

## EMERGENCY TELEPHONE NUMBERS

### **Crisis Services**

Suicide Prevention Service ..... 347-6400

### **Mobile Crisis Intervention Units**

Westchester Medical Center ..... 493-7075

### **Abused Spouse Assistance**

(Mental Health Association) ..... 347-4558

### **Hospital Psychiatric Emergency Numbers**

Four Winds Hospital ..... 800-528-6624

Mount Vernon Hospital ..... 664-8000

New York Presbyterian Hospital ..... 888-694-5700

Northern Westchester Hospital Center ..... 666-1036

Phelps Memorial Hospital Center ..... 366-2222

St. Joseph's Medical Center ..... 378-7471

St. Vincents Hospital ..... 967-6500

Westchester Medical Center ..... 493-7075

White Plains Hospital Center ..... 681-1155

### **Additional Resources**

Westchester County

Department of Community Mental Health ..... 995-5220

Hudson Valley Developmental Disabilities

Services Office ..... 332-8989

Mental Health Association ..... 345-5900

Student Assistance Services ..... 591-HELP

# **COMMUNITY MENTAL HEALTH SERVICES**

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



ANDREW J. SPANO, Westchester County Executive  
Board of Legislators

JENNIFER SCHAFFER, PH.D.  
Commissioner

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DEPARTMENT OF COMMUNITY MENTAL HEALTH

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## **To the Residents of Westchester County:**

Westchester County is indeed fortunate in the quality of its community mental health care. Since the creation of the Department of Community Mental Health in 1978, the system of services has evolved to its present broad range of programs. Our goal is to help individuals and families affected by mental illness, developmental disabilities, alcoholism and substance abuse. County, state, municipal and voluntary programs and services have successfully responded and changed during the past two and a half decades to meet new challenges and address the needs of individuals and families. Our system of care responds to the residents of Westchester with respect and privacy.

We hope that you find this directory useful. In the past consumers, families, agencies and schools have found it to be an asset. Help is also available by calling our department directly at (914-995-5220). You can look us up on our website ([www.westchestergov.com/mentalhealth/](http://www.westchestergov.com/mentalhealth/)) for more detailed descriptions of services and community educational programs run directly by our department. Four state licensed outpatient mental health clinics (Community Service Centers) and the Treatment Alternatives for Safer Communities program are operated by the Department. The Community Service Centers are located throughout the county (see "Westchester County Department of Community Mental Health" for more information). Services are provided without regard to race, ethnicity, age, gender, sexual orientation, disability, or religion. Fees are based on income, and it is the Department's policy that no Westchester resident will ever be denied services because of his or her inability to pay for them.

It is my hope that anyone who needs assistance will ask for help. The dedicated professionals, consumers, and family groups in Westchester's system of care are ready to help in time of need.

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

Jennifer Schaffer, Ph.D., Commissioner  
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, developmental disabilities, and alcohol and substance abuse. Each entry includes an agency name, address and telephone number, hours of operation, ages served, and a brief description of services available. Because these details may change over time, please telephone the agency for the most up-to-date information.

Some agencies have Spanish speaking staff; more than fifty languages are spoken by practitioners throughout the system of services, and are listed in a separate multicultural directory available from the Department. Call the individual agencies regarding help in languages other than English, including sign language.

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

The indexes found at the beginning of the directory provide another way to locate help. Index I gives an alphabetical list of all participants in the Department's system of services. In Index II, agencies are grouped by the disability they serve. Methadone maintenance treatment programs are also listed.

Because services are planned geographically for the five mental health districts designated by the Department, Index III lists agencies by the area of the county they serve. This will help you to 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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**DCMH Mental Health Districts: Municipalities**

**District I**  
**Yonkers**

Yonkers

**District II**  
**Mount Vernon**

Bronxville  
Eastchester  
Mount Vernon  
Pelham  
Pelham Manor  
Tuckahoe

**District III**  
**Sound Shore**

Harrison  
Larchmont  
Mamaroneck Town  
Mamaroneck Village  
New Rochelle  
Port Chester  
Rye Brook  
Rye City

**District IV**  
**Central Westchester**

Ardsley  
Dobbs Ferry  
Elmsford  
Greenburgh  
Hastings  
Irvington  
Scarsdale  
Tarrytown  
White Plains

**District V**  
**Northern Westchester**

Bedford  
Briarcliff Manor  
Buchanan  
Cortlandt  
Croton  
Lewisboro  
Mount Kisco  
Mount Pleasant  
New Castle  
North Castle  
North Salem  
Ossining Town  
Ossining Village  
Peekskill  
Pleasantville  
Pound Ridge  
Sleepy Hollow  
Somers  
Yorktown

## **Listing of Services**

- **Mental Illness**
- **Mental Retardation and  
Developmental Disabilities**
- **Chemical Dependency  
Services**

**ABBOTT HOUSE**

100 North Broadway  
Irvington-on-Hudson, NY 10533-1246

591-7300  
Ext. 3513

Hours: 24 Hours  
Ages: 6 - 10½ on admission

A residential program for eight seriously emotionally disturbed children.

Hours: 24 Hours  
Ages: Adults

Group homes for developmentally disabled men and women, through referral by State and County offices only.

**ABILITY BEYOND DISABILITY (formerly known as DATAHR)**

120 Kisco Avenue  
Mount Kisco, NY 10549

242-8720  
Ext. 310

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: All ages

Serves individuals with acquired brain injuries and/or developmental disabilities. Services include rehabilitation, residential services, vocational and day services.

**ACLAIMH (Association for Community Living Agencies in Mental Health)**

99 Pine Street  
Albany, NY 12207

(518) 426-3635

Email: [aclnys@webramp.info](mailto:aclnys@webramp.info)

Hours: 9:00 am - 5:00 pm

An association of providers of residential and related programs; activities include advocacy, education, and information.

**A-HOME (Apropos Housing Opportunities and Management Enterprises)**

185 Kisco Avenue, Suite 4  
Mount Kisco, NY 10549

666-0740

Website: [www.a-homehousing.org](http://www.a-homehousing.org)

Hours: 9:00 am - 5:00 pm  
Ages: Adults

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

**AMERICAN ASSOCIATION OF NURSES NETWORK**

1362 Pelhamdale Avenue  
Pelham, NY 10803

738-6132

Hours: Overnight Saturday and Sunday  
Ages: 6 - 16 Years

Weekend respite for developmentally disabled children, at six-week intervals. Children are matched with volunteer host families. Respite occurs in the home of the host family once every six weeks. Children should be ambulatory, toilet trained, with minimal behavior problems; sociability and verbal ability required. Indoor and outdoor recreation activities conducted by host family.

**AMERICAN RED CROSS**

106 North Broadway 946-6500  
White Plains, NY 10603

Hours: Monday – Friday 8:30 am – 4:30 pm  
Extended hours during some emergencies.

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

**ARCHDIOCESE OF NEW YORK DRUG ABUSE PREVENTION PROGRAM**

2789 Schurz Avenue (718) 904-1333  
Bronx, NY 10465

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 14 - 18 Years

Prevention and early intervention substance abuse program for elementary and secondary school students in Westchester County. Services provided to students attending Archdiocesan schools.

**ARCS (AIDS Related Community Services)**

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

Hours: Monday - Thursday 9:00 am - 7:00 pm  
Friday 9:00 am - 5:00 pm  
Ages: All ages

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.

**ASSOCIATION FOR MENTALLY ILL CHILDREN OF WESTCHESTER, INC.**

The Clearview School 941-9513  
550 Albany Post Road  
Briarcliff Manor, NY 10510

Hours: Monday - Friday 8:30 am - 5:00 pm  
24 Hour emergency response  
Ages: 3 - 21 Years

Combined treatment and special education program for SED children and adolescents, some of whom may also have developmental or other secondary disabilities. The program provides 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 developmentally disabled adults.

**BEDFORD, LEWISBORO, POUND RIDGE DRUG ABUSE PREVENTION COUNCIL**

Box 741  
Village Green  
Bedford, NY 10506

234-3227

Hours: Monday - Friday 9:30 am - 1:00 pm  
Ages: General population

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

**RUSSELL E. BLAISDELL ADDICTION TREATMENT CENTER**

**New York State Office of Alcoholism and Substance Abuse Services**  
140 Old Orangeburg Road, Box 140  
Orangeburg, NY 10962

(845) 359-8500

Hours: 24 Hours  
Ages: 18 Years and older\*

Short-term inpatient rehabilitation for men with alcoholism or alcohol abuse problems. \*Under 18 years with consent of parent or guardian.

**BLYTHEDALE CHILDREN'S HOSPITAL**

Bradhurst Avenue  
Valhalla, NY 10595

592-7555  
Ext. 485

Hours: Saturdays  
Ages: 6 Months - 12 Years

Respite for developmentally disabled children. Recreation therapy for children who are medically fragile, technologically dependent or ventilator dependent. Nurses and physicians available if needed.

**CARDINAL McCLOSKEY**

2 Holland Avenue  
White Plains, NY 10603

997-8000

Hours: Office hours: Monday - Friday 9:00 am - 5:00 pm  
Group home: 24 Hours  
Ages: Female: 10 - 18 Years  
Male: 10 - 14 Years

Provides emergency residential care for children. Referrals are generated by the Westchester County Department of Children' Services. Also, provides residential services to Westchester residents who are designated Developmentally Disabled 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.

**CAREERS for People with Disabilities, Inc**

401 Columbus Avenue  
Valhalla, NY 10595

741-JOBS (5627)

Website: [CareersforPeople@aol.com](mailto:CareersforPeople@aol.com)

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 18 Years and older (must be work-ready)

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

**THE CENTER FOR CAREER FREEDOM, INC.**

One East Post Road  
White Plains, NY 10601

288-9763

Hours: Monday - Friday 11:00 am - 5:00 pm  
Ages: Adults

Recipient-run drop-in center providing on and off-site computer applications training; keyboard, internet, and Microsoft XP office (Word, PowerPoint, Excel and Access), Desktop Publishing and Quickbooks. Applications assistance (FORM-LINK©) and career counseling. Licensed by NYS Department of Education. Certified by Microsoft.

**CENTER FOR HUMAN OPTIONS**

Greenburgh Central 7 School District  
Box 45  
Hartsdale, NY 10530

761-6052

Hours: Monday - Friday 8:00 am - 3:00 pm  
Ages: 10 - 14 Years

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

**THE CENTER FOR PREVENTIVE PSYCHIATRY, INC. (CPP)**

19 Greenridge Avenue  
White Plains, NY 10605

949-7680

20 Greenridge Avenue  
White Plains, NY 10606

949-4440

35 Dock Street  
Yonkers, NY 10701

965-1109

50 Dayton Lane  
Peekskill, NY 10566

736-3371

Hours: Monday - Friday 8:30 am - 7:30 pm  
Ages: Birth - 10 years

Clinics provide a wide variety of therapeutic services for children from birth to 12 and their families, including psychological and psychiatric testing, child psychotherapy, therapeutic nurseries, group therapy, family therapy and Early Intervention Services. Cornerstone nurseries in White Plains, Yonkers and Peekskill provide therapeutic services for children between the ages of 2 and 5, while Steppingstone continues services, after school for 6 and 7 year olds. Keystone is a school based after school program for 6 to 12 year olds available in Peekskill and Yonkers. Parent and Children Together (PACT) provide services to chronically mentally ill mothers, their infants and preschool children in a nursery setting in Peekskill and White Plains,

**Early Childhood Center (ECC)**

949-7680

19 Greenridge Avenue  
White Plains, NY 10605

The Early Childhood Center (ECC) provides consultation and training to promote mental health to over 25 preschool programs throughout Westchester. ECC consults with and trains parents, teachers and administrators in Head Start, Day Care, Family Day Care, Family Head Start, conferences and training programs. The goal is to inform and support agents of children's mental health to prevent mental illness and promote achieving full mental health potential.

**Families in Transition (FIT)**

975-2232

12 Warburton Avenue  
Yonkers, NY 10701

Hours: Monday - Friday 9:00 am - 5:00 pm

Families in Transition is a unique program for families with a seriously emotionally disturbed child on TANF who wish to be employed. Services include job development and placement, psychotherapy, support and case management services. The goal of economic independence is achieved through the

emotional and social support of the family through a network of community services and the integration of job placement and psychotherapy.

**Therapeutic and Parent Aid Services (TAPAS)**

375-4453

47 Livingston Avenue  
Yonkers, NY 10701

Therapeutic and Parent Aid Services are mandated preventive services for families at high risk of being separated. Services include case management and training to improve parenting and home management. Referrals for services are made through mandated preventive services located in local offices of the Department of Social Services. The goal of the program is to improve family functioning within a 13-week curriculum driven program.

**St. Bernard's Center for Learning**

949-6202

Therapeutic Head Start Classroom  
81 Prospect Street  
White Plains, NY 10605

Hours: Monday, Wednesday, Friday 9:00 am - 4:00 pm

Ages: Birth - 10 Years

Special nursery program for seriously emotionally disturbed preschool children from families housed in temporary shelters. Services include individual and group child psychotherapy in a nursery setting, testing, family treatment and case management. The programs goal is to mainstream children into kindergarten.

**Ryan White Project**

963-2211

Sharing Community - Upper Room  
St. John's Episcopal Church  
1 Hudson St.  
Yonkers, NY 10701

Ext. 22

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: All ages

Ryan White Project provides mental health services to children and families residing in southwest Yonkers who are affected by HIV and AIDS. This project is a collaboration between CPP and the Upper Room program of the Sharing Community.

**CENTRAL SPEECH AND LANGUAGE**

141 South Central Avenue  
Hartsdale, NY 10530 682-8530

Group speech services for children ages 18 months to 5 years. Parent training.

**CHILD CARE COUNCIL OF WESTCHESTER, INC.**

470 Mamaroneck Avenue  
White Plains, NY 10603 761-3456

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Children, infancy to pre-kindergarten

Provides referrals and subsidies for day care services.

**CHILDREN'S REHABILITATION CENTER**

317 North Street  
White Plains, NY 10605 597-4000

**Outpatient Services**

**Children's Unit**

Hours: Monday - Friday 8:30 am - 4:30 pm  
Ages: Birth - 21 Years

Serves children with known or suspected developmental disabilities. Priority given to early intervention for infants, pre-school children and newborns at risk. Services include comprehensive medical, diagnostic and developmental evaluations.

**Early Intervention Program** - Services for parents with newborn developmentally disabled children.

**Mobile Home Care Program** - Ongoing medical supervision with at-home developmental therapy services for infants, and psychosocial support services and home management techniques for parents.

**Day Hospital Services**

Hours: 5-1/2 hours per day, 5 days per week  
Ages: Infants and pre-school children

Coordinated program of services including comprehensive pediatric and psychiatric supervision with a full range of medical specialty consultations; developmental therapy; early childhood education; psychological evaluations; nursing services with psychosocial support and home management training for parents; transportation for most children.

**THE CHILDREN'S VILLAGE**

Dobbs Ferry, NY 10522

693-0600

Ext. 1475

Hours: 24 Hours

Ages: Ages 5 - 17

Provides a short-term psychiatric crisis residence for boys and girls. Assessment, treatment and stabilization. Includes individual, group and family treatment.

**CHOICE OF NEW ROCHELLE, INC.**

420 North Avenue

576-0173

New Rochelle, NY 10801

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

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: 18 Years and older

Recipient-run agency providing peer advocacy, peer case management and peer homeless outreach to adults living with mental illness. Most services are completely free and do not require Medicaid.

**CLUSTER, INC.**

20 South Broadway, Room 501

963-6440

Yonkers, NY 10701

Mailing Address:

P.O. Box 1248

Yonkers, NY 10702

Hours: 24 Hours

Ages: Adults

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

**COLLEGE CAREERS FUND OF WESTCHESTER, INC.**

60 Mitchell Place

428-3435

White Plains, NY 10602

Mailing Address:

P.O. Box 1530  
White Plains, NY 10602

Hours: Monday - Thursday 9:00 am - 4:30 pm

Friday 9:00 am - 4:00 pm

Ages: Adolescents and young adults

Chemical dependency prevention and educational counseling services to persons in its remedial education and college referral program. Services are provided at the central office in White Plains, in Mount Vernon and at the Penitentiary at Valhalla.

**COMMUNITY AID FOR RETARDED CHILDREN (CARC)**

Keon Center

Hudson Valley Health Care Services

737-6980

VA Montrose Campus

Building 18

Montrose, NY 10548

Email: keon@bestweb.net

Mailing Address:

P.O. Box 147

Montrose, NY 10548-0147

Hours: Monday - Friday 9:00 am - 3:00 pm

Ages: 16 Years and older, MSC 5 Years +

Work program for persons with a disabling condition that prevents their participation in competitive employment. Programming includes vocational evaluation, residential habilitation services, sheltered work activities, family support services, supported work sites, enclave work groups, job placement and follow-up. Medical Service Coordinator, individualized programming and counseling, job enhancement/life skill training, benefit coordination, and residential alternatives.

**COMMUNITY BASED SERVICES, INC.**

3 Fields Lane

277-4771

North Salem, NY 10560

Email: psladkus@commbasedservices.org

Hours: 24 Hours

Ages: Adults

Residential services for autistic and severely retarded persons. Community services and resources are utilized to augment the in-house program. Referrals through State and County offices only.

**COMMUNITY COUNSELING CENTER**  
**Larchmont/Mamaroneck Narcotics Guidance Council**  
234 Stanley Avenue  
Mamaroneck, NY 10543

698-7549

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

Hours: Monday - Friday  
Day and evening hours by appointments.

Ages: 11 - 28 Years and families

Outpatient counseling, crisis intervention, substance abuse prevention and education, and consultation by mental health professionals. Individual, group and family therapy. School-based services available.

**COMMUNITY LIVING CORPORATION**

105 South Bedford Road, Suite 300  
Mount Kisco, NY 10549

241-0032

Hours: 24 Hours  
Ages: 18 - 60 Years

Supportive and supervised community residences for mildly to moderately retarded adults. All residents placed in workshop, study or employment situations. Referrals through State and County offices only.

