and beading.

"Art therapy provides an additional forum for patients to express themselves," Silver Hill Hospital's Chief Clinical Officer Michael Groat, Ph.D., says. "There's something about engaging people's sense of creativity that helps foster a sense of capability and competence. It gives people the ability to express their current state of the world they inhabit. Art therapy can complement, in a unique way, the work people are doing in therapy. People respond to it."

Katie says some patients are initially hesitant to participate in art therapy because they believe they aren't good artists, or they don't see the value in it. A highlight of her profession, she says, is when a reluctant patient tries it and becomes

aware of the benefits of art therapy.

"People have said, 'Oh, I had forgotten how much I like art. This is really

"They think it's going to be arts and crafts, but they get so much out of it because they have to think, and we discuss it afterward. They see why

it's therapy. That's nice when they are reluctant, but they try."

A common misconception is that art therapy is like art class and the art needs to be done a certain way. While there is often direction on what to draw, sketch or paint, what is created is entirely up to the patient. Sarah says she is happy to teach someone an art technique if they ask her, but she sees the role of an art therapist as someone to guide a patient on a journey of discovery with art as the medium.

"I want the patient or resident to be able to express themselves and leave space for things to be done abstractly not

just concrete drawings," Sarah says. "That allows us, as therapists, to be able to create a safe space for



Art enables us
to find ourselves
and lose ourselves
at the same time.

Thomas Merton

helping me, and I plan on continuing this when I leave.' It's something else added to their toolbox," Katie says.

patients and residents and allow them to explore.”

Katie adds, “We give them some space and tell them they can’t do it wrong – as long as they try. The process of working with

art supplies and being in that mind space, whether drawing or painting, in and of itself is healing. It’s a meditative mindset when you can create the right space for it.” ■

From the American Art Therapy Association

Art for the mind, body and spirit.

Art therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art therapy is used to improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change.

Through integrative methods, art therapy engages the mind, body, and spirit in ways that are distinct from verbal articulation alone. Kinesthetic, sensory, perceptual, and symbolic opportunities invite alternative modes of receptive and expressive communication, which can circumvent the limitations of language.

Visual and symbolic expression gives voice to experience and empowers individual, communal, and societal transformation.

KEEP CALM AND CARRY YARN

Creative art comes in many forms.

Knitting is one of the more popular group activities enjoyed by Silver Hill Hospital patients.

Olivia Giuntini is a volunteer who has been leading knitting groups at Silver Hill for more than five years. She said the activity is popular among women and men of all ages.



Olivia Giuntini
Knitting group leader

“There is so much positive energy all the time,” she says. “Knitting can be very focusing. You speak the steps to yourself. I tell them to use words that work for them, but I’ll say ‘through, around, under and up.’ You repeat that to yourself and it’s calming and focusing.”

Olivia says she typically starts out with something relatively simple, such as fingerless mittens, when leading a group.

Georgia Nagel, an art group leader at Silver Hill, also teaches knitting, as well as crochet and jewelry making, at the hospital.

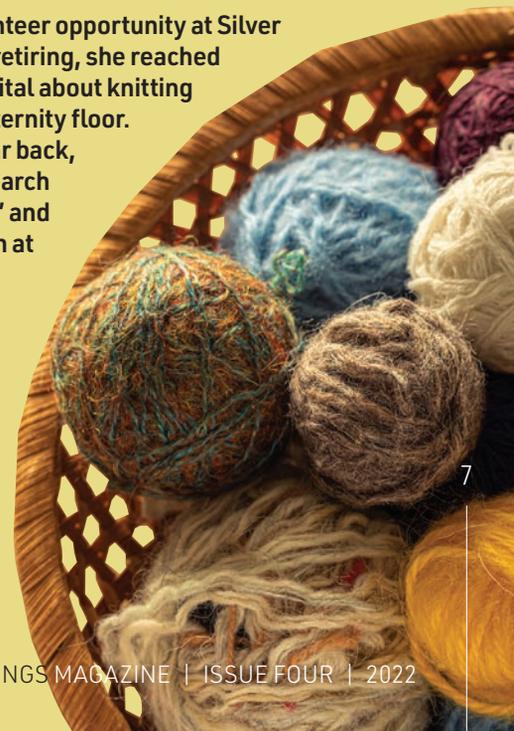
The pandemic has increased the awareness and demand for knitting groups at SHH. Olivia started working with adolescents five years ago and has recently added two of the adult houses at SHH.

