

# Residential Treatment Programs

Before the 1990s, people with severe or chronic mood problems often recovered with the help of long-term therapy programs in a hospital setting. Since then, managed care has cut funding for this option, and psychiatric hospitals have moved towards crisis stabilization with brief hospital stays. Therapy work has shifted to Partial Hospital Programs, where people attend intensive outpatient therapy sessions several days a week after a hospital stay.

Residential therapy programs are still covered under some insurance plans for anorexia and substance abuse, and sometimes for mood disorders. Residential stays often last weeks to months in these programs. These programs include private hospitals, farm-based residential communities, group residential treatment, apartment based residential treatment and long-term residential living arrangements.

Many of these residential treatment programs are members of a trade association named the American Residential Treatment Association (ARTA). ARTA's website lists and describes the ARTA members and links to each program's website:

[www.artausa.org](http://www.artausa.org)

## Private Hospitals

These three are the only remaining center which combine psychiatric hospital care with a long-term psychotherapy program. All are highly regarded and have a long tradition of intensive therapy dating back over 70 years. Costs are approximately \$1,600 per day and may be covered in part by insurance.

### **Silver Hill Hospital**

*New Canaan, CT, [www.silverhillhospital.org](http://www.silverhillhospital.org)*

An independent psychiatric hospital, Silver Hill offers both inpatient care and longer-stay residential transitional living programs on a country campus. Silver Hill excels in both biological psychiatry and psychotherapy. Psychiatrists there have made significant breakthroughs in the treatment of depression and bipolar disorders.

### **McLean (Harvard)**

*Boston, MA, [ww.mclean.harvard.edu/patient/adult/ccs.php](http://ww.mclean.harvard.edu/patient/adult/ccs.php)*

The Appleton Program is for recently or persistently ill adults with bipolar disorder, schizophrenia and other disabling psychiatric illnesses. McLean Hospital, located just outside of Boston, MA, is an affiliate of Harvard Medical School.

### **Menninger Clinic**

*Baylor, TX, [www.menningerclinic.com](http://www.menningerclinic.com)*

Offering specialized treatment programs that have been designed for patients symptoms and diagnoses, level of functioning, age and individual needs. Located in Houston, Texas, on a 14-acre campus.

### **Institute of Living**

*Hartford, CT, [www.instituteofliving.com](http://www.instituteofliving.com)*

The Buckingham House is a 13 bed group home at the Institute of Living. Full range of psychiatric services available.

### **Retreat at Shepard Pratt**

*Baltimore, MD, [www.retreatatp.org](http://www.retreatatp.org)*

Designed for patients seeking a comprehensive evaluation and intensive treatment experience in a psychotherapeutic milieu. Part of the Sheppard Pratt Health System located in Baltimore Maryland and offering stays up to several months.

**Austen Riggs**

*Baltimore, MD, [www.austenriggs.org](http://www.austenriggs.org)*

Located in the small New England town of Stockbridge, MA, three hours from New York City, the Riggs treatment approach is centered around psychodynamic psychotherapy provided in the context of a therapeutic community based on the notion of examined living.

**Residential Therapy in North Carolina**

**Caramore**

*Chapel Hill, NC, [www.caramore.org](http://www.caramore.org)*

Caramore Community, Inc. is an employment and independent living skills training facility for individuals with mental illness located in Carrboro, North Carolina. Caramore provides clinically coordinated, transitional, and community-based 24-hour employment and independent living training services to adult citizens of North Carolina with severe and persistent mental illnesses so that they may lead more normal lives.

**Cooper Riis**

*Asheville, NC, [www.cooperriis.org](http://www.cooperriis.org)*

Provides structure, recreation and work opportunities for adults with mental illness. Two locations (rural and urban). Average stay 6-9 months. For adults with mental illness who “demonstrate a desire to recover their mental health, demonstrated in part by their willingness to work closely and willingly with our mental health professionals.” Common diagnoses include: schizophrenia, schizoaffective disorder, bipolar disorder, major depressive or anxiety disorder, Asperger's Syndrome, personality disorders, including borderline or avoidant personality disorder. Cost can be high but scholarships available.

**HopeWay**

*Charlotte, NC, [www.hopewayfoundation.org](http://www.hopewayfoundation.org)*

Residential treatment for most psychiatric problems, typical length of stay is 4-6 weeks. Accepts most private insurers and works with out-of-network insurers. Also has day program. Therapies there teach skills of daily living and managing symptoms in group and individual format. All residents have a primary therapist and psychiatrist. Includes integrative therapies such as art, horticulture, pottery, nutritional, music, yoga, and pet therapy.

**Residential Programs for Substance Use Problems in North Carolina**

**Trosa**

*Durham, NC, [www.trosainc.org](http://www.trosainc.org)*

A work-based program for people with substance abuse.