**COMMUNITY RESOURCE CENTER FOR  
THE DEVELOPMENTALLY DISABLED, INC.**

378 East 151 Street, 4<sup>th</sup> Floor  
Bronx, NY 10455

(718) 292-1705

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Adults

Operates residential programs (ICF's and IRA's). Community services and resources are utilized to augment the in-house program. Serves severely and profoundly handicapped individuals including those with autism, cerebral palsy, epilepsy, or mental retardation. Referrals through State and County offices only.

**CORTLANDT RECREATION, TOWN OF**

1 Heady Street  
Cortlandt Manor, NY 10567

736-0498  
736-0499  
734-1051  
734-1050

Hours: Monday - Friday 9:00 am - 4:30 pm  
Various weekend and evening hours  
Ages: 11 - 21 Years

Substance abuse prevention, information, referral, and outpatient counseling. Substance-free social, recreational and educational programs are held in the community for adolescents. Summer day camp in a mainstream program for individuals with developmental disabilities.

**DAYTOP VILLAGE, INC.**

246 North Central Avenue  
Hartsdale, NY 10530

949-6640

Hours: Monday, Tuesday, and Thursday 9:00 am - 9:00 pm  
Wednesday – Friday 9:00 am - 5:00 pm  
Saturday 10:00 am - 3:00 pm

Ages: 13 Years and older

Drug treatment services for substance abusers; individual and group counseling; detoxification referrals; educational component available; referrals to residential facilities and other community agencies.

**EPILEPSY FOUNDATION OF SOUTHERN NEW YORK**

200 White Plains Road  
Tarrytown, NY 10591

(845) 627-0627

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

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: All ages

Provides services to persons with epilepsy, or other disabilities, their families, public agencies, and to the private sector. Services include service coordination, including Traumatic Brain Injury Waiver, supported and competitive employment, including Social Security Ticket to Work, epilepsy education and training, residential habilitation, advocacy, hospital intervention, counseling, information and referral, and crisis intervention.

**EPILEPSY INSTITUTE**

c/o Mount Vernon Hospital  
12 North Seventh Avenue  
Mount Vernon, NY 10550

664-6008

Hours: Monday - Thursday 9:00 am - 8:00 pm  
Friday 9:00 am - 5:00 pm

Ages: All ages

Provides comprehensive programs for people with epilepsy, their families and the community; multi-disciplinary staff includes psychiatrists, psychologists, social workers and vocational rehabilitation counselors. Information and referral, including neurological care; educational materials; individual, marital, family and group counseling; psychiatric and psychological evaluations; job placement assistance; consumer workshops and discussion groups. Conferences,

seminars and in-service training for physicians, health-related professionals, educators and employers. Legal advocacy in cases of discrimination.

**FAMILY AND COMMUNITY SERVICES, INC. (FCS)**

551 White Plains Road  
Eastchester, NY 10709

961-4773

Email: [fcs1908@aol.com](mailto:fcs1908@aol.com)

Website: [www.fcs.e.org](http://www.fcs.e.org)

Hours: Monday - Friday 9:00 am - 5:00 pm  
Evenings by appointment

Ages: All ages (under 18 years requires parental consent)

**Mental health clinic** providing counseling and psychotherapy (individual, family, martial, group); psychopharmacology; short term therapy; crisis intervention; outreach program to young people in area (Tuckahoe, Eastchester, and Bronxville). Camp referral program.

**Home Care, Senior Care** - Careful evaluation of needs, advocacy, crisis intervention, home health aides, and personal care aides. Outreach program in cooperation with Eastchester Office of the Aging.

**Eastchester Child Development Center**

337-4568

35 Bronx Street  
Tuckahoe, NY 10707

Hours: Monday - Friday 7:30 am - 6:00 pm

Ages: Two years and nine months - 5 years

Individual and group counseling with children and parents. Parent training through monthly evening training meetings, dinner and babysitting included.

**Early Childhood Development Programs** (Head Start, Day Care and two after-school programs for children ages 3 - 12). Outreach program to parents and children using the facilities. After-school programs located in Eastchester and Bronxville.

**FAMILY SERVICES OF WESTCHESTER, INC.**

One Gateway Plaza  
Port Chester, NY 10573

937-2320

E-Mail: [fsw@fsw.org](mailto:fsw@fsw.org)

**Clinics**

One Gateway Plaza  
Port Chester, NY 10573

937-2320

1 Summit Avenue  
White Plains, NY 10606-3011

948-8004

344 Main Street, Room 303 Mount Kisco, NY 10549	666-8075
9 West Prospect Avenue, Suite 309 Mount Vernon, NY 10550	668-9124
303 South Broadway, Suite 106 Tarrytown, NY 10591	631-2022
70 Ashburton Avenue, 3 <sup>rd</sup> Floor Yonkers, NY 10701	964-6767
507 Fifth Avenue Pelham, NY 10803	738-1728

Hours: Monday - Thursday 9:00 am - 9:00 pm  
Friday 9:00 am - 5:00 pm  
Each area office open at least one evening per week  
Hours by appointment

Ages: All ages

**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, special-needs adoptive families, and homeless individuals; mobile clinical outreach program for families living in homeless housing at Vernon Plaza. Direct in-home services to individuals with mental illness or families of persons with mental illness and developmental disabilities.

**Family-Based Treatment** for seriously emotionally disturbed children ages 6 to 18 years. Children are matched to host families who are trained and supervised by professional staff. Relationships with natural families are maintained and promoted when possible. Homes are licensed by the State Office of Mental Health.

**Respite Program** countywide for families whose children are seriously emotionally disturbed and involved in intensive services and family support. Adoption and children's services, Big Brothers/Big Sisters Program, school-based mentoring; group homes for adolescents; parent skills training program; PINS diversion.

**Camp Success** is a mobile, after school respite program with educational and recreational activities and trips, for SED children living in their own homes.

**Homemaker services** for CSS-eligible individuals; home health care for those with personal care needs.

**My Second Home** adult day program offers supervision, socialization, recreation, personal care, health monitoring and caregiver support.

**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.

**Youth Forum**

150 Grand Street, 6<sup>th</sup> Floor  
White Plains, NY 10601

995-4812

Hours: Monthly meeting  
Ages: 17 Years and older

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.

**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.

**Transitional Services for Aging Out Youth** are community based networks specifically for 17-23 year olds to plan for services. On site workshops for personal development and conflict resolution.

**Family Strengthening Program** provides intensive home-based services for children 8 and under identified through emergency psychiatric services.

**Other services** include Parenting Again program for grandparents raising grandchildren or other adults raising young relatives; senior employment referral service; and an elder abuse program.

**FAMILY SERVICE SOCIETY OF YONKERS**

70 Ashburton Avenue, 6th Floor  
Yonkers, NY 10701

963-5118

2172 Central Avenue  
Yonkers, NY 10710

963-5118

Hours: Monday - Friday 9:00 am - 5:00 pm  
Evening hours by appointment  
Ages: All ages

Homemaker services.

**FAMILY TIES**

150 Grand Street, 6th Floor  
White Plains, NY 10601

995-5238

Email: [mala@westchestergov.com](mailto:mala@westchestergov.com)

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: All ages

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.

**Mount Kisco Resource Center** 242-3870  
344 Main Street, Lower Level  
Mount Kisco, NY 10549

Hours: Monday - Friday 10:00 am - 4:00 pm  
(or by appointment)  
Ages: All ages

**Mount Vernon Resource Center** 663-4931  
158 Gramatan Avenue, 2<sup>nd</sup> Floor  
Mount Vernon, NY 10550

Email: [MtVernon@familytieswestchester.org](mailto:MtVernon@familytieswestchester.org)

Hours: Monday - Friday 10:00 am - 4:00 pm  
(or by appointment)  
Ages: All ages

**Ossining Resource Center** 941-3461  
173 Main Street  
Ossining, NY 10562

Hours: Monday - Friday 10:00 am - 4:00 pm  
(or by appointment)  
Ages: All ages

**Peekskill Resource Center** 739-4725  
929 South Street, 1<sup>st</sup> Floor  
Peekskill, NY 10566

Email: [Peekskill@familytieswestchester.org](mailto:Peekskill@familytieswestchester.org)

Hours: Monday - Friday 10:00 am - 4:00 pm  
(or by appointment)  
Ages: All ages

**Yonkers Resource Center** 964-2063  
164 Ashburton Avenue, Lower Level  
Yonkers, NY 10701

Email: [Yonkers@familytieswestchester.org](mailto:Yonkers@familytieswestchester.org)

Hours: Monday - Friday 10:00 am - 4:00 pm  
(or by appointment)  
Ages: All ages

**Peer support groups** (call the above numbers to confirm meeting time and location):

Free childcare is provided at all support groups.

**Elmsford**

Mental Health Association  
2269 Saw Mill River Road, Building 1A  
Elmsford, NY 10523

Hours: Second and fourth Thursday of each month  
7:00 pm - 9:00 pm  
Ages: All ages

**Mount Kisco**

Northern Westchester Counseling Center  
344 Main Street  
Mount Kisco, NY 10549

Hours: First and third Tuesday of each month  
7:00 pm - 9:00 pm  
Ages: All ages

**Mount Vernon**

Mount Vernon Resource Center  
158 Gramatan Avenue, 2<sup>nd</sup> Floor  
Mount Vernon, NY 10550

**Parent Support Groups**

Hours: First and third Thursday of each month  
10:00 am - 12:00 Noon  
Second and fourth Thursday of each month  
7:00 pm - 9:00 pm  
Ages: All ages

**Sibling Group**

Hours: Second Thursday of each month  
6:00 pm - 7:00 pm  
Ages: All ages

**Grandparents Group**

Hours: Third Thursday of each month  
12:00 pm - 1:00 pm

Ages: All ages

**Father's Group**

Hours: First Thursday of each month  
7:00 pm - 9:00 pm

Ages: All ages

**Shrub Oak/Lakeland**

United Methodist Church of Shrub Oak  
1170 East Main Street  
Shrub Oak, NY 10549

**Sibling Group**

Hours: Second and fourth Wednesday of each month  
5:30 pm – 6:30 pm

Ages: All ages

**Parent Support Group**

Hours: Second and fourth Wednesday of each month  
7:00 pm – 9:00 pm Parent Support

Ages: All ages

**Peekskill - Yorktown**

Uriah Hill School  
Pemart Avenue  
Peekskill, NY 10566

Hours: First and Third Wednesday of each month  
7:00 pm - 9:00 pm

Ages: All ages

**Yonkers**

Yonkers Resource Center  
164 Ashburton Avenue, Lower Level  
Yonkers, NY 10701

**Parent Group**

Hours: Every Wednesday  
9:30 am – 11:30 am

Ages: All ages

**Grandparents Group**

Hours: Second and Fourth Thursday of each month  
10:00 am – 12:00 pm

Ages: All ages

**Early Childhood Group**

Hours: Second and Fourth Friday of each month  
1:00 pm – 2:30 pm

Ages: All ages

**Boys Group**

Hours: First and Third Monday of each month  
5:00 pm – 7:00 pm

Ages: All ages

**Fathers Group**

Hours: Second and Fourth Monday of each month  
6:30 pm – 7:30 pm

Ages: All ages

**FERNCLIFF MANOR FOR THE RETARDED, INC.**

1154 Saw Mill River Road  
Yonkers, NY 10710

968-4854  
968-5730

Hours: 24 Hours

Ages: 3 - 21 Years

Residential school providing a comprehensive program for severely and profoundly mentally retarded and multihandicapped 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.

**FORENSIC MENTAL HEALTH SERVICES**

Westchester County Department of Correction  
P.O. Box 10  
Valhalla, NY 10595

231-1088

Services offered include 15-bed forensic psychiatric inpatient unit, mental health assessments, clinic services, and crisis intervention in the Westchester County jail.

**FOUR WINDS HOSPITAL**

800 Cross River Road  
Katonah, NY 10536

763-8151

1-800-528-6624

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

Hours: 24 Hours a Day/7 Days a Week

Ages: All ages 5 and older

Consultation and Evaluation Services: 24 Hours a Day/7 Days a Week

**Inpatient Mental Health Treatment Services**

Fours 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.

#### **FRIENDS OF KAREN**

Box 217 277-4547  
Croton Falls, NY 10519

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Birth - 18 Years and families

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

#### **GRACE CHURCH COMMUNITY CENTER, INC.**

Administrative Office 949-3098  
52 North Broadway  
White Plains, NY 10603

Housing Program 949-0925  
171 East Post Road, Room 218  
White Plains, NY 10601

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Adults

Provides apartment residential program for homeless adults with psychiatric or substance abuse disabilities.

Open Arms Shelter 948-5044  
33 Church Street  
White Plains, NY 10601

Case management and outreach for individuals with developmental disabilities and their families.

#### **GREENBURGH CENTRAL 7 SCHOOL DISTRICT**

475 West Hartsdale Avenue 761-9129  
Hartsdale, NY 10530

Hours: Monday - Friday 2 hours per day  
Ages: Grades K - 7

After-school recreation and respite for children with developmental disabilities.

**GREENBURGH DEPARTMENT OF PARKS AND RECREATION, TOWN OF**

Olympic Lane  
Ardsley, NY 10502

693-8985  
Ext. 154

Hours: Monday - Friday (Hours vary with program)

Ages: School-year program: 8 Years and older

Day Camp: 5 Years and older

Therapeutic recreation programs for developmentally disabled individuals. Counseling for parents. Year-round Saturday morning program for children ages 8-21. Canteen programs for individuals ages 13-21. Six-week summer day camp for youth ages 5-21. After-school program and individualized leisure program for children ages 13-21. Weekend overnight trips for children three times per year.

**GROW**

P.O. Box 1692  
White Plains, NY 10602

493-1318

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: All ages

An advocacy organization of parents, guardians and friends of developmentally disabled people; concerned with the quality and availability of community services including group homes, supported work, vocational training, education, recreation, respite, and support groups.

**THE GUIDANCE CENTER**

70 Grand Street  
New Rochelle, NY 10801

636-4440

Hours: Monday – Tuesday 9:00 am – 9:00 pm

Wednesday - Thursday 9:00 am - 8:00 pm

Friday 9:00 am - 5:00 pm

Ages: All ages

**Clinics**

**Lincoln Avenue Clinic**

95 Lincoln Avenue  
New Rochelle, NY 10801

632-6757

Hours: Monday, Tuesday, and Thursday 11:00 am - 5:00 pm

Wednesday and Friday 9:00 am - 5:00 pm

Ages: All ages

**Larchmont-Mamaroneck Clinic** 381-6110  
930 Mamaroneck Avenue  
Mamaroneck, NY 10543

Hours: Monday 9:00 am - 8:00 pm  
Tuesday 9:00 am - 8:00 pm  
Wednesday Mornings: Latino Drop-In Center  
Thursday - Friday 9:00 - 5:00 pm  
Saturday 10:00 am – 2:00 pm

Ages: All ages

Outpatient psychiatric clinic services; individual and group therapy for children, adolescents and adults, including individuals with drug and alcohol problems, and family therapy.

**Children and Adolescent Services** 636-4440  
70 Grand Street  
New Rochelle, NY 10801

Hours: Monday and Tuesday 9:00 am - 9:00 pm  
Wednesday and Thursday 9:00 am - 8:00 pm  
Friday 9:00 am - 5:00 pm

Ages: Birth - 18 Years

Outpatient clinic and pre-school therapeutic nursery. Individual, group, family and play therapy. Consultation to schools and agencies.

**Training in Community Living (TCL)** 632-7600  
277 North Avenue Emergency: 636-6495  
New Rochelle, NY 10801

Hours: Monday, Tuesday, Wednesday, Friday 9:00 am - 5:00 pm  
Thursday 9:00 am – 7:00 pm  
Evenings as needed

Ages: 18 - 45 Years

A community treatment team providing case management and clinic services for persons with severe mental illness, including crisis intervention; family education. Specialized services available for co-occurring psychiatric and substance abuse disorders.

**START** (Start Today And Reach for Tomorrow) Program 934-8152  
Port Chester Middle and High School  
Bowman Avenue  
Port Chester, NY 10573

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 12 -18 Years

School-based service offering social, vocational, educational and counseling program for Port Chester students in middle and high school.

**Rochelle House** 632-7600  
Continuing Day Treatment Program  
277 North Avenue  
New Rochelle, NY 10801

Hours: Monday - Friday 9:00 am - 2:00 pm  
Monday - Thursday 3:00 pm - 6:00 pm  
Extension Program Monday - Thursday 2:00 pm - 6:00 pm  
Ages: 18 Years and older

Therapeutic program for individuals with psychiatric disabilities; individual, group, family therapy; medication; rehabilitation readiness assessment and development. Individuals can be referred following hospitalization. Specialty track for clients who are dually diagnosed with mental retardation/developmental disabilities and mental illness.

**Supportive Treatment for Elderly Persons (STEP)** 576-1172  
547 North Avenue  
New Rochelle, NY 10801

Hours: Monday - Friday 9:00 am - 2:00 pm  
Ages: Adult and geriatric persons

Rehabilitation program for older adults with life-disrupting problems; provides individual and group activities.

**Intensive Psychiatric Rehabilitation Treatment (IPRT)** 632-7600  
277 North Avenue  
New Rochelle, NY 10801

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Adults

Helps individuals with psychiatric disabilities develop and achieve their goals in areas of work, education, housing and socialization.

**New Beginnings Club** 576-1172  
547 North Avenue  
New Rochelle, NY 10801

Hours: Monday - Friday 4:00 pm - 8:00 pm  
Saturday 9:00 am - 9:00 pm  
Sunday 1:00 pm - 5:00 pm (Sunday Drop-In Center)

Evening and weekend program providing recreational, vocational and internship opportunities. Includes a peer-run Sunday Drop-In Center.

