

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

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.

Contact for individual services: Amy Mianda, LCSW, amm9069@med.cornell.edu, 646- 962-2820

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.