“There have been studies done about the physical and mental benefits of knitting. It is relaxing and lowers blood pressure,” Olivia says.

Olivia found the volunteer opportunity at Silver Hill by chance. After retiring, she reached out to a medical hospital about knitting baby caps for the maternity floor.

When she did not hear back, she did an internet search for “knitting hospital” and the volunteer position at Silver Hill came up.

“They always say with volunteering that you get more out of it than you put into it,” she says. “This is the first place I really feel that way.” ■



A broad approach to creating a complete care plan

Silver Hill's Argent Program captures the unique needs of the individual.

Many of Silver Hill Hospital's patients live with complex mental health problems whose symptoms do not fit neatly into a single category. Diagnosing these patients, and planning a route forward for best outcomes, can be difficult without a complete picture of the individual.

The Argent Program at Silver Hill gets at that full picture with a comprehensive psychiatric assessment that includes individual, group, art and family therapy, spiritual and wellness evaluations, and a variety of psychological tests. Patients leave the 12-day residential program with a clear picture of their condition and a detailed road map for ongoing treatment.

"That question of what's going on is something we feel we needed to address in a high-level, high-quality way that is distinctive to Silver Hill," Silver Hill's Chief Clinical Officer Michael Groat, Ph.D., says. "Humans are complex, and the symptoms one might experience can have a lot of different types of determinants. They can often be identified as having a biological component, or a psychological component, and we have a number of people who are unclear about what's going on."

Silver Hill launched the Argent Program in late 2020, and it has been met with strong demand and high praise from patients. Howard Weiner, M.D., a psychiatrist at Silver Hill, conceptualized and proposed the idea after noticing many patients with complex psychiatric disorders did not have a clear understanding of their diagnosis or treatment plan.

"It was important to bring together a lot of different people to get a varied view of the patient," Dr. Weiner said.

Will Braun, Psy.D., joined the team recently as Director of the Argent Program and has made several enhancements to the program, such as extending the residential stay from eight to 12 days, and adding family therapy, art therapy and wellness components.

"I see the Argent Program as a kaleidoscope with different lenses through which to look at an individual," Braun says. "This gives us as broad a picture as possible. It is beyond a psychiatric evaluation. It is evaluating the whole person. Every person is unique and has their own way of seeing the world."

"I tell everyone I run a detective agency," he adds. "We have a very smart team of clinicians, and we look at people who really are like clinical mysteries. They've been told different things from different doctors. They need some diagnostic clarity. If we've done our jobs right, we are able to help them see themselves in a different light."

Philanthropic gifts allow Silver Hill Hospital to develop proactive, innovative programming like the Argent Program.

Braun is a clinical psychologist and psychoanalyst with specialties working with children, adolescents and adults. He graduated from George Washington University with a Psy.D. in Clinical Psychology.

Casey Smith, M.D., also joined recently as Medical Director of the Argent Program. Smith is American Board of Psychiatry and Neurology certified in psychiatry and forensic psychiatry. He graduated from the Icahn School of Medicine at Mount Sinai.

The Argent Program team includes a psychiatrist, psychologist, social worker, psychiatric technician, art therapist, family therapist, chaplain and other professionals the team feels may be helpful in obtaining that full picture. The family therapy component has proven to be an important addition, Braun says.

"There is a significant family component to what's going on with so many patients we see. It's imperative to have family input," Braun says. "Many patients are young adults and struggling with their emergence into adulthood. Leaving your family and becoming independent is a big stressor, often for both the patient and family."

At the end of the program, patients receive a detailed report that culminates in a summary of diagnostic understanding from the Argent team and recommendations on continued treatment.

Braun says the experience at Silver Hill is transformative and people leave the

Argent Program understanding themselves in a way they had never done previously. The report is a "document of your life at this moment in time that goes with you."