**Phone Buddies** 576-1172  
547 North Avenue  
New Rochelle, NY 10801

Hours: Weekday Evenings 5:00 pm - 8:00 pm

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

**Supported Housing** 632-7600  
277 North Avenue  
New Rochelle, NY 10801

Hours: 24 Hours  
Ages: Adults

Assists individuals recovering from mental illness to live independently in the community. Scatter site apartments in Southern Westchester.

**Shelter Plus Care** 632-7600  
277 North Avenue  
New Rochelle, NY 10801

Assists homeless individuals who are diagnosed with a mental illness and/or recovering from alcohol and substance abuse, and who may also be living with HIV+/AIDS to find permanent, affordable housing. Ongoing case management and skills groups are provided.

**Single Room Occupancy (SRO's)** 632-7600  
277 North Avenue  
New Rochelle, NY 10801

Two SRO's provide permanent housing to residents with psychiatric disabilities. Individuals have private bedrooms but share kitchen, living room and outdoor facilities.

### **Supported Education**

Purchase College - State University of New York 251-6390  
Counseling Center  
735 Anderson Hill Road  
Purchase, NY 10577

Hours: Tuesday - Friday 9:00 am - 5:00 pm  
Ages: 18 Years and older

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.

**Parents Learning Understanding and Support (PLUS)** 636-4440  
70 Grand Street  
New Rochelle, NY 10801

Hours: Monday, Tuesday, Thursday 10:00 am - 12:00 Noon  
Ages: Adult Parents

Drop-in center for the development of parenting skills. Supervised therapeutic play is available for pre-school children while parents attend groups on child development, nutrition and health.

**Vocational Counseling and Placement Services** 632-7600  
277 North Avenue  
New Rochelle, NY 10801

Vocational assessment, skills training, supported employment and competitive placement.

**Vocational Evaluation** 663-8798/99  
Mount Vernon Hospital  
3 South Sixth Avenue, 1<sup>st</sup> Floor  
Mount Vernon, NY 10550

Hours: Monday - Friday 8:00 am - 4:00 pm  
Ages: 18 Years and older

Vocational evaluation for individuals enrolled in alcohol and substance abuse programs in Westchester County.

**Chemical Dependency Treatment Program** 632-1374  
26 Sickles Avenue  
New Rochelle, NY 10801

Hours: Monday - Friday 5:45 am - 1:45 pm  
Medication Hours 6:00 am – 11:00 am  
Saturday, Sunday, Holidays 7:00 am - 10:00 am  
Ages: 18 Years and older  
Under 18 Years, detoxification only

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

**Edison CARES** 935-0919  
**(Caring and Resources, Education and Support)** Admission Site  
Edison Elementary School  
Port Chester, NY 10573

Hours: Monday - Friday 8:00 am - 4:00 pm

Community-based program designed to shape and implement plans to meet families needs and access to resources targeting Edison Elementary School and their families.

**HALFWAY HOUSE OF WESTCHESTER, INC.**

14 Longview Avenue  
White Plains, NY 10605

946-0949

Email: Whhlongivew14

Hours: 24 Hours  
Monday - Friday 9:00 am - 5:00 pm  
Ages: Males 18 Years and older

Community residence offering three to six month services in therapeutic communal living for sober chemical dependency. Services include counseling, AA meetings, house meetings and recreational activities. Coordination with outpatient treatment.

**HARRISON YOUTH COUNCIL**

84 Calvert Street  
Harrison, NY 10528

835-7500

Email: [www.harrisonyouth.org](http://www.harrisonyouth.org)  
[www.harrisonyouth@oponline.net](mailto:www.harrisonyouth@oponline.net)

Hours: Monday - Thursday 9:00 am – 7:30 pm  
Friday 9:00 am - 5:00 pm  
Ages: 5 - 21 Years and families

Provides school- and community-based substance abuse education, prevention, and early intervention programs. Individual, group and family counseling, assessment, and referral.

**HASTINGS YOUTH ADVOCATE PROGRAM**

44 Main Street  
Hastings-on-Hudson, NY 10706

478-2471

Hours: Monday - Friday 9:00 am - 5:00 pm  
Friday and Saturday 6:00 pm - midnight  
Ages: 5 - 21 Years

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 and Saturday evening coffee house.

**HAWTHORNE FOUNDATION**

Hawthorne Country Day School  
5 Bradhurst Avenue  
Hawthorne, NY 10532

592-8526  
Ext. 121

Hours: Monday - Friday 7:30 am - 5:30 pm  
Ages: 4 - 60 Years

Services include a day school, Early Intervention; Pre-School, Vocational Training, Manhattan Annex, Parent Education, Adult Day Habilitation Services, Service Coordination, 3 group homes serving individuals with a wide range of developmental disabilities.

**HEALTH CONSULTANTS, INC.  
(Formerly Treatment Center of Westchester)**

10 Mitchell Place  
White Plains, NY 10601

949-3601

Hours: Monday - Thursday 8:00 am - 9:00 pm  
Friday 9:00 am - 6:00 pm  
Saturday 9:00 am - 4:00 pm  
Ages: 18 Years and older

Alcoholism program. Outpatient clinic services. Individual, group and family counseling, screening and evaluation, vocational counseling and education.

**HOME HEALTH SERVICES OF WJCS, INC.**

845 North Broadway  
White Plains, NY 10603

761-0600 x339

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Adults and seniors

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

**H.O.P.E., INC. (Helping Out People Everywhere)**

45 Ludlow Street, Suite 210  
Yonkers, NY 10705

964-0920

Emergency After-Hours/Weekends & Holiday - call beeper 422-5265

Mailing Address:

59 Park Circle  
White Plains, NY 10603

Hours: Monday - Friday 9:00am - 5:00 pm  
Ages: Families

Satellite:  
172 Waverly Street  
Yonkers, NY 10701

Provides transitional housing, relocation and eviction prevention combined with intensive case management services to homeless and low-income families respectively. In addition, H.O.P.E. also operates a food pantry and employment youth services at its satellite site.

**HUDSON RIVER HEALTHCARE**

1037 Main Street  
Peekskill, NY 10566

734-8740

**Pathways Chemical Dependency Services**

Hours: Monday - Thursday 9:00 am - 8:00 pm  
Friday 9:00 am - 5:00 pm  
Ages: 13 Years and older

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.

**Echo Program**

1037 Main Street  
Peekskill, NY 10566

734-8925

Hours: Monday - Friday 9:00 am - 5:00 pm  
July and August only  
Ages: 14 Years and older

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

**HUDSON VALLEY DEVELOPMENTAL DISABILITIES SERVICES OFFICE**

New York State Office of Mental Retardation and Developmental Disabilities  
Westchester Office  
220 White Plains Road, 6<sup>th</sup> Fl.  
Tarrytown, NY 10591

332-8989

Website: [OMR.State.NY.US](http://OMR.State.NY.US)

Hours: Monday - Friday 8:30 am - 5:00 pm  
Ages: All ages

New York State agency serving mentally retarded and developmentally disabled persons. Provides comprehensive residential and non-residential services.

**HUDSON VALLEY HOSPITAL CENTER**

Methadone Maintenance Treatment Program  
1980 Crompond Road  
Cortlandt Manor, NY 10567

737-6117

Hours: Monday - Friday 6:00 am - 1:45 pm  
Saturday and Sunday 7:00 am - 3:00 pm  
Ages: 18 Years and older, methadone maintenance and detoxification  
(documented addiction to opiates and presently addicted)  
Under 18 Years, detoxification only  
(presently addicted to opiates,  
parent or guardian consent required)

Outpatient methadone maintenance and detoxification program for opiate abusers. A full range of medical, psychiatric, social work and vocational support services through referral.

**HUMAN DEVELOPMENT SERVICES OF WESTCHESTER, INC.**

930 Mamaroneck Avenue  
Mamaroneck, NY 10543

835-8906

Hours: 24 Hours  
Ages: Adults

Supervised residence 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. Futura House residential program.

**Central Westchester Case Management**

Ages: 18 Years and older

Supportive Case Management for Central Westchester mental health district. Provides personal support and guidance for adults with severe mental illness. Case manager, with client, determines individual needs and arranges for services.

Intensive Case Management for certain 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.

Case Management service includes three homeless outreach workers for short-term follow-up; two outreach workers to assist individuals not receiving SCM or ICM; and two peer specialists (assistant case managers).

**Hope House**

939-2878

100 Abendroth Avenue  
Port Chester, NY 10573

Hours: Monday 8:30 am - 5:00 pm  
Tuesday 8:30 am - 7:00 pm  
Wednesday, Thursday 8:30 am - 8:00 pm  
Friday 8:30 am - 9:00 pm  
Saturday 10:00 am - 4:00 pm  
Ages: Adults

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

**INNOVATIVE HEALTH SYSTEMS**

7 Holland Avenue  
White Plains, NY 10603

683-8050

Hours: Monday - Thursday 8:30 am - 8:00 pm  
Friday 9:00 am - 5:00 pm  
Ages: 18 Years and older

Alcoholism program offering outpatient clinic services. Individual and group counseling, family counseling, screening and evaluation, vocational counseling and education, outreach to homeless facilities.

**JAWONIO, INC.**

Administrative Office  
260 North Little Tor Road  
P.O. Box 312  
New City, NY 10956-0312

(845) 634-4648

Website: [www.jawonio.org](http://www.jawonio.org)  
Email: [Jawonio@jawonio.org](mailto:Jawonio@jawonio.org)

176 South Broadway  
Yonkers, NY 10701

963-8666

Hours: Monday - Friday 8:00 am - 4:30 pm  
Ages: 18 Years and older

Vocational services agency provides evaluation, supportive and competitive employment, placement services, sheltered work, and pre- and post-employment services. (All disability groups.)

**Yonkers Drop-In-Center** 963-8666  
176 South Broadway Ext. 335  
Yonkers, NY 10701

Hours: Tuesday - Friday 4:00 pm - 8:00 pm  
Saturday 11:00 am - 3:00 pm  
Ages: 18 Years and older

**Mount Vernon Drop-In-Center** 699-6070  
60 South Third Avenue Ext. 250  
Mount Vernon, NY 10550

Hours: Tuesday - Friday 4:00 pm - 8:00 pm  
Saturday 11:00 am - 3:00 pm  
Ages: 18 Years and older

**Ossining Drop-In-Center** 944-3575  
First Presbyterian Church  
Route 9  
Ossining, NY 10562

Hours: Tuesday and Friday 5:00 pm - 9:00 pm  
Saturday 11:00 am - 3:00 pm  
Ages: 18 Years and older

**Palisade Garden Social Club** 963-8666  
65 Ashburton Avenue Ext. 335  
Yonkers, NY 10701

Hours: Saturday and Sunday (varies)  
Ages: 18 Years and older

Consumer support and socialization programs for individuals recovering from mental illness. Strong consumer involvement in operation of programs. Yonkers Drop-In includes "Second Home" programs of child care and parenting skills for those attending.

**Connections Pre Employment Program** 963-8666  
176 South Broadway Ext. 303  
Yonkers, NY 10701

Pre-vocational and work experience, and independent living skills.

## **Developmental Disabilities Services**

**Flower Power Day Habilitation**  
176 South Broadway  
Yonkers, NY 10701

963-8666  
Ext. 337

Day habilitation; skills training in work and independent living; volunteerism stressed.

**Service Coordination**  
176 South Broadway  
Yonkers, NY 10701

963-8666  
Ext. 328

Provides case management services to individuals with developmental disabilities.

**Jawonio Cleaning Company**  
**Jawonio Microfilm Service**  
176 South Broadway  
Yonkers, NY 10701

963-8666  
Ext. 315/Ext. 302

Businesses operated by Jawonio to provide competitively paid jobs for persons with disabilities.

**JEWISH BOARD OF FAMILY AND CHILDREN'S SERVICES, INC. (JBFCS)**  
Westchester Day Treatment Center  
226 Linda Avenue  
Hawthorne, NY 10532

773-7477

Email: [JShapiro@jbfcs.org](mailto:JShapiro@jbfcs.org)

Hours: Monday - Friday 8:30 am - 4:30 pm  
Evening hours for family therapy appointments  
Ages: 10 - 18 Years

Twelve-month school-based day treatment services for emotionally disturbed children and adolescents. Services include individual, group and family therapy, medication therapy, socialization and recreation groups, daily after-school program during the regular school year. Clients attend one of the three special education schools on campus. This agency also provides comprehensive residential treatment services (RTC and RTF) for seriously emotionally disturbed boys and girls.

Community-based Intermediate Care Facility (ICF) for developmentally disabled men and women. Referrals through State and County offices only.

**LEXINGTON CENTER FOR RECOVERY**

Administrative Office  
332 Main Street  
Mount Kisco, NY 10549

666-0191

Mount Kisco Clinic  
24 Smith Avenue  
Mount Kisco, NY 10549

666-6740

Email: [lexctr@lexingtonctr.org](mailto:lexctr@lexingtonctr.org)

Hours: Monday - Friday 9:00 am - 9:00 pm  
Saturday and Sunday 9:00 am - 5:00 pm  
Ages: All ages

Chemical dependency program offering outpatient intensive and clinic services. Specialized services for adolescents and Latinos. Provides evaluations, individual, group and family counseling as well as intensive day, evening and adolescent programming.

**Alcoholism Program**

235-6633

420 North Avenue  
New Rochelle, NY 10801

Hours: Monday - Thursday 9:00 am - 9:00 pm  
Friday 9:00 am - 5:00 pm  
Saturday 9:00 am - 1:00 pm  
Ages: All ages

Comprehensive outpatient services; individual, group, and family therapy; counseling for families of alcoholics. Services include day rehabilitation program with a dual diagnosis track, intensive evening program, relapse prevention program, clinic treatment and a family program. Intensive outpatient services (evenings) available in New Rochelle and Port Chester.

**Generations**

7-11 Legion Drive  
Valhalla, NY 10595

761-4245

70 Ashburton Avenue  
Yonkers, NY 10701

966-0227

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Women over 18 years old with children under 18 months

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

**Shelter Plus Care**

7-11 Legion Drive  
Valhalla, NY 10595

761-4245

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: All ages

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

**Families First**

503 South Broadway, Suite 230  
Yonkers, NY 10705

423-6570

Hours: Monday - Friday 9:00 am - 5:00 pm (24-hour coverage)

Ages: All ages

Provides intensive case management to substance-affected families in Yonkers and Mount Vernon.

**LIVING RESOURCES CORPORATION  
(Formerly Camary Statewide Services)**

2176 Guilderland Avenue  
Schenectady, NY 12306

(518) 346-8888

Hours: Monday - Friday 8:30 am - 4:30 pm

Ages: All ages

Development and operation of community-based services for individuals with mental retardation, developmental disabilities, autism, asperger syndrome, and traumatic or acquired brain injury, including eligible individuals with significant behavior issues. Community-based services shall include provision of care, service coordination, habilitation, rehabilitation, therapies, residential services, education in basic skills, social, recreational and leisure time activities, vocational assistance, independent living support and assistance, respite, and/or any combination of such services.

**MENTAL HEALTH ASSOCIATION OF WESTCHESTER COUNTY, INC.**

Administrative Office and Clinic  
2269 Saw Mill River Road, Building 1A  
Elmsford, NY 10523

345-5900

Websites: [help@mhawestchester.org](mailto:help@mhawestchester.org)  
[www.mhawestchester.org](http://www.mhawestchester.org)

A countywide agency dedicated to promoting mental health in Westchester through advocacy, community education and direct services. MHA's new website features a searchable database that can help you find valuable information.

**24-Hour Suicide and Crisis Hotline** 347-6400  
(in conjunction with St. Vincents and New York  
Presbyterian Hospitals)

**24-hour Domestic Violence Hotline** 347-4558  
(in conjunction with Northern Westchester Shelter)

**Sterling Mental Health Center** 345-5900  
2269 Saw Mill River Road, Building 1A Ext. 244  
Elmsford, NY 10523

Hours: Monday, Tuesday and Thursday 9:00 am - 9:00 pm  
Wednesday and Friday 9:00 am - 5:00 pm  
After hours emergency coverage.

Ages: All ages

**Sterling Clinic** 949-1212  
29 Sterling Avenue  
White Plains, NY 10606

Hours: Monday 10:30 am - 4:00 pm  
Thursday 9:30 am - 8:00 pm  
After hours emergency coverage.

Ages: All ages

Outpatient mental health clinic providing individual, family and group treatment for men, women, and children; psychiatric evaluation and medication therapy. Clinic offers 24-hour suicide prevention and crisis hot-lines, crisis intervention, short-term treatment. Specialized services are provided for adults with serious mental illnesses, children with serious emotional disturbances, adults and children who have been physically or sexually abused, and men who abuse their intimate partners.

**Crossroads** 345-5900  
2269 Saw Mill River Road, Building 1A Ext. 229  
Elmsford, NY 10523

Hours: Monday - Friday 9:00 am - 5:00 pm  
24-Hour emergency coverage

Ages: 17 - 22 Years

Mobile treatment and case management program for adolescents and young adults with a history of serious emotional problems. Provides outreach; case management; individual, group and family mental health treatment; medication therapy; crisis intervention; psychoeducation; skill development and enhancement; assertiveness and problem-solving strategies; advocacy; vocational services and supported housing.

**Family Abuse Court Service**

2269 Saw Mill River Road, Building 1A  
Elmsford, NY 10523

345-5900  
Ext. 237

Hours: Monday - Friday 9:00 am - 5:00 pm  
New Rochelle Family Court, when in session  
White Plains Family Court, when in session  
Yonkers Family Court, when in session

Ages: All ages

Safety planning, crisis intervention, information and referral, and support through the Family Court system provided on-site at the court house for women, men, and children affected by family abuse.

**Mental Health Conciliation Service**

2269 Saw Mill River Road, Building 1A  
Elmsford, NY 10523

345-5900  
Ext. 240

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: All ages

Provides information and referral, individual assistance, explanation of patient's rights, and ombudsman expertise for people having difficulty negotiating the mental health system.

