Location & Directions

Hospital entrance.
Bloomingdale Road. Turn left at next traffic light, Maple Avenue, then turn left into the Hospital entrance.
From Hutchinson Parkway South.
Take Exit 8 and follow Route 119 (Westchester Avenue). Turn left at next traffic light, Maple Avenue, then turn left into the Hospital entrance.

From I-287 East.
Take Exit 8W, keep in left lane, turn left at traffic light onto Block Road. Turn left at next traffic light into the Hospital entrance.

NYP offers speakers for your organization, school, or business group to discuss topics such as eating disorders, depression, anxiety, stress management, and other issues concerning emotional health.

For more information, call Eliza O'Neill at (914) 682-6991.

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Growing Up in Casablanca Shapes a Medical Career

By Philip J. Wilner, M.D.

Not until raised in Casablanca, Morocco, Nabil Kotbi, M.D., was appointed Unit Chief of The Haven at NewYork-Presbyterian/Weehawken, in 2007—11 years after receiving his Doctor of Medicine degree from the University Hassan II of Casablanca. A long way from where he grew up, Dr. Kotbi reflected on the cultural differences there, some of which had a significant impact on his decision to pursue a career in the mental health field.

“Morocco is a diverse country in so many ways. It’s located at the Northwestern tip of Africa, only a few miles away from Europe and so the geography and history are more closely related to the Mediterranean than to Africa. The result is a society that promotes tolerance and respect for others despite differences in race and religion. Unfortunately, homophobia and poverty are commonplace in Morocco and unemployment and illiteracy are also quite high.”

Dr. Kotbi completed a psychiatry residency and a two-year chief residency at SUNY Downstate Medical Center, distinguishing himself as a clinician and educator. He was awarded the King County outstanding physician award in 2003 and 2005. He was also involved in clinical research on schizophrenia, serving as a co-investigator for several landmark studies.

Dr. Kotbi completed a clinical geriatric fellowship at NewYork-Presbyterian where he advanced his clinical and research skills in disorders affecting the elderly. As Unit Chief in Geriatric Psychiatry at North Central Bronx Hospital, he revitalized an department that serves a large elderly population. Board certified in psychiatry and neurology, Dr. Kotbi is fluent in French and Arabic and continues to serve on the faculty at Albert Einstein College of Medicine and SUNY Downstate. He says his greatest satisfaction comes from making a difference in people’s lives.

NewYork-Presbyterian Hospital Ranks #1 in New York and #6 in the Nation

NewYork-Presbyterian was recently ranked #1 in New York and #4 in the nation by the 2018 US News and World Report Best Hospitals edition. For the fifth consecutive year, the Hospital ranks among the country’s top 10, with 22 honor roll points in 12 specialties.

“We are very pleased again to be recognized as one of the outstanding institutions included in the list of America’s Best Hospitals,” said Herbert Pardes, M.D., President and CEO of NewYork-Presbyterian Hospital. “One key measure of a hospital’s success is its commitment to caring for patients and their families with compassion and individual attention. Equally important is a focus on advancing innovative technologies and treatment options in every specialty.”

In Psychiatry, NYPH boasts a national ranking of #3, a particularly source of pride for all of the staff of the Weehawken Division. According to Philip J. Wilner, M.D., Vice President and Medical Director for Behavioral Health at WellcomeSmall Medical Center of NewYork-Presbyterian Hospital, “it is our staff’s commitment to high quality evidence-based practice along with their dedication to providing a patient entered care experience that establishes our program among the nation’s leaders.” In addition to Psychiatry, four other NYP specialties earned rankings in the top five: Kidney Disease (#3), Endocrinology (#5), Neurology and Neurosurgery (#5) and Orthopedics (#5).

Furry Friends Help Put Patients First

The Westchester Division’s Pet Therapy Program, now in its ninth year of successful operation, is an essential component of the Hospital’s Patient-Centered Care model which recognizes the importance of touch and human connection in creating a healing environment.

“Dogs make wonderful therapists who can sometimes help break through to unresponsive patients being treated for severe mental disorders,” says Lana Wechsler, Volunteer Coordinator with NYP. “This therapy helps to improve a group that trains canines through The Good Dog Foundation. ‘It’s amazing to see how depressed patients react after they establish a bond with these wonderful animals.’

What’s their secret? ‘Dogs love people unequivocally and truly care about the patients they visit,’ says Wechsler. “Most importantly, dogs don’t judge people. The patients they serve find comfort and unique bond and connection with the animals.”

