

You've made the decision to seek treatment for a psychiatric or substance abuse disorder. But how do you decide which treatment facility is best for you? What should you consider when choosing where to get treatment? At Silver Hill Hospital, we believe the following essential elements are critical to making your choice.

An Exclusive Focus On The Most Advanced, Comprehensive Psychiatric and Substance Abuse Treatment

At Silver Hill Hospital all of our attention, energy, resources and expertise focus on getting the patient better. Providing you the best possible psychiatric and substance abuse treatment is our sole mission, our only reason to be here – and all we do.

If you come to Silver Hill you will be treated by one of our full time, highly trained psychiatrists, who have no other responsibility than the care of our patients. You won't be treated by a psychiatrist in training. You won't be asked to take part in a research study. You won't get a one-size-fits-all approach to your problems, as you may in other facilities. Our affiliation with the Yale Medical School Department of Psychiatry helps us stay on the cutting edge of treatment advances. Our broad expertise in psychiatry and substance abuse and the wide range of treatments we can provide means that we can deliver a program that gives you the very best chance of recovery.

	Silver Hill Hospital	Other Facility
Does the facility solely focus on psychiatry and substance abuse treatment?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Will your treatment be in the hands of an experienced psychiatrist who only has treatment responsibilities?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Expertise and Long Experience In Treating Dual Disorders

About two thirds of people who enter a psychiatric facility or drug facility have a dual disorder, either a substance abuse problem with an associated psychiatric disorder of the other way around. Very often, the associated disorder is not recognized by the patient and not identified by the facility. This makes full recovery less likely. At Silver Hill Hospital we put a lot of effort into identifying these dual problems and treating both of them at the same time. We can do it because we have 11 full-time psychiatrists on our staff and a treatment team with extensive training and experience. Many facilities claim to be able to do this but don't have the trained staff. We do it every day.

	Silver Hill Hospital	Other Facility
Can the facility justify the claim of being able to identify and treat dual disorders?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

An Extensive Range of Specialized Treatment Programs

Silver Hill is a psychiatric hospital and we offer inpatient, residential (transitional living) and intensive outpatient programs to enable patients to move along a continuum as they progress in their recovery. And with many specialized services you can be sure that you will be treated in the most appropriate program to address your individual needs. Because Silver Hill is a full-service psychiatric hospital, we have the experience and expertise to treat patients diagnosed with both psychiatric and substance use disorders.

Often, patients and families do not know what level of care is required until a patient is evaluated. At Silver Hill, a psychiatrist evaluates each patient to determine which level of care is required. As your needs change during the course of your treatment, we can accommodate them. A quarter of the patients who are treated in our inpatient programs continue their treatment in our residential programs, which provides a more intensive behavioral and counseling program in a more open environment. If a patient in a residential program needs to briefly move back to the inpatient program for additional stabilization that move and the transition back to the residential program is easy and seamless.

	Silver Hill Hospital	Other Facility
Does the facility you're considering offer multiple levels of care and specialized treatment programs?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Does a psychiatrist at the facility you're considering perform an evaluation to determine the appropriate level of care?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Family Involvement and Family Support

Does the facility encourage family participation and offer a comprehensive family program run by licensed clinical professionals? At Silver Hill Hospital, we understand the impact of a psychiatric and substance use illness on families and we help families move beyond the suffering caused by these illnesses. Depending on the program, we offer weekly family forums, DBT family groups and an intensive 4-day family program – all to help family members learn how to support the patient's recovery and preserve the stability and integrity of their own lives.

	Silver Hill Hospital	Other Facility
Does the program offer intensive family programs?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Proximity of Program to your Residence

Proximity is important – it facilitates family participation and a smoother transition back to home, work or school. Silver Hill Hospital is located only 50 miles north of New York City and is easily accessible via train. The location ensures your family members will be able to attend family groups and participate in individual family sessions with your social worker. Silver Hill's flexible programming provides the clinical support you need as you begin the transition to community living – and the proximity allows for part-time participation in the clinical program as you begin the transition to home and work.

	Silver Hill Hospital	Other Facility
Is the location convenient?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Does the facility allow part-time participation in the clinical program?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Experienced, Licensed Staff and Intensity of Staffing

Does the facility you’re considering offer a high staff-to-patient ratio, employ board-certified psychiatrists and licensed clinicians? Silver Hill Hospital does. On our inpatient services each psychiatrist and each social worker take care of an average of only 8 patients at a time and our nursing staff-to-patient ratio is 1:3. Patients in our residential programs are able to use more intensive behavioral and psychological treatments and these programs are staffed with more social workers and residential counselors and fewer nurses. Each patient admitted to Silver Hill Hospital is assigned a psychiatrist who oversees his/her treatment. With 11 full-time psychiatrists, eight of whom are sub-specialists in two areas of psychiatry, and psychiatrists on-site 24 hours a day, 7 days per week, you can be sure that you will always have immediate access to psychiatric interventions.

	Silver Hill Hospital	Other Facility
Does the facility provide staffing above the standard levels?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Is the clinical staff experienced and licensed?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Commitment to Quality and Patient Safety

Does the facility have a program to continually evaluate itself and a process for continuing to improve quality? Is the facility accredited? Does the facility use a comprehensive electronic clinical record? At Silver Hill Hospital, our commitment to high quality care and patient safety is paramount to our treatment. Silver Hill Hospital participates in six different surveys conducted by three different accrediting agencies. We have been accredited by The Joint Commission since 1962 and continually monitor many quality and patient safety indicators. Our new comprehensive electronic health record enables the members of your clinical team to have immediate access to your paperless medical record – including current medications, notes from family meetings, multi-disciplinary treatment plans and laboratory results – so they have all of the information they need to help you get better faster.

	Silver Hill Hospital	Other Facility
Is the facility you’re considering accredited and have external oversight?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Does the facility have an integrated electronic clinical record?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Physical Environment and Amenities

Will the facility’s setting help you get better? Silver Hill Hospital’s 43-acre, country campus and beautifully renovated buildings provide a respectful, comfortable treatment environment to foster the process of recovery. Access to our fitness center, full-size gymnasium, indoor heated pool, tennis court and ROPES course helps patients use their leisure time constructively. Our wellness program provides Acupuncture, Jin Shin Acupressure, Reiki, Massage, Yoga and Pilates.

	Silver Hill Hospital	Other Facility
Does the physical environment of the program you’re considering foster recovery?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Does the facility provide recreational activities?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Does the facility offer wellness services?	<input checked="" type="checkbox"/>	<input type="checkbox"/>