

COMMUNITY MENTAL HEALTH SERVICES

A Directory of the
Westchester County
Department of
Community Mental Health
System of Services

2016 EDITION

EMERGENCY TELEPHONE NUMBERS

CRISIS SERVICES

Crisis Prevention and Response team (914) 925-5959
St. Vincent's Hospital – A Division of St. Joseph's Medical Center

Hope's Door 1-888-438-8700
Domestic Violence Crisis 24 Hour Hotline

My Sister's Place 1-888-298-7233
Domestic Violence 24 Hour Hotline (SAFE)

OPWDD NY START Program 844-782-7880

HOSPITAL PSYCHIATRIC EMERGENCY NUMBERS

Four Winds Hospital 800-528-6624

Montefiore Mount Vernon Hospital (914) 664-8000

New York Presbyterian Hospital 888-694-5700

Northern Westchester Hospital Center (914) 666-1036

Phelps Memorial Hospital Center (914) 366-2222

St. Joseph's Medical Center (914) 378-7471

St. Vincent's Hospital Westchester (914) 967-6500
A Division of St. Joseph's Medical Center

Westchester Medical Center (914) 493-1778

White Plains Hospital (914) 681-0600

ADDITIONAL RESOURCES

Westchester County Department of Community Mental Health (914) 995-5220

Hudson Valley Developmental Disabilities Services Office (914) 332-8989



A MESSAGE FROM WESTCHESTER COUNTY EXECUTIVE ROBERT P. ASTORINO

The Department of Community Mental Health (DCMH) serves Westchester County in a variety of ways. The Department coordinates mental health, chemical dependency and developmental disability services, sponsors training on effective treatment approaches and responses to overdose, supports and educates emergency responders, shares best practices for managing sports-related concussions, promotes emergency response protocols in schools and on college campuses, and connects community partners under the Safer Communities initiative.

Launched to bring together resources inside and outside county government to protect schools and communities from acts of senseless violence, Safer Communities is a great example of the manner in which DCMH carries out its work. Safer Communities is an initiative that tackles violence as a public health issue by mobilizing civic partnerships, evidence-based problem solving and common sense prevention. While there is no fool proof, 100 percent guaranteed way to stop acts of violence, prevention tools exist. By breaking down silos between school districts, emergency responders, non-profits, and local and state governments, Safer Communities brings the full resources of our community together to find the best solutions for responding to the many warning signs of violence, with the goal of stopping violent acts before they occur.

In this directory, you will find agencies and resources partnering with DCMH to provide services for adults with mental disabilities or addictions, children with autism and other developmental disabilities, and veteran services.

We hope that you find this directory useful. If you need more information or wish to provide feedback, please contact DCMH at (914) 995-5220 or visit our website: www.westchestergov.com/mentalhealth

Sincerely,

A handwritten signature in black ink that reads "Rob Astorino". The signature is written in a cursive, flowing style.

Rob Astorino

TO THE RESIDENTS OF WESTCHESTER COUNTY

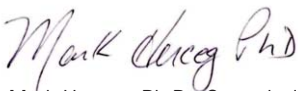
The Department of Community Mental Health was created in 1978 with the goals of planning, overseeing and coordinating services for individuals and their families with mental illness, people with intellectual and developmental disabilities and substance abuse disorders. DCMH continues to operate under those same goals and strive to meet new challenges and address the needs of Westchester residents.

This Directory has been published in the hope that residents and professionals will find it to be a helpful tool to locate the many and varied resources in Westchester County.

Today, in preparing for the many federal and statewide changes to the mental health, substance abuse and intellectual and developmental disabilities service systems, the Westchester County DCMH has been working collaboratively with hospitals, agencies, advocacy and peer-run groups on a daily basis. We work to gain an understanding of the issues each face and ways that we can make the new system more effective and maintain a high level of quality, person-centered and recovery-oriented care here in Westchester.

We hope that you find this directory useful. Assistance is also available by calling our department directly at (914) 995-5220. More detailed descriptions of services and community educational programs can be found on our website at www.westchestergov.com/mentalhealth/ or on Twitter @WestchesterDCMH

Sincerely,



Mark Herceg, Ph.D., Commissioner
Department of Community Mental Health

USING THE DIRECTORY OF COMMUNITY MENTAL HEALTH SERVICES

This directory is designed with streamlined entries to help you find agencies offering the kind of assistance you need. The Department of Community Mental Health works with a broad range of local providers to address issues of mental illness, intellectual and developmental disabilities and alcohol and substance abuse. Each entry includes an agency name, address, website, telephone number, hours of operation, ages served, and a brief description of services available. Because these details may change over time, please contact the agency for the most up-to-date information.

Fees are not included in this directory because that information can change often. Many agencies accept Medicare, Medicaid, and private third-party insurance plans. Agencies also use sliding scales based on income to determine fees. ***It is the Department's policy that no Westchester County resident will be denied services because of an inability to pay.***

The indexes found at the back of the directory provide various ways to search for information. In Index I, agencies are grouped by the disability they treat. Index II lists agencies by the geographical area of the county they serve. This will help you find assistance convenient to where you live or work. Westchester's residents are free to seek help at any agency listed, anywhere in the county.

Finally, please note that emergency telephone numbers are listed inside the front cover.

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AGENCIES AND SERVICES

ALPHABETICAL LISTING

ABBOTT HOUSE

100 North Broadway
Irvington-on-Hudson, NY 10533-1246
591-7300 Ext. 3001
info@abbotthouse.net

Pleasantville Group Home

A co-ed residential program for eight seriously emotionally disturbed children.

Hours: 24 Hours
Ages: 9 - 15 on admission

Adults with Intellectual and Developmental Disabilities

Group homes for people with intellectual and developmental disabilities, through referral by State and County offices only.

Hours: 24 Hours
Ages: Adults

Abbott House Clinical & Counseling Services

An Article 31 community-based mental health clinic providing psychological and psychiatric treatment to a variety of clientele including children, families, adjudicated youth, adults and the elderly.

Hours: Monday to Wednesday 9 a.m. – 9 p.m.
Thursday and Friday 9 a.m. – 5 p.m.
Saturday 9 a.m. – 1 p.m.
Ages: All ages

ABILITY BEYOND

Provider of home, health, employment and rehabilitation services to individuals in NY and CT whose independent living skills are impaired by disability, illness or injury. Services of-

ferred: Residential, Individual Residential, Supported Living, In-Home and Respite Care. Day and work services, clinical therapies, wheelchair and Service Coordination.

120 Kisco Avenue
Mount Kisco, NY 10549
242-8720 Information & Referrals Ext. 3070

info@abilitybeyond.org
www.abilitybeyond.org

Hours: 24 Hours
Ages: All ages

ACL (ASSOCIATION FOR COMMUNITY LIVING)

A statewide membership organization of not-for-profit agencies that provide housing and rehabilitation services to people diagnosed with serious and persistent psychiatric disabilities.

28 Corporate Drive, Suite 102
Clifton Park, NY 12065
(518) 688-1682

admin@aclnys.org
Hours: 9 a.m. - 5 p.m.

A-HOME (APROPOS HOUSING OPPORTUNITIES AND MANAGEMENT ENTERPRISES)

An independent living agency with houses in Northern Westchester. Case management services available as needed, for people recovering from mental illness.

141 Tompkins Avenue, 3rd Floor
Pleasantville, NY 10570
741-0740

www.a-homehousing.org

Hours: 9 a.m. - 5 p.m.
Ages: Adults

AMERICAN RED CROSS

Response to disasters with support services including material aid and mental health services.

40 Saw Mill River Road
Hawthorne, NY 10532
946-6500

Hours: Monday – Friday 8:30 a.m. – 4:30 p.m.
Extended hours during some emergencies.

ANDRUS

Andrus serves all ages and stages in life from birth to early childhood, school aged children and adults. Provides case management and advocacy, early intervention, and situational crisis services. Team of professionals includes highly skilled psychiatrists, psychologists, social workers, and nurse practitioners. Therapy is tailored to meet your needs. A wide array of evidence based services includes: screening and assessment, psychological testing, individual therapy, group therapy, family therapy, psychiatric consultation, evaluation and medication management.

19 Greenridge Avenue

White Plains, NY 10605
949-7680

Hours: Monday - Thursday 8 a.m. - 8 p.m.
Friday 8 a.m. – 7 p.m.
Saturday 9 a.m. – 2 p.m.

Ages: Children, adolescents, and adults

35 Dock Street

Yonkers, NY 10701
965-1109

Hours: Monday and Wednesday 8 a.m. - 8 p.m.
Tuesday and Thursday 8 a.m. – 7:30 p.m.
Friday 8 a.m. – 7 p.m.

Saturday 9 a.m. – 2 p.m.

Ages: Children, adolescents, and adults

50 Dayton Lane, Suite 205

Peekskill, NY 10566

736-3371

Hours: Monday - Thursday 8 a.m. – 7 p.m.

Friday 8 a.m. – 7 p.m.

Ages: Children, adolescents, and adults

OFFSITE PROGRAMS

Lois Bronz Children's Center

30 Manhattan Avenue

White Plains, NY 10607

761-6134

Hours: Monday 8:30 a.m. – 4:30 p.m.

Thursday 8:30 a.m. – 4:15 p.m.

Ages: Children, adolescents, and their families

Enrico Fermi School

27 Poplar Street

Yonkers, NY 10701

376-8460

Hours: Monday, Tuesday, Wednesday, Friday 8 a.m. – 4 p.m.

Ages: Children (Pre-K through 8th Grade) and their families

Cornell Academy

15 St. Mary's Street

Yonkers, NY 10701

376-8315

Hours: Tuesday, Friday 8 a.m. – 4 p.m.

Ages: Children (Pre-K through 8th Grade) and their families

School 13

195 McLean Avenue

Yonkers, NY 10705

376-8335

Hours: Monday - Friday 8 a.m. – 4 p.m.
Ages: Children (Pre-K through 8th Grade) and their families

School 9

53 Fairview Street
Yonkers, NY 10703
376-8325

Hours: Tuesday, Wednesday, Friday 8 a.m. – 4 p.m.
Ages: Children (Pre-K through 6th Grade) and their families

School 32

1 Montclair Place
Yonkers, NY 10701 376-8595

Hours: Thursday 8 a.m. – 4 p.m.
Ages: Children (Pre-K through 8th Grade) and their families

Robert C. Dodson School

105 Avondale Road
Yonkers, NY 10710
376-8159

Hours: TBD
Ages: Children (Pre-K through 8th Grade) and their families

Museum School 25

579 Warburton Avenue
Yonkers, NY 10701
376-8450

Hours: Monday - Friday 8 a.m. – 4 p.m.
Ages: Children (Pre-K through 6th Grade) and their families

Yonkers Pathway to Success Vive Academy

75 Riverdale Avenue
Yonkers, NY 10701
376-8600

Hours: Monday and Tuesday 8 a.m. – 4 p.m.
Ages: Children, adolescents and adults

Yorktown Head Start

1974 Commerce Street
Yorktown Heights, NY 10598
962-9399

Hours: Tuesday

Hillcrest Elementary School

4 Horton Drive
Peekskill, NY 10566
739-2284

Hours: Monday, Wednesday, Friday 8 a.m. – 3 p.m.
Ages: Children (3rd – 5th Grade) and their families

Peekskill Middle School

212 Ringold Street
Peekskill, NY 10566
737-4542

Hours: Monday - Thursday 7:45 a.m. – 3:45 p.m.
Ages: Children, adolescents (6th through 8th grade) and their families

Peekskill High School

1072 Elm Street
Peekskill, NY 10566
737-0201

Hours: Monday - Friday 7:45 a.m. – 3:45 p.m.

**ARC OF WESTCHESTER (FORMERLY
WESTCHESTER ARC) WESTCHESTER
COUNTY CHAPTER OF NYSARC, INC.**

Arc of Westchester is the largest organization in Westchester County serving children, adolescents, and adults with intellectual and developmental disabilities. ARC is a family focused agency offering opportunities to individuals with disabilities such as autism, Down syndrome, cerebral palsy and learning disabilities.

265 Saw Mill River Road
Hawthorne, NY 10532
949-9300
www.westchesterarc.org
info@westchesterarc.org

MAIN SITES

Gleeson-Israel Center

265 Saw Mill River Road
Hawthorne, NY 10532
949-9300

Stella and Simon Sheib Center

567 Yonkers Avenue
Yonkers, NY 10704
963-1600

Ann Manzi Center

699 Main Street
Mount Kisco, NY 10549
241-0505

Adult Living Skills

Community and center based services provide opportunities for participants to learn life and work skills and also provides community service activities. Convenient locations throughout Westchester in Yonkers, White Plains, Peekskill, New Rochelle, Ossining and Port Chester.

Day Habilitation
949-9300

Choices

This program is a blend of day habilitation, supported work, and volunteer work, through small group experiences in the community.

Early Childhood Pre-School Programs

Arc of Westchester's Children's School for Early development provides educational, social, support, early intervention services and preschool classes for children birth to five years of age, and their families. Children with a wide variety of learning and developmental disabilities, including autism and Down syndrome, attend schools located throughout Westchester.

40 Saw Mill River Road
Hawthorne, NY 10532
347-3227

Career, Vocational and Employment Services

Provides onsite job training and matches individuals with developmental disabilities to career opportunities with over 250 business partners in retail, food services, offices and other settings. Provides training in preparation for employment and follow-along services.

949-9300

Community Support Services

949-9300

Medicaid Service Coordination

Arc of Westchester provides OPWDD Medicaid Service Coordination to children, adolescents and adults who live independently, in certified residences, or with family or others.

Family Outreach Program

The Family Outreach program identifies unserved and underserved children and adults and connects them with generic and specialized services. Bi-lingual staff is available to work with Hispanic families.

949-9300

Crisis Intervention Project

For families of people with intellectual and developmental disabilities residing independently or with family who experience an urgent or emergent situation of a non-medical or psychiatric nature. Connects individuals with available benefits and services. Information and referral and short term intensive case management services are offered. 24-hour hotline, 7 days a week is available.

949-8200

Guardianship Services

Provides lifetime advocacy, support and oversight when a family member is no longer available.

949-9300

Life Planning Center

Assists individuals and families to achieve the life they most desire through person-centered planning and links to a network of supports.

949-9300

Residential Services

Provides various levels of services from 24-hour care to supportive independent living for people with intellectual and developmental disabilities.

681-0650

Recreation and Respite Services

Provides a wide variety of recreational, leisure and learning activities designed to help individuals with developmental disabilities learn social skills, experience life in the community and have a great vacation.

- After school recreation at selected Westchester County High Schools.
- Weekend community recreational programs for adults.
- School vacation programs in February, April, August, and December.
- A week-long nature study and musical theater program.
- Summer Enrichment offers teens and young adults a college experience with classes in work and life skills.
- Summer Adventure for adults who enjoy an overnight vacation with a choice of venue including a college campus or Outdoor Education Center.

949-9300

Freestanding Respite House

Provides overnight, weekday evening, and all day weekend respite for both children and adults in Thornwood, NY when a family or caregivers needs time off.

949-9300

Community Habilitation

Provide staff to assist an individual with services that are described in a habilitation plan and focuses on the person's need for skill acquisition and direct service provision. These services are provided so that the person can live with the greatest degree of independence possible by providing supports to facilitate community inclusion, integration, and relationship building in community settings.

949-9300

Transition Services

Services are offered to students (ages 15-21) currently in high school throughout Westchester County. Job readiness classes, internship development in community based job sites, internship job coaching and assistance with future planning are provided.

949-9300

Wellness Center

Provides evaluation and treatment services in occupational, physical and speech therapy, and nutrition, vocational rehabilitation, psychology, psychotherapy and psychiatry services. Services offered in several locations as well as certified and non-certified homes. Surrogate Court Guardianship evaluations are also available.

949-9300

eDocNY**The Document Management Company of New York**

Arc of Westchester's document management business employs people with and without disabilities. Services include: paper scanning, including large scale drawings, indexing, electronic transmission of digitized records to a customer's repository. In addition, eDocNY has a record box storage facility and a document destruction operation.

388 Tarrytown Road
White Plains, NY 10607
681-0656

www.edocny.com

Pathway to Employment

Pathway to Employment is a career/vocational employment planning and support service that engages individuals in identifying a career/vocational direction, provides instruction and training in pre-employment skills, and develops a path for achieving competitive, integrated employment.

949-9300

Brokering Services

Broker services assist individuals with the person-centered planning process by facilitating the circle of support and completing individualized broker plans and budgets for self-directed services.

949-9300

Individualized Support Services

Individualized Support Services provides funding as a housing support to allow individuals to live in non-certified settings.

949-9300

ARMS ACRES

Detox, inpatient and outpatient services for adults and adolescents. Separate inpatient unit for female adults. Mental health services also provided. Treatment programs include individual and group therapy, acupuncture, Eagal model of equine therapy, art therapy, yoga and family programming.

75 Seminary Hill Road

Carmel, NY 10512

845-225-3400

800-989-2676

Inpatient Referrals/Intake 888-227-4641

Outpatient Referrals/Appointments 845-225-5202

armsacres.com

lopfer@libertymgt.com

Ages: Adolescents 12 – 18
 Adults 18 Years and older

ARTSWESTCHESTER

Provides artist residencies (multi-session, art-making workshops) and performances for seriously mentally ill county residents served by drop in centers and mental health agencies in the Community Support System (CSS).

31 Mamaroneck Avenue

White Plains, NY 10601

428-4220 Ext. 314

jcioffoletti@artswestchester.org

Hours: 9 a.m. - 5 p.m.

Ages: All ages and needs served

ASSOCIATION FOR MENTALLY ILL CHILDREN OF WESTCHESTER, INC.

Combined treatment and special education program for SED children and adolescents, some of whom may also have developmental or other secondary disabilities. Students receive evaluation, diagnosis, 12-month comprehensive program, therapeutic nursery, case management, pre-vocational program and discharge planning services. Treatment includes individual and group therapy, with strong emphasis on parent-child therapy, medication therapy, speech and language services and therapeutic milieu. The Association also sponsors community residences for intellectually and developmentally disabled adults.

The Clear View School Day Treatment Center

480 Albany Post Road
Briarcliff Manor, NY 10510
941-9513

Hours: Monday - Friday 8:30 a.m. - 5 p.m.
24 Hour emergency response for students
Ages: 3 - 21 Years

BACKYARD SPORTS CARES

Variety of sports options for individuals with developmental disabilities. Staffed by outstanding teacher/coaches and high school peer mentors that focuses on building skills, confidence, self esteem, and a lifetime devotion to sports and fitness. All programs held at SUNY Purchase. Custom programs for Recreation Departments, Community Centers and on site afterschool programs.

75 South Broadway
White Plains, NY 10601
304-4052

www.byardsports.com

BEDFORD, LEWISBORO, POUND RIDGE DRUG ABUSE PREVENTION COUNCIL

A telephone service offering chemical dependency prevention through information, education, publications and referral services for the towns of Bedford, Lewisboro, and Pound Ridge.