**Northern Westchester Counseling Center**

344 Main Street  
Mount Kisco, NY 10549

666-4646  
Ext. 111

Hours: Monday, Wednesday, Thursday 9:00 am - 9:00 pm  
Tuesday 9:00 am - 8:00 pm  
Friday 9:00 am - 5:00 pm

Ages: All ages

Serves children, adolescents and adults by appointment or walk-in. Parenting skills training, individual, group, and family therapy; medication therapy; psychological and psychiatric evaluations and consultations; crisis intervention; consultation and education with community groups. Specialized services for children with serious emotional disturbances, adults with serious mental illness, trauma survivors including EMDR, children with illness in the family and families impacted by domestic abuse. NWCC Collaborates with Family Ties. A Family Resource Center is available on site at the clinic and is an integral component of service delivery.

**Children's Intensive Case Management Services**

2269 Saw Mill River Road, Building 1A  
Elmsford, NY 10523

345-5900  
Ext. 234

Hours: Monday - Friday 9:00 am - 5:00 pm  
24-Hour emergency coverage  
Ages: 5 - 18 Years

Intensive home- and community-based services for children and youth with serious emotional disturbance. Goal is to reduce hospitalizations and unnecessary placements.

**Employment Services** 949-7035  
29 Sterling Avenue  
White Plains, NY 10606

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Adults

MHA's employment services offers four different employment programs for recipients of mental health services: Jobs Plus – an individualized placement services (IPS); Target Employment – a performance based contracting (PBC) program; Employment Unlimited – a supported employment (SE) program; Youth Works – a comprehensive vocational service for adolescents, ages 17 to 21.

**The Sterling Clubhouse** 949-1212  
29 Sterling Avenue  
White Plains, NY 10606

Hours: Monday, Tuesday, Wednesday 8:00 am - 5:00 pm  
Thursday 8:00 am - 7:30 pm  
Friday 8:00 am - 9:00 pm  
Saturday 7:30 pm - 9:30 pm  
Sunday 2:00 pm - 4:00 pm  
Ages: 18 Years and older

A community providing social, vocational and educational activities within a structured, work-ordered day. Member-staff partnership in planning and carrying out activities. Additional vocational resources include evaluation, transitional employment, and a job support group.

**Housing Services** 683-0867  
Rutherford House

Hours: 24 Hours  
Ages: Women over 18 years

Community residence programs for women who are recovering from mental illness.

**Supported Housing** 345-5900  
Ext. 294

Hours: 24 Hours  
Ages: Adults

Supported housing provides case management which assists individuals to live independently in the community.

**WAVIER**  
(Home and Community Based Waiver Services)  
2269 Saw Mill River Road, Building 1A  
Elmsford, NY 10523

345-5900  
Ext. 233

Hours: Monday - Friday 9:00 am - 5:00 pm  
24-Hour emergency coverage  
Ages: 5 - 18 Years

Intensive individualized services to families with a child at risk of placement in a residential treatment facility. Utilizes a strength-based approach in the youngster's home community with a wide variety of services including crisis response, intensive in-home services, skill-building, respite and family support.

**Partners In Parenting**  
2269 Saw Mill River Road, Building 1A  
Elmsford, NY 10523

345-5900  
Ext. 297

Hours: Monday - Friday 9:00 am - 5:00 pm  
24-Hour emergency coverage  
Ages: Adults and children

Home-based treatment and case management for parents and children with a current or past homelessness and/or MPS/CPS intervention. Program provides mobile psychiatric evaluation, individual and medication therapy, parent training and case management.

**Partnership**  
2269 Saw Mill River Road, Building 1A  
Elmsford, NY 10523

345-5900  
Ext. 298

Hours: Monday - Friday 9:00 am - 5:00 pm  
Evening hours by appointment.  
24-Hour emergency coverage  
Ages: 6 - 18 Years

Serves children/adolescents with emotional and behavioral problems and their families. Offers functional family therapy (FFT), in-home treatment and case management; strength based and is designed to prevent hospitalization and placement. Referral required through DCMH SPOA and universal referral form must be sent to central intake committee.

**Assertive Community Treatment (ACT) Program**

347-4290

2269 Saw Mill River Road, Building 1A  
Elmsford, NY 10523

Hours: Monday - Friday 9:00 am - 5:00 pm  
24 Hour Emergency Coverage

Ages: 18 Years and older

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.

**Center for Responders and Emergency Workers (CREW)**

666-2021

Hours: Monday - Friday 9:00 am - 5:00 pm  
Evening hours by appointment.  
24 Hour Emergency Coverage

Ages: Rescue workers and their families.

Offers specialized outreach, treatment, education and case management for those involved in the rescue and recovery efforts at the World Trade Center. All services are confidential and free.

**MOUNT VERNON BOARD OF EDUCATION**

165 North Columbus Avenue  
Mount Vernon, NY 10552

665-5216

Hours: Monday - Friday 8:00 am - 4:00 pm

Ages: 5 - 18 Years

Chemical dependency prevention program that serves the Mount Vernon school system and the community at large. Provides chemical dependency education; counseling, identification and referral; parent training; Children of Alcoholics groups; after-school and summer programming.

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

Mount Vernon City Hall  
Roosevelt Square, Room 3  
Mount Vernon, NY 10550

665-2420

**Recreation Center**

144 North 5th Avenue  
Mount Vernon, NY 10550

## **Summer Day Camp Special Group**

Pennington School  
Devonia Avenue  
Mount Vernon, NY 10552

Hours: Office: Monday - Friday 8:30 am - 4:30 pm  
Program hours vary  
Ages: 6 Years and older

Year-round program for developmentally disabled individuals; serves Mount Vernon residents, others by special arrangement. Evening and Saturday games, singing, dancing, arts and crafts; other recreation. Eight-week summer camp, swimming, and trips.

## **MOUNT VERNON HOSPITAL**

12 North Seventh Avenue  
Mount Vernon, NY 10550

664-8000

### **Inpatient Services**

664-8000  
Ext. 3040

Hours: 24 Hours  
Ages: 16 Years and older

Short-term 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.

### **Outpatient Services**

#### **Intensive & Supportive Case Management Program**

12 North Seventh Avenue, 6 Floor  
Mount Vernon, NY 10550

664-8000  
Ext. 4198

Hours: 24 Hours  
Ages: 18 Years and older

Case managers provide personal support and guidance for adults with severe mental illness. Case managers with clients determine individual needs and level of care (supportive or intensive) needed.

#### **Assertive Community Treatment (ACT) Program**

12 North Seventh Avenue, 3<sup>rd</sup> Floor  
Mount Vernon, NY 10550

664-8000  
Ext. 1101

Hours: Monday – Friday 9:00 am – 5:00 pm  
24 Hour Emergency Coverage

Ages: 18 Years and older

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.

**Methadone Maintenance Treatment Program**

664-5981

3 South 6th Avenue  
Mount Vernon, NY 10550

Hours: Monday - Friday 5:45 am - 1:45 pm  
Saturday 8:00 am - 11:30 am  
Sunday 8:00 am - 10:00 am  
Holidays 7:00 am - 1:00 pm

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

Outpatient methadone maintenance and detoxification program for opiate abusers, plus a full range of medical, psychiatric, social work and vocational support services. Ambulatory Detox. Program for children of substance abusers.

**MULTIPLY HANDICAPPED CONSULTANTS, INC.**

P.O. Box 1391  
Yorktown Heights, NY 10598

962-6295  
962-6296

Hours: Up to 8 hours weekly  
Ages: Birth - 18 Years

A program to reimburse respite costs for families of multiply-handicapped, medically-fragile or technologically-dependent children residing at home (non-Medicaid eligible families only). Child must have two or more major physical or mental disabilities including a developmental disability. Family is responsible for hiring, training, supervising and paying the respite provider. Qualifying families are then reimbursed for respite costs.

**NATIONAL ALLIANCE FOR THE MENTALLY ILL OF WESTCHESTER, INC. (NAMI)**

101 Executive Boulevard  
Elmsford, NY 10523

592-5458

Email: [namiwestchester@juno.com](mailto:namiwestchester@juno.com)

Hours: Monday, Wednesday, Friday 10:00 am - 2:00 pm  
24-Hour answering service

Ages: 18 Years and older

Advocacy, support, and self-help organization for families with a recovering mentally ill family member. Family Education Seminars for parents and siblings of recovering individuals. Support groups. Education program in Westchester public schools. Family Education Seminars in Spanish, as well as English.

**NDAC/REGIONAL INTENSIVE NEO-NATAL DEVELOPMENTAL ASSESSMENT CENTER**

Westchester Medical Center 493-8490  
Valhalla, NY 10595

Hours: 3 - 4 afternoons per week  
Ages: Premature children to 2 years of age

Post-Natal Clinic. Follow-up of premature babies at risk for developmental disabilities. Medical screening and treatment for possible developmental disabilities.

**NEW CASTLE DRUG ABUSE PREVENTION COUNCIL**

P. O. Box 11 238-4771  
Chappaqua, NY 10514

Hours: Monday - Friday 8:45 am - 4:30 pm  
July and August, Monday - Thursday 8:30 am - 4:30 pm  
Friday 8:30 am - 3:15 pm  
Ages: General population

Prevention program to help eliminate underage drinking and use of illegal drugs in the Town of New Castle. Provides parent and student education, informational programs to increase awareness and promote substance abuse prevention, and coordination of town-wide efforts to create a drug-free community.

**NEW ROCHELLE DEPARTMENT OF PARKS AND RECREATION, CITY OF**

515 North Avenue 654-2088  
New Rochelle, NY 10801

Hours: Office: Monday - Friday 8:30 am - 4:30 pm  
Program hours vary  
Ages: 5 Years and older

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

## **THE NEW YORK PRESBYTERIAN HOSPITAL**

### **Westchester Division**

21 Bloomingdale Road  
White Plains, NY 10605

1 (888) 694-5700

### **Inpatient Services**

Admissions

1 (888) 694-5700

Hours: 24 hours/7 days per week

Ages: 5 Years and older

Special psychiatric units for acute care, alcohol and drug dependence, MICA (concurrent mental illness and chemical abuse), eating disorders, geriatric individuals, children and adolescents. One of the acute units has a subspecialty in personality disorders. Services include psychiatric, social, psychological and neurological evaluations; psychotherapy (individual, group and family); crisis intervention; elementary and secondary education through school annex.

### **Outpatient Services**

#### **Child and Adolescent Outpatient Department**

997-5940

Hours: Monday - Thursday 8:30 am - 7:00 pm

Friday 8:30 am - 5:00 pm

Ages: Under 18 years

Evaluation and diagnosis; psychotherapy (individual, group and family); neurological and psychological testing; learning disability evaluation.

#### **Adult Outpatient Department**

997-5940

Hours: Monday - Thursday 8:30 am - 7:00 pm

Friday 8:30 am - 5:00 pm

Ages: Other appointments by arrangement

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.

Specialized Services include:

#### **Anxiety and Mood Disorders Clinic**

997-5940

Ages: 18 Years and older

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

**Geriatric Clinic**

997-5970

Ages: 55 Years and older

Outpatient evaluation and treatment for older adults, including pharmacotherapy, individual, family and supportive group therapy. Groups focus on managing affective illness and coping productively with age and stage-related changes in personal and family functioning. Study protocols in the treatment of late life depression are also offered.

**Eating Disorders Clinic**

997-4309

Ages: All ages

Outpatient evaluation and treatment for anorexia nervosa and bulimia nervosa.

**Program for Deaf and Hearing-Impaired Individuals**

997-4318

Ages: All ages

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

**Personality Disorders Clinic**

997-5940

Ages: 18 Years and older

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

**Psychotic Disorders Clinic**

997-5940

Ages: 18 Years and older

Medication, supportive treatment, and psychoeducation/support groups are available to individuals who suffer from psychotic illnesses.

**Family Clinic**

997-5774

Ages: All ages

Assessment, psychotherapy, support, psychoeducational services and crisis intervention are available to couple and families.

**Addiction Recovery Services**

997-4300

Hours: Monday - Friday 9:00 am - 2:00 pm  
Evening hours  
Ages: 18 Years and older and significant others  
Adolescent Program 13 -18 Years

Alcohol outpatient clinic services and an alcohol outpatient intensive treatment program. MICA treatment available for concurrent mental illness and chemical abuse.

### **Partial Hospital**

997-5700

Hours: Monday - Friday 9:00 am - 3:00 pm  
Ages: 18 Years and older

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.

### **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 not precarious.

### **Adult Continuing Day Treatment Programs**

#### **Dialectical Behavior Therapy (DBT) Day Treatment Program**

997-8628

Hours: Monday - Friday 9:30 am - 12:30 pm  
Ages: 18 Years and older

#### **Career Development Center**

997-4307

Hours: Monday - Friday 9:00 am - 3:00 pm  
Ages: 18 Years and older through VESID referral

Provides a computerized vocational evaluation and career counseling.

#### **Schizophrenia Day Treatment Program**

997-5760

Hours: Monday - Friday 9:00 am - 4:00 pm  
Ages: 18 Years and older

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.

**Child Day Treatment**

997-5847

**Bard House**

Hours: Monday - Friday 9:00 am - 3:00 pm

Ages: 5 - 12 Years

Day treatment program provides intensive structured individual, group and family treatment for seriously emotionally disturbed children. Full special educational program provided by White Plains public school system.

**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.**

63 Bradhurst Avenue

347-4409

Hawthorne, NY 10532

Hours: Office: Monday - Friday 9:00 am - 4:00 pm

Program hours vary

Ages: 4 Years and older

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.

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

**NORTHERN WESTCHESTER HOSPITAL CENTER**

400 East Main Street

666-1200

Mount Kisco, NY 10549

Hours: 24 Hour Emergency and Inpatient Services

Ages: 16 Years and older\*

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

**NOR-WEST REGIONAL SPECIAL SERVICES PROGRAM**

P. O. Box 420  
Crugers, NY 10521

737-4797

Hours: Office: Monday - Friday 9:00 am - 4:30 pm  
Program hours vary  
Ages: 4 Years or older

After school workshop, evening and Saturday programs. Six week summer day camp for youth ages 3-21. For disabled persons referred by agencies, schools, workshops and communities.

**OPENGATE**

28 Warren Street  
Somers, NY 10589

277-3661

Admission Information 277-3661 x.235

Hours: 24 Hours  
Ages: Adults

Operates a Day Habilitation Program an Intermediate Care Facility, two Community Residences, two Individualized Residential Alternatives and a Service Coordination Program for developmentally disabled adults.

**PATHWAYS TO HOUSING, INC.**

55 W. 125<sup>th</sup> Street, 10<sup>th</sup> Floor  
New York, NY 10027

(212) 289-0000

60 South Third Avenue  
Mount Vernon, NY 10550

663-4981

Hours: Monday - Friday 9:00am - 5:00 pm  
Program: 24 hours, 7 day availability  
Ages: Adults

Provides consumer-preferred housing first in the community, and then the support services needed to set and meet personal life goals in: health care, education, employment, psychiatric and substance abuse treatment, and reconnecting with family and friends. Referrals are through the Westchester County Department of Social Services, individuals who are dually diagnosed and long-term users of the county's shelter system.

**PELHAM GUIDANCE COUNCIL**

253 Wolfs Lane  
Pelham, NY 10803

738-0530

Email: [pelguid@bestweb.net](mailto:pelguid@bestweb.net)

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Adolescents and young adults

Prevention, outreach, early intervention, and outpatient treatment services for substance abusers, those at risk of becoming substance abusers, or adolescents or young adults experiencing any personal or family problems. Professionally-trained counselors provide group, individual and family treatment. Speakers bureau and educational workshops.

**PHELPS MEMORIAL HOSPITAL CENTER**

Behavioral Health Center 366-3600  
701 North Broadway  
Sleepy Hollow, NY 10591

Email: [jgoldberg@pmhc.us](mailto:jgoldberg@pmhc.us)

Program Information 366-3619

**Inpatient Services** 366-3513

**Psychiatric Unit** 366-3600

On Call Psychiatrist Monday – Friday 9:00 am – 5:00 pm  
(All other times, call 366-2222)

Ages: 14 Years and older

Acute, short-term psychiatric care, including individual, group, and family therapy.

**Behavioral Rehabilitation Inpatient Chemical Dependency Unit  
for Co-Occurring Disorders**

701 North Broadway 366-3565  
Sleepy Hollow, NY 10591

Intake Coordinator Monday - Friday 366-3027

Hours: Intake Coordinator 9:00 am - 4:30 pm

Ages: 18 Years and older

Structured inpatient rehabilitation program for persons with chemical dependence or abuse and secondary psychiatric diagnosis. Medical evaluation and supervision; individual and group counseling; education groups.

**Outpatient Services**

**Echo Hills Community Counseling Center** 478-0633  
Broadway and Main Street  
Hastings-on-Hudson, NY 10706

Hours: Monday and Wednesday 9:00 am - 8:00 pm  
Tuesday 8:30 am - 6:30 pm  
Thursday 9:00 am - 5:00 pm  
Closed Friday and Weekend

Ages: All ages

Psychiatric outpatient clinic for patients of all ages, providing individual, group and family therapy; crisis intervention and brief therapy; consultation to community agencies; workshop presentations. Outpatient substance abuse services for adolescents and adults.

**Phelps Counseling Services** 366-3600  
Hospital Branch (Bi-lingual Services are available)  
Phelps Memorial Hospital Center  
701 North Broadway  
Sleepy Hollow, NY 10591

Hours: Monday – Friday 9:00 am - 5:00 pm  
Some groups are 6:00 pm – 7:00 pm  
Ages: 11 Years and older

**Phelps Bi-lingual Counseling Services (Satellite)** 631-3653  
631-3133

Hours: Monday 9:00 am - 6:30 pm  
Wednesday 9:00 am - 7:00 pm  
Ages: 18 Years and older

Diagnosis and assessment, individual and group therapy for adults and crisis response in Spanish and English. In an emergency, ask for psychiatrist on call.