Managing Your Anger

There’s no question people are living busier and more hectic lives today. With so much more to do and not enough time to do it, we all feel overworked and frustrated. Time is important that when things heat up there are some things we can do to cool ourselves down.

The first step in managing your anger is to recognize your feelings and deal with them. Anger is a very natural human emotion that one should not be afraid of. Problems arise, however, when people either suppress or react in a damaging way. Neither is desirable and both can lead to a variety of problems.

Repressed anger can turn into anxiety and depression while explosive reactions can destroy relationships when directed at colleagues and loved ones. Unchecked anger can cause anxiety, fear and insomnia, not to mention more serious complications like heart disease, ulcers and inappropriate social behavior.

We also tend to forget that anger generates positive energy which we can channel to make changes. On a daily basis we can reduce anger by identifying situations that make us angry and understanding the difference between what we can and can’t control. For example, we can’t control being stuck in a traffic jam, but we can certainly manage how we react to it. It’s the ability to manage our emotions that gets us through these brief tense times and helps us focus on the more important matters of our lives.

Two Enhanced Recovery Services Score High

Since 1894, the Hospital has provided for the last 115 years here at the Hospital’s Patient-Centered Care model which recognizes the importance of touch and human connection in creating a healing environment.

The Haven at Weehawken and The Retreat at Westchester, patients have experienced very positive outcomes.

Both The Retreat, which offers inpatient chemical dependency rehabilitation, and The Haven, which provides inpatient psychiatric care, are unique environments that were created for men and women seeking privacy, amenities and discretion. Treatment is highly individualized and intensive for patients who range in age from young adults to seniors.

According to Nabil Kotbi, M.D., Director of The Haven, “What makes these programs stand apart from others is the access the patients have to some of the country’s leading experts in a wide range of psychiatric areas who are all located right here at the Westchester Division.”

Patients receive full diagnostic assessments with careful attention to medical, psychological, psychiatric and social factors. Treatment plans are developed in consultation with the patient, family and referring clinicians.

“We look at the whole person in order to help them function better in their jobs and in their family and other personal relationships. Part of that involves teaching them new skills and helping them find new interests and hobbies,” notes Donna Gillet, MA, CRC, LMHC, Manager of Psychosocial Services Rehabilitation and Program Director for The Haven.

Discharge planning begins on the day of admission so that individuals and their families are well prepared when the patient stay is over. Retreat Patient Care Director Ariva Fisher, RN, BNC, MS, CADC, states, “We create an effective, individualized aftercare plan to ensure the patient will continue on the right track after leaving here. For example, we introduce patients being treated for alcoholism to the 12-steps.”

Since The Haven and The Retreat were established in 2002, hundreds of individuals have returned to the productive and meaningful relationships in their lives. “A good measure that the treatment models are working is the fact that there are very few re-admissions and former patients often make referrals,” says Dr. Kotbi. Indeed, staff on both units are proud that they are helping patients make positive changes in their lives, moving toward recovery and healthy self-fulfillment.

Two Enhanced Recovery Services Score High

Since 1894, the more than 230 landscaped acres of NewYork-Presbyterian/Weehawken have brought relief and comfort to thousands of individuals suffering from psychiatric disorders. While not surprising that since the doors opened six years ago to two new innovative treatment programs named The Haven at Weehawken and The Retreat at Westchester, patients have experienced very positive outcomes.

A treatment group in session at The Retreat at Westchester.

NewYork-Presbyterian Hospital is currently recruiting dogs for its Pet Therapy services at all of their campuses in Manhattan and Westchester. For more information on participating in pet therapy programs, call the NYP Public Affairs Office at 914-682-6991 or send an email to swsl0002@nyp.org. Handicapped dogs are also welcome.
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Furry Friends Help Put Patients First (continued from pg. 1)

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Managing Your Anger

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T here’s no question people are living busier and more hectic lives today. With so much more to do, we don’t have enough time to do it all, and we all feel overstressed and frustrated from time to time.

Unfortunately, we see the effects of these negative emotions acted out all around us. The result can affect the workplace as well as in our schools and neighborhoods. It is important to remember that when things heat up there are several things we can do to cool ourselves down.

The first step in managing your anger is to recognize your feelings and to deal with them. Anger is a very natural human emotion that one should not be afraid to express. Problems arise, however, when people either suppress the emotion or give in to it damaging ways. Neither is desirable and both can lead to a variety of problems.