Patients react in different ways when receiving a diagnosis following the Argent Program.

Braun says many are relieved

because they can "put a name to their suffering" and pinpoint the help they need. Others react in anger because it is not a diagnosis they want to hear. Almost all patients, however, are grateful.

"They hadn't received this level of care in their lives, and no



Will Braun, Psy.D., Director of the Argent Program



What's it about?

The Argent Program includes but is not limited to:

- Psychological (personality) and neuropsychological (cognitive) testing
 - Psychiatric, medical, family and life history taking
- Self-assessment, including assessment of relationships
 - Mid-program case conference
 - Specialist therapeutic sessions
- Therapeutic and pharmacologic knowledge building
 - Evaluation of family dynamics
 - Nutritional assessment
 - Spiritual assessment
- Wellness services as well as fitness and recreational opportunities
- Final presentation with expert findings and detailed treatment recommendations

one has paid attention to their problems in this way before," he says. "They are feeling heard and listened to and understood in a new way. Even if they're given an answer they don't want, they are grateful that someone took the time to listen to them. People need answers, and those answers are not always easy to get to." ■

A Second Take on Life

A Former Silver Hill Patient's Story

Laura Moran kept thinking it would get better.

It will get better after middle school. It will get better after high school. It will get better after college, she told herself. But it didn't get better. Laura's depression got worse with each passing day. It wasn't until she tried to end her life in her early 20s that Laura finally accepted something was wrong, and she needed help.

Silver Hill Hospital was there for Laura.

"I checked in and that started everything," she says. "That first night I got there I was so relieved because I was safe. I was a danger to myself and had been for years. I'm just so lucky I'm alive. Silver Hill started my healing in the best possible way."

Now 40, Laura is a successful television writer. She has written for shows such as *Ground Floor*, *The Dangerous Book for Boys*, and *The Neighborhood*. She has been sober for 17 years. She has never abused drugs or alcohol. For Laura, sober means not cutting or burning herself, something she used to do regularly after college "to match the pain she felt inside."



It started early

Laura recalls battling depression from the time she was 6 or 7 years old. She would cry under her bed or in her closet to hide the way she felt from others.

Her first thoughts of suicide started in eighth grade. She excelled athletically and academically in high school, but depression remained a constant in her life.

While in high school, a friend of Laura's died by suicide. She saw the pain that the death caused her friend's loved ones and she told herself she couldn't put her

family through that sorrow. That, she says, kept her alive for the next five years.

Laura was accepted into the University of Southern California to major in screenwriting, starting her on a path to her dream job of being a TV writer. Depression, however, followed her to college, and the darkness she felt inside grew even stronger. For the first time, she saw a therapist, but she didn't realize at the time how important it was to get continuous help, and she stopped going. Instead, she continued to struggle every day.

Hitting rock bottom

In 2003, after graduating from USC, Laura landed a job as an assistant to a movie director. Her dream career was taking shape. The high-pressure role and some difficult co-workers, however, made the job unbearable. One night, while traveling for work, she attempted suicide.

"I was in so much pain that I had lost so many friendships and could barely do my job. I was 24 years old and had been white-knuckling it since eighth grade. I was lost," she recalls. "I woke up the next morning, and I was mad that it didn't work."

"I had lost so many friendships and could barely do my job. I was 24 years old and had been white-knuckling it since eighth grade. I was lost."

Sobbing, she called her mother and told her what had happened. Laura had never talked to her family about her mental health problems before. Her mother insisted that she change her plane ticket and fly home to Connecticut instead of returning to California.

Still sobbing, she called the airline and the gentleman on the other end of the phone changed the destination without question. He asked if Laura was all right. Equally kind, Laura recalls, were the hotel employees who expedited her checkout and got her a cab to the airport.

"I called three people in a row, and they all saved my life," she says. "They all said: OK, what do you need? And two of those people were strangers."

Back in Connecticut, Laura's mother drove her to Yale New Haven Hospital in New Haven at the urging

of Laura's therapist. There were no rooms available there, and Laura and her mother desperately looked for another hospital.

"What about Silver Hill?" Laura recalls asking. She had grown up a few miles from Silver Hill but never fully understood what it did or imagined she would need its services.