**Phelps Continuing Day Treatment** 923-5700  
315 South Highland Avenue  
Briarcliff Manor, NY 10510

Hours: Monday - Friday 8:30 am - 4:30 pm  
Ages: 18 Years and older

Full day program for adults recovering from mental illness; provides symptom management, training in daily living skills, verbal therapy, medication, and education. Special groups for people with concurrent mental illness and alcohol or substance abuse.

**Phelps Intensive/Supportive Case Management** 923-5740  
315 South Highland Avenue  
Briarcliff Manor, NY 10510

Hours: Monday - Friday 9:00 am - 4:30 pm

Intensive and Supportive Case Management for Northern Westchester mental health district. Provides personal support and guidance for adults with severe mental illness. Case manager, with client, determines individual needs and arranges for services.

**Phelps Threshold**

631-3133

155 White Plains Road, Suite 210  
Tarrytown, NY 10591

Hours: Monday - Thursday 9:00 am - 9:00 pm  
Friday 9:00 am - 5:00 pm  
Saturday 11:00 am – 2:00 pm \*\*

Ages: Adolescents and adults

Outpatient alcoholism and substance abuse services. Clinic; day and evening intensive family, adolescent and Adult Children of Alcoholics (ACOA) services.

\*\*MICA lunch relapse prevention and coping skills program.

**Phelps Alcohol Treatment Services (ATS)**

944-5220

22 Rockledge Avenue  
Ossining, NY 10562

Hours: Monday, Tuesday, Wednesday - 8:30 am - 7:30 pm  
Thursday 8:30 am – 6:00 pm  
Friday 8:30 am – 6:30 pm  
Saturday 8:00 am – 10:00 am

Ages: Adolescents and Adults

Outpatient Day rehabilitation services and clinic for alcoholism and substance abuse. Includes crisis intervention, diagnosis and evaluation; individual, group and family therapy; family counseling; vocational and rehabilitative counseling; educational sessions; pharmacotherapy; self-help meetings. Strong emphasis on the MICA population.

**PHOENIX ACADEMY OF WESTCHESTER**

3151 Stoney Street  
Shrub Oak, NY 10588

962-2492  
Ext. 5242  
1-800-HELP-111

A residential high school that provides substance abuse treatment to adolescents. We help kids get back on track socially, emotionally and academically. Our teachers and counselors work together to create a supportive environment for adolescents to develop and grow. Students live and study together in a tightly knit, highly structured community, where each member is responsible for the well being of all the others. By participating in our comprehensive treatment program, students learn the values of honesty and responsibility and confront the underlying causes of their substance abuse. Family involvement is a key factor in the success of the program; the Academy offers parent education, counseling and family therapy. Our aftercare programs help students who have completed the residential phase of treatment to make a smooth return to community life. Phoenix House also provides services for adults.

**PLANNED COMMUNITY LIVING, INC.**

65 South Broadway  
Tarrytown, NY 10591

332-9341  
332-9346

Hours: 24 Hours  
Ages: Adults

Community residence and apartment programs for recovering mentally-ill individuals, and for those dually diagnosed with mental illness and mental retardation.

**PORT CHESTER YMCA**

400 Westchester Avenue  
Port Chester, NY 10573

939-7800

Hours: Monday - Friday 2:30 pm - 6:30 pm  
Ages: 3 - 12 Years

After-school and Saturday recreation program for children only.

**PROJECT CHILDD**

**(Community Help in Learning about Developmental Disabilities)**

Blythedale Nurses Network  
Valhalla, NY 10595

592-7555  
Ext. 485

Hours: Overnight weekend respite for developmentally disabled children  
Ages: 2 - 12 Years

Children are matched with volunteer host families. Respite occurs in the home of the host family once every six weeks. Children should be ambulatory, toilet trained, with minimal behavior problems; sociability and verbal ability required. Indoor and outdoor recreation activities conducted by host family.

**REHABILITATION SUPPORT SERVICES, INC. (RSS)**

2113 Western Avenue  
Guilderland, NY 12084

(518) 464-1511

Westchester Division Office  
65 South Broadway  
Tarrytown, NY 10591

332-9341

1891 Main Street  
Mohegan Lake, NY 10547

528-5611

Hours: 24 Hours  
Ages: 18 and Years older

Provides community residence and supported apartment programs for recovering mentally ill persons.

**THE RENAISSANCE PROJECT, INC.**

250 Clearbrook Road 345-1312  
Elmsford, NY 10523

Hotline: (845) 647-6575

Hours: Monday - Friday 9:00 am - 9:00 pm

Saturday 9:00 am - 4:00 pm

Ages: 14 Years and older

**Clinics**

3 South 6th Avenue 664-3730  
Mount Vernon, NY 10550 664-3731

Hours: Tuesday - Friday 9:00 am - 5:00 pm

Wednesday 9:00 am - 8:00 pm

350 North Avenue 235-8048  
New Rochelle, NY 10801

Hours: Monday, Wednesday Thursday 9:00 am - 7:00 pm

Tuesday, Friday 9:00 am - 8:00 pm

132 Pearl Street 939-2700  
Port Chester, NY 10573

Hours: Monday, Wednesday 9:00 am - 7:00 pm

Tuesday, Thursday, Friday 9:00 am - 5:00 pm

42 Warburton Avenue 423-4466  
Yonkers, NY 10701

Hours: Monday – Friday 9:00 am - 5:00 pm

10 Brook Street 968-3272  
Yonkers, NY 10701

Hours: Monday – Friday 9:00 am - 5:00 pm

23 Mulford Gardens 965-3960  
Yonkers, NY 10701

Hours: Monday – Friday 9:00 am - 5:00 pm

Jan Peek Shelter  
200 North Water Street  
Peekskill, NY 10566

788-1701

Hours: Monday, Wednesday, Friday 9:00 am - 5:00 pm  
Tuesday, Thursday 1:00 pm – 9:00 pm

Ages: 17 Years and older

Drug-free outpatient services for substance abusers, providing counseling based on therapeutic community concept.

Residential Services  
Ellenville, NY 12428

(845) 647-6575

Hours: 24 Hours  
Ages: Adults

Long-term drug-free residential services for substance abusers, providing counseling based on therapeutic community concept.

**Special Services**

345-1312

Friends and Parents Organization  
Sibling Groups  
Community Awareness Speakers Bureau

**Drug Court Program**

Greenburgh  
New Rochelle  
Yonkers

**RICHMOND CHILDREN'S CENTER**

919 North Broadway  
Yonkers, NY 10701

968-1900

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

Hours: 24 Hours  
Ages: Varies by program

Multi-program agency serving individuals with varying levels and types of developmental disabilities, including those with complex medical needs. Programs include residential services at main facility and at variously located ICF and IRA group homes, Guest Respite services (away from home), Partners/Socios Service Coordination program, Early Intervention initial and ongoing service coordination, RC-CLASS adult day programs at multiple sites, MOVE (Movement Opportunities Via Education) currently only available to some participants of our residential and adult day programs.

**ROCKLAND CHILDREN'S PSYCHIATRIC CENTER (RCPC)**

**New York State Office of Mental Health**

599 Convent Road  
Orangeburg, NY 10962

(845) 359-7400

**Inpatient Services**

Hours: Monday - Saturday 9:00 am - 5:00 pm for admissions

Ages: 11 - 17 Years

Comprehensive treatment, educational, and rehabilitative services. Admission only by referral from Westchester Medical Center or other mental health facility.

**School-Based Services**

**Southern Westchester Intensive Day Treatment**

328-0793

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

Hours: Monday - Friday 8:30 am - 4:30 pm

Ages: Under 18 Years

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.

**Mount Vernon Community Services**

668-5858

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

Hours: Monday - Friday 8:30 am - 4:30 pm

Ages: Under 18 years

Clinic services provided in cooperation with Mount Vernon School District.

**Yonkers Day Treatment**

793-5220

105 Avondale Road  
Yonkers, NY 10710

Hours: Monday - Friday 8:30 am - 4:30 pm

Ages: Grades 1 - 12

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

**Yonkers Intensive Day Treatment**

375-1412

St. Marks School  
1373 Nepperhan Avenue.  
Yonkers, NY 10703

Hours: Monday - Friday 8:30 am - 4:30 pm  
Ages: Grades K - 5

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

**Putnam/Northern Westchester Intensive Day Treatment** 248-2399

c/o Northern Westchester BOCES  
IDT Building  
200 Boces Drive  
Yorktown Heights, NY 10598

Hours: Monday - Friday 8:00 am - 4:00 pm  
Ages: Adolescents

Short-term treatment and transition program for adolescents in acute emotional crisis or in need of post-hospitalization services; provided in collaboration with Northern Westchester BOCES and member school districts.

**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  
250 Mamaroneck Avenue  
White Plains, NY 10601

963-3806

Hours: Wednesday 7:00 pm - 9:30 pm  
Ages: Adults

Coffee house social club for learning disabled individuals.

**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**

(845) 359-1000  
Ext. 3500, 3501,  
3504, 3507

Hours: 24 Hours  
Ages: Adults

Residential services are provided to recovering patients through a 24-bed supervised residence, and a Residential Care Center for Adults.

## **Outpatient Services**

Partial Hospitalization Program

(845) 359-1000  
Ext. 2777

A short-term comprehensive treatment program to prevent hospitalization or reduce length of stay in hospital. An on-campus crisis residence provides a temporary residential component to the program.

## **Rockland Mount Vernon Service Center**

699-6070

60 South Third Avenue  
Mount Vernon, NY 10550

Hours: Monday - Friday 8:30 am - 5:00 pm  
Ages: 18 Years and older  
Serves: Mount Vernon, Bronxville, Tuckahoe, Pelham, Pelham Manor, and Eastchester

## **Rockland New Rochelle Service Center**

633-8842

420 North Avenue  
New Rochelle, NY 10801

Hours: Monday - Friday 8:30 am - 5:00 pm  
Ages: 18 Years and older  
Serves: Harrison, New Rochelle, Larchmont, Mamaroneck Town, Mamaroneck Village, and Rye City

## **Rockland Peekskill Service Center**

739-6404

1040 Main Street  
Peekskill, NY 10566

Hours: Monday - Friday 9:00 am - 5:00 pm

Evenings by appointment  
Ages: 18 Years and older  
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

**Rockland White Plains Service Center** 948-1192  
79 East Post Road  
White Plains, NY 10601

Hours: Monday - Friday 8:30 am - 5:00 pm  
Ages: 18 Years and older  
Serves: Ardsley, Dobbs Ferry, Elmsford, Greenburgh, Hastings, Irvington, Scarsdale, Tarrytown and White Plains

**Rockland Yonkers Service Center** 969-0543  
2 Park Avenue  
Yonkers, NY 10703

Hours: Monday - Friday 8:30 am - 5:00 pm  
Thursday 5:00 pm - 8:30 pm  
Ages: 18 Years and older  
Serves: Yonkers

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 Case Management**

Intensive Case Management Service for certain 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. Serves Northern Westchester mental health district.

**RPC Family Care Program** (845) 359-1000  
Building 31 Ext. 2970  
140 Old Orangeburg Road  
Orangeburg, NY 10962

Hours: 24 Hours  
Ages: 18 Years and older

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

**RYE HOSPITAL CENTER**

754 Boston Post Road  
Rye, NY 10580

967-4567

Hours: 24 Hours  
Office: Monday - Friday 8:30 am - 5:00 pm  
Ages: 13 Years and older (including geriatric patients)

A psychiatric hospital organized as a therapeutic community. Patients may continue at jobs or school under a variety of partial hospitalization plans. All patients are seen in private psychotherapy and participate in a variety of therapeutic patient-staff groups and activities.

**ST. AGATHA HOME  
New York Foundling Hospital**

135 Convent Road  
Nanuet, NY 10954

(845) 623-3461

Hours: 24 Hours  
Ages: All ages

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

**ST. JOHN'S RIVERSIDE HOSPITAL - PARK CARE PAVILION**

2 Park Avenue  
Yonkers, NY 10703

964-7300

Toll Free 1-877-944-2273

E-Mail: [ASAS@Riversidehealth.org](mailto:ASAS@Riversidehealth.org)

**Detoxification Program (Alcohol)**

964-7527

**Detoxification Program (Substance Abuse)**

964-7529

E-Mail: [DGasparini@riversidehealth.org](mailto:DGasparini@riversidehealth.org)

Hours: 24 Hours  
Ages: 18 Years and older

A short-term (5-10 days) medically-supervised inpatient hospital treatment program for withdrawal from alcohol and drugs; referral and community-based aftercare.

**Chemical Dependency Crisis Center**

964-7472

E-Mail: [Calcazar@riversidehealth.org](mailto:Calcazar@riversidehealth.org)

Hours: Monday - Friday 8:30 am - 5:00 pm  
Admissions: 24 Hours  
Acute Care: 24 Hours  
Ages: 18 Years and older

Provides a residential alternative for some alcohol abusers and alcoholics who need a structured environment to begin the recovery process. Acute-care beds hold intoxicated individuals; extended-care beds are for individuals awaiting further treatment. Ambulatory Detox.

**Revelations Inpatient Rehabilitation**

964-7861

E-Mail: [DGasparini@riversidehealth.org](mailto:DGasparini@riversidehealth.org)

Hours: Monday - Friday 8:30 am - 5:00 pm  
Ages: 18 Years and older

Three-week structured inpatient chemical dependency rehabilitation program; medical evaluation and supervision, individual and group counseling; family and education groups; self-help groups; services for patients being maintained on methadone available.

**Methadone Maintenance Treatment Program**

965-6603

70 Ashburton Avenue  
Yonkers, NY 10701

E-Mail: [Mseides@riversidehealth.org](mailto:Mseides@riversidehealth.org)

Hours: Monday - Friday 6:15 am - 2:15 pm  
Saturday, Sunday and Holidays 7:00 am - 11:00 am  
Ages: 18 Years and older  
(Under 18 years with parental consent.)

Outpatient methadone maintenance and detoxification program for opiate abusers, plus a full range of nursing, medical, psychiatric, social work, vocational and educational support services. Ambulatory Detox.

**Archway Chemical Dependency Treatment Program**

668-1450

20 East First Street  
Mount Vernon, NY 10550

E-Mail: [Mfielding@riversidehealth.org](mailto:Mfielding@riversidehealth.org)

Hours: Monday - Thursday 9:00 am - 8:00 pm  
Friday 9:00 am - 5:00 pm  
Ages: C.O.A. - 5 - 16 Years  
Adolescents - 13 - 21 Years  
Adults - 18 Years and older

Structured chemical dependency rehabilitative services; morning and afternoon day treatment programs available. Comprehensive alcohol and chemical

dependency treatment for addicted persons and their significant others. Assessments for clinic and day rehabilitation programs, individual and group therapy and referral to detox and inpatient programs. Specialized services for DWI and people with mental illness and concurrent alcohol or substance abuse (dual diagnosis), children (C.O.A.) and adolescents, families, women and homeless persons. Acupuncture services available.

**Greenburgh ATS**

Clinic Program  
Day Rehabilitation Program  
30 Manhattan Avenue  
White Plains, NY 10607

683-5311  
683-5984

E-Mail: [KWallis@riversidehealth.org](mailto:KWallis@riversidehealth.org)

Hours: Monday - Thursday 8:30 am - 8:00 pm  
Friday 8:30 am - 5:00 pm  
Saturday 9:00 am - 2:00 pm  
Ages: All ages

Outpatient clinic and day rehabilitation services, including crisis intervention, diagnosis and evaluation; individual, group and family therapy, family counseling; vocational counseling; educational sessions; rehabilitative counseling; psychological assessment, pharmacotherapy, acupuncture, Alcoholics Anonymous and Al-Anon meetings. Ambulatory Detox. Evening program for working clients. Special services for people with mental illness and concurrent alcohol or substance abuse (MICA). Consultation to community agencies. Acupuncture available.

**New Focus Center**

Clinic Program  
Day Rehabilitation Program  
70 Ashburton Avenue, 5th Floor  
Yonkers, NY 10703

423-7413

E-Mail: [Psaetta@riversidehealth.org](mailto:Psaetta@riversidehealth.org)

Hours: Day Rehabilitation Program Monday - Friday 9:00 am - 3:00 pm  
Clinic Program I Monday - Thursday 6:30 pm - 7:30 pm  
Clinic Program II Monday and Wednesday 6:00 pm - 7:30 pm  
Saturday 9:00 am - 2:00 pm  
Ages: All ages

Day rehabilitation services directed to chemical-addicted and dually diagnosed persons and their significant others. Intensive clinic services. Screening, psychiatric and psychological diagnosis and evaluation, consultation and education, individual and group therapy, AA meetings, and family counseling. Acupuncture available.

Additional locations, which provide assessment and referral services are operated at homeless sites in Elmsford, Mount Vernon and White Plains. Full

clinic service including assessment, day rehabilitation program, and intensive treatment is provided at WestHELP, Greenburgh.

### **Day Reporting Center**

Hours: Monday - Friday 8:45 am - 5:00 pm  
Ages: 18 Years and older

The Day Reporting Center is an outpatient facility where an intensive daily substance abuse program is conducted. This program is provided for those arrested for illicit drug related charges. Such clients are assigned to house arrest by the court and are placed under the supervision of Westchester Department of Probation, as an alternative to incarceration. Daily programs are conducted via a joint effort between the Westchester County Department of Probation and St. John's Riverside Hospital. Treatment modalities include group, individual and family counseling and education, as well as BOCES education program.

**Solutions Day Treatment Program** 231-1314  
Westchester County Department of Correction  
Valhalla, NY 10595

Day treatment program for chemically dependent inmates. Individual and group services. Males and females served. Coordinated with BOCES education. Aftercare referrals and follow-up in the community.

**ST. JOSEPH'S MEDICAL CENTER** 378-7000  
127 South Broadway  
Yonkers, NY 10701

Psychiatric Emergency Department  
Hours: 24 Hours, 7 days per week  
Ages: 18 Years and older  
While no child psychiatric services are available, children experiencing psychiatric emergencies will be evaluated and referred.

