



Specialized Intensive Outpatient Programs (IOP) and Outpatient Services at Silver Hill Hospital

Please call our Admissions Clinicians at 1-866-542-4455 for questions or to enroll.

Our IOP programs are led by expert, licensed clinicians who have extensive training and experience in guiding patients who are working toward perhaps the most important goals of their life. We practice a team approach to your care and work collaboratively to help you achieve your goals.

All IOP Programs currently run for 8 weeks, 3 days per week. We are an adjunctive treatment program so participants are required to be in treatment with a psychiatrist and therapist during their enrollment. The Mood Disorder IOP is the only exception; please see that group description below. Some groups meet in person, while others are offered remotely using Zoom. The Silver Hill Hospital IOP participates with insurance and managed care companies that cover IOP programs.

Dialectical Behavior Therapy (DBT) IOP

Problematic behaviors evolve as attempts to cope with a situation or solve a problem. While these behaviors might provide temporary relief, they often are not effective in the long-term. Dialectical Behavior Therapy (DBT) assumes that you are doing the best you can, AND you need to adopt new behaviors to improve your effectiveness. The function of DBT skills is to help enhance your capabilities. There are four core skills taught in DBT:

- **Mindfulness:** the practice of being fully aware and present in the moment
- **Distress Tolerance:** how to build tolerance for sitting with emotional distress
- **Interpersonal Effectiveness:** how to ask for what you want and say no while maintaining self-respect and building healthy relationships with others
- **Emotion Regulation:** learn how to manage emotions, decrease emotional reactivity as you work on building a life worth living

In our 8-week program you will build skills and identify triggers. The program is divided into three segments:

- **Diary Card Review:** Diary cards can be an effective way to learn about yourself. You use the card to set and work towards weekly goals as you monitor DBT skill use. These cards are reviewed in a group setting to help identify problematic behavior patterns and develop strategies to change behaviors.
- **Homework Review:** After each session there will be a homework assignment to help you practice the new skills you are learning. You will review your homework in a group setting and receive skills coaching from the group leader.
- **Skills Training:** During skills group, you'll learn about and practice each new skill, talking through scenarios with other people in your group. DBT group leaders provide skills coaching to keep you on track.

Adult Dialectical Behavior Therapy (DBT) Skills Group

Adults: 18+

In-Person Monday, Wednesday, Friday 9:00am – 12:20pm

Virtual Monday, Tuesday, Thursday 9:00am – 12:20pm

In-Person Monday, Wednesday, Thursday 9:00am – 12:20pm

Adolescent DBT Skills Group

The Adolescent DBT IOP teaches the core DBT skills in a manner and setting sensitive to the needs of adolescents and helps apply these skills in their lives.

Adolescents: ages 13-17 (18 if still enrolled in high school)

In-Person Monday, Tuesday, Thursday 3:00pm – 6:20pm



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Dialectical Behavioral Therapy for Substance Use (DBT-S)

Dialectical Behavioral Therapy for Substance Use (DBT-S) is a modified version of DBT that incorporates substance abuse prevention strategies that support recovery. DBT-S is designed to promote abstinence, reduce the adverse impacts and length of relapses, and encourage building a life worth living. This program targets:

- Decreasing substance abuse
- Relieving physical discomfort associated with abstinence
- Decreasing cravings
- Avoiding opportunities and cues to abuse substances
- Reducing behaviors that support drug abuse
- Increasing community support of healthy behaviors

Adults: 18+

In-person Monday, Wednesday, Thursday 9:00am – 12:20pm

Women's IOP

A unique program designed for people who identify as female to help improve communication, set boundaries, and build self-worth. Patients will embark on a journey of self-discovery and empowerment. This 8-week program blends Dialectical Behavior Therapy (DBT) skills, Seeking Safety, and process groups to help attain safety in your relationships, thinking, behavior, and emotions.

Seeking Safety treatment helps participants eliminate self-defeating thought patterns and avoid harmful behaviors while they are developing healthier ways of thinking and acting. Seeking Safety offers a flexible, customizable framework to help individuals whose lives have been disrupted by addiction, PTSD, or other effects of trauma.

DBT assumes that many of the problems you may be experiencing are caused by skills deficits. A key focus in DBT is to improve your ability to use skillful behavior when needed. This program, while touching on many skills, has an emphasis on interpersonal effectiveness strategies.

Process groups provide a compassionate space to work towards healing with the support of highly trained therapists and peers who understand your struggles. Process groups are flexible and adaptive to the unique circumstances of all the participants, ensuring that your personal needs are addressed.

Some topics that will be explored in this program are:

- Coping with Triggers
- Healing from Anger
- Setting Boundaries in Relationships

- Asking for Help
- Self-Compassion

Adults: 18+

Virtual Monday, Wednesday, Friday 9:00am – 12:20pm

Mood Disorders IOP

This is a unique, multi-modal group designed to treat patients who struggle with primary mood disorders such as Major Depressive Disorder, Bipolar I or II Disorder, and related symptoms. Unlike our other IOP groups, the Mood Disorders IOP meets 4 days a week for 6 weeks. Group topics and themes include mood disorders and anxiety psychoeducation, family and relationships, distress tolerance, daily functioning, and illness management. Therapeutic approaches include CBT, DBT, experiential therapies, and group process to enhance understanding of mental illness and increase coping skills while decreasing severity of symptoms. Patients will learn skills for coping with their symptoms, discuss and practice in group, and document their efforts to use skills with daily homework and a DBT Diary Card.

Participants in the Mood Disorder IOP have the option to continue seeing their existing providers to minimize treatment disruption or utilize a psychiatrist and therapist through Silver Hill Hospital if they do not have providers in place. Patients utilizing full-service IOP are expected to meet individually with both their Silver Hill MD and Therapist weekly.

In-Person 4 days per week, in-person, x 6 weeks:

Mondays, Tuesdays, and Wednesdays 1-4:30,
Fridays ***9 AM -12:30 PM**

Weekly DBT Group

We also offer a once weekly DBT Group. The group is designed to serve as a "maintenance" group, to support people who have completed a comprehensive DBT program or a DBT IOP program. It is open to anyone who meets criteria, is not in an active crisis, and is residing in CT or NY. Participants should plan for a 6-month enrollment to review 24 DBT skills, though a 3-month enrollment can be considered with specific requests. The fee for the group will be \$170 per person weekly. Most insurance plans will be out-of-network for these services, and if so, participants may submit invoices for out-of-network insurance reimbursement if they have those benefits.

Weekly DBT Group 1 (virtual): Tuesdays 1-2:30 PM

Weekly DBT Group 2 (virtual): Thursdays 9-10:30 AM



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