



# Gracie Square Hospital

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*Member*

 **New York-Presbyterian**

 **Regional Hospital Network**

**FOR NEARLY SIX DECADES**, Gracie Square Hospital has been a mainstay of the Upper East Side, providing the highest quality and most compassionate care to adults 18 years and older with psychiatric disorders who can benefit from inpatient hospitalization. The Hospital offers individuals a warm and welcoming environment in which to receive state-of-the-art treatment to facilitate a healthy recovery.

“Gracie Square Hospital is undergoing a period of extraordinary transformation and revitalization,” says David A. Wyman, President and CEO, Gracie Square Hospital. “We have undertaken renovations of our patient care facilities. We are growing our staff and expanding services and programs, including educational events for the community. Most importantly, our patients are benefitting from the latest therapies, which are in line with our commitment to maintain the highest standards of psychiatric treatment. Our goal is to help patients return to their communities to live healthy, productive lives.”

Through Gracie Square Hospital’s affiliation with NewYork-Presbyterian, one of the nation’s premier academic healthcare delivery systems, we are committed to providing high quality, patient-centered mental health and chemical dependency treatment services to individuals living in the Greater New York City metropolitan area.

## OUR TEAM

Gracie Square Hospital offers a multidisciplinary approach to care for patients with psychiatric disorders who can benefit from inpatient hospitalization. Our diagnostic and treatment programs are provided by skilled behavioral healthcare and management teams for a wide range of psychiatric illnesses and disorders.

Dedicated teams include licensed and certified staff members who create a nurturing, therapeutic environment where patients are encouraged to ask questions to gain a better understanding about their illnesses and treatment.

Working together, team members develop a personalized plan of care for each patient. This includes comprehensive assessments, immediate initiation of treatment to stabilize a patient's symptoms, and planning for the eventual transition from the Hospital to a community-based resource.



## OUR SPECIALIZED PROGRAMS

### Crisis Stabilization Program

This program provides short-term hospitalization for the acutely ill psychiatric patient, with rapid in-depth evaluation and immediate initiation of treatment. Our team quickly and effectively stabilizes acute symptoms, making it possible for patients to leave the Hospital and continue treatment in an outpatient setting.

### Asian Psychiatry Program

Recognizing that traditional and ethnic factors may influence a person's view of mental illness, the Asian Psychiatry Program offers culturally sensitive mental health services. This enables patients and their families to work within their own individualized framework to maximize success of treatment and prevent relapse. Our clinical and support staff speak Mandarin, Cantonese, and Chinese dialects.

### Affective Disorders Program

Adults with affective disorders benefit from a combination of medication and psychotherapy. This program also cares for individuals experiencing acute exacerbations of symptoms or adjustment to life stressors that require a brief inpatient stay. Treatment is supported by appropriate outpatient follow-up and referrals to community resources.



### **Psychotic Disorders Program**

Individuals with sudden worsening of schizophrenia, schizoaffective disorders, or bipolar disorder with psychotic features are cared for on a unit specifically for patients with these conditions. A multidisciplinary team, which includes psychopharmacologists and psychotherapists, manages acute symptoms, addresses stressors that lead to exacerbation, and provides group therapies that help patients understand warning signs and develop coping strategies to manage symptoms following discharge.

### **Older Adult Program**

The Hospital has a dedicated unit for patients age 65 and older who have a primary psychiatric disorder that requires inpatient treatment. Based on an evaluation of the patient's physical and psychological condition, our multidisciplinary team will develop an individualized plan of care that includes stabilizing and treating the patient's acute problems and recommendations for services following discharge.

### **Dual-Focus Program**

Patients who suffer from two concurrent illnesses – addiction and mental illness – have a better chance of successful treatment if they receive care in a dual-focus program. Our highly trained clinicians and chemical dependency counselors combine psychiatric and substance abuse treatment models to provide a comprehensive approach that addresses both illnesses.

### **Early Recovery Program**

This inpatient program focuses on the specialized needs of young adults, ages 18 to 25. Treatment plans include individual, family, and group therapy designed to help with psychosocial issues, everyday functioning, socialization skills, and managing education and vocational goals.



420 East 76th Street  
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Gracie Square Hospital provides comprehensive behavioral health services to enable individuals with psychiatric disorders to recover and return to their lives, their families, and their communities.

For More Information or to Make a Referral  
**(212) 434-5300**  
**[www.nygsh.org](http://www.nygsh.org)**