Box 741 Village Green
Bedford, NY 10506
234-3227

Hours: Monday - Friday 9:30 a.m. - 1 p.m.
Ages: All ages

RUSSELL E. BLAISDELL ADDICTION TREATMENT CENTER

New York State Office of Alcoholism and Substance Abuse Services. Short-term inpatient rehabilitation for men with alcoholism or alcohol abuse problems.

140 Old Orangeburg Road, Box 140
Orangeburg, NY 10962
(845) 359-8500

Hours: 24 Hours
Ages: 18 Years and older*

**Under 18 years with consent of parent or guardian.*

BLYTHEDALE CHILDREN'S HOSPITAL

A specialty children's hospital providing inpatient, day hospital and outpatient services for medically fragile children and children with special health care needs birth to 21 years.

Bradhurst Avenue
Valhalla, NY 10595
592-7555

CARDINAL MCCLOSKEY

Provides emergency residential care for children. Referrals are generated by the Westchester County Department of Social Services. Also, provides residential services to Westchester residents who are designated people with intellectual and developmental disabilities and are 21 years of age or older. All such referrals are generated by the Westchester County Department of Community Mental Health and the Hudson Valley Developmental Disabilities Services Office.

115 E. Stevens Avenue, Suite LL5
Valhalla, NY 10595
997-8000

Aerazo@cms.org

Hours: Office hours: Monday - Friday 9 a.m. - 5 p.m.

Group home: 24 Hours

Ages: Female: 10 - 20 Years

Male: 10 - 16 Years

St. Theresa's Residence

Residential services for individuals with severe intellectual and developmental disabilities. Community services and resources are utilized to augment the in-house program. Referrals through State and County offices only.

30 South Tenth Avenue
Mount Vernon, NY 10550
664-5900

Hours: 24 Hours

Ages: Adults

CAREERS FOR PEOPLE WITH DISABILITIES, INC

Supported work program that finds productive employment for individuals with learning, developmental, psychiatric and/or physical disabilities, including those with serious mental illness. Clients are assisted in finding sustained, meaningful employment within their communities. Job placements are based on individual needs and abilities, in varied workplaces such as offices, schools, restaurants, stores, and other businesses in Westchester and Put-

nam counties. Full-time job coaches provide job-readiness training, extensive on-the-job training/coaching, and ongoing support services to insure long-term success.

401 Columbus Avenue
Valhalla, NY 10595
741-JOBS (5627)

CareersforPeople@aol.com
www.careersforpeoplewithdisabilities.org

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: 18 Years and older (must be work-ready)

THE CENTER FOR AUTISM AND THE DEVELOPING BRAIN (CABD)

Provides comprehensive care including assessments, individualized treatment and a variety of groups for individuals living with autism spectrum disorders (ASD) and other developmental disorders of the brain, as well as conducting research and offering professional training opportunities.

Westchester Division

21 Bloomingdale Road
White Plains, NY 10601
997-5848
<http://nyp.org/services/center-autism-developing-brain>

Ages: Infants through adulthood

THE CENTER FOR CAREER FREEDOM, INC.

Personal one-on-one vocational training, certification and job placement services. Microsoft Office (Word, Excel, PowerPoint, Access) and QuickBooks Training available. All services are free of charge and referrals are made to and from ACCES-VR, DOL/One Stop, OPWDD/CSS. OMH funded drop-in and computer literacy lab located on-site. Study at your own pace, start anytime. NYS ED License/BPSS, 501©(3). Call Tonie at 610-5700 for a tour. Free parking.

One East Post Road
White Plains, NY 10601
288-9763

www.FREECENTER.ORG

Hours: Monday - Friday 9 a.m. - 4 p.m.
Ages: Adults

CENTER FOR HUMAN OPTIONS

Chemical dependency prevention program for students. Focus is on increasing leadership skills, responsible behavior, self-esteem, self-awareness and helping skills.

Greenburgh Central 7 School District
Box 45
Hartsdale, NY 10530
946-6992

Hours: Monday - Friday 8 a.m. - 3 p.m.
Ages: 10 - 14 Years

CEREBRAL PALSY OF WESTCHESTER

Provides educational services, direct services, vocational training, recreation, rehabilitation and advocacy to children and adults with cerebral palsy and other disabilities.

1186 King Street
Rye Brook, NY 10573
937-3800

Linda.Kuck@CPWestchester.org
www.cpwestchester.org

CHILDREN SERVICES

Day Care Program: Located in White Plains, offers a friendly environment designed to meet each child's intellectual, physical and social needs. Offers half-day, full-day and extended day care options.

United Preschool Program: Located in White Plains, offers an integrated learning experience for children with and without disabilities. The Preschool provides special education and therapy for children with special needs ages 3 to 5.

School Program: The CPW special education program is a New York State Department of Education approved school for children ages 5 to 21. The school program offers educational, therapeutic and medical services designed specifically for each child. All services offered are coordinated by an interdisciplinary team to meet the specific objectives of each student's Individual Educational Program (IEP).

High School Transition Services: Our program assists to maximize the potential and success of each student in their transition from school to an adult life. We work closely with School Districts, Committee on Special Education, the student and family to ensure a person centered plan is developed.

CHILDREN'S RECREATIONAL SERVICES

Play Therapy Program: The Kiyoko Brown Lekotek program serves children with disabilities and their families. Sessions are held to facilitate play in an environment that promotes interaction among family members. Sessions can take place at the Lekotek Center in Rye Brook or in your home.

Saturday Explorers Autism Program: The program offers opportunities to increase socialization through structured education to children on the Autism Spectrum. The program serves children ages 5 to 21.

Jimmy Vejar Summer Fun and Respite Program: The program is open to children and young adults with disabilities, ages 5 to 21.

Barrier Breakers Wheelchair Basketball Team: The team is open to children ages 10 to 21, who reside in Westchester County and are eligible to receive services through the Office of People with Developmental Disabilities (OPWDD).

Teen and Young Adult Social Club: The Teen and Young Adult Social Club for ages 13 to 21 is a collaboration between Cerebral Palsy of Westchester and the Mid-Westchester Elks Lodge #535. The respite program provides opportunities for socialization in community settings.

ADULT SERVICES

Day Habilitation Program: This program provides opportunities for individuals with de-

velopmental disabilities to learn functional skills while participating in activities available in the local community daily.

Community Day Habilitation: This program offers a tailored program to meet participants individualized needs while being based out in the community.

Adult Day Treatment: The program provides a highly structured clinical based environment using the treatment team model to meet the needs of the individuals served.

Residential Program: There are a variety of residential options for adults with disabilities. Individuals are presented with opportunities for personal growth and are encouraged to live their lives as independently as possible.

VOCATIONAL SERVICES

Pre-Vocational Services: This program offers educationally based curriculum to those individuals who are exploring their work interests. Structured training modules and community based learning focus on problem solving, communication skills, meeting workplace demands, community volunteering and internship experiences.

Supported Employment: This program offers individuals the opportunity to work with Job Coaches on and off the job site; assistance is based on the individual's level of need.

RESPITE SERVICES

In Home Respite Services: Supports individuals with a disability living at home. Respite Workers provide supervision in the absence of the primary caregiver.

In Home Community Habilitation: Program offers individuals with disabilities opportunities to learn new skills related to daily living activities. Services are provided in the home or in the individual's community with 1:1 assistance from a trained staff professional.

Adult Recreation Services: Our Saturday Adult Recreation program offers adults that live at home with families the opportunity to socialize and enjoy recreation activities.

Pioneer Social Club: The club provides adults the opportunity to get together and participate in organized recreational activities with peers.

COMMUNITY OUTREACH SERVICES

Medicaid Service Coordination: MSC's assist people with intellectual and developmen-

tal disabilities access vital services and plan for their futures. Services that the MSC will provide include the following: self advocacy, housing, transition planning and crisis intervention.

Assistive Technology: The program offers adaptive equipment and assessment to individuals with disabilities. These adaptations make it possible for individuals with disabilities to access their environment more successfully.

Home Service Department: This program is sponsored by the NYS Elks Association and assists disabled individuals with assessment of needs and the advocacy, coordination and arrangement of services.

Respite Program: This program offers parents and caregivers of children and adults with disabilities a well-deserved break from their day-to-day responsibilities. Caregivers may apply for a one or two night stay at participating hotels in the area. To qualify, you must have a child or adult with special needs who resides in your home. The service is also based on hotel availability.

CHILD CARE COUNCIL OF WESTCHESTER, INC.

Provides referrals and subsidies for day care services.

470 Mamaroneck Avenue
White Plains, NY 10603
761-3456

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: Children, infancy to pre-kindergarten

CHILDREN'S REHABILITATION CENTER (CRC)

Medical specialty outpatient diagnostic and treatment center for children with medically complex diagnoses ages birth to 21 years. Provide specialists in the area of Physiatry, Neurology, Orthopedics, Developmental Pediatrics, Neonatology, Ophthalmology, Pediatrics, Physical, Occupational and Speech Therapy. Services also include comprehensive medical, diagnostic and developmental evaluations of infants. Care at Home Case management, psychological counseling, aquatic therapy, brace, orthotic and equipment specialty clinics.

317 North Street
White Plains, NY 10605
597-4114
597-4109

Hours: Monday - Thursday 8 a.m. - 6:30 p.m.
Friday 8 a.m. – 5 p.m.
Saturday 8:30 a.m. – 12:30 p.m.
Ages: Birth - 21 Years

THE CHILDREN'S VILLAGE

Provides a short-term psychiatric crisis residence for boys and girls. Assessment, treatment and stabilization. Includes individual, group and family treatment. Provides crisis respite upon referral from the county's Crisis Prevention and Response team.

Dobbs Ferry, NY 10522
Admission 1-800-793-5090
(914) 925-5959

www.childrevillage.org
Hours: 24 Hours
Ages: 5 – 17 Years

CHOICE OF NEW ROCHELLE, INC.

420 North Avenue
New Rochelle, NY 10801
576-0173

200 East Post Road, Lower Level
White Plains, NY 10601
576-0173
www.choiceofny.org

SATELLITES

Bohlman Towers

807 Main Street
Peekskill, NY 10566
576-0173

Sharing Community

Peer-run agency that includes Advocacy, Care Management and Homeless Outreach services to adults living with mental illness. Most services are either free or Medicaid fee for service.

1 Hudson Street
Yonkers, NY 10701
576-0173

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: 18 Years and older

CLUSTER, INC.

Community residences and supported housing services for mentally ill adults. Specialized community residence for people with mental illness and co-occurring addictive disorders.

20 South Broadway, Room 501
Yonkers, NY 10701
963-6440

Mailing Address:
P.O. Box 1248
Yonkers, NY 10702

Hours: 24 Hours
Ages: Adults

COLLEGE CAREERS FUND OF WESTCHESTER, INC.

Educational counseling.

2 Fisher Court
White Plains, NY 10602
428-3435
428-2700

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: Adolescents and young adults

COMMUNITY BASED SERVICES, INC.

24 hour a day supervised setting for autistic and adults with intellectual and developmental disabilities. Medicaid Service Coordination, Community Habilitation, Respite, and Day Habilitation Without Walls services are also provided.

3 Fields Lane
North Salem, NY 10560
277-4771

psladkus@commbasedservices.org

Hours: 24 Hours
Ages: Adults

COMMUNITY LIVING CORPORATION

Supportive and supervised community residences for adults with mild to moderate developmental disabilities. All residents placed in workshop, study or employment situations. Referrals through State and County offices only.

135 Radio Circle Drive
Mount Kisco, NY 10549
241-0032

Hours: Monday – Friday 9 a.m. – 5 p.m.
Ages: 18 - 60 Years

TOWN OF CORTLANDT YOUTH & RECREATION CENTER

Cortlandt Recreation is committed to providing a variety of substance free-social, recreational, educational and fun activities held in the community. Call for more information and special programs. Substance abuse prevention, information and referrals are also available.

3 Memorial Drive
Croton on Hudson, NY 10520
736-0498

Hours: Monday – Thursday 3 p.m. – 8:30 p.m.
Friday 3 p.m. – 11 p.m.
Saturday 6:30 p.m. – 11 p.m.
Sunday - Closed
Ages: 11 – 18 Years

THE COUNSELING CENTER AT YORKTOWN HEIGHTS

Services include Intensive Outpatient, Outpatient and Aftercare Substance Use Disorder and Integrated Care programming. Ancillary services available include weekly family support services, Recovery Coaching and peer mentoring, as well as private therapy and group based Significant Other counseling. Private insurance accepted and self-pay options available.

2000 Maple Hill Street
Yorktown, NY 10598
962-5101

Yorktowncounselingcenter.com

Hours: 24 Hours, 7 days a week
Ages: All ages

CAPABILITIES PARTNERSHIP, INC. DBA EPILEPSY SOCIETY OF SOUTHERN NEW YORK

The Epilepsy Society of Southern New York merged into Capabilities Partnership, Inc. The joined agency provides services to persons with epilepsy, traumatic brain injury and other disabilities including help to their families, public agencies, and to the private sector agencies who support them. Under the Department of Health's Traumatic Brain Injury Waiver, such services as service coordination, positive behavioral intensive supports, community integration counseling and a structured day program are offered. Under OPWDD's HCBS Waiver program, Medicaid Service Coordination, Family Support Services and Supported Employment Services are provided. Vocational services, including job coaching and job development are provided under contract with ACCES-VR. Other services include epilepsy education and training; advocacy, counseling, non-Medicaid service coordination, information and referral, and crisis intervention.

450 West Nyack Road, Suite 9
West Nyack, NY 10994
845-627-0627

avero@essny.com
www.essny.com

Hours: Monday - Thursday 9 a.m. - 5 p.m.
Friday 9 a.m. - 4 p.m.
Ages: All ages

FAMILY FOCUS RESPITE SERVICE

Reimbursement directly to families for respite services. Provider chosen by the family.

P.O. Box 1391
Yorktown Heights, NY 10598
962-6295
962-6926
fsw@fsw.org

FAMILY SERVICES OF WESTCHESTER, INC.

Administrative Office
One Gateway Plaza
Port Chester, NY 10573
937-2320
fsw@fsw.org

CLINICS

Mental health clinics provide individual, couple, group and family therapy, crisis intervention, pharmacotherapy, school consultation program, clinical services for persons who are HIV-positive and their families. Outreach and mobile clinical services for elderly persons, and home based services for young children who are at risk of psychiatric hospitalization.

One Gateway Plaza

Port Chester, NY 10573
937-2320

1 Summit Avenue

White Plains, NY 10606-3011
948-8004

9 West Prospect Avenue, Suite 309

Mount Vernon, NY 10550
668-9124

78 Main Street

Hastings-On-Hudson, NY 10706
274-8334

239 North Broadway

Sleepy Hollow, NY 10591
631-2022

20 South Broadway, 3rd Floor

Yonkers, NY 10701
964-6767

507 Fifth Avenue

Pelham, NY 10803
738-1728

106 North Broadway

White Plains, NY 10603

422-8100

Hours: Monday - Thursday 9 a.m. - 9 p.m.

Friday 9 a.m. - 5 p.m.

Each area office open at least one evening per week.

Hours by appointment.

Ages: All ages

Echo Hills Family Mental Health Center

The center was previously operated by Phelps Memorial Hospital and offers individual, couples, and family therapy, as well as group therapy. In addition, provides aftercare program which helps adolescents aging out of foster care or group home reunify with their families/and or move on to independent living.

78 Main Street

Hastings-on-Hudson, NY 10706

274-8334

Hours: Monday, Wednesday, Thursday 9 a.m. - 7 p.m.

Tuesday, Friday 9 a.m. - 5 p.m.

Saturday hours (call to inquire)

Ages: All ages

Community Residence

For adolescent boys (13 – 18) struggling with serious emotional disturbance. Children ages 6 to 18 years. Provides a community based, therapeutic setting with the end goal of family reunification or other permanent option.

914-872-5256

Respite Program

Countywide for families whose children struggle with serious emotional disturbance and who are involved in intensive services and family support. Provides afterschool, weekend and vacation time activities and recreational activities, as well as skillbuilding.

914-872-5256

Camp Success

A mobile, summer respite program with educational and recreational activities and trips, for children struggling with serious emotional disturbance and living at home.

914-872-5256

Homemaker Services

CSS-eligible individuals; home health care for those with personal care needs.
914-941-9415

My Second Home

Social adult day programs offer supervision, socialization, recreation, personal care, health monitoring and caregiver support; focusing on seniors with Alzheimer's Disease and related dementias.

Mount Kisco (914-241-0770)

White Plains (914-422-8100)

Latino Connections/Conexiones

Latinas offers Spanish-speaking trained volunteers to assist with advocacy, translation, counseling and support groups, information, referral and linkage to community resources.
(914-937-2320)

Youth Forum

Peer-led advocacy and support for older adolescents and young adults who have been involved with mental health and other agencies serving young people with emotional problems. Meeting times are available on request. Can facilitate community based networks specifically for 17-23 year olds to plan for services. On site workshops for personal development and conflict resolution.

1 Summit Avenue

White Plains, NY 10606

914-872-5297

Hours: Monthly meeting

Ages: 16 - 24

Westchester Youth Leadership Council

Made up of young people recommended from throughout the county, identifies needs and youth-related issues in our community and champions healthy life choices for youth from a holistic viewpoint.

914-422-8100

Family Strengthening Program

Provides intensive home-based services for children 8 and under identified through emergency psychiatric services.

914-948-8004

Primetime, White Plains UPK, Head Start and Early Head Start Program

Varied White Plains Locations – Headquartered at Summit Avenue White Plains office.
914-948-8004

Hours: Monday - Friday 8:30 am - 1:30 pm

Ages: 3- 5 Years

Pre-K for special needs children.

Veterans Services offers peer/veteran led support groups with a mission focus on suicide prevention throughout Westchester County. Case management services for veterans also available.

914-422-8100

Other services include senior employment referral service; an elder abuse program; adoption and children's services, Big Brothers/Big Sisters Program, school-based mentoring; group homes for adolescents; parent skills training program; PINS diversion; therapeutic foster care; etc. For information on any of these or any other programs, please call any local family center.

FAMILY SERVICE SOCIETY OF YONKERS

Licensed Home Care Service Agency (LHCSA), Guardianship, Grandparent Support programs, Kinship Technology Center.

30 South Broadway, 5th Floor

Yonkers, NY 10701

963-5118

Hours: Monday - Friday 9 a.m. - 5 p.m.

Evening hours by appointment

Ages: All ages

FAMILY TIES OF WESTCHESTER

Family Ties is a network of family-sponsored mutual support groups for families with children and adolescents who have special emotional or behavioral needs. Peer support groups, parent skills training, parent information services, and special family recreational events are provided.

