

NewYork-Presbyterian Westchester Division Community UPDATE



FALL 2016

NewYork-Presbyterian/Westchester Division Honored By International Organization

There are quite a few exciting Planetree honors to celebrate here at NYP/Westchester Division! Dr. Philip J. Wilner, senior vice president and chief operating officer at NYP/Westchester Division, will receive a prestigious Lifetime Achievement Award from Planetree this fall for his work. Also, NYP/Westchester Division has achieved Planetree's highest organizational status, Planetree Designation with Distinction. This level of recognition is for our Leadership and Innovation in Patient-Centered Care, a prestigious status held by only 10 healthcare organizations in the world.

Dr. Wilner has a long, rich history at the Westchester campus, dating back to 1983. Today, he oversees Behavioral Health services across all NYP campuses. Dr. Wilner is also executive vice chair of the Department of Psychiatry and Professor of Clinical Psychiatry at Weill Cornell Medicine,

serves on numerous Hospital and Medical College Boards and Committees and is chairman of the Board of Gracie Square Hospital. He will receive the award at the 2016 Planetree International Conference on Patient-Centered Care this November in Chicago.

"Planetree focuses on patient-centered care as 'the right thing to do' for patients and their families. This approach aligns perfectly with NYP/Westchester Division's core value: We Put Patients First. I am deeply honored to accept these awards from such a prestigious organization on behalf of all of my colleagues at the Westchester Division," Dr. Wilner said.



NYP/Westchester Division joined Planetree in 2003. As a member, the Hospital follows the Planetree model and is held to high standards of patient-centered care. In 2011 it became the first behavioral health hospital in the United

States to be named a "Planetree

Designated Patient-Centered Hospital" in recognition of the innovative ways it puts the needs of patients and their families first – in a warm, caring and welcoming environment.

Planetree is a nonprofit group of more than 500 member hospitals and healthcare organizations. It works to transform healthcare from the perspective of the patient. This includes championing an innovative model of care that

focuses on personalizing, demystifying and humanizing healthcare for patients and their families.

NYP OnDemand, a Comprehensive Digital Health Platform

NewYork-Presbyterian has announced the rollout of NYP OnDemand, a new suite of digital health services designed to improve and expand patient care, while also extending access to the clinical expertise of NYP's physicians to their peers throughout the Hospital's vast healthcare network.

NYP OnDemand is comprised of telehealth services for both patients and providers, available on the NYP website and mobile platform. Currently accessible is the Digital Second Opinion. Through this feature, NYP



specialists from both ColumbiaDoctors and Weill Cornell Medicine offer world-class clinical expertise for second opinions to patients around the country through an easy-to-access online portal. Patients are walked through the entire process without having to wait for an in-person appointment.

Ultimately, the app will also include inter-hospital digital consultations, digital emergency and urgent care and digital follow-up appointments.

"At NewYork-Presbyterian, we are looking to redefine the intersection of technology and healthcare and our new digital health platform is our way of strengthening traditional telehealth services," said Dr. Steven J. Corwin, president and CEO of NewYork-Presbyterian.

For more information on NYP OnDemand, visit nyp.org/ondemand.

CONNECTED PATIENT-FOCUSED CARE



NewYork-Presbyterian/Westchester Division holds a special place in the field of mental healthcare. From its opening in White Plains in 1894, the campus has played an ongoing role in the evolution of mental health research,

treatment and care. Innovative approaches have been a hallmark of the thousands of doctors, researchers, teachers and staff who have been a part of this unique location. All have pursued the unending goal of improving the health and lives of the patient.

Having first come to the campus during my internship in 1983, I subsequently have had the good fortune to have spent nearly 20 years here as a clinician and in leadership roles including Vice President and Medical Director and my current position as Senior Vice President and Chief Operating Officer. I am proud to have had the opportunity to play a part in the development and introduction of a broad range of new programs including one of which I am particularly proud – becoming a Planetree hospital. We have recently been informed that the Westchester Division has achieved Planetree Designation with Distinction for its Leadership and Innovation in Patient-Centered Care.

The Planetree program encompasses the essence of what a hospital should be, by taking a holistic approach to everything we do beginning with a focus on patient-centered care. The approach is then carried through to our patients' families, our staff and our outreach to both our internal and external communities.

The Westchester Division joined Planetree in 2003 and in 2011 became the first psychiatric hospital in the U.S. and one of only three in the world with the designation. To now hold the designation with distinction is a grand accomplishment as only 10 healthcare organizations hold this honor.

As is described elsewhere in this newsletter, this fall I will have the honor of receiving a special Lifetime Achievement award from Planetree. I will accept both awards on behalf of all of those past, present and future who have worked so tirelessly to assure that this Hospital on the hill continues to lead the way in mental healthcare.

Warm Regards,

PHILIP J. WILNER, MD, MBA

Senior Vice President & Chief Operating Officer

NYP/Westchester Division Welcomes New Chief of Psychotic Disorders

Juan Gallego, MD, recently joined NYP/Westchester Division's Department of Psychiatry as the new Chief of Psychotic Disorders.

An accomplished clinician-scientist and scholar, Dr. Gallego is a recognized expert in schizophrenia treatment and research with experience and interests in exploring biomarkers for this disorder, improving clinical outcomes for early episode patients, and conducting medication trials.

"We are pleased to have Dr. Gallego join us and add his talents, experience and skills to our successful Psychosis Service," said Mark Russ, MD, Vice Chair of Clinical Programs and Medical Director at NYP/Westchester Division. "We look forward to his capable leadership as we expand our research, clinical, and academic activities in this important area."