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.

### **Inpatient Services**

Hours: 24 Hours, 7 days per week  
Ages: 18 Years and older

Short-term 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.

## **Outpatient Services**

**Mental Health Clinic** 378-7461  
127 South Broadway  
Yonkers, NY 10701

**Satellite Mental Health Clinic** 963-2626  
at The Sharing Community  
One Hudson Street  
Yonkers, NY 10701

Hours: Monday - Friday 9:00 am - 5:00 pm  
Saturday evenings by appointment.  
Ages: Adults

Diagnosis, evaluation, individual, group and family therapy; behavior modification; pharmacotherapy, ambulatory ECT; priority for emergencies and crisis intervention. Mental Health Services can be provided to non-English speaking persons in Spanish, Portuguese, Arabic, French, Russian and Turkish.

**Continuing Day Treatment** 378-7563  
8 Guion Street - 2nd Floor  
Yonkers, NY 10701

Hours: Monday - Friday 8:00 am - 4:00 pm  
Ages: 18 - 64 Years

A therapeutic community with staff team providing treatment and rehabilitation using individual, group and family therapy, and home visits. A staff psychiatrist provides diagnostic and evaluation services as well as psychopharmacologic treatment.

**St. Joseph's Supportive Case Management** 965-5252  
10 Palisades Avenue  
Yonkers, NY 10701

Hours: 24 Hours  
Ages: 18 Years and older

Supportive Case Management for Yonkers mental health district. Provides personal support and guidance for adults with severe mental illness. Case manager, with client, determines individual needs and arranges for services.

Intensive Case Management Service for certain 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.

**Methadone Maintenance Treatment Program**

378-7566

8 Guion Street  
Yonkers, NY 10701

Hours: Monday - Friday 6:00 am - 2:30 pm  
Saturday 7:00 am - 10:30 am  
Sundays and Holidays 7:00 am - 10:30 am  
Ages: 18 Years and older\*

Outpatient methadone maintenance and detoxification program for opiate abusers, plus a full range of medical, psychiatric, social work and vocational support services. Ambulatory Detoxification. Primary health care available on-site. \*Under 18 years for detoxification only; presently addicted to opiates; parent or guardian consent required.

**Outlook Drug-Free Counseling Program**

378-7627

107 South Broadway  
Yonkers, NY 10701

378-7626

Hours: Monday - Friday 8:00 am - 5:00 pm  
Evenings and Saturdays by appointment  
Ages: 18 Years and older (other ages considered)

An outpatient drug-free treatment program offering evaluation, treatment, and referral for detoxification or inpatient drug rehabilitation when needed. Individual, group and family counseling; services for dually diagnosed patients.

**Positive Directions**

964-0905

317 South Broadway  
Yonkers, NY 10705

Hours: Monday - Friday 10:00 am - 2:00 pm  
Monday, Tuesday, Thursday 6:00 pm - 8:00 pm  
Ages: 18 Years and older

An alcoholism and substance abuse outpatient clinic and rehabilitation program providing a planned combination of rehabilitative services. Day and evening rehabilitation programs available; dually-diagnosed patients accepted.

**ST. JUDE HABILITATION INSTITUTE**Institute of Applied Human Dynamics  
40 Wilson Park Drive  
Tarrytown, NY 10595

332-1171

Hours: Monday - Friday 8:00 am - 4:00 pm  
Ages: All ages

Serves severely and profoundly multihandicapped individuals, including those who are developmentally disabled, neurologically impaired, brain damaged, emotionally disturbed or autistic.

### **Education Program**

Hours: Monday - Friday 9:00 am - 3:00 pm

Ages: Pre-school and 5 - 21 years

Provides educational services, educational-vocational evaluation, pre-school, pre-vocational and vocational training; social rehabilitation, activities for daily living, therapeutic recreation; speech and hearing evaluation, physical evaluation; psychological evaluation; social and environmental intervention; individual therapy; and crisis intervention.

### **Day Treatment Program**

Hours: Monday - Friday 8:30 am - 2:30 pm

Ages: 21 Years and older

Provides activities for daily living; pre-vocational activities; therapeutic recreation, social rehabilitation, community living; speech therapy; psychological testing; and physical therapy.

### **Summer Program**

Hours: Monday - Friday 9:00 am - 3:00 pm

Ages: All ages

Provides outdoor education and therapeutic recreation programs, including swimming.

**Group Homes** - Provide community living for older teenagers and adults.

### **Work Readiness Program**

Hours: Monday - Friday 8:30 am - 2:30 pm

Ages: Adults

Provide vocational training to developmentally disabled adults.

### **ST. VINCENTS HOSPITAL AND MEDICAL CENTER OF NEW YORK Westchester Branch**

275 North Street  
Harrison, NY 10528

967-6500

### **Inpatient Services**

967-6500  
Ext. 320

Hours: 24 Hours  
Ages: 14 Years and older

Diagnosis and evaluation; individual, group and family psychotherapy; pharmacotherapy; eating disorders program. Adolescent Program for youth aged 14-19 years; special program of activities, education, psychotherapy and pharmacotherapy.

Alcoholism program offering three-week combined detoxification and rehabilitation program; alcoholism counseling; medical and psychiatric evaluation and treatment; alcohol education groups and programs; family counseling; AA meetings.

MICA program offering specialized services for patients with concurrent psychiatric disorder and alcohol or substance abuse problem.

### **Outpatient Services**

**Mental Health Clinic** 967-6500  
Ext. 366

Hours: Monday - Friday 9:00 am - 5:00 pm  
Evening hours available  
Ages: 5 Years and older; no evaluations

Psychotherapy (individual, group, marital and family); pharmacotherapy; crisis intervention; complemented by broad range of medical services. Specialized MICA services for people with concurrent mental illness and alcohol or substance abuse. Clinical services in collaboration with BOCES Therapeutic Support Program for high school students with emotional disturbance.

**Latino Treatment Service** 925-5123  
275 North Street  
Harrison, NY 10528

Hours: Monday - Friday 7:30 am - 9:00 pm  
Ages: Pre-school to seniors

Culturally-sensitive treatment. Evaluations; individual, group, and family therapy; medication management.

**Latino Treatment Service** 925-5123  
199 Main Street, Suite 100  
White Plains, NY 10601

Hours: By appointment only.  
Offers psychological help to Hispanic individuals and families who are experiencing difficulties that are affecting their mental health or are the result of problems with drugs. The program offers treatment for problems with anxiety,

depression, family problems and the feelings of insecurity caused by difficulties integrating into a new culture.

**Alcoholism Clinic**

967-6500  
Ext. 261

Hours: Monday - Friday 9:00 am - 9:00 pm  
Saturday 9:00 am - 1:00 pm  
Ages: All ages

Provides structured day and evening intensive recovery program for adults and adolescents; day rehabilitation program; MICA recovery track for those with concurrent mental illness and alcohol or drug abuse; relapse prevention treatment. Ambulatory Detox. Comprehensive family services; DWI evaluation and treatment and aftercare groups. Specialized services for Adult Children of Alcoholics (ACOA), incest and sexual abuse survivors. Several satellite locations.

**The Maxwell Institute, Inc.**

337-6033

92 Yonkers Avenue  
Tuckahoe, NY 10707

Hours: Monday - Thursday 8:30 am - 9:00 pm  
Friday 8:30 am – 4:00 pm  
Ages: All ages

Chemical dependency program providing outpatient clinic services and day intensive treatment. Individual and group counseling, family counseling, screening and evaluation. Special groups for adolescents and family treatment. Training for professionals. Community education and prevention programs.

**Continuing Day Treatment**

967-6500  
Ext. 309

Hours: Monday - Friday 9:00 am - 3:00 pm  
Ages: 16 Years and older

Therapeutic maintenance program for emotionally disabled persons. Pre-vocational activities and daily living skills. Pharmacotherapy, psychotherapy (individual and group); community meetings, modified patient self-government, and special group activities. Daily group activity for people with concurrent mental illness and alcohol or substance abuse (MICA).

**Intensive Psychiatric Rehabilitation Treatment**

967-6500  
Ext. 266

Hours: Monday - Friday 9:00 am - 5:00 pm  
Flexible Evening Hours  
Ages: 18 Years and older

Helps individuals with psychiatric disabilities set and achieve goals in areas of work, housing, education and socialization.

**Partial Hospitalization**

967-6500  
Ext. 403

Hours: Monday - Friday 10:00 am - 3:00 pm  
Ages: 18 Years and older

Provides intensive time-limited psychiatric treatment on an ambulatory basis to stabilize acute symptoms; serves to prevent inpatient hospitalization or reduce length of stay in the hospital.

**Sound Shore Case Management**

925-5060

Hours: 24 Hours  
Ages: 18 Years and older

Supportive Case Management for Sound Shore mental health district. Provides personal support and guidance for adults with severe mental illness. Case manager, with client, determines individual needs and arranges for services.

Intensive Case Management Services for certain adults with severe mental illness and a history of frequent or extended psychiatric hospitalization, or use of psychiatric emergency services, or homelessness; 24-hour support is available.

Case Management service includes an outreach worker to assist individuals not receiving SCM or ICM; and a peer specialist.

**Assertive Community Treatment (ACT) Program**

925-5460

Hours: Monday – Friday 8:30 am – 4:30 pm  
24 Hour Emergency Coverage  
Ages: 18 Years and older

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.

**WestCARES Program**

925-5319

Hours: 24 Hours  
Ages: 18 Years and older

A collaborative effort with Westchester County Department of Social Services (DSS). This program offers a sixty (60) bed supported housing program for homeless individuals with psychiatric disabilities and/or co-occurring mental health and substance abuse disorders. Mobile treatment services are provided to those living in supported housing. The WestCARES team is a coordinated program involving two residential providers (Human Development Services of Westchester and Sharing Community) and a clinical team from St. Vincents Hospital. All persons served through this initiative are identified by DSS from homeless shelters, drop-in centers and other transitional programs for the homeless.

**Cognitive Rehabilitation Program**

925-5287

Hours: Monday - Friday 9:00 am - 2:00 pm  
Ages: 18 Years and older

Treats individuals with anxiety and mood disorders. Focused solutions, coping strategies, skill development. Program to meet the needs of individuals with a primary diagnosis of mental illness and a secondary diagnosis of developmental disability, mental retardation, learning disability or other demonstrated limitation in cognitive skills.

**Methadone Maintenance Treatment Program**

937-1104

350 North Main Street  
Port Chester, NY 10573

Hours: Monday - Friday 6:00 am - 2:00 pm  
Saturday, Sunday 7:00 am - 11:30 am  
Holidays 6:00 am - 10:00 am  
Ages: 18 Years and older\*

Outpatient methadone maintenance and detoxification program for opiate abusers, plus a full range of medical, psychiatric, social work and vocational support services. \*Under 18 years, parent or guardian consent required.

**Connections**

925-5416

275 North Street  
Harrison, NY 10528

Hours: Monday - Friday 8:30 am - 3:30 pm  
Ages: 14 - 18 Years

An adolescent day treatment program of St. Vincents Hospital and White Plains High School. Links education, mental health and family support services to enable seriously emotionally disturbed adolescents to remain at home and in a mainstream educational setting. Uses psychiatric rehabilitation approach enabling adolescents to define their own vocational, social and academic goals and develop skills necessary to achieve them. Includes work with families and crisis services.

**SCARSDALE & EDGEMONT FAMILY COUNSELING SERVICE**

Room 403-405 723-3281  
Harwood Building  
Scarsdale, NY 10583

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

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.

**SEARCH FOR CHANGE, INC.**

95 Church Street, Suite 200 428-5600  
White Plains, NY 10601

Email: [Rkavanaugh@searchforchange.com](mailto:Rkavanaugh@searchforchange.com)

**Residential Programs**

Hours: 24-Hours  
Office: Monday - Friday 9:00 am - 5:00 pm  
Ages: 18 Years and older

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

**Vocational Programs**

**QUIP (Quality Information Processing)**

686-0550

95 Church Street, Suite 200  
White Plains, NY 10601

[Vsceri@searchforchange.com](mailto:Vsceri@searchforchange.com)

Hours: Monday - Friday 8:30 am - 4:00 pm  
Ages: Adults

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.

**Career Quest**

95 Church Street, Suite 200  
White Plains, NY 10601

686-0550

3630 Hill Boulevard, Suite 404  
Jefferson Valley, NY 10535

962-3210

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 18 Years and older

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.

### **THE SHARING COMMUNITY**

1 Hudson Street  
Yonkers, NY 10701

963-2626

Email: [www.thesharingcommunity.org](http://www.thesharingcommunity.org)

#### Mailing Address:

P.O. Box 657  
Yonkers, NY 10702

Hours: Monday - Friday 9:00 am - 5:00 pm  
Lunch served every day 11:00 am - 3:00 pm  
Ages: All ages

**Drop-in center and food kitchen.** Mental health counseling, 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.

### **SOUND SHORE MEDICAL CENTER KIRSCHENBAUM MENTAL HEALTH CENTER**

Ambulatory Care Services Bldg, 2<sup>nd</sup> Floor  
16 Guion Place  
New Rochelle, NY 10802

637-1420

Hours: Monday 8:30 am - 7:00 pm  
Tuesday - Friday 8:30 am - 5:00 pm  
Ages: 18 Years and older

Individual diagnostic evaluation, Co-Occurring Disorders Program on site providing integrated psychiatric substance abuse treatment, individual psychotherapy/counseling, group therapy (including groups for patients with chronic medical conditions), bereavement and grief, medication therapy, marital/family therapy, crisis intervention; clinical psychiatric evaluation and treatment of geriatric (older) patients.

**Inpatient Detox** 632-5000  
Ext. 3966

Hours: 24 Hours  
Ages: 18 Years and older

Short-term inpatient detox and referral for aftercare.

**SOUTH EAST CONSORTIUM FOR SPECIAL SERVICES, INC.**

740 West Boston Post Road, Suite 301 698-5232  
Mamaroneck, NY 10543

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

Hours: Office: Monday - Friday 8:30 am - 4:30 pm  
After-hours voice mail available  
Program hours vary  
Ages: 5 Years and older

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.

**SPANISH COMMUNITY PROGRESS FOUNDATION, INC.**

St. Peter's School 969-5400  
204 Hawthorne Avenue  
Yonkers, NY 10705

Hours: Monday, Wednesday, and Friday 9:00 am - 5:00 pm  
Tuesday and Thursday hours by appointment  
Ages: All ages

Services include assistance with entitlements, housing, immigration and naturalization, taxes, translation, youth-related services, advocacy and referral.

Case management and outreach for individuals with developmental disabilities and their families. Spanish-speaking individuals and families are the primary target groups.

**SPARC, INC.**

3045 Gomer Street  
Yorktown Heights, NY 10598

243-0583

Email: sparcinc@aol.com

Hours: Office hours: Monday - Friday 8:30 am - 3:30 pm  
Programs hours vary  
Ages: 5 Years and older

Provides social, recreational, and therapeutic services for youth and adults with developmental disabilities and/or other special needs. Also available Medicaid services coordination, academic tutoring, and individualized creative arts/recreation therapy.

**SPECIAL CITIZENS FUTURES UNLIMITED, INC.**

Cortlandt Hills Intermediate Care Facility  
105 East 22nd Street  
New York, NY 10010

(212) 420-0430

Hours: 24 Hours  
Ages: 18 - 30 Years

Residential services for autistic and severely retarded persons. Community services and resources are utilized to augment the in-house program. Referrals through State and County offices only.

**STONY LODGE HOSPITAL**

40 Croton Dam Road  
Ossining, NY 10562

(914) 941-7400

Mailing Address:

P.O. Box 1250  
Briarcliff Manor, NY 10510

Hours: 24 Hours  
Ages: Children (5+), Adolescents and Adults

A psychiatric hospital serving individuals with psychiatric and dual diagnosis (psych/substance). Short term acute care inpatient treatment, evaluations and referrals. Adult Partial Hospitalization Program with psychiatric services including a psych/substance abuse track is available.

**STUDENT ADVOCACY, INC.**

3 West Main Street  
Elmsford, NY 10523-2414

347-3313

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Children and young adults

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.

**STUDENT ASSISTANCE SERVICES CORPORATION**

660 White Plains Road  
Tarrytown, NY 10591

332-1300

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

Hours: Monday - Friday 8:00 am - 5:00 pm  
Ages: 12 Years and older

An alcohol, tobacco, and drug abuse prevention and intervention program in cooperation with junior high and high schools in Westchester County. Counseling is provided at the schools. Community prevention activities include 591-HELP information and referral telephone service and human service staff training in chemical dependency issues.

**TACONIC INNOVATIONS**

22 West First Street  
Mount Vernon, NY 10550

668-9041  
(866) 337-0532

Email: [Mathias@Taconicinnovations.com](mailto:Mathias@Taconicinnovations.com)  
Website: [www.Taconicinnovations.com](http://www.Taconicinnovations.com)

Hours: Monday - Friday 8:00 am - 5:00 pm  
Ages: 2 - 75 Years

The following services are provided: Family Support Services (FSS) Respite, Waiver Respite, Residential Habilitation Services; Medicaid Service Coordination; Day Hab Rehabilitation; Individual Support Services (ISS) such as Individual Apartment Services (helping individuals find an apartment) and Initial Medicaid Application Services.

**TERENCE CARDINAL COOKE HEALTH CARE CENTER**

St. Theresa's Residence  
30 South Tenth Avenue  
Mount Vernon, NY 10550

664-5900

Hours: 24 Hours  
Ages: Adults

Residential services for severely retarded persons. Community services and resources are utilized to augment the in-house program. Referrals through State and County offices only.