White Plains Office (Se habla español)
112 East Post Road, 3rd Floor
White Plains, NY 10601
995-5238

mala@westchestergov.com

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: All ages

Mt. Vernon Resource Center (Se habla español)

100 Stevens Avenue – Ground Floor
Mount Vernon, NY 10550
667-9369

MtVernon@familytieswestchester.org

Hours: Monday - Friday 9 a.m. - 5 p.m. (or by appointment)
Ages: All ages

Ossining Resource Center (Se habla español)

175 Main Street, 2nd Floor
Ossining, NY 10562
941-3461

Ossining@familytieswestchester.org

Hours: Monday - Friday 9 a.m. - 5 p.m. (or by appointment)
Ages: All ages

Peekskill Resource Center (Se habla español)

3 North Division Street, 2nd Floor
Peekskill NY 10566
739-4725

Peekskill@familytieswestchester.org

Hours: Monday - Friday 9 a.m. - 5 p.m. (or by appointment)
Ages: All ages

Yonkers Resource Center (Se habla español)

53 South Broadway, Mezzanine Level

Yonkers, NY 10701

964-2063

Yonkers@familytieswestchester.org

Hours: Monday - Friday 9 a.m. - 5 p.m. (or by appointment)

Ages: All ages

New Rochelle Area

Call for information 667-9369

MtVernon@familytieswestchester.org

Mount Kisco Area

Call for information 739-4725

Peekskill@familytieswestchester.org

FAMILY TIES PEER SUPPORT GROUPS

Call to confirm meeting time and location. Free childcare is provided at all support groups.

WHITE PLAINS

112 East Post Road

White Plains, NY 10601

995-5238

Parent Support Group - English

Hours: First and Third Thursday of each month.

6:30 p.m. – 8:30 p.m.

Ages: All ages

Parent Support Group - Spanish

Thomas H. Slater Center, 2nd Level

Fisher Court, White Plains

Hours: First and Third Tuesday of each month.

9:45 a.m. – 11:15 a.m.

Ages: All ages

MOUNT VERNON

Mount Vernon Resource Center
100 Stevens Avenue, Ground Floor
Mount Vernon, NY 10550
667-9369

Parent Support Group

Hours: Second and Fourth Thursday of each month.
6 p.m. - 7:45 p.m.
Ages: All ages

Grandparents Group

Hours: Third Thursday of each month.
11:30 a.m. - 1 p.m.
Ages: All ages

Early Childhood Group

Hours: First Friday of each month.
9:30 a.m. - 11:30 a.m.
Ages: All ages

Daughters of Destiny and Built Groups – Call for schedule.

YONKERS

Yonkers Resource Center
53 South Broadway, Mezzanine Level
Yonkers, NY 10701
964-2063

Parent Group - English

Hours: Every Wednesday.
10 a.m. – 11:30 a.m.
Ages: All ages

Grandparents Group

Hours: Second and Fourth Thursday of each month.
10 a.m. – 12 p.m.
Ages: All ages

Early Childhood Group

Hours: First and Third Friday of each month.
11 a.m. – 12:30 p.m.
Ages: All ages

Daughters of Destiny and Built Groups – Call for schedule.

PEEKSKILL

Peekskill Resource Center
3 North Division Street, 2nd Floor
Peekskill, NY 10566
739-4725

Parent Support Group

Hours: First and Third Wednesday of each month.
7 p.m. – 8:30 p.m.
Ages: All ages

Spanish Support Group

Hours: First and Third Friday of each month
10:30 a.m. – 12 p.m.
Ages: All ages

Lakeland Parent Support Group

Lakeland Central School District
1086 East Main Street
Shrub Oak, NY 10588
739-4725

Hours: Second and Fourth Monday of each month (September-June).
6 p.m. – 7:30 p.m.
Ages: All ages

OSSINING

Ossining Parks and Recreation
95 Broadway
Ossining, NY 10562
941-3461

English Support Group

Hours: Second and Fourth Tuesday of each month
6 p.m. – 8 p.m.
Ages: All ages

Spanish Support Group

Hours: First and Third Tuesday of each month
6 p.m. – 8 p.m.
Ages: All ages

Daughters of Destiny Group - Call for schedule

FOUR WINDS HOSPITAL

Inpatient Mental Health Treatment Services

Four Winds is the leading specialized provider of child and adolescent mental health treatment services in the Northeast providing treatment for children beginning at age 5 through 12, adolescents 13 through 17 and adults 18 and older. Treatment integrates individual, group and family therapy, psychodrama and a full complement of educational, expressive and recreational therapies. Dual Diagnosis Treatment available for Adolescents and Adults. On-site school for children and adolescents.

Outpatient Mental Health Treatment Services

Separate Partial Hospitalization Programs for Children, Adolescents, and Adults, located on the Grounds of Four Winds Hospital include 24 hour crisis intervention, on-site school for children and adolescents and full day scheduling in these intensive, highly structured program alternatives to inpatient treatment.

800 Cross River Road
Katonah, NY 10536
763-8151
1-800-528-6624

www.fourwindshospital.com

Hours: 24 Hours a Day/7 Days a Week
Ages: 5 Years and older

FRIENDS NETWORK

Recreational opportunities for adults with mild developmental disabilities based in Northern Westchester.

845-278-0820

Maureen.henke@yahoo.com

Ages: Adults, 21+

FRIENDS OF KAREN

Help and support for terminally and catastrophically ill children and their families. Includes professional services and a bereaved parents support system.

Box 217

Croton Falls, NY 10519

277-4547

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: Ages birth - 18 Years and families

GREENBURGH DEPARTMENT OF PARKS AND RECREATION, TOWN OF

Recreation programs for people with intellectual and developmental disabilities ages 5 and up. Programs include sports, arts and crafts, cooking, swimming, tennis, horseback riding, fitness, vacation camps and summer camps (camp ages 5-21). Community Awareness, Dine Around and Special Olympics for our adult population (16 and up).

11 Olympic Lane

Ardsley, NY 10502

693-8985 Ext. 128

Hours: Monday - Saturday (Hours vary with program)

School-year program: 5 Years and older

Day camp: 5 – 21 Years

GROW

An advocacy organization of parents, guardians and friends of people with intellectual and developmental disabilities; concerned with the quality and availability of community services including residential opportunities, supported work, vocational training, education, recreation, respite, and support groups.

P.O. Box 1692
White Plains, NY 10602
493-1318

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: All ages

THE GUIDANCE CENTER OF WESTCHESTER

Executive Office
256 Washington Street, 2nd Floor
Mount Vernon, NY 10553
613-0700

Hours: Monday – Friday 9 a.m. - 5 p.m.

CLINICS

Grand Street Clinic

Outpatient community mental health clinic providing individual, family and group psychotherapy, as well as psychiatric evaluations and medication management services. Clinical consultation provided to schools and other agencies.

70 Grand Street
New Rochelle, NY 10801
636-4440

Hours: Monday - Thursday 8:30 a.m. - 8:30 p.m.
Friday 8:30 a.m. - 5 p.m.
Saturday 9 a.m. – 5 p.m.
Ages: Adults, Adolescents and children (ages 4 & up)

School-Based Satellite Clinics

Outpatient psychiatric clinic services; individual, family and group therapy for students.

Mount Vernon High School
Hommocks Middle School
Lincoln High School
Port Chester Middle School
Park Avenue Elementary Clinic
Yonkers Middle/High School
Edison Elementary School

Hours: Varied
Ages: Children and Adolescents

Mount Vernon Clinic

9 West Prospect Avenue
Mount Vernon, NY 10550 665-6641
Hours: Monday – Thursday 8:30 a.m. - 7 :00 p.m.
Friday 8:30 a.m. – 4:30 p.m.
Ages: All ages

Phone Buddies

A peer operated warm line offering scheduled phone outreach to socially isolated individuals with psychiatric disabilities.

256 Washington Street, 2nd Floor
Mount Vernon, NY 10553
613-0700

Hours: Monday – Friday 9 a.m. - 5 p.m.

Supported Housing

Assists individuals recovering from mental illness to live independently in the community. This program provides permanent housing while case managers teach each participant skills needed to maintain independent living. Each individual pays a third of their income in rent and have easy access to whatever assistance they need to achieve independence.

256 Washington Street, 2nd Floor
Mount Vernon, NY 10553
613-0700

Rental Assistance Program

Administered through Westchester County Department of Community Mental Health, the program combines support services provided by a housing case manager and a rental assistance subsidy. Assists homeless individuals or families with a history of mental illness and/or recovering from substance abuse, and who may be living with HIV/AIDS. Each participant is assisted in relocating to an affordable housing unit and in developing self-sufficiency skills. Ongoing case management is provided. Each individual pays 30% of their income towards rent.

256 Washington Street, 2nd Floor
Mount Vernon, NY 10553
613-0700

Single Room Occupancy (SRO's)

Housing services for individuals with psychiatric disability; located in Mt. Kisco, New York. Individuals have private bedrooms, but share kitchen, living room, and outdoor facilities. This enables individuals to have a sense of independence while still receiving medication monitoring, counseling and crisis intervention. Support and rehabilitation services are included and staff is available on a 24 hour basis.

Mount Kisco, NY 10549
241-7885
241-0904

Supported Education

Support while attending college. Helps students with mental illness manage demands and stresses of the college environment, and to complete school and find employment. Open to students attending or wanting to attend college in Westchester County.

Purchase College – State University of New York
Access & Accommodations Supported
Education Office
735 Anderson Hill Road
Purchase, NY 10577
251-6390

Hours: Monday – Friday 9 a.m. – 5 p.m.
Ages: 18 Years and older

Vocational Assessment Project

Vocational counseling available only to partner program patients (Partner sites include: Lexington Center in Mt. Kisco, St. John's Riverside Archway in Mt. Vernon, The Guidance Center of Westchester Open Door Clinic in Mt. Vernon, Halfway Houses of Westchester Hawthorne Residence in White Plains. Vocational Assessment and Planning available only to individuals enrolled in Substance Use treatment at the St. Vincent's OARS program and Lexington Center's New Rochelle Site.

48 Burling Lane
New Rochelle, NY 10801
636-1100

Hours: Monday – Friday 8:30 a.m. – 4:30 p.m.
Ages: 18 Years and older

Chemical Dependency Treatment Program

Outpatient methadone maintenance and detoxification programs for opiate abusers, plus a full range of medical, treatment, and rehabilitation services.

20 Sickles Avenue
New Rochelle, NY 10801
632-1374

Hours: Monday – Friday 5:45 a.m. – 1:45 p.m.
Medication Hours 6 a.m. – 11 a.m.
Saturday, Sunday, Holidays 7 a.m. – 10 a.m.
Ages: 18 Years and older; under 18 Detoxification only

Chemical Dependency Services

Outpatient alcoholism/substance abuse clinic, offering individual, group and family treatment, assessment, evaluation and referral to a full complement of medical services. An intensive treatment track, an adolescent track and day and evening groups are available.

54 South Third Avenue
Mount Vernon, NY 10550
664-4042

Hours: Monday and Wednesday 9 a.m. – 9 p.m.
Tuesday, Thursday, Friday 9 a.m. – 5 p.m.
Ages: 13 Years and older

(PROS) Personalized Recovery Oriented Services

A comprehensive recovery oriented program offering mental health treatment and rehabilitative services to help adults with mental illness develop and achieve personal life goals for work, education, independent living, socialization, relationships, and health and wellness.

256 Washington Street, 2nd Floor
Mount Vernon, NY 10553
613-0700

Hours: Monday – Friday 9 a.m. – 5 p.m.

Ages: 18 Years and older

HALFWAY HOUSE OF WESTCHESTER, INC.

Community residence offering three to six month services in therapeutic communal living for sober chemical dependency. Services include individual counseling; group counseling, family group counseling. In house chemical support group. Coordination with outpatient treatment.

Hawthorne House
14 Longview Avenue
White Plains, NY 10605
946-0949
Whhlongivew14.net

Hours: 24 Hours
Monday - Friday 9 a.m. - 5 p.m.

Ages: Males 18 Years and older

HARRISON YOUTH COUNCIL

Provides school- and community-based substance abuse/gambling prevention and education programs. Youth Employment Service (YES) program connecting adolescents and young adults with employment. Individual, group and family counseling, crisis intervention, assessment, and referral services.

84 Calvert Street
Harrison, NY 10528
835-7500
Email: info@harrisonyouth.org
www.hycinc.net

Hours: Monday - Thursday 10 a.m. – 7 p.m.
Friday 10 a.m. - 6 p.m., and by appointment
Ages: 5 - 20 Years and families

HASTINGS YOUTH ADVOCATE PROGRAM

Prevention, early intervention and drug-free program providing outpatient counseling, crisis intervention and consultation by mental health professionals; individual, group and family therapy; vocational services. School-based activities program.

7 Maple Avenue
Hastings-on-Hudson, NY 10706
478-2471

Hours: Monday - Thursday 9 a.m. - 7 p.m.
Friday 9 a.m. – 10 p.m.
Saturday 12 p.m. – 7 p.m.
Ages: 5 - 21 Years

HAWTHORNE FOUNDATION, INC.

Services include Early Intervention, Pre-School, School Age (Westchester & Manhattan), Family Support Services In-Home Parent Education (Westchester & Manhattan), Adult Day Habilitation, Medicaid Service Coordination, Individual Residential Alternatives, Respite, Family Support Services In-Home Crisis Support, Consolidated Supports and Services Broker, and Fiscal Intermediary.

Hawthorne Country Day School
5 Bradhurst Avenue
Hawthorne, NY 10532
592-8526 Ext. 2132

Hours: Monday - Friday 7:30 a.m. - 5:30 p.m.
Ages: 18 months - Adulthood

HEARTSONG

Music and art therapy groups led by licensed music and art therapists.

277 Martine Avenue, Suite 230
White Plains, NY 10603
358-5613
www.Heartsong.org

Ages: All ages

HERO, INC.

Adapted recreation including tennis, dance, percussion and pet therapy for children and adults with intellectual and developmental disabilities.

725-2481
761-2130

HOME HEALTH SERVICES OF WJCS, INC.

Licensed home care agency providing homemaker services for persons with mental illness learning to live independently in the community.

845 North Broadway
White Plains, NY 10603
761-0600 x339

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: Children, adults and seniors

THE HOME PROGRAM, INC.

In-home behavior therapy and training for parents of children and adults with special needs to address issues related to sleeping/bedtime, toileting, independent living skills and other appropriate community-based skills. Workshops and Behavioral Management Consultation is also available.

34 South Broadway
White Plains, NY 10601
949-3751
www.thehomeprogram.org

HUDSON RIVER HEALTHCARE AGENCY

Pathways Chemical Dependency Services

Outpatient alcoholism/substance abuse clinic, offering individual, group and family treatment, assessment, evaluation and referral to a full complement of medical services. An intensive treatment track, an adolescent track, bilingual (Spanish) services, and day and evening groups are available.

1037 Main Street
Peekskill, NY 10566
734-8740

Hours: Monday - Thursday 9 a.m. - 8 p.m.
Friday 9 a.m. - 5 p.m.
Ages: 13 Years and older

Echo program

Summer adolescent mentoring and work experience includes young people with serious emotional disturbance.

1037 Main Street
Peekskill, NY 10566
734-8925

Hours: Monday - Friday 9 a.m. - 5 p.m.
July and August only
Ages: 14 Years and older

HUDSON VALLEY COMMUNITY SERVICES

Provides a range of client support services including case management, information and referral, individual and family counseling, support groups and on-site services in

methadone maintenance clinics, the Westchester County Jail and the Westchester County Penitentiary.

40 Saw Mill River Road
Hawthorne, NY 10532
345-8888

Hours: Monday - Friday 8:30 a.m. - 5 p.m.
Ages: All ages

HUDSON VALLEY DEVELOPMENTAL DISABILITIES SERVICES OFFICE

New York State agency serving individuals with intellectual and developmental disabilities to live richer lives. Provides comprehensive services to meet individual needs, which can include self-directed services, residential services, non-residential services, including respite (both in-home and out of home), employment, pre-vocational, day habilitation, recreation, service coordination, advocacy, parent training and counseling.

New York State Office for People with Developmental Disabilities
Westchester Office
220 White Plains Road, 6th Fl.
Tarrytown, NY 10591
332-8989
opwdd.ny.gov

Hours: Monday - Friday 8:30 a.m. - 5 p.m.
Ages: All ages

HUMAN DEVELOPMENT SERVICES OF WESTCHESTER, INC.

Supervised residences for men and women recovering from mental illness, together with intensive supportive apartment program, provide a continuum of care in a residential setting. A supported housing program provides housing for homeless persons and those ready for independent living.

930 Mamaroneck Avenue
Mamaroneck, NY 10543
835-8906

Hours: 24 Hours
Ages: Adults

Care Management

Care Management provides personal support and guidance for adults with severe mental illness. Care manager, with client, determines individual needs and arranges for services. Homeless Outreach and Peer Specialist services are also available.

Ages: 18 Years and older

Hope House

Hope House (Having Opportunities for People Everyday) is a clubhouse, which helps members develop vocational, educational, housing and social opportunities. Open six days per week and on every holiday. Access to computers; assistance in work incentives and benefits; placement and support in transitional and independent employment.

100 Abendroth Avenue
Port Chester, NY 10573
939-2878

Hours: Monday, Tuesday, Thursday and Friday 8:30 a.m. – 5 p.m.
Wednesday 8:30 a.m. – 7 p.m.
Saturday 10 a.m. – 4 p.m.
Ages: Adults

INNOVATIVE HEALTH SYSTEMS

An outpatient substance use disorders program. Rehabilitation up to five days a week; intensive program three days a week; and clinic levels of service with specialized teen/young adult, Latino, substance abuse and advanced alcohol groups. There is a separate impaired driver (DWI/DWAI) program with evaluation and treatment track components. IHS specializes in treating heroin and pain medication problems using buprenorphine (Suboxone, Subutex, Zubsolv) therapy and required supportive counseling. Individual, group and couple/family counseling are available as is EMDR therapy.

7 Holland Avenue
White Plains, NY 10603
683-8050

Hours: Monday - Friday 9 a.m. - 8 p.m.
Ages: 15 Years and older

JAWONIO, INC.

176 S. Broadway
Yonkers, NY 10701
963-8666

Administrative Office:
260 N. Little Tor Road
New City, NY 10956
(845) 708-2000

www.jawonio.org
Jawonio@jawonio.org

ALL DISABILITY GROUPS

Job Placement and Job Development

Services to assist in searching for a job such as resume writing, interviewing skills, presentation during an interview, and job placement.

Supported Employment

Ongoing job coaching supports to the individual and the employer, to assist in job retention and advancement.

Competitive Employment

Job search assistance, job preparation and short term job coaching.

Specialized Vocational Evaluation

Individualized standardized testing, referral from ACCES-VR required.

Situational Assessments and Community Based Assessment

Assessment of aptitudes, skills, work tolerance and work readiness. Referral from ACCES-VR required.

Work Readiness Training

Training sessions to develop job-related skills that assist in obtaining and maintaining employment.

Work Experience

Assistance in securing an employer-based (unpaid or paid) work experience opportunity to determine interests, aptitude and skills.

DEVELOPMENTAL DISABILITY SERVICES

Service Coordination

Services for children and adults that may assist the person or family in securing residential placement, respite, day services, medical, recreational, psychological, adaptive equipment and other related items.

Employment Training Program (internships)

Offers individuals an opportunity to work in an internship that will lead to permanent employment in a community business.

Pathway to Employment

Person-centered, time limited, employment planning and support service that provides assistance for individuals to obtain, maintain or advance in competitive employment or self-employment.

