

## Mental Health – Internal Resources

### Completed Scoliosis Training for Mental Health Providers

- Dr. Corinne Catarozoli, Ph.D, Weill Cornell
  - 525 East 68th Street, New York, NY 10065
  - (646) 397-8817, [cos2006@med.cornell.edu](mailto:cos2006@med.cornell.edu)
- Emily Cruz, LCSW, Columbia University
  - CUCARD Anxiety Clinic, Midtown Manhattan
  - 212-342 3800 [emc2263@cumc.columbia.edu](mailto:emc2263@cumc.columbia.edu)
- Dr. Nomita Sonty, Ph.D, Columbia University
  - 51 West 51st Street, Suite 340, New York, NY 10019
  - 212-305-7114 [ns331@cumc.columbia.edu](mailto:ns331@cumc.columbia.edu)
- Yael Monselise, LCSW, Columbia University
  - CUCARD Anxiety Clinic, Westchester
  - 914-631-4618, [ym3036@cumc.columbia.edu](mailto:ym3036@cumc.columbia.edu)

### Inpatient Services

- NYP: Westchester Behavioral Health Center
  - General Contact: 888-694-5700
  - Borderline Personality Disorder Resource Center: 888-694-2273
  - Outpatient Child Intake Line: 914-997-5882
- NYP: Creative Arts Therapy and Child Life Specialists services: Connect with a Child Life Specialist before a surgery or procedure to address fears, anxieties, questions
  - Contact: 212-305-3826
- NYP: College Student Program
  - Supports college age patients in crisis with comprehensive care.
  - Multidisciplinary team for individualized treatment plans.
  - Contact: 888-586-0890
- Weill Cornell: Inpatient Child & Adolescent Psychiatry at Weill Cornell Westchester Location
  - Nichols Cottage – 17 Bed inpatient service for children 5-12 years old

### Specialty Programs

- NYP/Weill Cornell: Secret Agent Society Group Therapy
  - For children ages 8-12 with anxiety or ADHD.
  - Uses espionage-themed games and computer missions.
  - Develops social and emotional regulation skills.
  - Teaches coping with bullying and making friends.
  - Contact: [smb9017@med.cornell.edu](mailto:smb9017@med.cornell.edu), [rbb2002@med.cornell.edu](mailto:rbb2002@med.cornell.edu)
- NYP: DBT Skills Training for Teens
  - Supports teens with anxiety or mild depression.
  - Teaches life skills to teens and parents.
  - Enhances self-esteem and reduces symptoms.
  - Contact: 202-305-0924
- NYP: Sackler Institute Infant Psychiatry Program
  - Evaluations for children ages 0-5 with behavioral or developmental concerns.
  - Contact: 888-694-5700
- NYP: POCAT (Pediatric OCD, Anxiety, and Tic Disorders Program)
  - Offers evaluation, psychoeducation, and therapy options.
  - Focuses on OCD, Tourette's, and various anxiety disorders such as mutism, social phobia, separation anxiety
  - Contact: 646-962-2820 or Rachel Goldman, Ph.D [POCAT@med.cornell.edu](mailto:POCAT@med.cornell.edu), 646-450-3455
- NYP: Center For Autism And The Developing Brain
  - Comprehensive care for individuals with autism spectrum disorder (ASD).
  - Contact: 914-997-5848
- NYP: Eating Disorders Center
  - Recovery support for individuals age 13 and older with eating disorders.
  - Option for Inpatient Services: "The Outlook at Westchester"
  - Inpatient unit located on the campus of the Westchester Behavioral Health

- Adolescent Unit – 21 bed service for adolescents aged 13–17 years old
- Both units are located at 21 Bloomingdale Road, White Plains NY 10605
- Contact: 888-694-5700

### **Outpatient Services**

- NYP: General Outpatient Care and Assistance finding a Psychiatrist
  - Contact: 888-694-5700
- NYP: The Child and Adolescent Community Clinic: primary outpatient clinic for children and adolescents. Birth through age 21
  - Contact: 212-305-0924
- Columbia: PROMISE Clinic: Assistance with learning disabilities.
  - Contact: 212-342-1600
- NYP: Child Specialty Evaluation Clinics and Outpatient Services
  - Assessments for attention deficit, anxiety, mood, and developmental disorders.
  - Contact: 914-997-5882
- Special Needs Clinic. Mental health support for children with chronic conditions being treated at NYP/Columbia
  - Contact: 212-305-3093
- CUCARD Anxiety Clinic
  - General and intensive outpatient care for children, adolescents, and adults with anxiety and related disorders
  - Contact: 212-305-6001

### **Parent/Caregiver Services**

- NYP: Family Resource Center: Morgan Stanley Children’s Hospital
  - Contact: Barbara Bunker, MSN, bab9035@nyp.org, 212-305-7442
- Weill Cornell: The Payne Whitney Clinic at Weill Cornell 68th Street. Virtual individualized parenting services for support in helping their child or teen. Clinic offers virtual group parenting support to connect with other caregivers
  - Contact: Andrea Temkin, Psy.D. abt4002@med.cornell.edu, 212-746-3476
- Weill Cornell: The Psychiatry Specialty Center at Weill Cornell 68th Street. Virtual

Center

- Contact: 888-694-5700
- Center for Youth Mental Health
  - Focuses on youth anxiety and related issues during the transition to adulthood.
  - Engages in research and community interventions.
  - Contact: 202-305-0924

### **Partial Day Hospitalization**

- Transitional psychiatric program for teens stepping down from inpatient care to outpatient care
  - For adolescents, aged 13–18, with acute psychiatric illnesses and can be treated outside of the inpatient setting
  - Young adults up to age 20 who are enrolled in high school or a DoE program
  - Provides Educational Services
  - Education, Inc provides accredited school programs on hospital grounds. Tutoring is also available
  - Contact: 888-694-5700
- Aftercare Services
  - Assistance with transitioning back home

### **Consultation and Liaison Services**

- Weill Cornell: Receive Psychiatric Consultations for medically-ill pediatric patients from child psychiatry residents,
  - Contact: 212-746-3872
- Columbia: evaluations and brief treatment for children and adolescents hospitalized at the Morgan Stanley Children’s Hospital of New York, who have a primary psychiatric disorder, psychiatric complications of a medical illness, complicated neuropsychiatric syndromes, medical illnesses or symptoms thought to have significant psychiatric components, and patients with adjustment or compliance problems.
  - Contact: 212-305-3093

### **Evaluation Services**

- Columbia: Y-Team Evaluation: Free of charge comprehensive diagnostic evaluation and

individualized parenting services, meeting one-on-one with an expert in parenting strategies. The center also offers virtual group parenting services.

- To contact for individual services: Amy Mianda, LCSW, [amm9069@med.cornell.edu](mailto:amm9069@med.cornell.edu), 646-962-2820
- To contact for group services: Andrea Temkin, Psy. D. [abt4002@med.cornell.edu](mailto:abt4002@med.cornell.edu), 212-746-3476

consultation services, conducted by clinicians at the New York State Psychiatric Institute/ CUMC

- Evaluation lasts 3-4 hours
- For youth aged 5-21 years old struggling with mental health issues
- Contact: Arielle Clark, [CUYTEAM@nyspi.columbia.edu](mailto:CUYTEAM@nyspi.columbia.edu), 646-774-5793