**Fellowship Hall**

*Greensboro, NC, [www.fellowshiphall.com](http://www.fellowshiphall.com)*

**Wilmington Center**

*Wilmington, NC, [ww.wilmingtontreatment.com](http://ww.wilmingtontreatment.com)*

**LifeCenter of Galax**

*Galax, VA, [www.galaxrecovery.com](http://www.galaxrecovery.com)*

**Hope Homes**

Charlotte, NC, [www.hopehomesrecovery.org](http://www.hopehomesrecovery.org)

Focuses on addictions and eating disorders, also has centers in Greenville SC, Atlanta GA and Birmingham AL.

**Residential Programs Outside of North Carolina****Academy Street Community Residence**

A milieu of light and color nurture the spirit and soul. Long and short term care, home and community living.

Website: <http://www.theacademyhouse.com/>

Address: 124 Academy St., Poughkeepsie, New York 12601

Email: [karinfernandez@verizon.net](mailto:karinfernandez@verizon.net)

Phone: (845) 471-6485, Fax: same as phone; call first.

Contact person: Luzia Willams

**Foundations Recovery Network**

Focused on addictions, with centers in Sautee Georgia, Roswell Georgia (outpatient), Memphis Tennessee, Nashville Tennessee (outpatient) and California.

[www.foundationsrecoverynetwork.com](http://www.foundationsrecoverynetwork.com)

(866) 494-7787

**Talbott Recovery Center**

A treatment program for addictions in Atlanta GA: [talbottcampus.com](http://talbottcampus.com)

**Forty Seven Main Street, Inc.**

Forty Seven Main Street Inc. is a small, private residential program for males only licensed by the State of Vermont. Since 1969, we have provided quality individualized care, in a small-town Vermont setting.

Website: [www.fortysevenmain.com](http://www.fortysevenmain.com)

Address: P.O. Box 38, (706 Main St), Castleton, Vermont 05735-0038

Email: [wleenman@fortysevenmain.com](mailto:wleenman@fortysevenmain.com)

Phone: (802) 468-5325, Fax: (802) 468-5152

Contact person: Willem Leenman

## **Gateway Homes of Greater Richmond**

Gateway Homes, Inc. offers a transitional, residential, treatment program that assists individuals with mental illness to achieve recovery and to live as independently as possible in a community setting.

Website: [www.gatewayhomes.org](http://www.gatewayhomes.org)

Address: P.O. Box 11303, Richmond, Virginia 23230

Email: [dherr@gatewayhomes.org](mailto:dherr@gatewayhomes.org)

Phone: (804) 285-4389, Fax: (804) 285-9254

Contact person: Daniel L. Herr JD

## **Gould Farm**

Situated on a beautiful 650 acre working farm, Gould Farm is a therapeutic community where work, clinical supports and nurturing relationships promote recovery for adults 18+ coping with mental illness.

Website: [www.gouldfarm.org](http://www.gouldfarm.org)

Address: 100 Gould Road, PO Box 157, Monterey, Massachusetts 01245-0157

Email: [admissions@gouldfarm.org](mailto:admissions@gouldfarm.org)

Phone: (413) 528-1804, Fax: (413) 528-5051

Contact person: Donna Burkhart

## **The Greystone Program; Friends Hospital**

Greystone Program is a long-term residential rehabilitation program designed to meet the special needs of adults suffering from severe and persistent mental illnesses such as schizophrenia and bipolar disorder.

Website: [www.Greystoneprogram.org](http://www.Greystoneprogram.org)

Address: 4641 Roosevelt Blvd. Philadelphia, PA 19124

Email: [Kwalker@FBHS.org](mailto:Kwalker@FBHS.org)

Phone: (215) 831-6369 Fax: (215) -831-4575

Contact person: Kathleen Walker

## **Hopewell, A Therapeutic Farm Community**

The Hopewell resident through meaningful work progresses toward a more self-reliant and satisfying life through participation in a 306 acre therapeutic farm community.

Website: [www.hopewell.cc](http://www.hopewell.cc)

Address: PO Box 193, Mesopotamia, Ohio 44439

Email: [BArvin@hopewell.cc](mailto:BArvin@hopewell.cc)

Phone: (440) 693-4074, Fax: (440) 693-4168

Contact person: Betsie Arvin

### **Hundred Acre Homestead**

A Vermont licensed healing farm community that provides a unique and intimate setting for a growth enhancing program targeted at individuals who suffer from mental and emotional illnesses, such as schizophrenia and bipolar disorder

Website: [www.hundredacrehomestead.com](http://www.hundredacrehomestead.com)

Address: 171 Gould Hill Rd., Worcester, VT 05682

Email: [deborah@hundredacrehomestead.com](mailto:deborah@hundredacrehomestead.com)

Phone: (802) 223-9122

Contact: Deborah Betts

### **Lakewood Center**

Long-term residential treatment for adults with chronic mental illnesses, particularly schizophrenia, bipolar, depression, autism and Asperger's Syndrome. Near Orlando, Florida, on a 15-acre campus.