Community Pre-Vocational Services

This service is focused upon developing work readiness, work behaviors and attitudes.

Day Habilitation

A variety of community integration and support services that empower adults with developmental challenges to achieve their personal goals.

Hours: Monday – Friday 9 a.m. – 2:30 p.m.

Without Walls Day Habilitation

Services that are provided primarily in the community to empower individuals to achieve their personal goals.

Hours: Monday – Friday 9 a.m. – 2:30 p.m.

MENTAL HEALTH SERVICES

Connections Pre-Employment Program

Provides learning experiences where individuals can develop strengths and skills that contribute to an individual's employability in the community.

Hours: Monday, Wednesday, Thursday 9:30 a.m. - 2:30 p.m.

DROP IN CENTERS – YONKERS, MOUNT VERNON AND OSSINING

Jawonio Drop-In Centers provide a spot for participants to socialize and enjoy recreational and leisure time activities with their peers. Most locations provide a healthy dinner during program hours. Members are asked to participate in development of the activities, serving dinner and other chores. Referral services are available in such areas as care management, pre-employment, vocational, housing, benefits, etc.

Yonkers

176 S. Broadway
963-8666

Hours: Tuesday, Friday 11 a.m. - 7 p.m.
Wednesday, Thursday 3 p.m. – 7 p.m.

Mount Vernon

100 E. 1st Street
363-1500

Hours: Monday – Friday 3 p.m. – 7 p.m.

Ossining

38 South Highland Avenue
944-3575

Hours: Tuesday - Friday 3 p.m. – 7 p.m.

JCC ON THE HUDSON

After-school program for children with special needs, social and recreational groups for young teens and adults. Also, a Sunday recreational program for children diagnosed on the autism spectrum.

371 North Broadway
Tarrytown, NY 10591
366-7898 Ext. 108

Website: www.jccontheudson.org

Ages: 5 Years and older

JCC OF MID WESTCHESTER

Variety of community recreation, socialization and skills based groups for children, teens and adults; early intervention and pre-school programs for young children and sibling supports for family members of people with intellectual and developmental disabilities.

999 Wilmot Road
Scarsdale, NY 10583
472-3300 Ext. 361

www.jccmw.org/kids-and-family/special-needs/general-information.org

Ages: All ages

JEWISH BOARD OF FAMILY & CHILDREN'S SERVICES (JBFCs)

Children at Herschel Alt Westchester Day Treatment Center are referred by the Committee on Special Education and attend the Hawthorne Cedar Knolls Union Free School District (HCK), where state-certified special education teachers provide close educational attention. The class size ratio is a maximum of 12:1:1 for boys and girls between the ages of 6-21. Students attend school and receive a wide range of treatment services, which is coordinated by our multi-disciplinary treatment team. Services include individual, family and group psychotherapy, individualized education curriculum, remedial training and vocational preparation. Connection to support services and medication management are provided when needed.

Herschel Alt Westchester Day Treatment Center

226 Linda Avenue
Hawthorne, NY 10532
773-6708
Jshapiro@jbfc.org

Hours: Monday - Friday 8:30 a.m. - 3 p.m.
12 month program (6 week summer program)
Ages: 6 - 21 Years

JOHN A. COLEMAN SCHOOL

Provides community and center-based special education programs and therapeutic services to over 400 children with orthopedic problems, developmental delays and complex medical diagnoses from birth to 21 years of age at both our White Plains and Yonkers campuses. Our continuum of services covers home services, full day special education, integrated preschool classes, half day Early Intervention classes and outpatient therapeutic services. Our Yonkers campus exclusively serves residents of the Elizabeth Seton Pediatric Center, which is a state of the art pediatric specialty nursing facility providing inpatient care for children with serious medical and neurological challenges.

317 North Street
White Plains, NY 10605
597-4055

300 Corporate Boulevard, South
Yonkers, NY 10701
294-6171

Related Educational Services

Offers Physical, Occupational and Speech Therapy, Psychological Counseling and Social Work Services; Teacher of Visually Impaired; Music Therapy; Assistive Technology and Skilled Nursing. Also provides services throughout the school year and summer sessions.

Mainstream Opportunities

Children's Place Nursery School located on White Plains site.

Philosophical Orientation

Family-centered holistic approach that combines adherence to rigorous standards of excellence and exemplary practices of early childhood and special education. Strong developmental and therapeutic approaches used by multi-disciplinary teams.

Special Information

Sponsored by the Sisters of Charity of New York, Approved by the NYS Department of Education and NYS Department of Health, Sensory Integration and Specialized Feeding programs, Ongoing Service Coordination (bilingual services available), Full-time Teacher of the

Visually Impaired, Ongoing Parent Support Groups and Workshops, Outpatient medical/rehabilitation services (through Children's Rehabilitation Center located at the White Plains site) are available for children birth to 21 years (wheelchair clinics, medical specialty clinics, orthotics, Neonatology, Physiatry, PT, OT, ST, and Aquatic Therapy Center). All services are funded through insurance, Medicaid and fee for services.

THE KEON CENTER

Programming for people with intellectual and developmental disabilities that includes Medicaid Service Coordination, Day Habilitation (site based and without walls), Community Pre-vo, Pathway to Employment, ACCES-VR, Supported Employment, Competitive Employment, Career Planning, Community Habilitation, Respite, family Support, After Hours Recreation, and Fiscal Intermediary.

2 John Walsh Boulevard, Suite 2
Peekskill, NY 10566
737-6980
william.melville@keoncenter.org

Mailing Address:
Keon Center
P.O. Box 147
Montrose, NY 10548

Hours: Monday, Wednesday and Friday 8 a.m. - 6 p.m.
Tuesday and Thursday 8 a.m. – 4 p.m.
Ages: 16 Years and older, MSC 5 Years +

LARCHMONT/MAMARONECK COMMUNITY COUNSELING CENTER

Prevention, early intervention community counseling agency providing outpatient individual and family counseling, crisis intervention, consultation and referral services by mental health and prevention specialists. Also: extensive school-based prevention programs, Parent Center offering multiple parent support programs and community organization.

234 Stanley Avenue
Mamaroneck, NY 10543
698-7549

LMCCCTR@aol.com

Hours: Monday - Friday
Day and evening hours by appointments.
Ages: 11 - 28 Years and families

LEGAL SERVICES OF THE HUDSON VALLEY

Helps people with severe mental illness obtain financial benefits and legal protection; free legal representation in civil (but not criminal) matters, consultation to clients, families and providers on civil legal problems. Contracts with New York State Commission on the Quality of Care for the Mentally Disabled for protection and advocacy services.

90 Maple Avenue
White Plains, NY 10601
949-1305

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: All ages

LEXINGTON CENTER FOR RECOVERY

Chemical dependency program offering intensive and clinic outpatient services. Specialized services for adolescents and Latinos. Provides evaluations; individual, group and family counseling; and intensive programming for adults and young adults in early recovery; suboxone treatment program for opioid dependence.

Administrative Office

116 Radio Circle, Suites 307-309
Mount Kisco, NY 10549
666-0191
amarcus@lexingtonctr.org

Mount Kisco Clinic

24 Smith Avenue
Mount Kisco, NY 10549
666-6740
cwardell@lexingtonctr.org

Hours: Monday and Wednesday 9 a.m. - 9 p.m.
Tuesday and Thursday 9 a.m. – 8 p.m.
Friday 9 a.m. – 6 p.m.
Saturday 9 a.m. – 4 p.m.
Ages: All ages

New Rochelle Clinic

Chemical dependency program offering day rehab and clinic outpatient services. Specialized services for adolescents and Latinos. Provides evaluations and individual, group and family counseling.

3 Cottage Place
New Rochelle, NY 10801
235-6633
jcurcio@lexingtonctr.org

Hours: Monday – Thursday 9 a.m. – 9 p.m.
Friday 9 a.m. – 5 p.m.
Ages: All ages

Generations

Five-day-per week chemical dependency day rehabilitation program for pregnant and/or post-partum women. On-site nursery. Transportation provided.

3 Cottage Place
New Rochelle, NY 10801
235-6633
jcurcio@lexingtonctr.org

Hours: Monday – Friday 9 a.m. – 5 p.m.
Ages: Women over 18 years old with children under 18 months.

Methadone Maintenance Treatment Program

Outpatient methadone maintenance for opiate abusers, plus a full range of medical, psychiatric, social work and vocational support services. Program for children of substance abusers, families and couples; group and individual counseling.

3 Corporate Park Drive
Peekskill, NY 10566
257-3500

Hours: Monday – Friday 6 a.m. – 2 p.m.

Saturday 7 a.m. – 11 a.m.

Sunday 8 a.m. – 11 a.m.

Holidays 7 a.m. – 10 a.m.

Ages: 18 Years and older

Under 18 Years: detoxification only, parent or guardian consent required.

Peekskill Outpatient Clinic Program

Chemical dependency program offering day rehab and clinic outpatient services. Specialized services for adolescents and Latinos. Provides evaluations and individual, group and family counseling.

257-3500

Rental Assistance Program

Provides permanent housing and case management for formally homeless, chemically dependent families and veterans.

24 Smith Avenue

Mount Kisco, NY 10549

666-6740

rjenkins@lexingtonctr.org

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: All ages

LIFTING UP WESTCHESTER

(Formerly Grace Church Community Center, Inc.)

Administrative Office

35 Orchard Street

White Plains, NY 10603

949-3098

Housing Services Program

Provides housing referrals, rental assistance and financial counseling for adults with a history of mental illness or substance abuse and those living with HIV/AIDS.

35 Orchard Street

White Plains, NY 10603

949-0925

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: Adults

Open Arms Men's Shelter

Provides transitional and emergency shelter, case management and outreach for homeless men.

86 E. Post Road
White Plains, NY 10601
948-5044

Ages: Adults

Samaritan House Women's Shelter

Provides transitional and emergency housing and rehabilitative services for homeless women.

33 Church Street, Parish Hall
White Plains, NY 10601
948-3075

Hours: 24/7
Ages: Adults

Grace's Kitchen

Meals are provided to anyone in need. No one is ever turned away.

33 Church Street
White Plains, NY 10601
949-2874

Hours: Monday - Friday 10:30 a.m. - 11:30 a.m.
Ages: All ages

Neighbors Home Care Services-LHCSA

Provides licensed Home Health Care services to elderly and disabled individuals.

148 Hamilton Avenue
White Plains, NY 10601
949-3112

MENTAL HEALTH ASSOCIATION OF WESTCHESTER COUNTY, INC. (MHA)

MHA is a community-based mental health agency that provides direct services, professional and community education and advocacy to the Westchester community. MHA offers a comprehensive array of mental health services for all ages at licensed mental health clinics and in the home and community. MHA works to help each individual to achieve their personal goals and to lead an independent, healthy and successful life in the community.

Administrative Office

580 White Plains Road, Suite 510
Tarrytown, NY 10591
(914) 345-5900
www.mhawestchester.org
help@mhawestchester.org

MENTAL HEALTH CLINICS

MHA offers a full range of individual, family and group psychotherapy for all ages and diagnoses. Services include individual psychotherapy including play therapy for children, medication therapy as needed, and group and family counseling. Our staff include licensed clinical social workers, psychologists and psychiatrists who are trained in an array of approaches. MHA offers quick and easy access to services, with no wait. MHA offers individualized support and will partner with you to find the services that are right for you. Spanish-language support and treatment is available for all ages.

345-0700 Ext. 7350

For information on services in Spanish call (914) 345-0700

Hours: Monday – Friday 9 a.m. - 5 p.m.
Evening hours vary between sites. Please call for hours.
Ages: All ages

Locations

344 Main Street, Suite 301
Mount Kisco, NY 10549

300 Hamilton Avenue, Suite 201
White Plains, NY 10601

29 Sterling Avenue
White Plains, NY 10606

20 South Broadway, Suite 1101
Yonkers, NY 10701

25 Operations Drive
Valhalla, NY 10595

BOCES Educational Resource Center (BERC)
@ The Family Resource Center
131 Midland Avenue
North Nyack, NY 10960

20 George Street
Haverstraw, NY 10927

OUTREACH SERVICES

Outreach services are available in three clinic locations. These services are available on a walk-in-basis – no appointment is necessary. A trained staff person will meet with the individual and provide the needed service or connections. Individuals accessing this service may be experiencing emotional concerns or need more concrete assistance with an urgent situation.

344 Main Street, Suite 301
Mount Kisco, NY 10549

300 Hamilton Avenue, Suite 201
White Plains, NY 10601

20 South Broadway, Suite 1101
Yonkers, NY 10701

Hours: Monday - Friday 9 a.m. - 5 p.m.

OnTrackNY

The Mental Health Association of Westchester (MHA) is one of four primary sites for OnTrackNY My Health, My Choices, My Future, an innovative treatment program for adolescents and young adults between the ages of 16-30 who, within the last twelve months, have had unusual thoughts and behaviors or who have started hearing or seeing things that others don't.

20 South Broadway, Suite 1101
Yonkers, NY 10701
345-0700 Ext. 7725

Hours: Monday - Friday 9 a.m. - 5 p.m. Evening hours available.

24 Hour Emergency Coverage

Ages: 16 - 30

Assertive Community Treatment (ACT)

Intensive, comprehensive clinical, case management, vocational and recovery-oriented services for adults who are diagnosed with a serious mental illness and whose needs have not effectively been met by traditional service delivery. Services are provided in the community by a mobile treatment team and are individually tailored to assist individuals to improve their quality of life and achieve valued life roles. Referral required through DCMH Single Point of Access (SPOA). Services are provided in the home and in the community.

347-4290

Hours: Monday - Friday 9 a.m. - 5 p.m.

24 Hour Emergency Coverage

Ages: 18 Years and older

Health Home Care Management

Care Management is a service model whereby all of the individual's providers communicate with one another so that all client needs are addressed in a comprehensive manner. MHA's Care Managers are specifically trained to help with all of the individual's health care needs. Services are provided in the home and in the community.

580 White Plains Road, Suite 510

Tarrytown, NY 10591

345-5900 Ext. 7520

Hours: Monday - Friday 9 a.m. - 5 p.m.

24 Hour Emergency Coverage

Ages: 18 Years and older

Court-Appointed Special Advocates

Court-Appointed Special Advocates (CASA) advocate for children who have been or are at risk of removal from their homes due to abuse or neglect.

580 White Plains Road, Suite 510
Tarrytown, NY 10591
345-5900 Ext. 7518

Host Visitation

Visit Hosts are professionally trained community volunteers who assist children in foster care and their families to remain connected by supervising and supporting them as they visit one another.

580 White Plains Road, Suite 510
Tarrytown, NY 10591
345-5900 Ext. 7518

Children's Case Management Services

Children's Case Management Services include Intensive Case Management and Home and Community Based Services Waiver. Both services are targeted to children who have social, emotional or behavioral challenges. The goal of each program is to provide individualized, community-based care coordination to children and their families where serious emotional disturbances on the part of a child threatens a family's ability to keep the child at home and in their community. Specially trained Individualized Care Coordinators experienced in working with children who have serious emotional/behavioral issues meet regularly with children and families in their homes to develop individualized service plans. Referrals required through DCMH Single Point of Access (SPOA). Services are provided in the home and in the community.

345-5900 Ext. 7521

Hours: Monday - Friday 9 a.m. - 5 p.m.
24 Hour Emergency Coverage

Ages: 5 - 18 Years

Employment Services

Employment Services enables adults and older adolescents with serious mental illnesses, who have not worked or who have had unsuccessful employment experiences, to secure employment in integrated work settings with long-term supports. Employment Services help individuals who have psychiatric diagnoses prepare for, choose and maintain employment, and assist employers in finding valuable employees. Staff have specific training in providing recovery-oriented supportive employment services. Services include Diagnostic Vocational Evaluation, Work Readiness, Cognitive Remediation, Supported Employment, Individual Placement and Support Model (IPS), Direct Placement Services, and Youth Works.

29 Sterling Avenue
White Plains, NY 10606
949-7035 Ext. 7119

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: Adults

Housing Services

MHA offers Treatment Apartment and Supported Housing for adults in recovery from mental illnesses. The philosophy of MHA's housing programs is based on the belief that individuals who have psychiatric diagnoses can recover and make choices in regards to their living, working and social environments allowing individuals to live the most independent lives possible. MHA's Rutherford House/Longview Apartment Program is a congregate care level II facility licensed by the Office of Mental Health as an Apartment Treatment Program (ATP). MHA's Supported Housing program is a non-licensed program that offers scattered apartments to individuals throughout Westchester County, assisting them with rental stipends and direct support around independent living. Residences and apartment located in White Plains, Yonkers and other sites throughout Westchester.

345-5900 Ext. 7510

Hours: 24 Hours
Ages: 18 Years and older

The Sterling Community Center

The Sterling Community Center offers adults with psychiatric disabilities an array of classes, social and recreational activities and volunteer opportunities that promote recovery, build hope, create social connections, help individuals to decrease their dependence on a formal mental health system, and facilitate community integration. The Center offers both time-limited activities and ongoing courses related to health and wellness, employment and education, and developing social networks.

29 Sterling Avenue
White Plains, NY 10606
949-1212 Ext. 7101 or 7113

Hours: Monday, Tuesday, Wednesday, Friday 8:30 a.m. – 5 p.m.
Thursday 8:30 a.m. – 8 p.m.
Ages: 18 Years and older

Northern Westchester Recovery Network

The Northern Westchester Recovery Network offers peer outreach and support in the Northern Westchester community. Services include mentoring and mutual support for adults building lives in their communities while decreasing dependence on the mental health system. Services are provided in the community.

345-5900 Ext. 7594 or 7118

Hours: Monday - Friday 9 a.m. - 5 p.m.

Peer Specialist Training

Training consists of 26 classes, each of which is designed to impart knowledge regarding the recovery process and to teach peer support engagement and reflective listening skills. Additionally, the course will cover the psychosocial dimensions of recovery and an overview of the mental health system where many participants receive services. Other topics that will be covered will include: self-care, life and WRAP planning, trauma informed peer support, and working within a human service agency. The Peer Training will emphasize counseling skills using the Intentional Peer Support model.

29 Sterling Avenue
White Plains, NY 10606
949-1212 Ext. 7115 or 7107

MONTE NIDO NEW YORK

Monte Nido & Affiliates is known for its unique programs which treat eating and exercise disorders. Founded in 1996 by Carolyn Costin, MA, MEd, MFT, CEDS, Monte Nido became the first residential treatment center for eating disorders. Monte Nido provides a client-centered, individualized approach using evidence based treatment modalities, mindfulness practices and the use of recovered staff members as mentors.

100 South Broadway
Irvington, NY 10533
888-228-1253

www.montenido.com/facilities/monte_nido_new_york_at_irvington
info@montenido.com

Hours: 24 Hours
Ages: Women ages 18 years and older

MENTAL HEALTH EMPOWERMENT PROJECT, INC.