Silver Hill's impact

She was admitted to the Acute Care Unit at Silver Hill the next day. The first morning, Laura was too nervous to get out of bed. A nurse said everyone was outside and that Laura should join them. Laura went out and says "it was a game-changer" for her.

She met an older gentleman who had the same problems as she had.

continued on next page >

He had even tried to commit suicide the same night Laura did.

"I had felt that I was the only person in the world who felt like this. When you have depression, your world becomes so small. Your whole life becomes about you. How do I get up today? How do I get dressed today? How can I do anything for anyone else when I can barely get dressed? I thought I was alone in the world," Laura says. "Then I met 20 other people just like me. One person was exactly like me. I thought, 'Oh my god, it's not just me. This is a good place to start'."

Laura credits art therapy, a medication adjustment and the camaraderie with other patients as being valuable pieces of her life-changing treatment at Silver Hill Hospital. While at the hospital, she developed the tools she needed to handle difficult situations and her illness; tools she still utilizes today.

Two months after being discharged from Silver Hill, Laura flew back to California, despite her parents' wishes. She was let go from her job about a month later and returned to Connecticut where she continued to do outpatient therapy and worked as a framer for a photographer.

"I handled being fired well," she says. "It was hard, but I didn't cut or burn and didn't compromise my sobriety. I didn't have coping mechanisms before, at least not healthy ones. Silver Hill gave me the tools to use that when something goes wrong, it doesn't derail me."

In January 2007, with a solid foundation underneath her, she returned to California. She worked during the day and wrote at night. She got another job in television, similar to the one that proved to be unbearable a few years prior and thrived. In 2013, she landed her dream job of becoming a full-time

television writer for several comedies. Laura is currently writing her own show with the hopes of getting it on television.

"None of it would have happened without getting well, I can assure you of that," she says. "I'm a successful writer now. It's pretty wild."

It doesn't get better on its own

One's outward disposition does not always reflect what is going on inside, Laura warns. She grew up with loving parents and a nice home in an upscale town in Fairfield County, Connecticut. She was a standout tennis player and got straight A's in school. Yet she cried every night, and some mornings could not find the inner strength to get out of bed.

Her advice to others feeling the same way is to get help, sooner rather than later.

"It does not get better on its own. That's what I tell people. The bottom starts to fall out. It only gets worse if you don't get help and work really hard for it," Laura says. "There's no shame in getting help. Why should I be ashamed that I took care of my mental health? There's such a stigma. It's brave to seek help.

"I want to tell people who are ill, who are white-knuckling it, that it's going to get worse. Get help now while you can," she adds. "Silver Hill is a miracle, and I want everyone to know how wonderful it is. If sharing my story helps just one person get help at Silver Hill, it's worth it." ■

"Silver Hill is a miracle, and I want everyone to know how wonderful it is. If sharing my story helps just one person get help at Silver Hill, it's worth it."