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For more information, call (844) 907-4331 or (800) NYP-1902

www.nyp.org
**Community Lecture Series**

**OCTOBER/NOVEMBER 2008**

We are pleased to present a new lecture series focusing on challenging issues in adolescence. Dr. Richard A. Friedman, regular contributor to The New York Times and practicing psychiatrist at NewYork-Presbyterian Hospital, will kick off the program and be followed by three of our distinguished practitioners for the remainder of the series.

**WEDNESDAY OCTOBER 22, 2008**

"Pushing the Limit: Thrill-Seeking and High-Risk Behaviors in Teenagers and Young Adults."

Richard A. Friedman, M.D.

**WEDNESDAY OCTOBER 29, 2008**

"Is My Kid OK? What’s Normal and What’s Not in the Adolescent Years."

Marilyn Katcher, LCSW

**WEDNESDAY NOVEMBER 5, 2008**

"You Did What! Understanding and Coping with Self-Destructive Behavior in Adolescents."

Amy Silverman, M.D.

**WEDNESDAY NOVEMBER 12, 2008**

"The Elephant in the Room: Talking to Your Teen About Drugs and Alcohol and Resources for Help."

Catherine Bookless, LCSW and Jon Haber, CASAC

All presentations will take place from 7:00 to 8:30 pm in the Auditorium located on the second floor of the Main Building with the clocktower.

For further information and directions, call (914) 997-5779 or visit www.nyp.org.

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**Furry Friends Help Put Patients First**

As part of our commitment to the health of all of our patients, staff and visitors, the Westchester Division will become a smoke-free campus as of November 20, 2008.

**Location & Directions**

- **From I-287 West.** Take Exit 8W, head left into I-287. Continue to next traffic light (Huntersville Road), turn right into the Hospital entrance.
- **From I-287 East.** Take Exit 8 and follow Route 119 (Westchester Avenue). Turn left at Bloomingdale Road, right at the third traffic light into the Hospital entrance.
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**Community Update**

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**Inside**

- **Made in Morocco**
  - Meena Nazir, M.D., The Haven’s new Unit Chief.

- **#1 in New York**

- **Restoring Lives**
  - How two innovative treatment programs are making a difference.

- **Community Lecture Series**
  - Dr. Richard Friedman, regular contributor to The New York Times, kicks off the Fall lecture series.

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**Vol. 4 No. 1 Fall 2008**

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**Community Update**

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**NewYork-Presbyterian**

The University Hospital of Columbia and Cornell

The Westchester Division | 21 Bloomingdale Rd. | White Plains, NY

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**115 Years of Healing**

- 292-acre hilltop farm in rural White Plains is purchased for $131,656 which is named Bloomingdale Hospital.

- 1956 - The Westchester Division opens a separate outpatient department.

- 1965 - Through an affiliation with Cornell University Medical College, the Hospital becomes The NewYork Hospital-Cornell Medical Center, Westchester Division.

- 1998 - New York Hospital-Cornell Medical Center and Presbyterian Hospital merge and the campus is renamed NewYork-Presbyterian Hospital/Westchester Division.

Today the 257-bed facility is one of only six free-standing psychiatric hospitals remaining in the nation. The Westchester Division provides specialized treatment programs for a multitude of mental health issues. On any given day, hundreds of patients receive the care they need to restore their health and return to productive and fulfilling lives.

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**A Rising Star**

Gretchen Hilbrandt, Site Administrator for Food and Nutrition Services at NewYork-Presbyterian/ Westchester Division, was a recent recipient of the 2008 40 Under 40 Rising Stars award given by The Business Council of Westchester. Gretchen has been with NYP since 1997.

**Congratulations Gretchen!**

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**Furry Friends Help Put Patients First**

Like the Psychiatrists, Psychologists and Social Workers with whom they work, all of these Behavioral Health Specialists have undergone intensive training. After eight weeks, they are ready to report for duty like disciplined and obedient soldiers fresh out of boot camp. Though they vary greatly in size and looks, they wear smart-looking red vests for uniforms and special ID badges when they take up their posts. They also genuinely love what they do and ask only to be recognized for a job well done by receiving an inexpensive but delicious treat and an appreciative hug.

This elite, specially-trained group makes up the Hospital’s pet therapy program – 17 loyal canines and their respective owners who volunteer their time bringing joy, comfort and relief to those in need. They all have a magic touch that’s been known to lower blood pressure, elevate moods, and bring smiles to the faces of many patients and their families at the Westchester campus.

(continued on pg. 3)