The Mental Health Empowerment Project operates a state of the art Recovery Center in Mount Vernon. This program offers a wide array of services available both on site and in the community such as one to one peer support, advocacy, self help groups, complementary healing approaches, connections to community based relationships and resources, a peer support line (1-800-MHEPINC), peer bridger services and a peer support and advocacy training curriculum that will enable people to gain educational requirements to apply for peer specialist certification.

6 Gramatan Avenue, Suite 206
Mount Vernon, NY 10550
1-800-MHEPINC

mhepinc.org
www.mhepinc.org

Hours: Monday – Friday 9 a.m. - 5 p.m.
Peer Support Line: 24 hours a day

MONTEFIORE MOUNT VERNON HOSPITAL

INPATIENT SERVICES

Acute care inpatient treatment using diagnostic and active therapeutic services, medication stabilization, cognitive and interpersonal therapies, brief short-term psychotherapy and family therapy; aftercare and community placement assistance. Voluntary, involuntary and emergency admissions. Emergency services available 24 hours a day, seven days a week.

12 North Seventh Avenue
Mount Vernon, NY 10550
664-8000
Inpatient Services 361-6750

Hours: 24 Hours
Ages: 18 Years and older

OUTPATIENT SERVICES

Care Management Program

Care managers assist adults with serious mental illness by linking them to community resources. Care managers with clients determine individual needs and goals. Referral required through DCMH-SPOA application which must be sent to the central intake committee.

3 South 6th Avenue, 2nd Fl.
Mount Vernon, NY 10550
361-7198

Hours: Monday – Friday 9 a.m. - 5 p.m.
Ages: 18 Years and older

Assertive Community Treatment (ACT) Program

Provides intensive, comprehensive clinical, case management, vocational and rehabilitative services to adults diagnosed with a serious mental illness and whose needs have not been met effectively by traditional service delivery. Services are provided in the community by a mobile treatment team and are individually tailored to assist individuals to improve their quality of life and achieve valued life roles. Referral required through DCMH SPOA and referral packet must be sent to central intake committee.

3 South 6th Avenue, 2nd Fl.
Mount Vernon, NY 10550
361-7404

Hours: Monday – Friday 9 a.m. - 5 p.m.
24 Hour Emergency Coverage
Ages: 18 Years and older

Methadone Maintenance Treatment Program

Outpatient methadone maintenance for opiate abusers, plus a full range of medical, psychiatric, social work and vocational support services. Program for children of substance abusers, families and couples; group and individual counseling.

3 South 6th Avenue, 3rd Fl.
Mount Vernon, NY 10550
361-6239

Hours: Monday - Friday 6 a.m. – 2 p.m.
Saturday 7 a.m. - 11 a.m.
Sunday 8 a.m. - 11 a.m.
Holidays 7 a.m. - 10 a.m.

Ages: 18 Years and older
Under 18 Years: detoxification only, parent or guardian consent required.

**MOUNT VERNON DEPARTMENT
OF RECREATION, CITY OF**

After school program, vacation and summer camp opportunities for school-aged children and recreational programs for people with intellectual and developmental disabilities.

Mount Vernon City Hall
Roosevelt Square, Room 3
Mount Vernon, NY 10550
665-2437

Hours: Program hours vary
Ages: 6 Years and older

MUSIC CONSERVATORY

Music therapy is offered both on-site and in the community on an individual and/or group basis by knowledgeable, warm and caring music therapists at the Conservatory's fully accessible facility. Scholarship funding is available.

216 Central Avenue
White Plains, NY 10601
761-3900 Ext. 134
www.musicconservatory.org

Ages: All ages

NATIONAL ALLIANCE ON MENTAL ILLNESS OF WESTCHESTER

(NAMI Westchester) Advocacy, support and self-help organization for individuals with mental illness and their families. Offers education programs, support groups, monthly speaker series and resource information through our Help Line Number at 914-592-5458. Presentation programs are available for the community, organizations, and special school programs for staff and students.

100 Clearbrook Road
Elmsford, NY 10523
592-5458

info@namiwestchester.org
www.namiwestchester.org

Hours: Monday - Friday 9 a.m. – 2 p.m.
Ages: Children, Adolescents and Adults

NEW ROCHELLE DEPARTMENT OF PARKS AND RECREATION, CITY OF

Serves New Rochelle residents or others by special arrangement. Comprehensive year-round therapeutic recreation program for youth and adults with intellectual and develop-

mental disabilities. Six-week summer day camp, two after-school programs for elementary school age children, evening canteen program once a week for adults and teens 16 and older, Saturday Boy Scout program, arts-in-education program, New Rochelle Recreation Therapeutic program, and trips in the community.

515 North Avenue
New Rochelle, NY 10801
654-2088

Hours: Office: Monday - Friday 8:30 a.m. - 4:30 p.m.
Program hours vary
Ages: 5 years and older

THE NEW YORK PRESBYTERIAN HOSPITAL

New York Presbyterian Hospital – Westchester Division has a tradition of excellence in comprehensive behavioral health services for children, adolescents, adults and the elderly. The Westchester Division is affiliated with Weill Cornell Medical College's Department of Psychiatry.

Westchester Division
21 Bloomingdale Road
White Plains, NY 10605
(888) 694-5700
www.nyp.org/psychiatry

INPATIENT SERVICES

Admissions (888) 694-5700

Hours: 24 hours/7 days per week
Ages: 5 Years and older

General Psychiatry Units: Child, Adolescent, Adult, Geriatric.

Specialty Inpatient Units: Addictions, Eating Disorders for Adults and Adolescents, Mood Disorders, Orthodox Jewish General Psychiatry, Personality Disorders, Psychotic Disorders, Women's program. Adult Amenities Unit with deluxe accommodations.

Contact 997-5788.

OUTPATIENT SERVICES

Outpatient psychiatric services include diagnosis and evaluation; psychotherapy (individual, group, family and marital therapy); pharmacotherapy; crisis intervention; brief counseling; consultation to community agencies; vocational consultation for patients registered in the Outpatient Department.

Child and Adolescent Outpatient Department

Evaluation and diagnosis; psychotherapy (individual, group and family); neurological and psychological testing; for patients admitted to the Clinic.

888-694-5700

Hours: Monday - Thursday 8:30 a.m. - 7 p.m.

Friday 8:30 a.m. - 5 p.m.

Ages: Under 18 years

Adult Outpatient Department

(888) 694-5700

Hours: Monday - Thursday 8:30 a.m. - 7 p.m.

Friday 8:30 a.m. - 5 p.m.

Ages: Other appointments by arrangement

SPECIALIZED SERVICES INCLUDE:

Anxiety and Mood Disorders Clinic

Consultation and treatment for phobias, anxiety, OCD, depression or mania. Cognitive behavior, supportive, and psychoeducational models of treatment are available, as well as psychotherapy.

Ages: 18 Years and older

Eating Disorders Clinic

Outpatient evaluation and treatment for anorexia nervosa and bulimia nervosa.

Ages: All ages

Program for Deaf and Hearing-Impaired Individuals

Mental health services for deaf and hearing-impaired individuals and their families. Psychiatric evaluation; medication monitoring; individual, family and group therapy.

Ages: All ages

Personality Disorders Clinic

Individual and group psychotherapy for individuals who seek treatment primarily for self-destructive behaviors, identity issues, and interpersonal problems. Medication management is also offered.

Ages: 18 Years and older

Psychotic Disorders Clinic

Medication, supportive treatment, group and family therapy are available to individuals who suffer from psychotic illnesses.

Ages: 18 Years and older

Services for Older Adults

Partial Hospitalization Services provide a brief ambulatory treatment alternative in a medically managed, therapeutic setting, using a cognitive behavioral therapy approach. The program treats patients with acute exacerbation of a psychiatric illness, as well as those who need a step-down or transitional program following inpatient care.

Ages 55 Years and older

Evaluation, time-limited treatment, referral to community providers and study protocols.
Partial Hospital
(888) 694-5700

Hours: Monday - Friday 9 a.m. - 3 p.m.

Ages: 18 Years and older

Eating Disorders Track

The Eating Disorders Partial Hospitalization program accepts individuals 18 and older who have a diagnosis of anorexia nervosa, bulimia nervosa or eating disorder NOS; are incapacitated by their eating disorder symptoms (e.g. not able to function at work or school); and whose medical condition is stable.

Adult Continuing Day Treatment Program for Psychotic Disorders

Evaluation and intensive treatment for individuals with schizophrenia and schizoaffective disorder. Provides a comprehensive biopsychosocial rehabilitation approach in combination with state-of-the-art psychopharmacology, individual, group and family therapy.

(888) 694-5700

Hours: Monday - Friday 9 a.m. - 4 p.m.

Ages: 18 Years and older

NY SPECIAL OLYMPICS

Athletic, respite and recreational trips available to adults with intellectual and developmental disabilities.

1207 Route 9, Suite 1-C
Wappinger Falls, NY 12590
845-765-2497
<http://Specialolympics-ny.org/hudsonvalley/>

NEW YORK STATE SEE:

Blaisdell, Russell E. Addiction Treatment Center
Hudson Valley Developmental Disabilities Services Office
Rockland Children's Psychiatric Center
Rockland Psychiatric Center

NORTH EAST WESTCHESTER SPECIAL RECREATION, INC.

A 12-month program for intellectually and developmentally disabled children and adults, providing after-school, evening, and weekend therapeutic recreation programs. Six-week summer day camps for children with intellectual and developmental disabilities and learning disabilities. Activities focus on gross and fine motor coordination, social interaction, and leisure skill development.

63 Bradhurst Avenue
Hawthorne, NY 10532
347-4409

Serves: Towns of Bedford, Lewisboro, Mount Pleasant,
New Castle, North Castle, North Salem, Pound Ridge,
Somers; Villages of Mount Kisco, Pleasantville,
Sleepy Hollow, and Briarcliff Manor.

Hours: Office: Monday - Friday 9 a.m. - 4 p.m.
Program hours vary
Ages: 4 Years and older

NORTHERN WESTCHESTER HOSPITAL CENTER

Locked psychiatric unit for short-term hospitalization, providing psychotherapy, pharmacology, individual, group, and family therapy. Geriatric psychiatric beds available.

400 East Main Street
Mount Kisco, NY 10549
666-1200

Hours: 24 Hour Emergency and Inpatient Services
Ages: 16 Years and older

NOR-WEST REGIONAL SPECIAL SERVICES PROGRAM

Respite and recreation for disabled persons referred by agencies, schools, workshops and communities.

P.O. Box 420
Crugers, NY 10521
737-4797

Hours: Office: Monday - Friday 9 a.m. - 4:30 p.m.
Program hours vary
Ages: 5 Years or older

OPENGATE

Opengate operates a Day Habilitation program, three Intermediate Care Facilities, five Individualized Residential Alternatives and a Service Coordination program for individuals with intellectual and developmental disabilities, including those who are behaviorally challenged.

28 Warren Street
Somers, NY 10589
277-3661
277-5350
Admission Information 277-3661 x.235

Hours: 24 Hours
Ages: Adults

PARENTS PLACE

Monthly parent support meetings and bi-monthly family days for parents with children who have an autism spectrum disorder.

2 Central Avenue
Tarrytown, NY 10591
309-0933

Ages: Parents of children ages birth – 10.

PHELPS MEMORIAL HOSPITAL CENTER

Behavioral Health Center
701 North Broadway
Sleepy Hollow, NY 10591
366-3619
Email: jgoldberg@p.m.hc.us

INPATIENT SERVICES

Acute Inpatient Psychiatric Unit

22 bed, acute, short-term psychiatric care, including individual and group treatment, clinical assessment, medication management, ECT available, education, recreation therapy, discharge planning and specialized older adult track.

366-3513

Ages: 18 Years and older

Inpatient Substance Abuse Rehabilitation Unit

(Specialized in treating patients with mental illness) 42 bed, structured inpatient rehabilitation program for patients with substance dependence or abuse disorders. Offers education groups, medication management, individual and group counseling, individualized treatment planning, discharge planning coordination of care with ancillary services. Accepts Medicaid, Medicare and many private insurance plans. Transportation provided, if needed.

366-3027

Hours: Intake Department call hours: Monday – Friday 8:30 a.m. – 4 p.m.

Ages: 19 Years and older

OUTPATIENT SERVICES

To arrange for an evaluation and/or admission, please call the individual services directly. Same day appointments are available.

Counseling/Mental Health Services

Phelps Counseling Services are certified by the New York State Office of Mental Health to provide group and individual therapy services to adolescents (16 years of age and older), young adults, adults, older adults and families.

The counseling services provide assessment and treatment by board certified psychiatrists, nurse practitioners and Licensed Clinical Social Workers.

Treatment includes: group, individual, couple and family counseling; medication management; crisis intervention; case management; support for social issues such as divorce, illness, career changes and aging. Services in the Spanish language are available.

Phelps Counseling Service
755 North Broadway, Suite 250
Sleepy Hollow, NY 10591
366-3600

Ossining Counseling Service
22 Rockledge Avenue
Ossining, NY 10562
944-5250

Hours: Each unit is open Monday - Friday, with evening hours available.

Adolescent Counseling Services

Phelps offers mental health services to adolescents 16 years of age and older. Treatment includes: group, individual and family therapy, medication management, crisis intervention and case management.

Older Adult Counseling Services

Phelps Counseling has created specialized groups for older adults. This program focuses on dealing positively with issues of aging including dealing with medical issues, depression, loss, stress, family issues, financial issues and other relevant topics that older adults are faced with.

Continuing Day Treatment Program

Certified by the New York State Office of Mental Health, the Continuing Day Treatment (CDT)

program provides mental health services for individuals over 18 years of age who require more intensive treatment than they can receive in a clinic setting. The program treats serious mental illness, whether long-term or of sudden onset and offers a safe and supportive environment.

The program has a multidisciplinary team of staff including a full time Psychiatrist, a Registered Nurse, Licensed Clinical Social Workers, a Certified Rehabilitation Counselor, an Office Manager, Group Leader and a Secretary.

Our Group program is structured to provide services for clients with varying levels of need. Services include symptom management, medication management, health education, social skill development, vocational guidance, case management and discharge planning. The program offers a variety of group therapies. Specialty groups include MICA, Cognitive Behavioral Therapy and Dialectical Behavioral Therapy. Other groups include Health Issues, Diabetes Management, Weight Management and Smoking Cessation groups. While CDT is primarily a group oriented program, patients are offered individual therapy with a professional staff member and individual meetings with the Psychiatrist as well.

To arrange for a tour, evaluation and/or admission, please call the program directly.

Phelps Continuing Day Treatment

315 South Highland Avenue
Briarcliff Manor, NY 10510
923-5700

Hours: Monday – Friday 8:30 a.m. – 4:30 p.m.

Alcohol/Chemical Dependency Addiction Treatment Services (ATS)

Phelps ATS offers two levels of care including Day Rehabilitation and Clinic Services.

All Phelps Chemical Dependency Services are certified by the New York State Office of Alcoholism and Substance Abuse Services (OASAS).

Phelps Addiction Treatment Services provides care for adolescents (age 16 and above) and adults of all ages who require substance abuse treatment and counseling. ATS is a full-service outpatient program providing day rehabilitation programs and psycho-educational clinic programs. Services include: psychiatric evaluation, medication management, individual and group therapy, co-dependency groups, vocational assessments and referral, and a DWI clinic. Relapse prevention is a central theme throughout the programs. All programs are designed to treat both the substance abuser, alcoholic and the dually diagnosed patient and are based on the 12-step philosophy.

Our multi-disciplinary team includes: Psychiatrists, an RN nurse, Licensed Clinical Social Workers and Credentialed Alcohol and Substance Abuse Counselors. Services in the Spanish language are available.

22 Rockledge Avenue
Ossining, NY 10562
944-5220

Hours: Monday through Thursday, day and evening hours are available.
Friday the program is opened during the day.
Saturday morning hours are available.

Alcohol/Chemical Dependency Adolescent Services

Phelps offers alcohol and substance abuse programs for adolescents 16 years of age and older. Treatment includes: group and individual therapy, educational and preventive groups, and group sessions that focus on relapse prevention and the maintenance of an alcohol-free and drug-free lifestyle. Family members are offered educational programs, support groups, and their own 12-step meeting referrals.

To arrange for an evaluation and/or admission, please call the program directly.

Health Home Care Management Program (Mental Health, Chemical Dependence, and Medical Illness)

Health Home services support the provision of coordinated, comprehensive medical and behavioral health care to patients with chronic conditions through care coordination and integration that assures access to appropriate services, improves health outcomes, reduces preventable hospitalizations and emergency room visits, promotes the use of health information technology and avoids unnecessary care. The Care Manager works with the patient to assure that the individual receives everything necessary to stay healthy, out of emergency rooms and out of hospitals if possible.

Health Home services include: comprehensive care management; health promotion; transitional care including appropriate follow-up from inpatient to other settings; patient and family support, referral to community and social support services, use of health information technology.

Health Home services are provided to a subset of the Medicaid population with complex chronic health and/or behavioral health needs whose care is often fragmented, uncoordinated and duplicative. This population includes categorically and medically needy beneficiaries served by Medicaid managed care or fee-for-service and Medicare/Medicaid dually

eligible beneficiaries who meet Health Home criteria. Individuals served in a Health Home must have at least two chronic conditions; or a single qualifying condition (HIV or one serious mental illness). The chronic conditions include, but are not limited to, the following:

- Mental Health Condition
- Substance Use Disorder
- Asthma
- Diabetes
- Heart Disease
- Overweight as evidenced by a body mass index (BMI) of 25
- HIV/AIDS
- Other Chronic Conditions

To arrange for an evaluation and/or admission, please call the program directly. Phelps Health Home Care Management Program. Services in the Spanish language are available.

315 South Highland Avenue
Briarcliff Manor, NY 10510
923-5740

Hours: Monday - Friday 8:30 a.m. – 4:30 p.m.

REHABILITATION SUPPORT SERVICES, INC. (RSS)

Provides community residence and supported apartment programs for persons recovering from mental illness.

5172 Western Avenue
Altamont, NY 12009-9566
(518) 464-1511
lesczynski@rehab.org

Westchester Division Office
1891 Main Street
Mohegan Lake, NY 10547
528-5611 Ext. 225

Hours: 24 Hours
Ages: 18 Years and older

RICHMOND COMMUNITY SERVICES

Multi-program agency serving individuals with varying levels and types of developmental disabilities, including those with complex medical needs. Programs include residential services at variously located ICF and IRA group homes. Guest Respite services (away from home), Partners/Socios Service Coordination program, Day Program North/South adult day programs at multiple sites.

272 North Bedford Road
Mount Kisco, NY 10549
471-4100
www.richmondcommserv.org

Hours: 24 Hours
Ages: vary by program

ROCKLAND CHILDREN'S PSYCHIATRIC CENTER (RCPC)

New York State Office of Mental Health
2 First Avenue
Orangeburg, NY 10962
(845) 680-4007

INPATIENT SERVICES

Comprehensive treatment, educational, and rehabilitative services. Admissions either through emergency room, transfer from another facility or court order.

Hours: 24 Hours, 7 days a week
Ages: 11 - 17 Years

SCHOOL-BASED SERVICES

Clinic services provided in cooperation with White Plains and Greenburgh School Districts. Short-term Intensive Day Treatment for adolescents in middle and high school in acute emotional crisis or in need of post-hospitalization services; provided in collaboration with Southern Westchester BOCES and member school districts.