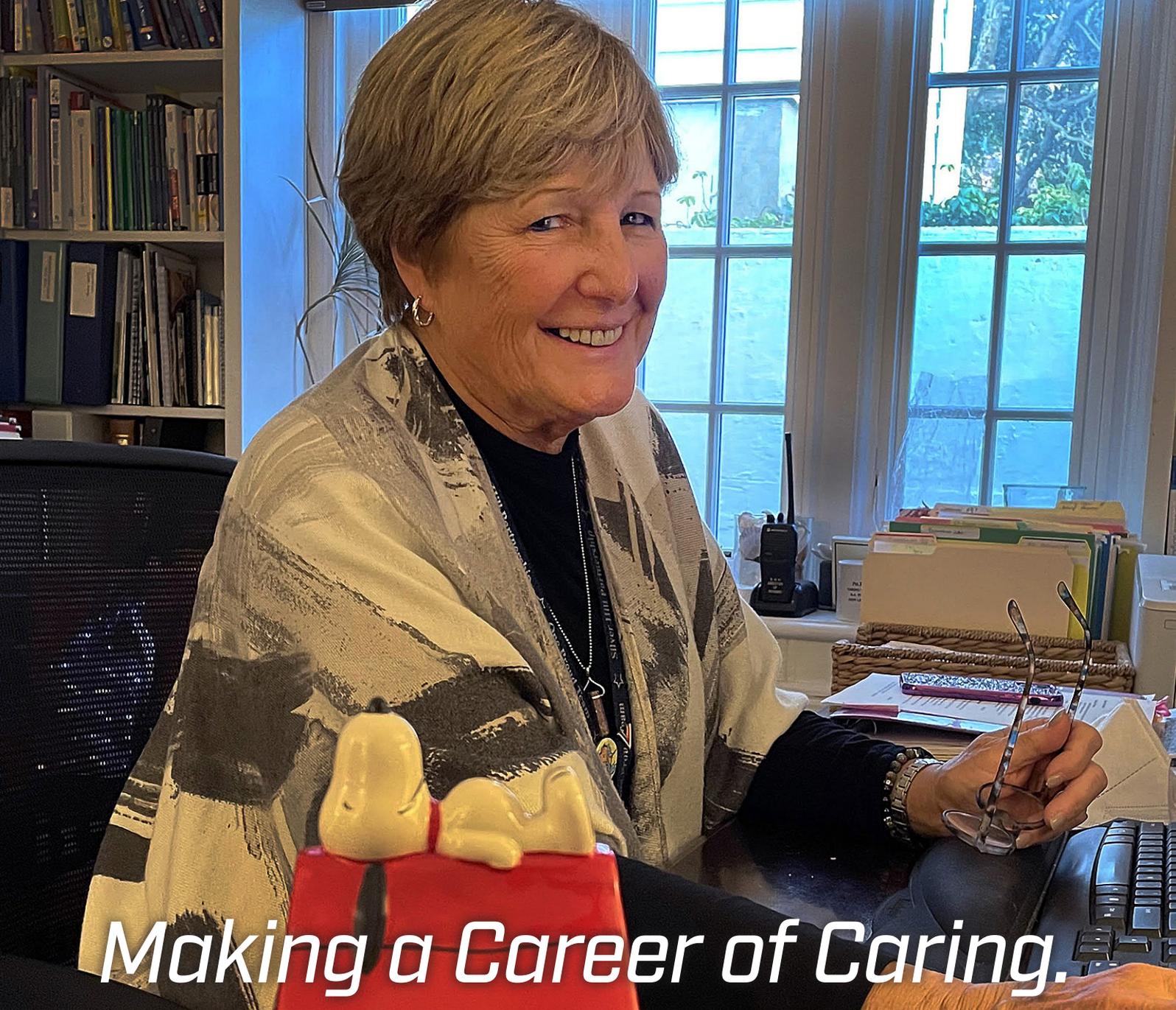
12/13/21

Dear Donors,

I want to take time to let you know how truly thankful I am for the amazing gift your donations have given me. Before I came to Silver Hill I was in a very dark place emotionally, trying to dig my way out and having a very hard time succeeding. With the help from the financial team and your very generous donations I was able to receive a scholarship to come to Silver Hill and receive treatment. Thanks to your gift I have been able to learn skills that will help me now and continue to help in the future. You have given me the gift of enjoying life again. I am stronger because of myself and because of the opportunity you have made possible for me. Thank you all so much, God bless, and just know I am truly grateful for your kindness!

Best Regards
Christy ♥

Thank you to the many donors who support our Patient Financial Aid Fund, which provides for high-quality mental health care to those who would otherwise not be able to afford it.



Making a Career of Caring.

Sharon Kowalchuk, RN, DNP, sets high standards and has high expectations, both for herself and her staff. She firmly believes that high-quality care comes from people who are constantly working to improve their skills and knowledge.

Kowalchuk is the Chief Nursing Officer at Silver Hill Hospital and has led the nursing staff here since 2013. Although she will retire from her long nursing career later this year, she leaves

a powerful legacy of caring for others and encouraging the advancement of countless individual nurses' careers.

