

Residential Mental Health & Substance Use Treatment for Adult Men



130 Critchlow School Road
Renfrew, Pennsylvania 16053



Why Silvermist?

- High staff-to-client ratio
- Relaxed residential treatment setting accommodates 25 adult men
- Highest respect for client dignity, privacy, and safety
- Dedicated team of therapists, counselors, medical director, and support staff
- Psychiatric services offered 5 days per week
- Extensive menu of on and off-site amenities and sober recreational activities
- Comprehensive, evidence-based treatment approach includes a variety of holistic therapies and an extensive aftercare program
- Picturesque views of natural landscapes and wildlife on 30 private, gated acre campus promote relaxation and reflection
- Multiple residences beautifully appointed with luxurious finishes throughout
- In-network with most commercial insurances

Comprehensive, Trauma-Focused Care

Silvermist's Primary Psychiatric Program offers comprehensive mental health treatment for adults of all ages struggling with post-traumatic stress disorder, anxiety disorders, depression, mood disorders, eating disorders, and co-occurring substance use.

Our trauma-focused residential treatment program focuses on the whole person rather than addressing one specific issue or behavior. By focusing on increasing psychological flexibility, reflection and resilience, clients can achieve symptom reduction, behavior modification, improved functioning, and increase overall well-being.

Our program for young adults aged 18 to 35 years include curriculum focused on creativity, increased consciousness and sense of self, emotional intensity and the heightened need for social engagement.

For clients over 35, our treatment curriculum focuses on the reappraisal or reevaluation of one's life as they age. This process is vital to successful progression through the midlife stage. In addition, our program aims to make middle aged clients aware of the impact of emotional ups and downs or "peaks and valleys" of midlife adulthood on their daily functioning

Collaborative Mental Health Treatment

At Silvermist, collaborative relationships between staff, clients, and families help foster intrinsic change, behavioral shift and therapeutic progress.

At the beginning of treatment, the care team surveys clients and families about their expectations. Within the first days of admission, clients receive a psychiatric evaluation, clinical assessments and nutritional assessment (if needed) so that the treatment team understands the full scope of their needs. Early in the process, the treatment team works to establish a connection with each client in order to increase their sense of safety and willingness to be vulnerable throughout the treatment process.



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Program Amenities

- Chef-prepared menu emphasizes nutritional focus and accommodates specific dietary requirements and food sensitivities
- On-site recreational amenities include an outdoor pool, gym, billiards, and walking paths on 30 privately gated, professionally landscaped acres
- Nearby off-site activities include hiking, canoeing, bowling, and museums
- Full team of mental health and substance use professionals and highly trained support staff
- Holistic therapies inclusive of yoga, meditation, and indoor, therapeutic infrared sauna
- Flexible visitation schedule
- Extensive family programming
- Complimentary transportation
- Conveniently located 50 minutes from the Pittsburgh International Airport

Mental Health Treatment Modalities

Silvermist's Primary Psychiatric Program emphasizes individualization of treatment plans. Our behavioral healthcare professionals spend ample time with each client to best understand the combined contexts of their unique needs, experiences and expectations for treatment.

Our diverse range of treatment interventions provide many possibilities for clients to gain new insights and experiences, giving them a greater opportunity for long-term success after treatment.

Our evidence-based programming consists of:

- Acceptance and Commitment Therapy (ACT)
- Emotion Focused Family Therapy (EFFT)
- Medication Assisted Treatment (MAT)
- Experiential Therapy
- Aftercare Planning
- Psychoeducational Groups



Substance Use Treatment

Silvermist treats alcohol and drug use disorders using many of the same, effective treatment modalities as our psychiatric program. Our substance use program includes relapse prevention therapy and a collaborative discharge and aftercare plan to support sustained recovery. Detox services are offered at our Pyramid Healthcare affiliated programs.



We are part of the VA CCN and accept most commercial insurances. Call to learn more!