Southern Westchester Intensive Day Treatment

c/o Southern Westchester BOCES
1606 Old Orchard Street
White Plains, NY 10604
328-0793

Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.
Ages: Under 18 Years

Mount Vernon Community Services

Clinic services provided in cooperation with Mount Vernon School District.

A.B. Davis Middle School
350 Gramatan Avenue
Mount Vernon, NY 10550
668-5858

Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.
Ages: Under 18 years

Yonkers Day Treatment

School-based treatment provided in cooperation with Yonkers School District.

18 Rosedale Road
Yonkers, NY 10710
793-5220

Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.
Ages: Grades 1 - 12

Yonkers Intensive Day Treatment

Yonkers Pathway to Success

Intensive Day Treatment for children provided in cooperation with Yonkers School District.

75 Riverdale Avenue
Yonkers, NY 10701
376-8278

Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.
Ages: Grades K - 5

ROCKLAND COUNTY ASSOCIATION FOR THE LEARNING DISABLED (RCALD) YOUNG ADULT INSTITUTE (YAI)

2 Crossfield Avenue, Suite 411
West Nyack, NY 10994
(845) 725-6412

YMCA

Coffee house social club for learning disabled individuals.

250 Mamaroneck Avenue
White Plains, NY 10601
963-3806

Hours: Wednesday 7 p.m. - 9:30 p.m.
Ages: Adults

ROCKLAND PSYCHIATRIC CENTER (RPC)

New York State Office of Mental Health
140 Old Orangeburg Road
Orangeburg, NY 10962
(845) 359-1000

Hours: 24 Hours
Ages: 18 Years and older

INPATIENT SERVICES

An intermediate and long-term facility providing diagnosis and evaluation; psychopharmacological treatment; individual and group psychotherapy; special programs for psychiatric patients who are deaf or in need of rehabilitation from alcohol use. By referral from Westchester County psychiatric hospitals.

RESIDENTIAL PROGRAMS

State Operated Community Residence (SOCR) Residential Care Center for Adults (RCCA)

Residential services are provided to recovering patients through a State Operated Community Residence (SOCR) a 24-bed supervised residence, and a Residential Care Center for Adults (RCCA) a 136-bed supervised residence.

(845) 359-1000

(845) 398-7070

(845) 680-7500

Hours: 24 Hours

Ages: Adults

New Rochelle Home for Adults

41 Lockwood Avenue

New Rochelle, NY 10801

576-3614

Hours: Monday - Friday 8:30 a.m. - 5 p.m.

OUTPATIENT SERVICES

Comprehensive outpatient services providing diagnosis and assessment; psychotherapy for individuals, groups, and families; medication; emergency and crisis intervention services. Educational and vocational services help individuals with psychiatric disabilities set and achieve goals in the areas of work, housing, education and socialization. Self-help and empowerment groups and activities. Note: The areas generally served by each location are listed, but individuals may receive services at any convenient location regardless of where they live.

Rockland Mount Vernon Service Center

Serves: Mount Vernon, Bronxville, Tuckahoe, Pelham, Pelham Manor, Eastchester, Harrison, New Rochelle, Larchmont, Mamaroneck, Town, Mamaroneck Village, Port Chester, Rye and Rye Brook and Eastchester

100 E. First Street, 7th Floor

Mount Vernon, NY 10550

363-1500

Hours: Monday, Tuesday, Thursday, Friday 8:30 a.m. - 5 p.m.
Wednesday 8:30 a.m. – 7 p.m.
Ages: 18 Years and older

Rockland Peekskill Service Center

Serves: Bedford, Briarcliff Manor, Buchanan, Cortlandt, Croton, Lewisboro, Mount Kisco, Mount Pleasant, New Castle, North Castle, North Salem, Sleepy Hollow, Ossining Town, Ossining Village, Peekskill, Pleasantville, Pound Ridge, Somers, and Yorktown
1040 Main Street
Peekskill, NY 10566
737-8217

Hours: Monday, Wednesday, Thursday, Friday 8:30 a.m. – 5 p.m.
Tuesday 8:30 a.m. – 7 p.m.
Ages: 18 Years and older

Rockland White Plains Service Center

Serves: Ardsley, Dobbs Ferry, Elmsford, Greenburgh, Hastings, Irvington, Scarsdale, Tarrytown and White Plains

79 East Post Road
White Plains, NY 10601
948-1192

Hours: Monday, Tuesday, Wednesday, Friday 8:30 a.m. - 5 p.m.
Thursday 8:30 a.m. – 7 p.m.
Ages: 18 Years and older

Rockland Yonkers Service Center

Serves: Yonkers

2 Park Avenue
Yonkers, NY 10703
969-0543

Hours: Monday, Wednesday, Thursday, Friday 8:30 a.m. – 5 p.m.
Tuesday 8:30 a.m. – 7 p.m.
Ages: 18 Years and older

Rockland Case Management

Case Management services for adults with severe mental illness and a history of frequent or extended psychiatric hospitalization or use of psychiatric emergency services, or homelessness, with 24-hour support available. Services are available throughout Westchester County.

RPC Family Care program

A residential family-type program serving adults with serious and persistent mental illness. Admission is primarily through Rockland Psychiatric Center's inpatient service.

Building 17
140 Old Orangeburg Road
Orangeburg, NY 10962
(845) 398-7047

Hours: 24 Hours
Ages: 18 Years and older

ST. AGATHA HOME

Provides foster care services, community services, a residential program, and a respite program for child welfare and individuals with intellectual and developmental disabilities and their families. Provides runaway and homeless youth shelter, 24 hour hotline, community outreach and family support services. Provides Rockland County non-secure detention.

New York Foundling Hospital
135 Convent Road
Nanuet, NY 10954
(845) 623-3461

Hours: 24 Hours
Ages: All ages

ST. JOHN'S RIVERSIDE HOSPITAL

Behavioral Health Services department provides evidenced-based chemical dependency treatment to individuals and families struggling with addiction. Specialized treatment tracks for men and women, adults and adolescents, criminal justice involved, opiate users and those with psychiatric disorder. An eclectic approach including the philosophy of CBT, MI and the 12 steps.

Behavioral Health Services

2 Park Avenue
Yonkers, NY 10703
964-7873

INPATIENT SERVICES

Inpatient Rehabilitation program

Inpatient treatment for those unable to maintain sobriety on an outpatient basis.

964-7537 or 1-844-944-CARE (2273)

Inpatient Detoxification program

Medically managed and medically supervised detoxification for those withdrawing from alcohol, benzodiazepines, barbiturates and opiates.

964-7537 or 1-844-944-CARE (2273)

OUTPATIENT SERVICES

Programs provide individual, structured day rehabilitation and day/evening clinic groups.

New Focus Center

2 Park Avenue
Yonkers, NY 10703
964-8000

Greenburgh Addiction Treatment Services (GATS)

Treatment is also provided for families at the Coachman family shelter in White Plains and for adolescents at Hawthorne Cedar Knolls in Hawthorne.

30 Manhattan Avenue
White Plains, NY 10607
683-5311

Archway

20 East First Street
Mount Vernon, NY 10550

668-1450

Opioid Treatment program (OTP)

Methadone Maintenance Treatment Program (MMTP) for those dependent on heroin, oxycontin, and other opiate medications.

2 Park Avenue
Yonkers, NY 10703
964-7310

CRIMINAL JUSTICE SERVICES

Solutions

Jail based treatment for inmates at the Westchester County Department of Correction in Valhalla.

231-1314

Resolve to Stop Violence Project (RSVP)

Jail based anti-violence treatment for male inmates at the Westchester County Department of Correction in Valhalla.

231-1314

Community Link

Jail and community based intensive case management program for female inmates with the goals of successful reintegration and reduction of recidivism.

231-1307

Direct Treatment Alternative to Incarceration (DTATI)

Collaborative outpatient treatment and intensive alternative to incarceration supervision program with the Westchester County Department of Probation at New Focus Center and GATS.

964-8000

683-5311

Training Center

350-hour CASAC Training program – OASAS certified training for health care professionals interested in obtaining or renewing the CASAC (Credentialed Alcoholism and Substance Abuse Counselor).

964-7873

ST. JOSEPH'S MEDICAL CENTER

127 South Broadway

Yonkers, NY 10701

378-7000

www.saintjosephs.org

Psychiatric Emergency Department

Evaluation, treatment and referral or inpatient admission of persons with psychiatric emergencies is provided by psychiatrists within the Emergency Department at Saint Joseph's Medical Center.

Hours: 24 Hours, 7 days per week

Ages: 18 Years and older

Children will be evaluated and referred.

Crisis Prevention and Response team.

A mobile, person-centered resource to assist Westchester residents in resolving crisis situations by linking them to existing supports in the community.

925-5959

INPATIENT SERVICES

Short-term and intermediate length of stay inpatient treatment using diagnostic and therapeutic services; medication stabilization; cognitive and interpersonal therapies; brief short-term psychotherapy and family therapy; aftercare and community placement assistance. Voluntary, involuntary and emergency admissions.

Hours: 24 Hours, 7 days per week

Ages: 18 Years and older

OUTPATIENT SERVICES

Mental Health Clinic

Diagnosis, evaluation, individual, group and family therapy; behavior modification; pharmacotherapy, ambulatory ECT; priority for emergencies and crisis intervention. Bilingual services available in Spanish, Serbian, Croatian.

107 South Broadway

Yonkers, NY 10701

378-7461

Hours: Monday – Friday 8 a.m. – 5 p.m.

Limited hours by appointment evenings and Saturday.

Ages: 18 Years and older

St. Joseph's Health Home Care Coordination

Health Home Care Coordination offers eligible Medicaid recipients services to help clients reach personal health, recovery and wellness goals. Care coordinators link clients to medical, behavioral health, social services or entitlements as needed.

317 South Broadway
Yonkers, NY 10705
965-5252

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: 18 Years and older

Methadone Maintenance Treatment Program

Outpatient methadone maintenance program for persons presently addicted to opiates, plus a full range of psychiatric, social work and vocational support services.

317 South Broadway, 1st Floor
Yonkers, NY 10705
378-7566

Hours: Monday – Friday 6 a.m. – 2:30 p.m.
Saturday 7 a.m. – 10:30 a.m.
Sunday and Holidays 7 a.m. – 10:30 a.m.
Ages: 18 Years and older

Positive Directions

An alcoholism and substance abuse outpatient clinic and rehabilitation program providing a combination of rehabilitative services. Day and evening rehabilitation programs available. Dually-diagnosed patients accepted, Spanish speaking track available; DWI/DUI evaluation and treatment services available.

317 South Broadway, 2nd Floor
Yonkers, NY 10705
964-0905

Hours: Monday - Friday 10 a.m. - 2 p.m.
Monday, Tuesday, Thursday 6 p.m. - 8 p.m.
Ages: 18 Years and older

ST. VINCENT'S HOSPITAL WESTCHESTER

A Division of St. Joseph's Medical Center
275 North Street
Harrison, NY 10528
967-6500
www.stvincentswestchester.org

Evaluation and Referral Services

925-5320

Hours: 24 Hours
Ages: All Ages

Crisis Prevention and Response Team

A mobile, person-centered resource to assist Westchester residents in resolving crisis situations by linking them to existing supports in the community.

925-5959

Inpatient Services

Diagnosis, evaluation and short-term treatment of acute psychiatric issues; individual and group psychotherapy; pharmacotherapy; specialized units for older adults and adolescents ages 13-19. Rehabilitation program offers counseling; medical and psychiatric evaluation and treatment; education groups and programs; family counseling; AA meetings. Dual diagnosis services on all units for patients with co-occurring psychiatric and chemical dependency disorders.

925-5320

Hours: 24 Hours
Ages: 13 Years and older

Partial Hospital Program

Separate adolescent and adult programs providing intensive short-term treatment to address acute psychiatric issues, including co-occurring disorders. The program is designed to prevent inpatient psychiatric hospitalization or re-hospitalizations and to help individuals transition back to their life in the community. Adolescent program has a school component and summer program.

925-5320

Hours: Monday – Friday 9:15 a.m. – 3 p.m. (Adults)
Monday – Friday 9 a.m. – 3 p.m. (Adolescents)
Ages: Separate Programs for adolescents ages 13 – 17.

Outpatient Mental Health Services

Psychiatric evaluation and treatment. Psychotherapy (individual, group, marital and family). Pharmacotherapy. Crisis intervention. Specialized treatment services for children, adolescents and their families, older adults and their families, Spanish speaking adults and children (office hours also available in White Plains), and clergy members; clients with serious mental illness, mood disorders, co-occurring substance abuse problems, and issues involving trauma.

925-5320

Hours: Monday – Friday 9 a.m. – 5 p.m.
Some evening hours available.
Ages: 5 Years and older

Outpatient Addiction Recovery Service

Structured day and evening intensive recovery program; day rehabilitation; dual diagnosis services; relapse prevention; family services; DWI/DUI evaluation and treatment and after-care groups; forensic services.

925-5320

Hours: Monday - Friday 9 a.m. - 9 p.m.
Saturday 9 a.m. – 1 p.m.
Ages: Adults

EXCEL and EXCEL by Night

Intensive day treatment program for adolescents who have problems with alcohol and other substances and are unable to manage at home or school. Designed to be an alternative to inpatient treatment, the program provides tutoring by state-certified teachers. Evening program offered twice a week for adolescents who are relatively stable in school and beginning to experience problems with alcohol or other substances.

925-5320

Hours: Monday - Friday 9 a.m. - 2 p.m.
Tuesday, Thursday 5 p.m. – 6 p.m.
Ages: 13 – 18 Years

The Maxwell Institute

Program provides outpatient chemical dependency services and day intensive treatment. Individual and group counseling, family counseling, screening and evaluation. Specialized groups for adolescents, young adults and family treatment. Community education and prevention programs.

92 Yonkers Avenue
Tuckahoe, NY 10708
337-6033

Hours: Monday, Wednesday 9 a.m. - 8 p.m.
Tuesday, Thursday, Friday 9 a.m. – 5 p.m.
Ages: 13 Years and older

Port Chester Recovery Center

Program provides outpatient alcohol and substance abuse treatment services for adults and adolescents. Screening and evaluation; individual and group counseling; family education; anger management; relapse prevention and late recovery groups; significant other support; DWI services.

132 Pearl Street
Port Chester, NY 10573
939-2700

Hours: Monday – Thursday 9 a.m. – 7:30 p.m.
Friday 9 a.m. – 5 p.m.
Ages: 13 Years and older

Personalized Recovery-Oriented Services (PROS)

Comprehensive PROS program with clinical treatment, providing a full array of recovery-oriented services that focus on helping clients with a serious mental illness to achieve the quality of life they want by assisting them with reducing the barriers that prevent them from reaching their life goals. PROS has an employment specialist on staff to assist with vocational planning and goal acquisition.

925-5320

Hours: Monday – Friday 9 a.m. – 4 p.m.
Ages: 18 Years and older

Health Home Care Coordination

Health Home Care Coordination offers eligible Medicaid recipients services to help clients reach personal health, recovery and wellness goals. Care coordinators link clients to medical, behavioral health, social services or entitlements as needed.

925-5060

Hours: Monday – Friday 9 a.m. – 5 p.m.

Ages: 18 Years and older

Assertive Community Treatment (ACT) Team

Provides intensive, comprehensive clinical, case management, vocational and rehabilitative services to adults diagnosed with a serious mental illness and whose needs have not been met effectively by traditional service delivery. Referral required through DCMH Single Point of Access (SPOA) application process.

925-5460

Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.

24 Hour Emergency Coverage

Ages: 18 Years and older

Residential Services – Supported Housing Program

Program provides permanent housing for individuals who have graduated from more restrictive residential programs and who demonstrate the ability to live independently. Clients are provided with rental stipends and case management as needed.

925-5802

Hours: 24 Hours

Ages: 18 Years and older

Residential Services – Sister Anne Mary Regan Residence

The residence provides a structured, supervised environment for women with chemical dependency issues who are making the transition to abstinent living. The program provides 24-hour care and a short-term transitional residence for women in recovery who are seeking restoration to independent living.

848-3101

18 Spring Street

Port Chester, NY 10573

Hours: 24 Hours

Ages: 18 Years and older

SAIL AT FERNCLIFF MANOR

Residential school providing a comprehensive program for people with intellectual and developmental disabilities, and medically fragile children. A wide range of services; medical, nursing, educational, recreational, physical therapy, speech therapy, dietary, and social activities are coordinated to provide individualized treatment for each resident.

1154 Saw Mill River Road
Yonkers, NY 10710
968-4854
www.sailatferncliff.com

Hours: 24 Hours
Ages: 3 - 21 Years

SANCIA INSTITUTE, INC.

Agency is contracted with the New York State Department of Motor Vehicles and conducts the 7 week, 16 hour Drinking Driver program. Program is offered in Spanish and English. Agency writes, develops and implements programs in the area of behavioral health and provides training and workshops.

20 Church Street
White Plains, NY 10601
421-0400
info@sanciahealthcare.com

1 Park Place
Peekskill, NY 10566
788-1701
info@sanciahealthcare.com

10 Palisade Avenue
Yonkers, NY 10701
423-4466
info@sanciahealthcare.com

Hours: Monday - Friday 8 a.m. - 9 p.m.
Saturday 8 a.m. - 5 p.m.
Ages: 16 Years and older

SANCIA RECOVERY, INC.

Outpatient substance abuse treatment for adolescents and adults.

Services include intensive day outpatient program, intensive outpatient evening program, non-intensive evening program, 14 DWI specific treatment, drug and alcohol education and adolescent and young adult substance abuse program, family program and impaired professional program, out-of-state DWI certification, forensic court evaluation, re-entry program. Treatment for dually diagnosed individuals (MICA) is available. Individual and group treatment is available.

Treatment offered in Spanish and English. Culturally sensitive treatment offered – African American and Latino clinicians on staff. Psychiatrist specializing in addiction medicine, adult, adolescent and child psychiatry on staff.

Agency accepts Medicaid, managed Medicaid and Medicare. Patients who are self-pay patients are given a patient statement to submit to their insurance company for reimbursement. Sliding fee scale offered.

20 Church Street

White Plains, NY 10601
421-0400
info@sanciahealthcare.com

1 Park Place

Peekskill, NY 10566
788-1701
info@sanciahealthcare.com

10 Palisade Avenue

Yonkers, NY 10701
423-4466
info@sanciahealthcare.com

Hours: Monday - Friday 8 a.m. - 9 p.m.

Saturday 8 a.m. - 5 p.m.

Ages: 12 Years and older

SANCIA WELLNESS, INC.

Outpatient mental health treatment for children, adolescents and adults. Agency treats individuals, families and couples. Agency treats all emotional and behavioral disorders. Family program, parenting program, crisis intervention, specialty groups, anger management and NYS Model Batterers program, re-entry program, veterans program. Psychiatric and dual diagnosis treatment.