Dr. Gallego comes to NYP/Westchester Division from Northwell Health system where he was a staff psychiatrist in the research department of the

Zucker Hillside Hospital, an assistant investigator in The Feinstein Institute for Medical Research, and Assistant Professor of Psychiatry at the Hofstra North Shore-LIJ School of Medicine.

In his new role, Dr. Gallego will work to change the misconceptions around mental health disorders such as schizophrenia.

"We're seeing a mild improvement in the stigma often associated with schizophrenia, however it is still one of the main obstacles to successful treatment" he said. "With prompt and proper treatment, a good proportion of individuals can lead functional lives."

For more information about NYP/Westchester Division's Psychotic Disorders Services, call 888-694-5700 or visit nyp.org/psychiatry.



Juan Gallego, MD

Meet the Evaluation Center Team



The Evaluation Center is the first stop for anyone seeking treatment at NYP/Westchester Division. Here, they are evaluated to determine the proper level of care to meet their needs. Staffed by an interdisciplinary team including physicians, nurses, clinicians, social workers, clerks, attendants, security and a finance representative, the team works together so that each patient has a positive experience and understands the admission process.



Man milking cows in the cow barn of the old Bloomingdale Hospital. The barn, stables and garages opened in 1893 and were renovated in 1967 as the Edward W. Bourne Behavioral Research Laboratory. (Photo Courtesy of Medical Center Archives of NewYork-Presbyterian/Weill Cornell)



For more than 20 years, NYP/Westchester Division has partnered with the City of White Plains' Recreation and Parks Department to provide gardening plots to our local neighbors. This continues our long-standing tradition of nurturing our serene landscape since the 1800s.

New Partial Hospitalization Program for Eating Disorders

For the first time in Westchester, people with eating disorders have a new treatment option between full hospitalization and outpatient care. NYP/Westchester Division recently opened its innovative Partial Hospitalization Program (PHP) for Eating Disorders.

The program offers group and individual therapy, along with daily meal support for breakfast, lunch and a snack for up to a dozen male and female adults with eating disorders, such as anorexia and bulimia nervosa.

"The program is aimed at adults with eating disorders who need to have a more structured environment than what's traditionally available as an outpatient," said Dr. Evelyn Attia, Director of the Center for Eating Disorders at NYP/Westchester Division. "It will also serve as an alternative for people trying to avoid hospitalization as well as for patients who want to



transition more gradually from inpatient to outpatient treatment." The goal is to help patients achieve and maintain healthy eating habits. The provided meals will include "appropriate portions with a balanced set of food groups," she said. "Often people with eating disorders have a

lot of rules about what they eat. We want to help expand their eating choices."

The multidisciplinary team includes a psychologist, nurse, social workers and a registered dietician.

For more information, visit nyp.org/eatingdisorders or call 888-694-5700.

NewYork-Presbyterian/Westchester Division COMMUNITY LECTURE SERIES

MAIN BUILDING, 2ND FLOOR AUDITORIUM • 7:00-8:30PM • 914-997-5779
ALL ARE WELCOME • REFRESHMENTS SERVED • FREE PARKING • FREE OF CHARGE

SEPTEMBER 28, 2016 DE-ESCALATING CONFLICT

PRESENTED BY: *Phyllis Capiaghi MS, BSN, RN-BC, Patient Care Director*

Review ways to deal with conflict effectively and the positive aspects of dealing appropriately with conflict, instead of avoiding it.

OCTOBER 5, 2016 FIGHTING STIGMA IN MENTAL ILLNESS

PRESENTED BY: *Juan A. Gallego, M.D., Service Chief, Psychotic Disorders Program*

Learn how stigma prevents people from getting adequate treatment for mental illness. Case studies and success stories will be discussed.

OCTOBER 19, 2016 LOVE THYSELF: BODY IMAGE AND EATING DISORDERS

PRESENTED BY: *Tara Deliberto, Ph.D., Director, Eating Disorders Partial Hospitalization Program*

Find out practical ways to improve self-esteem and body image, and learn the warning signs of an eating disorder.

OCTOBER 26, 2016 LGBTQ: PRIDE AT EVERY AGE

PRESENTED BY: *Austin Oswald, Psychosocial Rehabilitation Specialist*

Learn and share about healthy living as an LGBTQ person.

Speaker request? Contact Community Affairs Office, at 914-997-5779

ANNOUNCEMENT ROUND-UP

BLOOD DRIVE

Join us at our next blood drive, which will take place on Wednesday, September 14 from 10am-4pm in the Auditorium. All walk-ins welcome.

RECOVERY SOLUTIONS FAIR

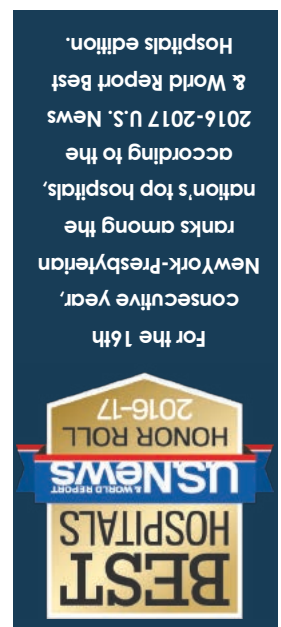
NYP/Westchester Division will host Recovery Solutions Fair: Options for Treatment on October 5 from 11:30am-1:30pm in the auditorium on the second floor. Meet representatives of resources and services in the community. For more information, contact Cindy Herda, LCSW, at 914-997-5976.

NYP DOCTOR RECEIVES RECOGNITION

Rebecca Jones, Ph.D, at the NewYork-Presbyterian/Center for Autism and the Developing Brain, was recently selected to receive the Westchester County Association's prestigious Women in Technology Award, which honors women innovators and visionaries.

Photos by John Vecchiolla

nyp.org/psychiatry



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NewYork-Presbyterian
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