Website: [www.lakewoodcenter.org](http://www.lakewoodcenter.org)

Address: 8400 La Amistad Cove, Fern Park, Florida 32730

Email: [hbooth@laamistad.org](mailto:hbooth@laamistad.org)

Phone: (407) 332-1711, Fax: (407) 331-7291

Contact person: Helen Booth

### **Merry Meadow Farm**

Merry Meadow Farm offers a supportive and nonjudgmental environment to individuals recovering from or coping with a mental illness.

Website: [www.merrymeadowfarm.com](http://www.merrymeadowfarm.com)

Address: 2122 Lower Plain, Bradford, Vermont 05033

Email: [schramm@merrymeadowfarm.com](mailto:schramm@merrymeadowfarm.com)

Phone: (802) 222-9394, Fax: (802) 222-5422

Contact person: Stephen Schramm

### **Newman Community Residence**

An affordable alternative to long-term care for those mentally ill person seeking a tranquil, stress free environment with kind, gentle, dedicated and supportive staff to help in the recovery process.

Address: 7951 Rt. 22, Copake Falls, New York 12517

Email: [newmanres@aol.com](mailto:newmanres@aol.com)

Phone: (518) 329-1107, Fax: (518) 329-1764

Contact person: Karin Newman

### **Parents' Foundation for Transitional Living, Inc.**

Private supervised residential program adjacent to Yale University, providing community support and reintegration opportunities for adults with mental illness.

Website: [www.parentsfoundation.com](http://www.parentsfoundation.com)

Address: 100 Broadway, New Haven, Connecticut 06511

Email: [dfink@parentsfoundation.com](mailto:dfink@parentsfoundation.com)

Phone: (203) 776-3236, Fax: (203) 782-9100

Contact person: Donna Fink

### **Pasadena Villa**

Pasadena Villa is a premier residential treatment facility for adults and young adults which utilize a social integration approach.

Website: [www.pasadenavilla.com](http://www.pasadenavilla.com)

Address: 119 Pasadena Place, Orlando, Florida 32803

Email: [dnissen@pasadenavilla.com](mailto:dnissen@pasadenavilla.com)

Phone: (407) 246-0887, Fax: (407) 896-2653

Contact person: David Nissen

### **Project Transition**

Apartment-based communities tailored for adults with challenging, persistent mental illnesses (including coexisting substance abuse). Multiple impact treatment, training, wellness interventions.

Website: [www.projecttransition.com](http://www.projecttransition.com)

Address: 1 Highland Drive Chalfont, Pennsylvania 18914

Email: [sjohnston@projecttransition.com](mailto:sjohnston@projecttransition.com)

Phone: (215) 997-9959

Contact person: Scott Johnston

## **Rose Hill Center**

Psychiatric rehabilitation program on 372 acres offering continuum of care. Daily structured program: work, school, daily living skills. Joint Commission accredited.

Website: [www.rosehillcenter.com](http://www.rosehillcenter.com)

Address: 5130 Rose Hill Blvd, Holly, Michigan 48442

Email: [jsnyder@rosehillcenter.com](mailto:jsnyder@rosehillcenter.com)

Phone: 866-504-2259, Fax: (248) 634-7754

Contact person: Janice Snyder

## **Skyland Trail**

Private, non-profit rehabilitation program for adults with mental illness. Our full continuum of care includes: Residential/Day Treatment, Dual Diagnosis, Vocational Services, Case Management, Transitional Living and Aftercare Programs.

Website: [www.skylandtrail.org](http://www.skylandtrail.org)

Address: 1903 North Druid Hills Rd., Atlanta, Georgia 30319

Email: [tmcdaniel@skylandtrail.org](mailto:tmcdaniel@skylandtrail.org)

Phone: toll free (866) 528-9593, (404) 315-8333, Fax: (404) 315-9838

Contact person: Tara McDaniel

## **SLS Health: formerly Supervised Lifestyles**

Website: [www.slshealth.com](http://www.slshealth.com)

Address: 2503 Carmel Ave., Brewster, New York 10509

Email: [abergman@slshealth.com](mailto:abergman@slshealth.com)

Phone: (845) 279-5994 ext 113, Fax: (845) 279-7678

Contact person: Al Bergman

## **Spirit of Gheel**

Since 1984, individualized residential care in a therapeutic, holistic-living community setting for adults with persistent mental health issues in recovery.