Treatment offered in Spanish and English. Culturally sensitive treatment offered – African American and Latino clinicians on staff. Psychiatrist specializing in addiction medicine, adult, adolescent and child psychiatry on staff.

Agency accepts Medicaid, managed Medicaid, Medicare and private health insurances. Sliding fee scale offered.

20 Church Street

White Plains, NY 10601
421-0400
info@sanciahealthcare.com

1 Park Place

Peekskill, NY 10566
788-1701
info@sanciahealthcare.com

10 Palisade Avenue

Yonkers, NY 10701
423-4466
info@sanciahealthcare.com

Hours: Monday – Friday 8 a.m. - 9 p.m.
Saturday 8 a.m. - 5 p.m.
Ages: 3 Years and older

SCARSDALE & EDGEMONT FAMILY COUNSELING SERVICE

Individual, family and couple therapy; effective parenting workshops; children's social skills groups; speaker's bureau; older adult services offering information and referral, care management, support groups for caregivers; youth outreach; child therapy, outdoor adventures in the summer for youth ages 11-13 years old.

14 Harwood Court, Suite 405
Scarsdale, NY 10583
723-3281

Hours: Monday - Thursday 8:45 a.m. - 9:15 p.m.
Evenings and early mornings by appointment.
24-Hour answering service
Ages: 5 Years and older

SEARCH FOR CHANGE, INC.

Provides community residences, treatment apartments and supported housing services for people with psychiatric disabilities.

115 E. Stevens Avenue, Suite 203
Valhalla, NY 10595
428-5600
Searchforchange.com

Residential programs
Hours: 24-Hours
Office, Monday - Friday 9 a.m. - 5 p.m.
Ages: 18 Years and older

VOCATIONAL PROGRAMS

QUIP (Quality Information Processing)

Vocational training program for adults with psychiatric disabilities; opportunity to learn marketable skills in business environments; vocational evaluation, career development, job-seeking skills, computer and clerical training, placement and long-term supported employment services are offered.

115 E. Stevens Avenue, Suite 203
Valhalla, NY 10595
428-5600
vsceri@searchforchange.com

Hours: Monday - Friday 8:30 a.m. - 4 p.m.

Ages: Adults

Career Quest

Employment service designed for individuals who are interested in choosing a career, finding employment and successfully making the transition to the work environment. Vocational evaluation, career development, job-seeking skills, placement and long-term supported employment services are offered.

115 E. Stevens Avenue, Suite 203
Valhalla, NY 10595
428-5600

3630 Hill Boulevard, Suite 404
Jefferson Valley, NY 10535
962-3210

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 18 Years and older

SELECT HUMAN SERVICES

Assistance for families applying for OPWDD eligibility, Medicaid and waiver services, MSC, waiver respite and community habilitation services, emergency respite support and reimbursement, socialization and skill building groups.

17-19 Marble Avenue
Pleasantville, NY 10570
741-6300
<http://selecthumanservices.org>

Ages: All ages

THE SHARING COMMUNITY

Drop-in center and food kitchen. Mental health support, outreach, advocacy, and referral for homeless individuals and others in need. Supported housing for homeless mentally ill persons.

AIDS Education and Referral Services including HIV counseling and testing. Nutrition services and support groups.

Mobile outreach to homeless individuals in Yonkers and Mount Vernon who are at risk of HIV infection, alcoholic/substance abuse or mentally ill. Outreach includes education, brief counseling, and referral for treatment and follow-up services.

H.O.S.T. (Homeless Outreach Service Team) provides street outreach, daytime lounges and overnight emergency shelter for those ineligible for county-contracted shelter system.

WestCARES provides housing first collaborative scatter-site housing program with psychiatric back-up for homeless mentally ill individuals.

1 Hudson Street
Yonkers, NY 10701
963-2626
www.thesharingcommunity.org

Mailing Address:
P.O. Box 657
Yonkers, NY 10702

Hours: Monday - Friday 9 a.m. - 5 p.m.

Administrative and Case Management Staff
Monday – Friday 6 a.m. – 10 p.m.

Outreach Staff
Lunch served every day 12:30 p.m. - 2 p.m.
Ages: All ages

SOUTH EAST CONSORTIUM FOR SPECIAL SERVICES, INC.

Therapeutic recreation programs for children, youth and adults with disabilities. Programs are held after school, evenings and weekends. Programs may include arts, music, fitness, swimming, dramatic arts, Special Olympics training, socials, ice-skating, and outdoor education. Summer day camps are offered in community day camp setting with non-disabled children. Service areas: Bronxville, Tuckahoe, Eastchester, Pelham; Harrison, Mamaroneck, Scarsdale; Port Chester, Rye Brook, Rye. Residents from other parts of the county may register. A summer teen travel program is offered for teens.

740 West Boston Post Road, Suite 318
Mamaroneck, NY 10543
698-5232
info@secrec.org

Hours: Office: Monday - Friday 8:30 a.m. - 4:30 p.m.
After-hours voice mail available
Program hours vary
Ages: 5 Years and older

SPARC, INC.

Provides social, recreational, and therapeutic services for youth and adults with developmental disabilities and/or other special needs. Also available individualized creative arts/recreation therapy. After-school, evening, Saturday and summer programs include: social clubs, outings, horseback riding, golf instruction, art, music, dance, sports, cooking, bowling, film production and more. Specialized services for children with autism.

3045 Gomer Street
Yorktown Heights, NY 10598
info@sparcinc.org
www.sparcinc.org
243-0583

Hours: Office hours: Monday - Friday 9 a.m. – 5 p.m.
programs hours vary
Ages: 5 Years and older

SPECIAL CITIZENS FUTURES UNLIMITED, INC.

Residential services for people with autism and significant intellectual disabilities. Community services and resources are utilized to augment the in-house program. Referrals through State and County offices only.

Spectrum Space
500 Executive Boulevard, Suite 147
Elmsford, NY 10523
347-4331
www.specialcitizens.org

Hours: 24 Hours
Ages: 18 - 30 Years

STEFFI NOSSEN DANCE PROGRAM, MOVING WHEELS AND HEELS

Adapted dance opportunities for children and adults with some scholarship funding available.

216 Central Avenue
White Plains, NY 10606
328-1900
www.steffinossen.org

Ages: Children and adults

STUDENT ADVOCACY, INC.

Provides advocacy services to children at risk of educational failure; emphasis on educationally-handicapped children, truants, drop-outs, suspended children, children returning to school from residential placement, and families needing assistance enrolling children in new school systems in Westchester County. Youth are trained in advocacy techniques. Parents, students, professionals, and local community groups are educated on relevant issues. Networks of communication with public and private agencies working with at-risk youth are developed and expanded.

3 West Main Street
Elmsford, NY 10523-2414
347-3313

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: Children and young adults

STUDENT ASSISTANCE SERVICES CORPORATION

A county-wide substance abuse prevention agency providing alcohol and drug related information, referral, training, consultation, and counseling.

660 White Plains Road
Tarrytown, NY 10591
332-1300
sascorp@aol.com
www.sascorp.org

Hours: Monday - Friday 8 a.m. - 5 p.m.

Community Based Services

Substance abuse prevention training for professionals. Technical assistance for community substance abuse prevention coalitions and other groups.

332-1300

Alcohol Awareness Program Marijuana Awareness Program

Four session information and education programs for young people with alcohol and marijuana offenses and violations.

Tarrytown
332-1300

Hours: 5:30 p.m. - 7:30 p.m.
Ages: 13 – 20 Years

Intervention Services (under 21)

Provides consultation to parents of substance abusing youth under 21 to facilitate participation in treatment.

332-1300

Employee Assistance Program Consortium

Provides EAP services to non-profit agencies.

984 N. Broadway

Yonkers, NY 10701

423-EAPS (3277)

Hours: 8 a.m. – 8 p.m.

Ages: Adults

SCHOOL BASED SERVICES

Student Assistance Program

Project SUCCESS Program

An alcohol, tobacco, and drug abuse prevention and intervention program in middle schools and high schools. Provides screening, individual and group counseling, referral, and school wide awareness activities, for students and consultation for parents and school staff.

Bullying Prevention Program

Training and consultation for parents, school staff, mental health personnel, law enforcement, health care providers, and others in youth and community organizations; consultation on policies and procedures; Olweus Bullying Prevention program training and consultation; evaluation of bullying prevention efforts; development of evidence-based practices to reduce and intervene in bullying situations; DASA training for faculty; NYSED approved provider of six hour required DASA training to professionals seeking NYSED certification. All workshops can be tailored to meet a school and/or organization's needs.

332-1300

Ages: 5 – 18 Years

Reduce Our Adolescent Drinking Drugging & Driving (ROADD) Program

Provides impaired driving prevention activities for high school students.

332-1300

Ages: 15 – 19 Years

TACONIC INNOVATIONS

The following services are provided: Family Support Services (FSS) Respite, Waiver Respite, Community Habilitation Services; Medicaid Service -Coordination; Supportive-IRA, Day Habilitation; Supplemental Day Habilitation Services, Individual Support Services (ISS) and Initial Medicaid Application Services.

25 Beechwood Avenue
Mount Vernon, NY 10550
668-9041
(866) 337-0578
Mathias@Taconicinnovations.com
www.Taconicinnovations.com

Hours: Monday - Friday 8 a.m. - 7 p.m.
Ages: 2 - 75 Years

VETERANS ADMINISTRATION HUDSON VALLEY HEALTH CARE SYSTEM

Inpatient care for medical, adult psychiatric, alcohol and drug related problems; nursing home facilities. Outpatient services for adult psychiatric, alcohol, drug and medical treatment.

Montrose Campus
Route 9A
Montrose, NY 10548
737-4400

Hours: 24 Hours
Outpatient Service: Monday - Friday 8 a.m. - 4:30 p.m.
Ages: Adults

VOLUNTEER NEW YORK!

VIP-Volunteer Internship Program. A volunteer internship program for Westchester residents recovering from mental illness who wish to participate in a volunteer work experience that will further their vocational goals.

220 White Plains Road
Tarrytown, NY 10591
948-4452
www.volunteernewyork.org

Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.
Ages: Adults

VOLUNTEERS OF AMERICA

340 West 85th Street
New York, NY 10024
(212) 873-2600
voa-gny.org

Mid-Hudson Division Administration Office

50 Broadway
Hawthorne, NY 10532-1252
741-2200

Crossroads Community Residence

Crossroads Residence is a 17-bed halfway house that has been in operation since 1991, and is licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS).

We provide a safe and sober environment to help homeless men recover from substance dependence or abuse. Many residents have co-occurring mental health disorders; some also have on-going legal issues with histories of multiple arrests and convictions.

The Crossroads Residence staff members provide residents with comprehensive services designed to assist them in achieving lasting sobriety, independent living, and employment.

Services are designed to prepare clients for complete independence in three to nine months.

395 Webster Avenue
New Rochelle, NY 10801
636-8689

Hours: 24 Hours
Intake: Monday - Friday 10 a.m. - 2 p.m.
Ages: 18 Years and older

Grasslands Homeless Shelter

A transitional residence providing round-the-clock supervision and social services to homeless single adults and couples with special needs. Our goal is to help people find permanent independent housing.

25 Operations Drive
Valhalla, NY 10595
231-4200

Hours: 24 Hours
Ages: Adults

WAGON ROAD CAMP

Weekend respite for individuals with physical handicaps or mild to moderate intellectual disabilities. Arts and crafts, outdoor activities in summer. Emphasis on group relatedness and development of skills.

P.O. Box 47
Chappaqua, NY 10514
238-4761
www.childrensaidsociety.org

Hours: One weekend per month
Ages: 7-17 Years

WESTCHESTER CHILDREN'S ASSOCIATION

Children's advocacy group addressing a range of issues including mental health, health, day care, education and other concerns.

175 Main Street, Suite 702
White Plains, NY 10601
946-7676

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: All ages

WESTCHESTER COUNTY DEPARTMENT OF COMMUNITY MENTAL HEALTH

112 East Post Road, 2nd Floor
White Plains, NY 10601
995-5220

Employee Assistance Program

EAP provides evaluation and referral services to Westchester County Employees and their families and 34 other local municipalities, including Putnam County and Westchester Medical Center. EAP offers assistance in resolving issues related to worksite, family, mental health, substance abuse, housing and finances. A host of wellness activities and trainings are provided towards enhancing communication skills; team building, stress management and coping with change.

995-6070

Hours: Monday - Friday 9 a.m. - 5 p.m.

INTELLECTUAL AND DEVELOPMENTAL DISABILITIES SERVICES

Residential Systems Navigation

Support/guidance for individuals with intellectual and developmental disabilities and their families seeking residential opportunities.

995-5944

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: All ages

Medicaid Service Coordination

Provides planning, coordination and oversight of case management services for adults and children with intellectual and developmental disabilities.

995-5944

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: All ages

Alternative to Sentencing Program

Case management services for individuals with intellectual and developmental disabilities who have been involved in the criminal justice system or are at risk of involvement in the criminal justice system. Referrals from criminal justice system, lawyers, schools, and families.

995-5944

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 16 Years and older

Homeless Outreach Project

Intensive case management and community support for individuals with intellectual and developmental disabilities living in the homeless shelter system or at risk of homelessness.

995-5944

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 18 Years and older

Treatment Alternatives for Safer Communities (TASC)

TASC is an alternative to incarceration that the court determines if a person may participate in. TASC screens and refers individuals that may have drug, alcohol, or mental health problems for further evaluation or treatment and reports on their progress to the court. TASC works with the criminal justice system county wide.

995-6191

Hours: Monday - Friday 8:30 a.m. – 4:30 p.m.

Ages: 16 Years and older

MENTAL HEALTH CASE MANAGEMENT AND OUTREACH SERVICES

Forensic Care Coordination/Mental Health Alternatives to Incarceration (MHATI)

Forensic Care Coordination offers an intensive case management approach for people living with serious mental illness that are justice involved countywide. The program embraces a person centered approach to help people work towards their recovery.

995-5239

mrg3@westchestergov.com

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 18 Years and older

Transitional Management Services

Staff provide outreach and supportive case management for people living with serious mental illness who have been incarcerated. The service offers a bridge from the treatment provided within state and local correctional facilities to the community.

995-5239

mrg3@westchestergov.com

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 18 Years and older

Homeless Outreach and Community Placement Team

Outreach and case management services for people living with serious mental illness living on the street or in the homeless shelter system. Efforts are made to secure permanent housing for the individual and develop a support system to insure success within the community.

995-5239

mrg3@westchestergov.com

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 18 Years and older

Westchester Mental Health Court

The Mental Health Court is a problem solving court for adults with mental illness facing non-violent felony charges in Westchester County. Efforts are made to link participants with services that support recovery during the period of participation in the court.

995-4846

mah5@westchestergov.com

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 18 Years and older

Medication Grant Fund

The Medication Grant fund provides interim prescription coverage for people with mental illness that have been released from inpatient psychiatric care or from the custody of a state or local correctional facility.

995-5239

mrg3@westchestergov.com

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 18 Years and older

Police-Mental Health Outreach

Training and consultation is available to police agencies throughout the County. Outreach to the White Plains community and downtown Yonkers business area is provided through Department of Community Mental Health staff in collaboration with the respective police agencies.

995-5239

mrg3@westchestergov.com

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 18 Years and older

WESTCHESTER CREATIVE ARTS THERAPY SERVICES

Saturday music and arts therapy programs for children with developmental disabilities.

16 Villard Avenue
Hastings, NY 10706
476-7662
www.wcats.org

WESTCHESTER INDEPENDENT LIVING CENTER (WILC)

Mental Health Peer Advocates provide information and referral, self-advocacy training, benefits and entitlements advisement, basic counseling, and advocacy on behalf of consumers. WILC is also an Employment Network and provides vocational readiness and assistance in returning to work.

10 County Center Road, Suite 203
White Plains, NY 10601
VP/ TTY Line: 682-3926
1-866-933-5390
info@wilc.org

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: All ages

Long Term Care Ombudsman Program (LTCOP)

LTCOP uses extensively trained volunteers – Ombudsmen – to advocate for the rights, dignity and quality care of residents in long term care facilities including adult homes, enriched housing, nursing homes and assisted living facilities in Westchester County. LTCOP staff and Ombudsmen receive, investigate and resolve complaints and concerns of residents and their families. LTCOP is the only program that is mandated to do oversight of long-term care facilities in Westchester County. Services are provided at various locations throughout Westchester.

Hours: Monday – Friday 9 a.m. – 5 p.m.
Ages: Adults

Phone: 682-3926

WESTCHESTER INSTITUTE FOR HUMAN DEVELOPMENT (WIHD)

Specialized primary care, dental and medical specialty services for people with intellectual and developmental disabilities and related disorders delivered in a coordinated manner by highly trained and compassionate staff. Specialties available include Neurology, Behavioral Health, ENT, Cardiology, Ophthalmology, Pulmonology, Podiatry, Physiatry, Endocrinology, Gynecology, Urology, and Speech-Language Pathology services including assistive technology. Dental services include oral surgery and a mobile dental van. Behavioral health services include Psychiatry, Behavioral and Clinical Psychology.

WIHD Health Services
Cedarwood Hall
Valhalla, NY 10595

493-8170
Email: adulthealth@wihd.org

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: Adults

WIHD Community Support Network

Provides Medicaid Service Coordination and information and referrals for adults with developmental disabilities; parent-to-parent support and information; information, support and training to parents of children in special education, through the Hudson Valley Special Education Parent Center. Provides training and support for parents and professionals of children ages 3-5 through the Early Childhood Direction Center.

Cedarwood Hall
Valhalla, NY 10595
493-8119
jmaltby@wihd.org

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: All ages

WIHD/Family Connection

Provides initial and on-going early intervention service coordination.

Cedarwood Hall
Valhalla, NY 10595
493-1343
dsullivan@wihd.org

Hours: Monday - Friday 9 a.m. - 5 p.m.
Ages: Birth - 3 Years

WESTCHESTER JEWISH COMMUNITY SERVICES (WJCS)

Outpatient mental health treatment and services for children, adolescents and adults including individual, group, and family therapy. Special services include trauma treatment, care management, Dialectical Behavioral Therapy for people with challenging and life-threatening issues, clinical services for individuals with developmental and intellectual disabilities and autism, geriatric mental health treatment, recovery services, bereavement services and services for people with HIV and AIDS and their families. Testing, assessment and evaluation including the Autism Diagnostic Observation Schedule (ADOS) for individuals suspected of having autism or other pervasive developmental disorders.

Administrative Office
845 North Broadway, Suite 2
White Plains, NY 10603-2427

761-0600
info@wjcs.com
www.wjcs.com

MENTAL HEALTH CLINICS

Hours: Monday - Friday (Time varies by clinic.)
Some availability on Saturdays.
Ages: All ages

Hartsdale Family Mental Health Center

141 North Central Avenue
Hartsdale, NY 10530
949-7699

Mount Vernon Family Mental Health Clinic

6 Gramatan Avenue
Mount Vernon, NY 10550
668-8938

Yonkers Family Mental Health Center

487 South Broadway
Yonkers, NY 10705
423-4433

Peekskill Family Mental Health Clinic

1101 Main Street
Peekskill, NY 10566
737-7338

TREATMENT CENTER FOR TRAUMA AND ABUSE (TCTA)

TCTA's comprehensive outpatient programs are geared towards preventing violence and aggression by children and adults, and helping survivors of trauma and abuse. TCTA provides evidence-based treatment and services for survivors of incest and child sex abuse, adult survivors of sexual assault, sexually aggressive children, and survivors of domestic violence.