**UNITED CEREBRAL PALSY ASSOCIATION OF WESTCHESTER COUNTY, INC.**

P.O. Box 555  
Purchase, NY 10577

937-3800

Hours: Preschool, School and Summer Camp  
Monday - Friday 9:00 am - 2:30 pm  
Adult Programs: Monday - Friday 9:00 am - 3:00 pm  
Ages: Preschool 2.5 - 5 Years  
School 5 - 21 Years  
Summer Day Camp 2.5 - 14 Years  
Adult programs 21 Years and older

Serves individuals with Cerebral Palsy, other neurological impairments, and developmental disabilities.

**The School** serves children with multiple disabilities. Services include educational and therapeutic intervention emphasizing functional academics and independent skill development. The following services may also be provided as indicated on the students Individualized Education Plan; Speech Therapy, Physical Therapy, Occupational Therapy, Adapted Physical Education, Adapted Aquatics, Animal Facilitated Therapy, Vision Services and Social Services.

**The Jimmy Vejar Summer Day Camp** serves children with multiple disabilities. Services include adaptive physical education, adapted aquatics, community integration, nature exploration and arts and crafts activities.

**The Day Treatment Program** for developmentally disabled adults offers a wide range of functional living skill training along with vocational, leisure, recreational services. Social, psychological and nursing services are also provided.

**Vocational Services** offer job readiness and vocational training for adults with developmental disabilities. Services include vocational evaluation and assessment, pre-vocational training, job placement, job coaching and follow-up services. Social services and nursing are also available.

**Recreational and Leisure Services** for adults with developmental disabilities are offered through the Pioneer Club of UCP/W.

**Assistive Technology** services are offered through the Ariel and Evelyn Harris Assistive Technology Center. Some of the services offered through the library include:

- Modified toys to provide children with recreation activities.
- Adapted daily living devices to help individuals access their environments more easily.
- Use of a computer lab.
- Assessments and referrals for augmentative communication and daily living devices.
- Computer evaluations, adaptations, and training.

**Case Management, Advocacy and Home Service** is offered to individuals of all ages.

**Residential Services** for developmentally disabled adults are also provided. Referrals are through State and County offices only.

**VETERANS ADMINISTRATION  
(FRANKLIN DELANO ROOSEVELT) HOSPITAL**

Route 9A 737-4400  
Montrose, NY 10548

Hours: 24 Hours  
Outpatient Service: Monday - Friday 8:00 am - 4:30 pm  
Ages: Adults

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

**VISIONS VACATION CAMP FOR THE BLIND**

111 Summit Park Road 354-3003  
Spring Valley, NY 10977 (212) 477-3800

Hours: 24 Hours  
Ages: 18 Years and older

Overnight and weekend respite for blind and visually impaired developmentally disabled persons age 18 and over.

**VOLUNTEER CENTER OF UNITED WAY**

280 North Central Avenue, Suite 310 948-4452  
Hartsdale, NY 10530

Website: [Info@volcenterwest.org](mailto:Info@volcenterwest.org)

Hours: Monday - Friday 8:30 am - 4:30 pm  
Ages: Adults

A work and volunteer internship program for recovering mentally ill individuals. Participants gain current work experience to aid their re-entry into competitive employment. Professional and peer support are a part of this program.

**VOLUNTEERS OF AMERICA**

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

Website: [voa-gny.org](http://voa-gny.org)

**Mid-Hudson Division Administration Office**

50 Broadway 741-2200  
Hawthorne, NY 10532-1252

**Crossroads Community Residence**

395 Webster Avenue 636-8689  
New Rochelle, NY 10801

Hours: 24 Hours  
Intake: Monday - Friday 10:00 am - 2:00 pm  
Ages: 18 Years and older

A 17-bed halfway house for men and women recovering from alcoholism. Services are designed to prepare clients for complete independence in three to nine months.

**Yorktown Country Residence**

3200 Crompond Road 245-4000  
Yorktown Heights, NY 10598

Hours: 24 Hours  
Ages: Adults

A 50-room transitional residence providing round-the-clock supervision and social services to homeless single adults and couples with special needs. Our goals is to help people find permanent independent housing.

**WAGON ROAD CAMP**

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

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

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

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

**WESTCHESTER ARTS COUNCIL**

31 Mamaroneck Avenue  
White Plains, NY 10601

428-4220  
Ext. 234

E-Mail: [jmann@westarts.com](mailto:jmann@westarts.com)

Hours: 9:00 am - 5:30 pm  
Ages: All ages and needs served

Provides artist residencies and performances at drop-in centers for persons in the Community Support System (CSS) for seriously mental ill adults; contracts with mental health agencies serving all ages and needs to provide cultural services; provides scholarships at local arts center and free tickets to Westchester performances for homeless consumers transitioning into permanent housing (MICA).

**WESTCHESTER ARC**

**Westchester County Chapter of the New York State Association for Retarded Citizens, Inc.**

121 Westmoreland Avenue  
White Plains, NY 10606

428-8330

**Career Development**

Job finding and job coaching for adults and for students making a transition from high school.

**Employment Training and Day Treatment Services**

Hours: Monday - Friday 8:30 am - 5:00 pm  
Ages: 18 Years and older

Herbert Katzenberg Center  
121 Westmoreland Avenue  
White Plains, NY 10606

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

12 Green Street  
Mount Kisco, NY 10549

242-8287, -8273

2 Church Street  
Ossining, NY 10562 941-5446, -5681

2 John Walsh Boulevard  
Peekskill, NY 10566 736-3468, -3326

Community-based day treatment, day training, vocational training, diagnosis and evaluation for developmentally disabled individuals; personal adjustment training; rehabilitation; vocational and employment services; counseling; individual, group and family psychotherapy; speech therapy; information and referral.

**Article 16 Clinic** 949-9300  
121 Westmoreland Avenue  
White Plains, NY 10606

Provides on- and off-site services in the areas of psychiatry, psychology, rehab counseling, speech, occupational and physical therapy, nursing and nutrition.

**Guardianship Services** 428-8330  
121 Westmoreland Avenue  
White Plains, NY 10606

### **Pre-School Programs**

Hours: Monday - Friday 9:30 am - 2:30 pm  
Ages: 18 Months - 5 Years

**The Children's School for Early Development** 347-3227  
40 Saw Mill River Road  
Hawthorne, NY 10532

Intensive, individual attention to the needs of developmentally disabled children at an early age. Curriculum areas include self-help, language, socialization and motor development. Working with special education teachers is a clinical team of psychiatrist, psychologist, speech pathologist, social worker, and consulting pediatrician. Services provided in home or in nursery schools as appropriate.

**Residential Services** 681-0650

Hours: 24 Hours  
Ages: 18 Years and older

Various levels of care available in a large residential system, from 24-hour care to individualized staffing needs. Special needs accommodated.

**Children's Recreation and Respite Programs** 949-9300

Hours: Sunday (2 times per month)  
Ages: 5 - 19 Years

Weekend day respite for multihandicapped children and young adults, with an emphasis on community integration and recreation.

**Reunion Club** 949-9300

Hours: Weekends, usually Saturdays (3 times per month)  
Ages: 21 Years and older

Reunion Club provides day respite for adults, with an emphasis on community integration and recreation.

**Club Echo** 949-9300

Hours: Monday - Friday 9:00 am - 4:00 pm  
Ages: 18 Years and older

Offers one- or two-week residential camp sessions.

**Out-of-Home Respite** 769-0635  
622 Manhattan Avenue  
Thornwood, NY 10594

Hours: 24 Hours  
Ages: All ages

Overnight, weekday, and weekend respite for children and adults.

**Minority Outreach and Case Management Program** 949-9300

**Crisis Intervention** 949-8200

For families of individuals with developmental disabilities residing at home. Provides 24-hour coverage, 7 days a week.

**WESTCHESTER CHAPTER  
NATIONAL SOCIETY FOR AUTISTIC CHILDREN**

49 Cliffside Drive 961-7956  
Yonkers, NY 10710

Hours: Monday - Friday 9:30 am - 3:00 pm  
Summer 9:00 am - 5:00 pm  
Ages: All ages

Information and advocacy concerning services for, and diagnosis of, autism. Speakers are available to discuss the nature of autism.

**WESTCHESTER CHILDREN'S ASSOCIATION**

175 Main Street, Suite 702  
White Plains, NY 10601

946-7676

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: All ages

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

**WESTCHESTER COMMUNITY OPPORTUNITY PROGRAM, INC.  
(WESTCOP)**

Outpatient Drug-Free Program  
Administrative Office  
2269 Saw Mill River Road, Building 3  
Elmsford, NY 10523

592-5600

Hours: Monday - Friday 8:30 am - 8:00 pm

Saturday 9:00 am - 1:00 pm

Ages: 16 Years and older

**Greenburgh Open Door Drug-Free Program**

761-8264

5 Prospect Avenue  
White Plains, NY 10607

**Mount Vernon Open Door Drug-Free Program**

664-4042

60 South Third Avenue  
Mount Vernon, NY 10550

**New Rochelle Outreach Center**

636-2721

33 Lincoln Avenue, Suite 2  
New Rochelle, NY 10801

Drug-free treatment program for substance abusers includes outreach, counseling and referrals. Intensive day treatment services available at the Mount Vernon site. Aftercare program with emphasis on preparation for employment and training.

**THE WESTCHESTER CONSUMER EMPOWERMENT CENTER**

612 Main Street  
New Rochelle, NY 10801

576-7022

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: Adults

Consumer agency which provides socialization and advocacy programs for persons living with mental illness.

**Dimensions Clubhouse**

576-7022

612 Main Street  
New Rochelle, NY 10801

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Adults

A recipient-run clubhouse providing an opportunity for members to engage in social, vocational and educational activities.

**Warmline**

1-877-HELP-800

Hours: Monday - Friday 8:00 am - 8:00 pm  
Saturday 12:00 pm - 5:00 pm  
Ages: Adults

**Westchester/Rockland Advocacy Coalition**

576-7022

612 Main Street  
New Rochelle, NY 10801

Hours: Monday - Friday 9:00 am - 4:00 pm  
Ages: Adults

WRAC is a recipient-run program providing information, referral and advocacy services to individuals who are hospitalized at Rockland Psychiatric Center and some psychiatric hospitals in Westchester County.

Hours: Monday - Friday 8:00 am - 8:00 pm  
Saturday & Sunday 12:00 pm - 5:00 pm

**WESTCHESTER COUNTY****DEPARTMENT OF COMMUNITY MENTAL HEALTH**

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

995-5220

**Employee Assistance Program**

995-6070

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: All ages

Provides evaluation and referral services to Westchester County employees and other local government employees and their families with alcoholism, substance abuse or mental health problems.

**Developmental Disabilities Services:****Registration**

995-5244

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: All ages

Registration in the Single Point of Entry Registry for individuals with Mental Retardation and Developmental Disabilities.

**Case Management System** 995-5944

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: All ages

Provides planning, coordination and oversight of case management services for developmentally disabled adults and children.

**Alternative to Sentencing Program** 995-5257

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 16 Years and older

Case management services for developmentally disabled individuals 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.

**Homeless Outreach Project** 995-5944

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 18 Years and older

Intensive case management and community support for developmentally disabled individuals living in the homeless shelter system.

**Mental Health Clinics:**

Hours: Monday - Friday 8:00 am - 5:00 pm  
Evenings by appointment  
Ages: School age and above

**Mount Kisco Community Service Center** 864-7101  
25 Moore Avenue  
Mount Kisco, NY 10549

Email: [cbi1@westchestergov.com](mailto:cbi1@westchestergov.com)

**Mount Vernon Community Service Center** 813-6220  
100 East First Street, 5th Floor  
Mount Vernon, NY 10550

Email: [fade@westchestergov.com](mailto:fade@westchestergov.com)

**Peekskill Community Service Center**

862-5130

750 Washington Street  
Peekskill, NY 10566

Email: [ssa8@westchestergov.com](mailto:ssa8@westchestergov.com)

**Yonkers Community Service Center**

231-2925

53 South Broadway, 5<sup>th</sup> Floor  
Yonkers, NY 10701

Email: [ddmg@westchestergov.com](mailto:ddmg@westchestergov.com)

Full service outpatient clinics serving children, adolescents and adults with mental illness and dual diagnoses. Diagnosis and evaluation, crisis intervention, individual, group, family, medication and short-term treatment. Specialized services to Spanish speaking individuals at all sites. Consultation to community organizations.

**Single Homeless Assessment Center**

995-9415

Building 5, Hangar 6  
Westchester County Airport  
White Plains, NY 10604

Email: [axg3@westchestergov.com](mailto:axg3@westchestergov.com)

Hours: Monday - Friday 8:00 am - 4:00 pm  
Ages: Adults

Conducts comprehensive assessments of homeless single adults. Assessments include: mental health, medical, alcohol/substance abuse, and employability. Develops coordinated plan for treatment, housing and employment.

**Treatment Alternatives for Safer Communities (TASC)**

995-6191

150 Grand Street, 6<sup>th</sup> Floor  
White Plains, NY 10601

Email: [lsd4@westchestergov.com](mailto:lsd4@westchestergov.com)

100 East First Street  
Mount Vernon, NY 10550

813-6220

53 South Broadway  
Yonkers, NY 10701

995-6191

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 16 Years and older

Outreach program working with the criminal justice system countywide; offers drug and alcohol abusers, persons living with mental illness, developmentally disabled individuals, and men and women involved in domestic violence offenses the alternative of treatment rather than incarceration.

**Mental Health Case Management Services:**

112 East Post Road, 2<sup>nd</sup> Floor  
White Plains, NY 10601

**Mental Health Alternatives to Incarceration (MHATI)**

995-5239

Email: mrg3@westchestergov.com

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: 18 Years and older

Case management services working with the criminal justice system countywide. Offers intensive and supportive case management for people living with serious mental illness as an alternative to incarceration.

**Transitional Management Services**

995-5239

Email: mrg3@westchestergov.com

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: 18 Years and older

Outreach and supportive case management for people living with serious mental illness who have been incarcerated. Services offer a bridge from the treatment provided within the local correctional facilities to the community.

**Homeless Outreach and Community Placement Team**

995-5239

Email: mrg3@westchestergov.com

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: 18 Years and older

Outreach and case management services for people living with serious mental illness 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.

**WESTCHESTER INDEPENDENT LIVING CENTER (WILC)**

200 Hamilton Avenue, 2nd Floor  
White Plains, NY 10601

682-3926

TTY Line: 682-0926

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: All ages

Provides information, referral, advocacy and direct client services for people with disabilities and their families. Para-legal services for disability issues are provided.

**WESTCHESTER INSTITUTE FOR HUMAN DEVELOPMENT (WIHD)**

Cedarwood Hall  
Valhalla, NY 10595

493-8148/8149

Email: [www.WIHD.org](http://www.WIHD.org)

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: Adults

Full range of medical, dental and clinical services for individuals with developmental disabilities including primary care, medical subspecialties, rehabilitation, dental, behavioral health, and speech and hearing.

**WIHD/Consumer Resource Center**

493-2702

Cedarwood Hall  
Valhalla, NY 10595

Email: [Jfowler@wihd.org](mailto:Jfowler@wihd.org)

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: 18 Years and Older

Provides Medicaid service coordination and information and referrals for adults with developmental disabilities.

**WIHD/Family Connection**

493-1343

Cedarwood Hall  
Valhalla, NY 10595

Email: [Blevitz@wihd.org](mailto:Blevitz@wihd.org)

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: Birth - 18 Years

Provides service coordination, parent-to-parent support, information and referrals, a lending library, and a parent speaker network.

**WIHD/Child Development Services**

493-5246

Cedarwood Hall  
Valhalla, NY 10595

Email: [www.WIHD.org](http://www.WIHD.org)

Diagnostic evaluation and treatment services are provided for children with developmental concerns, communication disorders, attention deficit disorders (including ADHD) and learning disabilities, as well as cerebral palsy and other neuromotor disorders, spina bifida, mental retardation, and autism.

**WESTCHESTER JEWISH COMMUNITY SERVICES (WJCS)**

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

761-0600

E-Mail: [hdg@wjcs.com](mailto:hdg@wjcs.com)  
Website: [www.wjcs.com](http://www.wjcs.com)

Hours: Monday - Friday (Time varies by clinic)  
Ages: All ages

### **Clinics**

141 North Central Avenue 949-7699  
Hartsdale, NY 10530

875 Mamaroneck Road 381-5560  
Mamaroneck, NY 10543

6 Gramatan Avenue 668-8938  
Mount Vernon, NY 10550

466 Main Street 632-6433  
New Rochelle, NY 10802

487 South Broadway 423-4433  
Yonkers, NY 10705

2000 Maple Hill Street 962-5593  
Yorktown Heights, NY 10598

1101-1109 Main Street 737-7338  
Peekskill, NY 10566

Full outpatient psychiatric services including individual, group, play and family therapy; diagnosis and evaluation; special services for developmentally disabled and learning disabled individuals; crisis intervention; consultation to community agencies; special parent-child-home program for pre-nursery school-age children; treatment for HIV and AIDS patients and their families; school-based child and adolescent programs, Bereavement Counseling.

**ARCS/AIDS Family Mental Health Clinic Satellite** 345-8888  
40 Saw Mill River Road  
Hawthorne, NY 10532

Hours: Monday, Tuesday, Wednesday 9:00 am - 8:00 pm  
Friday 9:00 am - 5:00 pm  
Ages: All ages

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

### **Geriatric Continuing Day Treatment Programs**

901 North Broadway 946-6220  
White Plains, NY 10603

15 Leroy Place  
New Rochelle, NY 10801

636-0547

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 55 Years and older

Therapeutic maintenance programs for persons over the age of 55 who are experiencing emotional disability. Pharmacotherapy, psychotherapy (individual and group) and special activities.