"She sees herself, I think, as a leader who is there to nurture, develop, teach, mentor and coach her staff. She has supported so many people in their career development over the last decades," says Michael Groat, Ph.D., Silver Hill's Chief Clinical Officer. "She is a shepherd of her staff and that makes her really stand out. She has excelled with

her nurturance of generations of nurses."

Sharon adds, "When I got here, there was very little professional development and many of our nurses just had their initial degrees. I said, this isn't going to work. I got more money for education, and we now have 81 percent of our nurses with a bachelor's degree or better."

Sharon also pushed, and continues to push, for more frequent in-house nursing symposiums on campus. She leads by example

as she earned her Doctorate in Nursing Education and Leadership at Sacred Heart University late in her career, just prior to coming to Silver Hill.

"I didn't care how old I was I just kept going back to school," Sharon says. "I was going to be the same age I was going to be if I didn't go back for my doctorate. So, I did it. I was old and it motivated other people to go back. I'm glad I did it

because it shows other people how important it is. I may go back to school again. There's no end to learning."

Education translates to caring

The emphasis on education, of course, is ultimately about improving patient care at Silver Hill.

Expanding one's knowledge, keeping up with the latest treatment methods and growing as a person will only lead to better and more compassionate care, Sharon says.

"Sharon's heart has always been with the patient," Dr. Groat adds. "She embodies a genuine, in-depth appreciation for the patient. She exudes that kind of spirit in her work and that's extraordinarily important in her role."

Sharon is part of the Executive Team at Silver Hill and has many administrative duties, but she makes it a point to see patients as much as possible too, particularly during mealtimes. She discovered she loved this type of nursing when she was a student nurse in New York City exploring the different fields of medicine. Behavioral health, particularly working with difficult patients, was her niche.

"She has an enormous heart," Silver Hill's President and Medical Director Andrew J. Gerber, M.D., Ph.D., says. "She is very nonjudgmental and looks at the patients as part of a family unit. She sees the strengths in our patients and makes a connection with them. Regardless of where they are in terms of their illness,

Sharon sees them as people to learn from and respect."

Sharon was exposed to mental illness at a young age as she grew up across the street from a woman with schizophrenia and babysat for the child of an alcoholic woman in her neighborhood. Sharon's mother taught her to be respectful and compassionate toward the neighbors and to look out for them.

"You have to respect people's dignity," Sharon said.

"I find what I've done very rewarding. But the most important thing, and it's something everyone can do, is to care about people. Caring is really the essence of nursing. When someone feels cared for, I think I've accomplished something. I've been able to do that my whole life in one way or another. I feel I've fulfilled my mission."

Sharon Kowalchuk, RN, DNP

Final words of advice

As she prepares for a retirement of looking for seashells on the beach in Florida and adding to her knickknack collection of Peanuts characters, Sharon has the following advice for young nurses – and everyone else:

"Be nice to people. Care about them," she says. "Be nice." ■

SHARON'S BIO

Education:

SACRED HEART UNIVERSITY

Doctor of Nursing Practice, 2013

NEW YORK UNIVERSITY

Master of Arts, Nursing Education, Psychiatric Mental Health

HUNTER COLLEGE-BELLEVUE SCHOOL OF NURSING

Bachelor of Science, Nursing

Nursing experience:

- ▶ More than 30 years in psychiatric nursing and teaching at Bellevue Hospital, LIJ Medical Center, Cochran School of Nursing, St. Vincent's Medical Centers of NY and Silver Hill Hospital.
- ▶ She recently developed an online program in Psychiatric Nursing for Saudi-Aramco nurses, mentoring nurses in the Kingdom of Saudi Arabia.
- ▶ As an entrepreneur, she is a partner in "Life Educators," a service for training airline staff in CPR and First Aid.



Silver Hill Radio: Live and on the air.

It is not a traditional radio station that may be found on the FM or AM dial, but rather Silver Hill Radio is an internet station with music, interviews and other content streaming 24/7.

On the radio station's website, www.silverhillhospital.org/silver-hill-radio/, listeners can also stream on-demand content such as interviews with former Yankee great CC Sabathia, and Melissa and Doug co-founder Melissa Bernstein.