Programs include: Child Sexual Abuse Treatment program for child and adult survivors, Partner Abuse Intervention program, Juveniles Starting Over program provides psychosex-

ual risk assessments and treatment for adjudicated and non-adjudicated children/adolescents who have demonstrated problematic sexual behaviors. Located at all WJCS Clinics.

949-7699 Ext. 475

OUTPATIENT SERVICES FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES AND AUTISM

The program offers a range of services to children and adults with developmental disabilities (including autistic spectrum disorders) and their families. Clinical services include individual, family and group therapy. Treatment is designed to reduce psychiatric symptoms, improve academic or employment capabilities, strengthen family and social relationships, increase the potential for independent living, and improve the quality of life for clients and their families. Additional programs include evidenced-based Parent Management Training, training police and first responders on how to intervene with a person who has DD, providing short-term intervention to families with a child who is in crisis, performing assessments to determine the capacity to consent to sexual activity, and providing groups on healthy relationships. Offered at all WJCS Clinics.

949-7699 Ext. 455

SATELLITE CLINICS

Department of Social Services Satellite Clinic

131 Warburton Street
Yonkers, NY 10701
231-2590

Hudson Valley Community Services Family Mental Health Satellite Clinic

Specialized services to persons with HIV and AIDS and their families.

40 Saw Mill River Road
Hawthorne, NY 10532
345-8888

Hours: Wednesday 9 a.m. - 5 p.m.
Ages: All ages

Integrated Primary and Mental Health Care

Satellite Clinic

Hudson River Health Care in Yonkers

423-4433

Hours: Wednesday 9 a.m. - 5 p.m.

Ages: Children and youth

SCHOOL BASED MENTAL HEALTH SATELLITE CLINICS

Hostos Micro Society Elementary Satellite Clinic

75 Morris Avenue

Yonkers, NY 10701

376-8174

K.I.C.S. Satellite Clinic

Martin Luther King Elementary School

135 Locust Hill Avenue

Yonkers, NY 10701

376-5124 or 376-0723

S.C.O.P.E.S. Satellite Clinics

Woodside Elementary School

612 Depew Street

Peekskill, NY 10566

734-1359

Oakside Elementary School

Full-time school based mental health satellite clinics. Provide assessment, clinical services, crisis intervention, referral, linkage and consultation with education staff and parents.

Psychiatric and psychological consultation included.

200 Decatur Avenue

Peekskill, NY 10566

MOBILE CLINIC

Family Matters

Provides intensive, collaborative and mobile services to seriously emotionally disturbed children, adolescents and their families in Yonkers, Mount Vernon and New Rochelle.

1 Odell Plaza
Yonkers, NY 10701
237-6089

Hours: 24 Hours
Ages: 5 – 18 Years

RECOVERY SERVICES

Compeer Program

1:1 matches are made between people with recovering mental illness and trained volunteers.

845 North Broadway
White Plains, NY 10603
761-0600 Ext. 208

SOCIAL CLUBS

Sunshine Social Club

1836 East Main Street
Mohegan Lake, NY 10547
528-6995

Hours: Monday, Wednesday, Thursday 8:30 a.m. - 3:30 p.m.
Ages: 18 Years and older

Favonian Social Club

Programs providing social, recreational and support services for persons who are living with emotional disability.

Rectory of Assumption Church
131 Union Avenue
Peekskill, NY 10566
528-6995

Hours: Monday 6 p.m. - 8 p.m.

Ages: 18 Years and older

Grasslands Social Club

Program providing social, recreational and support services for persons who are living with emotional disability and transitioning from homeless shelter.

25 Operations Drive

Valhalla, NY 10595

741-2200

TESTING, ASSESSMENT AND EVALUATION

The WJCS Harry and Jeanette Weinberg Learning Center Offered at WJCS Clinic Locations

Offers a comprehensive assessment and tutoring support system for children and adults. Services include psychological testing, comprehensive psycho-educational evaluations and screening batteries, educational intervention programs, and learning profile assessments for the remediation of emotional, attentional and learning difficulties, including the Autism Diagnostic Observation Schedule (ADOS) for individuals suspected of having autism or other pervasive developmental disorders.

141 North Central Park Avenue

Hartsdale, NY 10530

949-7600 Ext. 464

Hours: Varies by clinic

SPECIAL MENTAL HEALTH/EMOTIONAL WELLNESS SERVICES

Cross Systems Unit

WJCS supervises case managers who make referrals for mental health and wrap-around services to divert children from the criminal justice system.

141 North Central Park Avenue

Hartsdale, NY 10530

949-7699 Ext. 475

Court Assessment Program

WJCS provides court-ordered mental health evaluations within the family court system, providing evaluations of adults and children who are involved in ongoing custody/visitation, PINS/delinquency or abuse/neglect matters in Westchester County's family, Supreme and Specialty Courts.

141 North Central Park Avenue
Hartsdale, NY 10530
949-7699 Ext. 352

Early Step Forward-Building Better Beginnings

Early childhood/mental health consultation program supporting social, emotional and behavioral wellness for young children and their families.

489 South Broadway
Yonkers, NY 10705
595-0041

Hours: Monday – Friday 8:30 a.m. – 5 p.m.

Linkages

A mental health/juvenile justice collaboration that works with the New Rochelle Department of Probation, to reduce problematic behaviors and create positive alternatives for youth in New Rochelle, Mount Vernon, and Yonkers.

2242 South 3rd Avenue
Mount Vernon, NY 10550
813-7929

Hours: Monday – Friday 9 a.m. – 5 p.m.

Ages: 16 Years and younger

SPECIAL SERVICES

Autism Family Center

Wide range of services and resources, including advocacy services, for children on the autism spectrum and their families.

845 North Broadway
White Plains, NY 10603
761-0600 Ext. 228

Center Lane LGBTQ Center

LGBTQ youth and community resource and education centers located in Yonkers and White Plains.

The LOFT
252 Bryant Avenue
White Plains, NY 10605
423-0610

Hours: Tuesday, Wednesday, Thursday 3 p.m. – 7 p.m.

30 South Broadway
6th Floor, Room 7
Yonkers, NY 10701
423-0610

Hours: Monday 3 p.m. – 8 p.m.
Friday 5:30 p.m. – 9:30 p.m.

Margaret's Place

In partnership with the Joe Torre Safe at Home Foundations, provides safe havens in school to help young people affected by domestic violence and school-wide education and initiatives to promote healthy teen relationships and prevent violence and abuse in schools and communities. Services in Cross Hill Academy in Yonkers, Peekskill Middle School, White Plains High School and Pelham Middle School.

949-7699 Ext 373

Mary J. Blige Center for Women

Programs designed to empower women and girls with skills, knowledge, confidence, resources and supports to become self-sufficient.

489 South Broadway
Yonkers, NY 10705
965-9140

Hours: Monday – Friday 10 a.m. – 6 p.m.

Home Health Services of WJCS, Inc.

Licensed home care agency providing homemaker services for persons with mental illness learning to live independently in the community.

845 North Broadway
White Plains, NY 10603
761-0600 Ext. 339

Hours: Monday – Friday 9 a.m. – 5 p.m.
Ages: Children, adults and seniors

Project Time Out

A respite program for caregivers focusing on recreational activities and companionship for children with developmental disabilities and seniors with Alzheimers and chronic illnesses in their own homes.

845 North Broadway
White Plains, NY 10603
761-0600 Ext. 340

Hours: Monday – Friday 9 a.m. – 5 p.m.
Ages: 3 Years and older

Westchester Self-Help Clearinghouse

Provides information and referral about self-help groups to professionals and consumers in the county. Assists in the formation of self-help programs, publishes directory.

845 North Broadway
White Plains, NY 10603
761-0600 Ext. 308

Hours: Monday – Friday 9 a.m. – 5 p.m.
Ages: All ages

WESTCHESTER MEDICAL CENTER (WMC)

Behavioral Health Center
Valhalla, NY 10595
493-1778

INPATIENT SERVICES

Acute treatment for patients with mental illnesses provided on specialized units. Acute In-tensive Care Unit is reserved for patients in acute crisis who require close monitoring and intensive treatment by specially-trained multi-disciplinary treatment team. Children's Unit and Adolescent Unit provide comprehensive evaluation and treatment in structured setting, which includes on-site school. Adult units include special services for those with accompa-nying medical illnesses. All units provide individual, group and family psychotherapy, psy-chopharmacology, recreational and expressive therapies. Treatment focuses on reducing symptoms and moving the patient to outpatient care in the community.

493-7076

Hours: 24 Hours
Ages: All ages

EMERGENCY SERVICES

Psychiatric Evaluation and Referral Center

Immediately evaluates and treats individuals in crisis.
493-7076

OUTPATIENT SERVICES

Adult Outpatient Services

Treatment includes group and individual psychotherapy including brief therapy, cognitive behavioral therapy, intensive long-term therapy, family therapy and treatment with medica-tion. Specialized services available for Latino-Americans, senior citizens, gay, lesbian, bi-sexual, transgender communities and groups for medical populations.

493-7088
493-5190 Intake

Hours: Monday and Friday 9 a.m. - 5 p.m.
Ages: 18 Years and older

Child and Adolescent Outpatient Services

Common childhood emotional and behavioral problems, such as Attention Deficit Hyperactivity Disorder, are assessed and treated. Psychological and neurological evaluations, medication, family therapy, play therapy, group treatment and parent counseling available. Provides clinical services in collaboration with BOCES therapeutic supportive program for middle school students.

493-7088

493-5190 Intake

Hours: Monday - Friday 9 a.m. - 5 p.m.
Evenings by appointment

Ages: 17 Years and under

Assertive Community Treatment (ACT) Program

Provides intensive, comprehensive clinical, case management, vocational and rehabilitative services to adults diagnosed with a serious mental illness and whose needs have not been met effectively by traditional service delivery. Services are provided in the community by a mobile treatment team and are individually tailored to assist individuals to improve their quality of life and achieve valued life roles. Referral required through DCMH SPOA and referral packet must be sent to central intake committee.

493-7547

Hours: Monday - Friday 9 a.m. - 5 p.m.
24 Hour Emergency Coverage

Ages: 18 Years and older

WESTCHESTER RESIDENTIAL OPPORTUNITIES, INC.

HUD certified organization that provides Eviction Prevention and Fair Housing Services and assistance in finding appropriate and affordable housing of all types for adults recovering from psychiatric illness who are ready to live independently.

470 Mamaroneck Avenue, Suite 410
White Plains, NY 10605

428-4507

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: 18 Years and older

WESTCHESTER SCHOOL FOR SPECIAL CHILDREN

Provides interdisciplinary instructional and training programs with an emphasis on improving the student's behavior. Staff includes psychologists, social workers, nurses, consulting physician. Speech, occupational and physical therapy. Professional development programs for undergraduate and graduate interns in all phases of the school.

45 Park Avenue
Yonkers, NY 10703
376-4300

Hours: Office hours: Monday - Friday 8 a.m. - 4 p.m.

Program hours vary

Ages: 2 Years and older

Day School Program

The program for 5 to 21 year olds serves school-age children who have been diagnosed as multihandicapped. The program for pre-school children aged 2 to 5 years serves those who experience communication disorders and developmental delays.

Hours: Monday - Friday 9 a.m. - 2:30 p.m.

Ages: 5 - 21 years, 2 - 5 years

Home Behavior Therapy Program

A trained therapist, making home visits, will assist the family in developing practical strategies for better management of behavior problems in the home.

WESTHAB, INC.

Westhab provides transitional and supportive housing programs to assist chronically homeless individuals with mental illness, substance abuse, veteran status and youth (ages 18-24 yrs. old). We provide on-going case management, housing retention, advocacy and

referrals to community providers to help meet the needs of each individual.

Administrative Office

8 Bashford Street

Yonkers, NY 10701

345-2800

Elissa.Ramos@westhab.org

James.Coughlin@westhab.org

Hours: Monday - Friday 9 a.m. - 5 p.m.

Ages: Adults

WHITE PLAINS HOSPITAL

41 East Post Road

White Plains, NY 10601

681-0600

OUTPATIENT SERVICES

Provides evaluation and therapy for adults who either live or work in Westchester County. The clinic includes pharmacotherapy, individual, group, marital, and family psychotherapy. Services are available in English and Spanish.

Mental Health Clinic

681-1078

jgregory@wphospital.org

Hours: Monday and Tuesday 9 a.m. - 8 p.m.

Wednesday – Friday 9 a.m. – 5 p.m.

Ages: 18 Years and older

Child and Adolescent Service

Diagnosis and evaluation, individual, group and family psychotherapy, parent education, pharmacotherapy, and consultation with physicians, schools and health professionals.

681-1078

bosman@wphospital.org

Hours: Monday and Tuesday 9 a.m. - 8 p.m.

Thursday and Friday 9 a.m. – 5 p.m.

Ages: under 18 years

Continuing Day Treatment Program

Comprehensive program for adults requiring intensive psychiatric treatment. Program is individually tailored to meet the needs of each patient. Group psychotherapy, individual psychotherapy, pharmacotherapy, rehabilitation readiness development, art therapy, focus groups, and socialization activities.

681-2225

parnow@wphospital.org

Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.

Ages: 18 Years and older

Anxiety and Phobia Treatment Center

Workshops for panic attacks and phobias (9 weeks), for health anxiety (6 weeks), for obsessive-compulsive problems (8 weeks), and for fear of flying (6 weeks). Weekly self-help groups, including one for public speaking. Individual psychotherapy is also offered.

681-1038

jchessa@wphospital.org

Hours: Monday, Tuesday, Wednesday, Thursday 9 a.m. - 5 p.m.

Ages: 16 Years and older

WHITE PLAINS YOUTH BUREAU, CITY OF

Substance abuse prevention, education, and early intervention at the Youth Bureau, White Plains middle schools, and public housing sites. Recreation and counseling.

11 Amherst Place

White Plains, NY 10601

422-1378

www.whiteplainsyouthbureau.com

Hours: Monday - Saturday 9 a.m. - 8 p.m.

Ages: 5 - 24 Years

YAI/NATIONAL INSTITUTE FOR PEOPLE WITH DISABILITIES

Provides day habilitation, employment services, MSC (Medicaid Service Coordination), residential and recreational programs in Westchester. Other services available to Westchester residents in other locations are: rehabilitation, mental health, healthcare, vacation, camping, autism family support groups and information & referral services for infants, children, adolescents and adults with intellectual and developmental disabilities and their families.

Residential Services – offers adults with disabilities the opportunity to live in individual or small-group living arrangements in the community. The residences provide a homelike atmosphere for individuals across a broad range of developmental disabilities from those who require 24 hour assistance and supervision to those who need just a few hours of guidance a week. YAI has the following types of residential programs in Westchester: ICF, IRA and Supportive Living Apartments.

Day Habilitation Programs - assists adults to develop fundamental functional skills in the areas of personal awareness, pre-employment training, and understanding of community services. Evening socialization and skills training programs are part of the comprehensive day and evening services available.

Healthcare - providing top quality health services to people with disabilities. Services include: adult medicine, gynecology, dentistry and psychiatry. YAI also has centers for specialty therapy which provide the following: nutritional assessment, autism, psychological and psychosocial evaluations, counseling, speech, physical and occupational therapy and evaluation services in nearby Bronx location.

MSC (Medicaid Service Coordination) – service coordination assists persons with intellectual and developmental disabilities and their families in gaining access to services and supports appropriate to their needs.

Recreational, Vacation & Camping Services - structured recreation opportunities available for different age groups in Westchester. Vacation programs for adults, with a wide variety of day trips, weekend and longer vacations for more independent adults. A sleepaway mainstreaming camp at Frost Valley for children.

Employment Services – support and training program to assist individuals with gaining meaningful employment.

Autism Family Support Groups – regular support groups that meet in Manhattan are open to caregivers of individuals with autism spectrum disorder. Experts in the field present for one half with the second half being a support group.

Information & referral through YAI LINK. Providing support over the phone for people looking for information on services and how to access them.

Administrative Office

460 West 34th Street, 11 Floor
New York, NY 10001
YAI LINK (212) 273-6100
(212) 273-6182
Website: www.yai.org

Local Office:

Tarrytown Multi-Service Center
677 White Plains Road
Tarrytown, NY 10591
631-2400

Hours: Office: Monday - Friday 9 a.m. - 5 p.m.

Ages: All ages

**YONKERS BUREAU OF PARKS,
RECREATION AND CONSERVATION, CITY OF**

Programs for people with intellectual and developmental disabilities. Fall, winter, and spring program consists of bowling, gym, swimming (including physically-handicapped individuals), young adults club, music and drama, arts and crafts, and training for Special Olympics. Summer program consists of a 7-week day camp, Camp Pride.

285 Nepperhan Avenue
Yonkers, NY 10701
377-6441

Hours: Office: Monday - Friday 8:30 a.m. - 4:30 p.m.

Program hours vary

Ages: 5 Years and older

YONKERS COMMUNITY ACTION PROGRAM, INC.

Prevention skills training and resources including evidence based curricula – currently offer in Parenting Wisely (also in Spanish) and Life Skills for elementary and middle school age youth; youth and/or parent presentations on prevention topics; Problem Gambling orientation for services providers. Chair the Yonkers Coalition for Youth and Yonkers Community Network. For low income Yonkers residents, information and referral to community resources including YCAP food pantry.

164 Ashburton Avenue
Yonkers, NY 1070
423-5905
Email: info@yonkerscap.org

YOUNG WOMEN'S CHRISTIAN ASSOCIATION (YWCA) OF WHITE PLAINS AND CENTRAL WESTCHESTER

Recreational programming for people with intellectual and developmental disabilities, including swimming and safety skills, arts and crafts, physical education, daily living skills, training for Special Olympics. Vacation camp program during Christmas and spring school breaks, and two weeks in August.

515 North Street
White Plains, NY 10605
949-6227 Ext. 108
jsullivan@ywcaawpcw.org

Hours: Wednesday - Sunday 9:30 a.m. - 5:30 p.m.
Program hours vary
Ages: 4 Years and older

YOUNG WOMEN'S CHRISTIAN ASSOCIATION (YWCA) OF YONKERS

Respite and recreation Sundays for people with intellectual and developmental disabilities.

87 South Broadway
Yonkers, NY 10701
963-0640

Hours: 1 p.m. - 5 p.m.

Ages: 4 Years and older

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For more information about services for people who have served in the military, please contact the Westchester County Veterans Service Agency at (914) 995-2145 or -2146.

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ORDERING AND UPDATING

This directory is revised periodically on our website and in print. Providers should advise us in writing of changes in addresses or phone numbers, new or discontinued programs, changes in hours of operation or services offered, or any other pertinent details that will help people find the services they need.

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Directory of Community Mental Health Services

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