**Sunshine Social Club**

1836 East Main Street  
Mohegan Lake, NY 10547

528-6995

Hours: Monday, Wednesday, and Thursday 8:30 am - 3:30 pm  
Ages: 18 Years and older

**Favonian Social Club**

Rectory of Assumption Church  
131 Union Avenue  
Peekskill, NY 10566

528-6995

Hours: Monday 6:00 pm - 8:00 pm  
Ages: 18 Years and older

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

**Tuesday Nite Social Club**

3200 Crompond Road  
Yorktown Heights, NY 10598

245-4000

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

**Westchester Self-Help Clearinghouse**

845 North Broadway  
White Plains, NY 10603

761-0600

Ext. 308

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: All ages

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 and operates Compeer, a program that matches volunteers to persons receiving mental health treatment, for one-to-one friendships.

**Youth Consultation League**  
141 North Central Avenue  
Hartsdale, NY 10530

949-7699  
Ext. 326

Hours: Monday, Wednesday, Friday 9:00 am - 5:00 pm  
Tuesday and Thursday 9:00 am - 6:00 pm  
Ages: 12 - 21 Years

Individual, group and family counseling for adolescents and their families; vocational counseling; "rap" sessions; crisis intervention; consultation with community agencies. Outreach centers in schools, youth agencies and health facilities focus on general counseling and teen pregnancy and parenting issues.

**Project Time Out**  
845 North Broadway  
White Plains, NY 10603

761-0600  
Ext. 340

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 3 Years and older

A sitter and companion service focusing on recreational activities and providing care for developmentally disabled people in their own homes.

**Family Matters**  
705 Bronx River Road, Suite 204  
Yonkers, NY 10704

237-6089

Hours: 24 Hours  
Ages: 5 - 18 Years

Project serving Yonkers, Mount Vernon, New Rochelle, Peekskill and Ossining. Provide intensive, collaborative and mobile services to seriously emotionally disturbed children, adolescents and their families.

Provide assessment and a full array of treatment and support services, either directly or through collaborating agencies. Services include screening and assessment, clinical services, case management, in-home services, rehabilitation, recreation, family support, self-help initiatives, transportation and emergency funds. Individualized care plans are developed, and the program works with one or more child-serving systems (education, child welfare or juvenile justice). Flexible services respond to individual needs and are available at convenient times and places. Staff is available 24 hours a day for crisis situations. Services for seriously emotionally disturbed children and their families, with priority for those identified by local Networks, groups which bring together numerous service systems to help with individual cases.

**Treatment Center for Trauma and Abuse** 949-7699  
141 North Central Avenue Ext. 375  
Hartsdale, NY 10530

487 South Broadway 423-4433  
Yonkers, NY 10705 Ext. 16

50 Dayton Lane 736-7657  
Peekskill, NY 10566

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Children 18 years and younger and their families

Countywide, supportive, sensitive treatment and outreach to child and family members. Individual and group treatment. Consultation and training available to agencies. Group treatment for juvenile sexual offenders.

Established in response to the growing concern for services that address violence and abuse in our families and communities. Programs are geared toward preventing violent and aggressive acts by children and adults and helping to heal the trauma of victims.

**Linkages** 633-1306  
420 North Avenue, 2nd Floor  
New Rochelle, NY 10801

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 16 Years and younger

Serves Mount Vernon and New Rochelle youngsters who are identified as juvenile delinquents. Full time mental health and substance abuse assessments, interim treatment, referral and case management project located with Probation at the New Rochelle Family Court. Psychiatric and psychological services included.

**KICS (Kids in Community Schools)** 376-5124  
Martin Luther King, Jr. Elementary School  
5 Locust Hill Avenue  
Yonkers, NY 10707

**S.C.O.P.E.S.** 739-0093  
**Woodside School**  
Depew Street  
Peekskill, NY 10566

Full-time school-based mental health programs. Provide assessment, screening, crisis intervention, referral, linkage and consultation with education staff and parents. Psychiatric and psychological consultation included. Enhanced

community-based services, family support and respite services are also available.

### **Partner Abuse Intervention Program**

141 North Central Avenue  
Hartsdale, NY 10530

949-7699  
Ext. 371

Operates agency-wide to track cases where domestic abuse is a factor and to provide consultation to clinicians and professional staff. Individual and group counseling, therapy (including family therapy for survivors and their children), advocacy for battered women, community education and training for professionals are provided. Resources and referrals to legal services, court advocacy, emergency shelter and psychological and psychiatric evaluations are also available.

### **Safety Net**

141 North Central Avenue  
Hartsdale, NY 10530

949-7699

Ages: 8 - 15 Years

Funded by a NYS Mental Health SAMHSA grant for youth who are seriously emotionally disturbed and have problems with sexual aggressiveness. This program teams a safety coordinator with a clinician to provide safety assessments and community-based intervention aimed at keeping the child safe and stopping aggressive behavior.

### **Juvenile Sexual Offender Treatment Program**

Provides Risk Assessment Evaluations to assist the Family Court in disposition planning for adjudicated juvenile sexual offenders and offers an intensive community-based treatment program for youth mandated into treatment.

### **Long Term Counseling for Adult Survivors of Sexual Assault**

Through a grant from the New York State Crime Victims Board, we offer long term counseling for adult survivors of sexual assault free of charge at our Hartsdale and Central Yonkers offices. Individual and group treatment, psychiatric support and CVB application assistance is provided by specialized clinicians experienced in dealing with trauma.

### **Adult Incest Offenders**

Offenders are treated in coordination with the Westchester County Department of Probation in individual and group modalities.

### **FAMILY SOLUTIONS**

237-6089

Ages: 6 and Under

A program established in Yonkers with TANF funds to provide intensive case management to low income young children who are at risk of becoming seriously emotionally disturbed, and their parents who are known to be or suspected of being substance abusers.

**Problem Gamblers Recovery Program** 381-5560 x16  
875 Mamaroneck Road  
Mamaroneck, NY 10550

Comprehensive program to treat gamblers and their families, community education and support groups.

### **Developmental Disabilities Services**

**Residential Services**  
845 North Broadway, Suite 2 761-0600  
White Plains, NY 10603 Ext. 108

**Outpatient Services**  
141 North Central Avenue 949-7699  
Hartsdale, NY 10530 Ext. 377

Residential services for developmentally disabled individuals. Community services and resources are utilized to augment the in-house program. Home health services and counseling are also provided. Therapeutic recreation and social clubs, and a 12-step program for developmentally disabled substance abusers. Referrals through State and County offices only.

**WESTCHESTER MEDICAL CENTER (WMC)**  
Behavioral Health Center 493-7282  
Valhalla, NY 10595

**Inpatient Services** 493-7076

Hours: 24 Hours  
Ages: All ages

Acute treatment for patients with mental illnesses provided on specialized units. Acute Intensive 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 accompanying medical illnesses. All units provide individual, group and family psychotherapy, psychopharmacology, recreational and expressive therapies. Treatment focuses on reducing symptoms and moving the patient to outpatient care in the community.

## **Emergency Services**

### **Comprehensive Psychiatric Emergency Program (CPEP) 493-7075**

Hours: 24 Hours

Ages: All ages

Includes a Mobile Crisis Intervention Service. Teams of mental health professionals meet with and treat people wherever crisis occurs in the community.

### **Psychiatric Emergency Room 493-7076**

Immediately evaluates and treats individuals in crisis.

### **Extended Observation Unit 493-7076**

Enables patients to be evaluated and treated up to 72 hours as an alternative to longer term hospitalization.

## **Outpatient Services**

### **Adult Outpatient Services 493-7088**

Hours: Monday - Friday 9:00 am - 5:00 pm

Evenings by appointment

Ages: 18 Years and older

Treatment includes group and individual psychotherapy including brief therapy, cognitive behavioral therapy, intensive long-term therapy, family therapy and treatment with medication. Specialized services available for Latino-Americans, senior citizens, gay, lesbian, bisexual and transgender communities.

### **Child and Adolescent Outpatient Service 493-7088**

Hours: Monday - Friday 9:00 am - 5:00 pm

Evenings by appointment

Ages: 17 Years and under

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.

### **Community Outreach and Treatment Team (COTT) 493-1116**

Hours: 24 Hours

Ages: 18 Years and older

A mobile multi-disciplinary treatment team which provides ongoing psychiatric support, treatment and rehabilitation; works to help clients maintain community ties and to prevent the need for future hospitalizations; crisis intervention, case management, assessment, treatment and medication monitoring.

**Assertive Community Treatment (ACT) Program** 493-7547

Hours: Monday - Friday 9:00 am - 5:00 pm  
24 Hour Emergency Coverage

Ages: 18 Years and older

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.

**WEST-PREP Adolescent Treatment Program** 493-7272

Hours: Monday - Friday 8:30 am - 4:30 pm

Ages: 14 - 18 Years

Comprehensive educational and treatment program for adolescents who have an alcohol or substance abuse problem and psychiatric disturbance. Day treatment and after-school intensive programming available.

**WESTCHESTER/PUTNAM LEGAL SERVICES, INC.**

4 Cromwell Place  
White Plains, NY 10601

949-1305

Hours: Monday - Friday 9:00 am - 5:00 pm

Ages: All ages

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.

**WESTCHESTER - PUTNAM SPECIAL OLYMPICS**

Post Office Box 2075  
Peekskill, NY 10566

736-0616

Hours: Monday - Friday 8:30 am - 5:00 pm

Ages: 3 Years and older

Provides recreation, sports training and athletic participation for developmentally disabled children and adults, including adaptive Olympic games for severely retarded individuals and those in wheelchairs.

**WESTCHESTER RESIDENTIAL OPPORTUNITIES, INC.** 428-4507  
470 Mamaroneck Avenue, Suite 410  
White Plains, NY 10605

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: 18 Years and older

Assists in finding appropriate and affordable housing of all types for adults recovering from psychiatric illness who are ready to live independently.

**WESTCHESTER SCHOOL FOR SPECIAL CHILDREN**  
45 Park Avenue 376-4300  
Yonkers, NY 10703

Hours: Office hours: Monday - Friday 8:00 am - 4:00 pm  
Program hours vary  
Ages: 2 Years and older

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.

### **Day School Program**

Hours: Monday - Friday 9:00 am - 2:30 pm  
Ages: 5 - 21 years  
2 - 5 years

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.

### **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.**  
Administrative Office 345-2800  
85 Executive Boulevard  
Elmsford, NY 10523

Email: [mail@westhab.org](mailto:mail@westhab.org)

Housing Programs Division  
20 South Broadway, 3<sup>rd</sup> Floor  
Yonkers, NY 10701

376-0063

Email: [mail@westhab.org](mailto:mail@westhab.org)

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Adults

Develops housing for people with special needs. Operates Windham Hotel in Yonkers, a single-room occupancy hotel accepting mentally disabled single adults. Supported apartment program for families headed by a person with mental illness.

**WHITE PLAINS DAY CARE PARTNERING PROGRAM**

Mt. Hope Church  
65 Lake Street  
White Plains, NY 10604

761-2731

Hours: Monday - Friday 8:00 am - 4:00 pm  
Ages: Birth - 5 Years

Parent training and support program.

**WHITE PLAINS DEPARTMENT OF PARKS AND RECREATION, CITY OF**

85 Gedney Way  
White Plains, NY 10605

422-1336

Hours: Office: Monday - Friday 9:00 am - 5:00 pm  
Saturday 9:00 am - 1:00 pm  
Program hours vary

Ages: 6 Years and older

Serves: White Plains residents

Recreation programs for developmentally disabled, physically and multihandicapped individuals. Includes year-round activities. Youth programs offer swimming, summer day camp, and community recreational programs. Activities include gym, a social center, training for special Olympics, bowling, and ice skating. Recreational programs for adults take place 48 weeks of the year.

**WHITE PLAINS HOSPITAL CENTER**

Davis Avenue at East Post Road  
White Plains, NY 10601

681-0600

**Outpatient Services**

**Mental Health Clinic**

681-1078

Hours: Monday and Tuesday 9:00 am - 8:00 pm  
Wednesday – Friday 9:00 am – 5:00 pm  
Ages: 18 Years and older

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.

**Child and Adolescent Services** 681-2223

Hours: Monday - Thursday 8:30 am - 4:00 pm  
Ages: Under 18 years

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

**Continuing Day Treatment Program** 681-1124

Hours: Monday - Friday 8:30 am - 4:30 pm  
Ages: 16 Years and older

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

**Anxiety and Phobia Clinic** 681-1038

Hours: Monday, Wednesday, Friday 9:00 am - 4:00 pm  
Ages: All ages

Eight-week program for people suffering from panic attacks and phobias, six-week health anxiety program and self-help groups.

**Methadone Maintenance Treatment Program** 681-2800

Hours: Monday - Friday 6:30 am - 2:30 pm  
Saturday, Sunday and Holidays 8:30 am - 11:30 am  
Ages: 18 Years and older  
(Under 18 years with parental consent.)

Outpatient methadone maintenance and detoxification program for opiate abusers, plus a full range of nursing, medical, psychiatric, social work, vocational and educational support services. Ambulatory Detox.

**WHITE PLAINS YOUTH BUREAU, CITY OF**

Eastview Middle School  
11 Amherst Place  
White Plains, NY 10601

422-1378

Hours: Monday - Friday 9:00 am - 5:00 pm  
Ages: Birth - 21 Years

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

**YAI/NATIONAL INSTITUTE FOR PEOPLE WITH DISABILITIES**

Administrative Office  
460 West 34<sup>th</sup> Street  
New York, NY 10001

(212) 563-7474  
TDD (212) 290-2787  
YAI LINK (212) 273-6182  
Website: [www.yai.org](http://www.yai.org)

Local Office:  
Tarrytown Multi-Service Center  
677 White Plains Road  
Tarrytown, NY 10591

631-2400

Hours: Office: Monday - Friday 9:00 am - 5:00 pm  
Ages: All ages

Provides residential day, health care, employment, counseling, rehabilitation recreation and camping, family support, information and referral services for infants, children, adolescents and adults with developmental and learning disabilities and their families.

**Residential Services** - which offer 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, CR, IRA and Supportive Living Apartments.

**Day Treatment Programs** help adults develop fundamental skills in the areas of self-awareness, communication, personal care, travel and mobility and sensory integration.

**Day Habilitation Programs** help 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.

**Health Care** - providing top quality health services on-site to people with disabilities. Services include: adult medicine, gynecology, dentistry and psychiatry. YAI also has centers for specialty therapy which provide the following: monitoring of medications, nutritional assessment and counseling, speech and language development assessment, physical and occupational therapy and podiatry services in nearby Bronx location.

**Comprehensive Medicaid Case Management (CMCM)** - families are provided with comprehensive service coordination and specialized family training. Respite and crisis intervention services are provided to help maintain the family unit.

**Recreational & Camping Services** - structured recreation opportunities are available to further personal development, to enhance peer interactions, and to help our consumers gain an appreciation of leisure-time opportunities.

**Supported Work & Training** - facilitates the employment of its clients through partnerships with more than 100 members of its Business Advisory councils and the over 500 prominent companies which have employed training program graduates. Clients are provided with training, placement, out-sourcing and contracting.

**YONKERS BUREAU OF PARKS, RECREATION AND CONSERVATION,  
CITY OF**

285 Nepperhan Avenue  
Yonkers, NY 10701

377-6441

Hours: Office: Monday - Friday 8:30 am - 4:30 pm  
Program hours vary  
Ages: 5 Years and older

Programs for developmentally disabled individuals. 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.

**YONKERS COMMUNITY ACTION PROGRAM, INC.**

164 Ashburton Avenue  
Yonkers, NY 10701

423-5905

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

Support and preventative services for families with children who are at risk of social, emotional, and behavioral problems. Includes community outreach and parental empowerment.

**YONKERS RESIDENTIAL CENTER, INC.**

317 South Broadway  
Yonkers, NY 10705

965-1751

Email: [cmlatteri@yrcinc.org](mailto:cmlatteri@yrcinc.org)

Hours: Monday - Thursday 9:00 am - 5:00 pm  
Friday 9:00 am - 5:00 pm

Ages: 10 - 21 Years

**Breakaway**

Outpatient alcohol and chemical dependency treatment programs for adolescents, children of alcoholics and family members. Provides assessment, day rehabilitation programs, individual, group and family counseling; education and vocational components. Specialized services include an adolescent day intensive program with an educational component, and support groups for HIV-infected individuals.

**Residence for Chemically-Dependent Youth**

100 North Broadway  
Yonkers, NY 10701

376-7617

Email: [vdmajor@yrcinc.org](mailto:vdmajor@yrcinc.org)

Hours: 24-Hours  
Ages: 13 - 18 Years

Residential treatment for chemically-dependent youth, coordinated with Breakaway day program and educational programming in local school district. Accepts youths in foster care.

**YOUNG WOMEN'S CHRISTIAN ASSOCIATION (YWCA) OF WHITE PLAINS AND CENTRAL WESTCHESTER**

515 North Street  
White Plains, NY 10605

949-6227  
Ext. 105

Hours: Wednesday - Sunday 9:30 am - 5:30 pm  
Program hours vary  
Ages: 4 Years and older

Recreational programming for developmentally disabled individuals, 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.

**YOUNG WOMEN'S CHRISTIAN ASSOCIATION (YWCA) OF YONKERS**

87 South Broadway  
Yonkers, NY 10701

963-0640

Hours: 1:00 pm - 5:00 pm

Ages: 4 Years and older

Respite and recreation Sundays for developmentally disabled individuals.

**YOUTH CONNECTION**

Ossining Open Door

941-0769

173 Main Street

Ossining, NY 10562

Hours: 1:00 pm - 5:00 pm

Ages: 4 Years and older

Chemical dependency prevention and early intervention program providing outpatient counseling and consultation by mental health professionals. School based activities program and Saturday hours.

## Ordering and Updating

This directory is revised periodically. 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. Write to:

Coordinator of Community Education  
Westchester County Department of Community Mental Health  
112 East Post Road, Rm. 219  
White Plains, NY 10601  
Email: [madb@westchestergov.com](mailto:madb@westchestergov.com)

Copies of this directory may be ordered by calling 995-5220. The cost is \$5.00 per copy.

Directory of Community Mental Health Services  
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Westchester County Department of Community Mental Health

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