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

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

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)

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

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

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

Retreat at Sheppard Pratt
Baltimore, MD, www.retreatatsp.org

FOLLOW RESEARCH UPDATES: (336) 722-7266
READ MORE BROCHURES: moodtreatmentcenter.com
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

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

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

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

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

A work-based program for people with substance abuse.

**Fellowship Hall**  
Greensboro, NC, www.fellowshiphall.com

**Wilmington Center**  
Wilmington, NC, www.wilmingtoncenter.com

**LifeCenter of Galax**  
Galax, VA, www.galaxrecovery.com
Hope Homes  
Charlotte, NC, 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  
Phone: (845) 471-6485, Fax: same as phone; call first.  
Contact person: Luzia Williams

Foundations Recovery Network  
Focused on addictions, with centers in Sautee Georgia, Roswell Georgia (outpatient), Memphis Tennessee, Nashville Tennessee (outpatient) and California.  
www.foundationsrecoverynetwork.com  
(866) 494-7787

Talbott Recovery Center  
A treatment program for addictions in Atlanta GA: 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  
Address: P.O. Box 38, (706 Main Sr), Castleton, Vermont 05735-0038  
Email: 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
Address: P.O. Box 11303, Richmond, Virginia 23230
Email: 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
Address: 100 Gould Road, PO Box 157, Monterey, Massachusetts 01245-0157
Email: 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
Address: 4641 Roosevelt Blvd. Philadelphia, PA 19124
Email: 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
Address: PO Box 193, Mesopotamia, Ohio 44439
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
Address: 171 Gould Hill Rd., Worcester, VT 05682
Email: 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
Address: 8400 La Amistad Cove, Fern Park, Florida 32730
Email: 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
Address: 2122 Lower Plain, Bradford, Vermont 05033
Email: 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
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
Address: 100 Broadway, New Haven, Connecticut 06511
Email: 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
Address: 119 Pasadena Place, Orlando, Florida 32803
Email: 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
Address: 1 Highland Drive Chalfont, Pennsylvania 18914
Email: sjohnston@projecttransition.com
Phone: (215) 997-9959
Contact person: Scott Johnston
**Rose Hill Center**
Website: www.rosehillcenter.com
Address: 5130 Rose Hill Blvd, Holly, Michigan 48442
Email: 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
Address: 1903 North Druid Hills Rd., Atlanta, Georgia 30319
Email: 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
Address: 2503 Carmel Ave., Brewster, New York 10509
Email: 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
Address: PO Box 610, Kimberton, Pennsylvania 19442
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.sprinlakeranch.org
Address: Cuttingsville, Vermont 05738
Email: 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
Address: Box 153, Plainfield, Vermont 05667
Email: 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
Address: P.O. Box 1001, Limeport, Pennsylvania 18060
Email: 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
Address: 158 Flanders Rd, Bethlehem, Connecticut 06759
Email: 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
Address: 1361 Elm St, Suite 207, Manchester, New Hampshire 03101
Email: 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
Address: 31 West Mill Road, Flourtown, PA 19031
Email: 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
Address: 108 Pleasant St., Arlington, Massachusetts 02476
Email: mbrunol@wildacreinns.com
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
Address: 211 North St., Northampton, Massachusetts 01060
Email: 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
www.artausa.org