

OUTPATIENT ADDICTION PROGRAM



Exceptional Care in an Exceptional Setting

The Outpatient Addiction Program is a six week intensive outpatient program that helps people struggling with addiction to break the cycle of relapse and maintain their sobriety. Addictions to all substances are treated including heroin, opioid pain relievers, alcohol, benzodiazepines, and cocaine.

Patients are initially assessed by our Addiction Psychiatrist to determine their stability and appropriateness for outpatient addiction treatment. This assessment includes an intake interview, collaboration with community-based clinicians, and review of each patient's support network.

Outpatient detoxification is offered as part of the Outpatient Addiction Program when safe and necessary. During detoxification, patients meet daily, Monday through Friday, with our clinical team to ensure their smooth and safe transition into recovery.

If detoxification is not necessary or after patients complete it, they begin attending group therapy sessions led during the day three times per week by our licensed clinicians. These groups emphasize Cognitive Behavioral Therapy, provide education about addiction, and teach effective coping skills.

While in the Outpatient Addiction Program we encourage patients to consider medications that have been shown to significantly reduce the risk of relapse such as buprenorphine (Suboxone), extended-release naltrexone (Vivitrol), and disulfiram (Antabuse). All of these medications are available through the program.

Patients receive weekly individual therapy and psychiatric medication management. Urine drug screening is performed twice per week and when necessary. In addition, we encourage patients to participate in family meetings facilitated by our licensed clinicians.

Upon completion of the Outpatient Addiction Program, patients are offered to participate in our Recovery Support & Follow-Up Service (RSFS). This is a phone-based service which provides support to our patients and those closest to them for one year.

The Outpatient Addiction Program accepts insurance. Coverage varies based on each patient's individual insurance carrier and plan. In-network providers for the program include Anthem, Aetna, Value Options, Cigna, United Behavioral Health, and Yale Health Plan.

Silver Hill Hospital is a nationally recognized, independent, not-for-profit psychiatric hospital. Since 1931, we have focused exclusively on providing the best possible treatment for psychiatric illnesses and addiction. Silver Hill Hospital is accredited by The Joint Commission and is an academic affiliate of the Yale University School of Medicine, Department of Psychiatry.

CONTACT INFORMATION

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