Welcome to The Institute of Living. Founded in 1822, The Institute of Living was one of the first mental health centers in the United States, and the first hospital of any kind in Connecticut. Located on 35 acres landscaped by Frederick Law Olmsted, The Institute of Living lies near the center of Hartford, Connecticut.

Today, The Institute of Living is one of America’s leading not-for-profit centers for comprehensive patient care, research and education in behavioral, psychiatric, and addiction disorders.

The Institute of Living offers a full spectrum of care, including inpatient mental health services.
Excellence:

In Hartford HealthCare, only the best will do. We work as a team to bring experience, advanced technology and best practices to bear in providing the highest-quality care for our patients and families. We devote ourselves to continuous improvement, excellence, professionalism and innovation in our work.
The Institute of Living’s model of care is derived from a longstanding humanistic tradition and a rigorous commitment to scientific advances.

Treatment at the Institute of Living is based on respect for the dignity and individuality of each patient. This principle is embodied in the therapeutic connections between patients and staff working together to achieve the healthiest results.
The Adult Inpatient Service consists of four adult inpatient units: Donnelly 3 North (D3N), Donnelly 3 South (D3S), Donnelly 2 South (D2S), and Donnelly 1 North (D1N).

Each unit is slightly different in programming and patients are assessed for appropriate placement on the basis of their specific individual needs.
As the number of visitors are limited at any one time, the Donnelly Lobby serves as a waiting area.

For questions or directions to locate a patient, a Donnelly Lobby Receptionist may be available. Or, please call 860.545.7200 for assistance.
**Integrity:**

Our actions tell the world what Hartford HealthCare is and what we stand for. We act ethically and responsibly in everything we do and hold ourselves accountable for our behavior. We bring respect, openness and honesty to our encounters with patients, families and coworkers and support the well-being of the communities we serve.

The Adult Inpatient Service provides an integrated approach to rapid stabilization in a safe and therapeutic environment.
Common areas allow for people to congregate
The dining area is a great place to enjoy meals.
Private living space and bathrooms also allow for relaxation and reflection.
Helpful staff is never very far away.
Safety:

Patients and families have placed their lives and health in our hands. At Hartford HealthCare our first priority -- and the rule of medicine -- is to protect them from harm. We believe that maintaining the highest safety standards is critical to delivering high-quality care and that a safe workplace protects us all.
The aim is to tailor each person’s treatment plan to his or her individual needs as much as possible.
At the Institute of Living, we care about your mental, physical and emotional needs. After admission, you will have a history and physical exam performed.
Caring:

Every Hartford HealthCare staff member touches the lives of the patients and families in our care. We treat those we serve and each other with kindness and compassion and strive to better understand and respond to the needs of a diverse community.
The multidisciplinary team is dedicated to providing patient-centered care that ensures nonjudgmental, respectful, compassionate treatment to the population served.

This treatment will address individual, patient-specific needs. The safety, confidentiality and dignity of all patients will be respected.

The focus of treatment is rapid stabilization and a safe, effective transition to the next level of care.
FAQs
How will I get to the Donnelly building?
You will be transported by ambulance or public safety across the street to the Donnelly building. At that time, your belongings will also be brought over by personnel.

What should I expect to happen when I first arrive?
Nursing staff will meet you as you arrive, check your vital signs, ask you questions so they can get to know you better. You will be assigned both a clinician and a psychiatrist who will work with you daily. For safety and privacy reasons:
> staff checks your belongings, clothing and person
> once belongings are checked (contraband, items for belts, shoelaces and such). you may wear your own clothes (two sets are recommended)
> cell phones and other electronics are safely locked away during your stay; you may get phone numbers if needed
> there are patient phones and a washer/dryer on each unit
> access to the internet via hospital devices is allowed per treatment plan only

How long will I be in the hospital?
Each person’s stay is based on your individual treatment plan and setting up a safe discharge plan. Stays vary and typically are between 7 and 10 days.

What will my day be like?
You will have meetings with your clinician and provider, attend 2 to 3 therapeutic/recovery groups, and have some quiet time listening to music or resting.

Can I have visitors?
Yes, you may have up to two visitors at a time. Visitation generally occurs in the common area and there is no visitation in patients rooms. Visitation may be restricted per your treatment plan.

Will I be able to choose what I like to eat for breakfast, lunch and dinner?
Yes, you will be able to choose from a menu for each meal. You will also be served snacks. Please tell family and friends not to bring in food or beverages.

Will I be safe?
Yes, our top priority is safety. We want to partner with our patients to help them feel safe and feel better. It is important to come to staff for any safety concerns. Staff are trained in crisis intervention techniques, including a variety of verbal de-escalation techniques to help behaviors. Any risky behaviors toward self or others may result in redirection, seclusion, or restraint in accordance with hospital policies, and with the intention of safe care for all.

Will there be a plan for my future?
Yes, your treatment team will assist you in the development and implementation of a safe and realistic discharge plan. Your continued therapeutic work after discharge is important for your continued progress. You and your treatment team will discuss discharge plans and arrange transportation before 11 a.m. on the day of discharge.
Our mission:

Today, treatment at The Institute of Living continues to be based on Modern Mental Treatment with respect for the dignity and individuality of each patient. This best practice principle is embodied in the therapeutic connections between patients and staff working together to achieve the healthiest results. Such collaboration is guided and sustained by the “Best Practices” of the Institute. These practices have been developed from many sources including clinical research, evidenced based outcome studies, advances in psychopharmacology, family input and, as is our tradition, the input of the patient.
Quote of the Day

“The journey of a thousand miles must begin with a single step.”

— Lao Tzu