Eating Disorders Center
People with eating disorders struggle with their relationship to food. Their preoccupation with weight and food can be an attempt to gain control over their bodies and their lives. But when this preoccupation spirals out of control, it ends up taking over their lives.

The Center was designed for both men and women suffering from a range of eating disorders and behaviors including anorexia, bulimia, binge eating disorder and body dysmorphic disorder.

We find that an underlying psychiatric disorder often drives and complicates the symptoms of an eating disorder. We believe that the treatment of these co-occurring conditions is essential to the successful and lasting recovery from an eating disorder. As a psychiatric hospital, we are particularly suited to treat these conditions including depression, substance use disorders and anxiety disorders.

Have you lost control over your relationship with food?

Helping you gain control by letting go of control

Treatment at the Center begins with a detailed assessment to identify the complex array of variables that underlie an eating disorder. Patients also receive comprehensive medical testing to ensure overall health. A treatment plan is then developed with the goal of replacing negative behavior patterns, emotions and beliefs that have trapped patients in an unhealthy relationship with food, with new behaviors that reduce suffering and increase emotional and behavioral flexibility.

A number of patient-focused, evidence-based therapies are employed to that end, including:

- Individual and Group Therapy
- Dialectical Behavior Therapy
- Cognitive Behavioral Therapy
- Acceptance and Commitment Therapy
- Nutrition Counseling
Inpatient treatment

Patients often begin treatment in one of our inpatient units. This is the most intensive form of care, indicated for a phase of illness that requires a high level of intervention for symptom reduction and stabilization. It is appropriate for patients whose eating disorder puts them at risk of seriously compromising their health or safety. Our inpatient programs have a high clinician-to-patient ratio that allows each patient to receive the individual attention he or she requires. The typical length of stay is 7-10 days, and inpatient treatment is usually covered by health insurance.

Transitional living

In this program patients reside on campus in a 9–bed residence where they receive a range of therapeutic opportunities designed to promote behavioral change and emotional growth. The foundation of this treatment is Dialectical Behavior Therapy – a highly-structured form of behavioral therapy that was created to provide the skills necessary to regulate emotions and control destructive behaviors. With the goal of “Mindful Eating”, residents practice the skills they are learning in real world situations such as food shopping, restaurant outings, and meal creation in our state-of-the-art fully equipped kitchen. The minimum length of stay for this phase of treatment is 4 weeks, and many patients often extend their treatment. This program is self-pay.

Outpatient treatment

We offer an intensive outpatient program for patients who have completed the transitional living program and returned home to treatment by a community-based therapist. Patients return to Silver Hill several times per week where they continue to practice the skills and develop the behavioral tools they have acquired under the guidance of our licensed clinicians. Lunch and an afternoon snack are an integral part of this program. Outpatient programs are usually covered by health insurance.

Treatment at the Center helps patients

• Manage difficult emotions
• Learn balanced stable eating and exercise
• Reduce fear, self-criticism and judgement
• Develop greater behavioral and psychological flexibility
• Challenge unhealthy beliefs
• Gain a sense of self and value that extends beyond the demands of an eating disorder

We encourage family participation
We recognize that the entire family can be affected when one member suffers from an eating disorder. That’s why we encourage families to meet with members of the patient’s treatment team and join our weekly Eating Disorders Family Program. The Program provides information about the nature, course and treatment of eating disorders, along with the opportunity to share personal experiences and offer peer support. The goal is to equip families with tools to facilitate the patient’s continued growth and recovery, and reduce the likelihood of relapse.

Our treatment team

Individualized treatment that respects the struggles of each patient is provided by a caring, multispecialty team of professionals, including psychiatrists, psychologists, licensed clinical social workers, dieticians, nurses and residential counselors.

Wellness services

Patients may also make use of our Wellness Services which offer a holistic approach to recovery in recognition of the integration of body, mind and spirit. Services include yoga, acupuncture, personal fitness training, meditation and massage therapy. These alternative therapies are meant to be complementary to traditional medical care, not a substitute for it. These services are available for an additional cost.

Aftercare planning

At Silver Hill we take what happens after patients leave us as seriously as the time they spend with us. From day one, our clinical staff works with patients, their families and referring clinicians to create a safe, healthy and meaningful discharge plan. This may include further residential treatment or scheduled appointments with community-based physicians and therapists.
To find the appropriate program or begin the process of arranging for treatment, please see the following contact information.

Silver Hill Hospital
208 Valley Road
New Canaan, CT 06840

866 542 4455
contactus@silverhillhospital.org
silverhillhospital.org

What we want you to know about Silver Hill Hospital

Silver Hill is
• An independent not-for-profit psychiatric hospital
• Three levels of care all on one campus: inpatient, residential and outpatient
• A safe, healing environment
• Patient-focused, evidence-based therapies
• Caring, compassionate, highly-skilled staff
• Support for families
• A trusted partner to referring clinicians
• 6 Centers of clinical expertise
• An 85-year legacy of experience
• Licensed by the State of Connecticut
• Accredited by The Joint Commission
• Affiliated with Yale University School of Medicine, Department of Psychiatry