



GO-TO GUIDE FOR MENTAL HEALTH

Internal Resources:

New York Presbyterian, Weill Cornell Medicine, Columbia University Irving Medical Center

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

Outpatient Services

- NYP: Westchester Behavioral Health – 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
- NYP: Special Needs Clinic Mental health support for children with chronic conditions being treated at NYP/Columbia
 - Contact: 212-305-3093 Parent/Caregiver Services Specialty Programs

- NYP: 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 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, 646- 962-2820
 - To contact for group services: Andrea Temkin, Psy. D. abt4002@med.cornell.edu, 212-746- 3476

Evaluation Services

- Columbia: Y-Team Evaluation: Free of charge comprehensive diagnostic evaluation and 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, 646-774-5793

Specialty Services

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

- Contact: 202-305-0924

Partial Day Hospitalization Services

- Weill Cornell: 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
 - Education, Inc provides accredited school programs on hospital grounds. Tutoring is also available
 - Contact: 888-694-5700

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: 212-305-309

For questions or more information, contact: mentalhealth4kids@cumc.columbia.edu

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