Website: [www.spiritofgheel.org](http://www.spiritofgheel.org)

Address: PO Box 610, Kimberton, Pennsylvania 19442

Email: [doc\\_emery@earthlink.net](mailto:doc_emery@earthlink.net)

Phone: (610) 495-7871 ext 216, Fax: (610) 495-2871

Contact person: Dr. Eric Emery, Ph.D., Executive Director

## **Spring Lake Ranch**

Since 1932, we have offered an alternative therapeutic treatment program for adults with mental illness/substance abuse. Our work program and community life help residents grow and recover in the beautiful Green Mountains of Vermont.

Website: [www.springlakeranch.org](http://www.springlakeranch.org)

Address: Cuttingsville, Vermont 05738

Email: [springlakeranch@springlakeranch.org](mailto:springlakeranch@springlakeranch.org)

Phone: (802) 492-3322, Fax: (802) 492-3331

Contact person: Pam Grace

## **Spruce Mountain Inn**

Spruce Mountain, for twenty-five years, has offered a comprehensive treatment program combining independent living skills and treatment at various levels of intensity staffed by professionals.

Website: [www.sprucemountaininn.com](http://www.sprucemountaininn.com)

Address: Box 153, Plainfield, Vermont 05667

Email: [info@sprucemountaininn.com](mailto:info@sprucemountaininn.com)

Phone: (802) 454-8353, Fax: (802) 454-1008

Contact person: Ed Levin LICSW

## **TCR**

A therapeutic continuum of residential services and JCAHO accredited clinical services for adult mental health consumers ages 18 and over. Open length of stay with a variety of residential options.

Website: [www.TCRespite.com](http://www.TCRespite.com)

Address: P.O. Box 1001, Limeport, Pennsylvania 18060

Email: [jmuth@TCRespite.com](mailto:jmuth@TCRespite.com)

Phone: (610) 965-9021 ext 237, Fax: (610) 967-0451

Contact person: Joan Muth

## **The Wellspring Foundation, Inc.**



Intensive residential treatment offered in western Connecticut for children (6-12), adolescent girls (13-18) and adults. Appropriate for a wide range of mental health diagnoses.

Website: [www.wellspring.org](http://www.wellspring.org)

Address: 158 Flanders Rd, Bethlehem, Connecticut 06759

Email: [angelus@wellspring.org](mailto:angelus@wellspring.org)

Phone: (203) 266-8080, Fax: (203) 266-8086

Contact person: David Ferguson or Nancy Thurston

### **WestBridge Community Services**

Family-founded, family-focused, supporting the recovery of families and individuals with co-occurring mental illness and substance use. Cambridge, MA & Manchester, NH

Website: [www.westbridge.org](http://www.westbridge.org)

Address: 1361 Elm St, Suite 207, Manchester, New Hampshire 03101

Email: [info@westbridge.org](mailto:info@westbridge.org)

Phone: (603) 634-4446, Fax: (603) 634-4447

Contact person: Melissa Westerman or Norm Asselin

### **Whitemarsh House**

Whitemarsh House offers highly individualized short-term and long-term residential care to persons in recovery from serious mental illness and traumatic brain injury in a comfortable and friendly home environment.

Website: [www.whitemarshhouse.com](http://www.whitemarshhouse.com)

Address: 31 West Mill Road, Flourtown, PA 19031

Email: [whitemarshhouse@aol.com](mailto:whitemarshhouse@aol.com)

Phone: (215) 836-1846

Contact person: Lawrence Anastasi, M.S., Clinical Director

### **Wild Acre Inns**

Wild Acre Inns provides a continuum of care for the mentally ill client in supportive residential facilities.

Website: [www.wildacreinns.com](http://www.wildacreinns.com)

Address: 108 Pleasant St., Arlington, Massachusetts 02476

Email: [mbrunol@wildacreinns.com](mailto:mbrunol@wildacreinns.com)

Phone: (781) 643-0643, Fax: (781) 648-2937

Contact person: Mary Bruno

### **Windhorse Associates**

Windhorse Associates is an innovative therapeutic community approach to recovery for individuals living with psychiatric distress. Services are individually tailored in close communication with each client and family, and represent a wide range of intensity and structure.

Website: [www.windhorseassociates.org](http://www.windhorseassociates.org)

Address: 211 North St., Northampton, Massachusetts 01060

Email: [info@windhorseassociates.org](mailto:info@windhorseassociates.org)

Phone: (413) 586-0207 x113, Fax: (413) 585-1521

Contact person: Jeff Bliss

### **More information and options at:**

[www.psychodyssey.net/?page\\_id=262](http://www.psychodyssey.net/?page_id=262)

[www.artausa.org](http://www.artausa.org)