

SILVER HILL HOSPITAL

Clinical Excellence. Transformative Care.

Silver Hill Hospital is a non-profit, independent, psychiatric hospital widely regarded as one of the best in the country. Founded in 1931, Silver Hill is unwavering in our mission — to transform the lives of individuals impacted by mental illness and addiction. Silver Hill Hospital is accredited by the Joint Commission.

THE SILVER HILL HOSPITAL DIFFERENCE

A CONTINUUM OF CARE

Silver Hill Hospital offers the most effective, evidence-based treatments available, all on a single campus—enabling individuals to move seamlessly from one stage of recovery to the next, without disruption in treatment or care.

- Inpatient, Residential, and Outpatient Care
- Treatment for adolescents, young adults, adults, executives and professionals
- Grounded in clinical excellence and compassionate care
- Located on a beautiful 44-acre campus in New Canaan, CT

INPATIENT CARE

Patients and families experiencing an emergent crisis or intense ongoing concern will find a secure, clinically supportive care environment for evaluation and observation in our inpatient program.

- Serves patients with complex psychiatric conditions such as mood disorders, anxiety, personality disorders, post-traumatic stress, psychosis, and substance use
- Diagnostic evaluation, psychopharmacological treatment, and group therapy throughout hospitalization

RESIDENTIAL PROGRAMS

For our psychiatrically and medically stable patients, we offer several specialized residential living programs. All programs include both group and individual psychotherapy, while also employing a variety of treatments and clinical interventions to ensure a smooth and secure transition back to everyday life.

Adolescent Dialectical Behavior Therapy (DBT) Program

- All genders, ages 13-17
- Serves patients struggling with anxiety disorders, co-occurring substance use disorders, depression, disordered eating, emerging personality disorders, emotion dysregulation, excessive anger, family conflict, impulsivity and risk-taking behaviors, mood disorders, peer relationship problems, school avoidance, self-esteem and identity issues, substance misuse caused by psychological difficulties, suicidality and self-harm
- DBT-adherent program that also includes psychodynamic therapy and other treatments, as well as intensive family involvement
- Educational support provided

Neuropsychiatric Program

- All genders, ages 18+
- Serves those with thought disorders, psychosis, and treatment refractory bipolar disorder (with or without substance abuse)
- Focused on practical application of skills for day-to-day living
- Group therapy based with a high level of psychiatric intervention and family involvement

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Learn More or Refer a Patient

Silver Hill Hospital
208 Valley Road
New Canaan, CT 06840

Professional Referral Line
and Admissions
866-542-4455

Admissions eFax
203-643-2090

December 2024

Triumph Program

- All genders, ages 18+
- Serving patients who are struggling with complex trauma, including PTSD, dissociative disorders, and other comorbid conditions
- Safe, structured environment designed specifically for trauma survivors
- Highly structured days with group programming, individual therapy, skills training, psychoeducation, experiential therapies, and more

Resilience Program at River House for the treatment of emotion dysregulation

- All genders, ages 18+
- Serves patients struggling with mood and personality disorders, depression, anxiety, and self-harm
- Core treatment is DBT complemented by multiple evidence-based therapeutic modalities and comprehensive medication management
- Family Support Program educates families on how to engage in more effective communication with their loved one

Dialectical Behavior Therapy for Substance Use Disorders (DBT-S) Program

- All genders, adults 18+
- Serves patients struggling with mood and personality disorders, depression, anxiety, and self-harm with substance use disorders
- DBT-adherent group-therapy-based treatment with 3 weekly individual psychotherapy sessions
- Family Support Program educates families on how to engage in more effective communication with their loved one

The Steward House Executive and Professionals Program

A collaboration with Yale New Haven Health and Yale Medicine, Steward House is a program for professionals and executives across conditions. Offers expanded access to Steward House treatment team, including on-premises psychiatrist and psychologist, and an intensive range of therapeutic modalities, plus exceptional amenities and privacy.

The Steward House Executive and Professionals Program continued...

- All genders, ages 35+
- Insight-oriented and integrative focus
- Extensive psychiatrist and psychologist access
- Intensive and multi-modal therapeutic approach
- Privacy and discretion
- Premium amenities

SPECIALIZED OUTPATIENT PROGRAMS

For individuals seeking to address specific mental health challenges in a supportive, results-oriented, skills-based environment.

- Intensive Outpatient Programs (IOPs)
  Adult Dialectical Behavioral Therapy (DBT); Adolescent DBT, DBT for Substance Use, Women's IOP, Young Adult IOP, Mood Disorders IOP
- Weekly Groups
  DBT, Young Adult
- Care Navigation & Support
  Customizable case management or community support during and following inpatient, residential, sober living, or outpatient care

INTERVENTIONAL PSYCHIATRY SERVICES

Ketamine treatment and electroconvulsive therapy (ECT) are available to patients currently being treated at Silver Hill as well as those coming to campus for these services (outpatient). These interventional treatments have been shown to alleviate symptoms of depression among patients who have been unsuccessful with traditional treatment protocols.

Our Work Transforms Lives

"Being both inpatient and then outpatient at Silver Hill has literally changed my life in a way that nothing else could have. I have changed so much and learned so much and I am so glad that I got to do so at a hospital where I felt safe, respected, and seen as a full person and not simply a psychiatric patient. Every staff member I interacted with was so kind and accommodating, from nurses/doctors and techs to the dining staff to the therapy clinicians."

— a Grateful Silver Hill Hospital Patient

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