Molly Norton, Silver Hill's Director of Experience and Engagement, championed for the creation of Silver Hill Radio, which took more than a year

to go from idea to launch. Molly wants the station to evolve into a valuable communication tool for the hospital's staff and patients, as well as the community at large.

"The vision is that it becomes a campus and community radio station in the sense that both staff and patients are listening regularly and getting involved in choosing the

music and helping to create new content," Molly says. "I'd like there to



Molly Norton, Silver Hill's Director of Experience and Engagement, spearheaded the launch of Silver Hill Radio.

be a designated time of the day when the radio station is streaming in Silver Hill's residential program houses as part of the milieu, and there is a level of involvement with patients. I want them to feel excitement and pride that

Molly's father, Peter Bush, was a DJ for several Connecticut radio stations. In fact, Molly's birth was broadcast on local FM station WEBE, as her father brought a microphone into the delivery room to share with listeners

"It's a professional, soundproof studio," Molly says. "It's as good as it gets for something homegrown like this. To me, it was important that it be professional even on a small budget."



Karin Bauer plays on air and for patients at events and other special occasions at Silver Hill.

Molly started a radio station at a mental health facility where she worked directly out of college. She enjoyed the process, and the station was successful, but it did not last long after she left the position. She is happy to have the opportunity to start another station at Silver Hill.

they have this resource, and they can contribute and share their talents."

Karin Bauer, a psychiatric technician at Silver Hill, has performed on her guitar for Silver Hill Radio, and Silver Hill chaplain Cheryl Bundy has recorded guided meditations for the station.

"It's really neat to have our own radio station and Molly has done a great job with it," Silver Hill Hospital President and Medical Director Andrew J. Gerber, M.D., Ph.D., says. "It will be a great way for patients to share their stories and talents."

shortly after the delivery. Her dad is now retired, but volunteered to lend his voice to Silver Hill Radio for sweepers (segues between songs that identify the station) and other promotions. Molly says her father was a big inspiration in her starting Silver Hill Radio. He had started the radio station at St. Luke's School in New Canaan in the 1970s, and helped to revive it in the 2000s.

Other volunteers and consultants have allowed Silver Hill Radio to launch and grow while keeping costs down.

"It's a work in progress, but it's there, it's live," Molly adds. "The big thing is continuing to source relevant new and interesting content that people will want to listen to and engage with. We have the base now so we can do anything we want with it. My hope is that it becomes weaved into the culture at the hospital, but that takes time. It will grow organically." ■

To listen to Silver Hill Radio, visit www.silverhillhospital.org/silver-hill-radio/.

More heartfelt artwork from our patients...



This inspirational quilt, which is displayed in the Martin Center on Silver Hill Hospital's East Campus, was created by a group of patients and staff to bring together thoughts, quotes and artwork that represent some of the aspects and challenges of those managing mental health problems.



The Annual Fund for Silver Hill Hospital: A Future Made by Those Who Care

A successful businessman. A talented high school student. A world-class athlete.



"I owe everything to Silver Hill."



"I lived the miracle!"

What could they possibly have in common?

Heart. Brains. Courage.

And Silver Hill Hospital – where creating a place of healing and recovery for *everyone* is at the top of our commitment to world-class mental health care, supported by our donors' generous gifts to The Annual Fund for Silver Hill Hospital.

The Annual Fund provides Silver Hill Hospital with the vital resources necessary to invest in the latest treatment protocols, clinical research, professional education and the best patient care and treatment *throughout the year* – and provides critical financial aid to those who could not otherwise afford mental health and addiction treatment.

But did you know that:

- Your gift of any amount to The Annual Fund has immediate impact in the lives of our patients and families, caregivers and staff.
- Gifts to The Annual Fund may be made in honor or memory of a loved one.

Making a gift to The Annual Fund will show Caroline, Billy – and yes, even CC – that you're there for them and all the others who place their futures in our hands every day!



"Today, I know I'm never going to have another drink."

To make a gift, please visit www.silverhillhospital.org/give, or call 203-801-2396.

Silver Linings

Office of Advancement
Silver Hill Hospital
208 Valley Road
New Canaan, CT 06840

Patients can express themselves in many ways through art. We explore our art therapy services in our cover story inside.

