

The Outlook at Westchester

Exceptional Treatment for Individuals with Eating Disorders



The Outlook at Westchester
New York-Presbyterian Hospital
21 Bloomingdale Road
White Plains, NY 10605

1.888.694.5700

www.nyp.org/eatingdisorders

 **New York-Presbyterian**
Center for Eating Disorders

The Outlook at Westchester is a structured inpatient program designed to help individuals with eating disorders work toward recovery in a comfortable and supportive environment. We understand that eating disorders are serious illnesses, but we also believe that recovery is possible. Our team offers a full continuum of care, working collaboratively with patients to understand and modify their behaviors. Our goal is to help them achieve and maintain healthy eating and healthy weight.

The Outlook at Westchester
NewYork-Presbyterian Hospital
21 Bloomingdale Road
White Plains, NY 10605

1.888.694.5700

www.nyp.org/eatingdisorders



Who We Are

The Outlook at Westchester is part of an integrated academic program dedicated to the study and treatment of eating disorders, affiliated with both Weill Cornell Medical College and Columbia University College of Physicians and Surgeons. It is an inpatient unit at Payne Whitney Westchester, part of NewYork-Presbyterian Hospital's behavioral health services, one of the largest and most prominent healthcare institutions in the nation. A newly renovated unit, The Outlook at Westchester is located on a landscaped, park-like campus in White Plains, New York.

We use a team approach, bringing together the skills and talents of highly experienced clinicians offering behaviorally focused therapies in a structured setting. The treatment team at The Outlook at Westchester consists of adult and child psychiatrists, psychologists, social workers, nutritionists, nurses, and therapeutic activity specialists. Whenever possible, we communicate closely with each patient's referring clinicians to ensure continuity of care.

What We Offer

The Outlook offers personalized care for people with eating disorders, ages 13 and older. Our unit features:

- separate living space and therapeutic programming for adolescents and adults
- comfortable bedrooms
- group rooms for activities such as yoga and art therapy
- a relaxing "quiet activity" room
- a pantry where patients participate in preparing and selecting meals
- a classroom for students to participate in individualized educational instruction
- bright and cheerful halls decorated with landscape and nature photography
- opportunities to enjoy our park-like campus, which features walking paths, gardens, and recreational areas

expert
diagnosis



We incorporate the latest medical evidence into our program's treatment approach to teach patients how to make positive behavioral changes. Cognitive Behavioral Therapy helps patients modify their eating behaviors, make the best choices, and develop healthy patterns they can use for the rest of their lives -- long after they leave our facility.

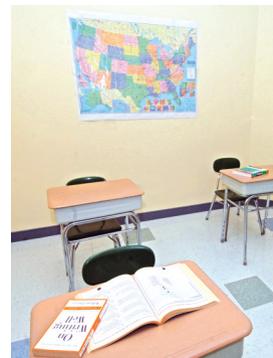
To assist patients in accomplishing their goals, we offer:

- supervised meals and meal preparation activities, with nutritional counseling to instruct patients to make the healthiest food choices
- meal process discussions after meals
- individual therapy
- group therapy
- family therapy for patients of all ages

For school-age patients, we work closely with their local school districts to develop an educational program that ensures continuity of relevant coursework. A certified teacher meets with students each weekday morning for classroom time and assigns homework that is completed each afternoon.

We understand that patients need continued support after they complete inpatient treatment. Plans for aftercare are discussed, along with other elements of discharge planning, throughout each patient's hospitalization. The treatment team involves family members throughout the stay, offering them vital support and education to make the patient's transition back to home an easier one.

discreet
compassionate
care

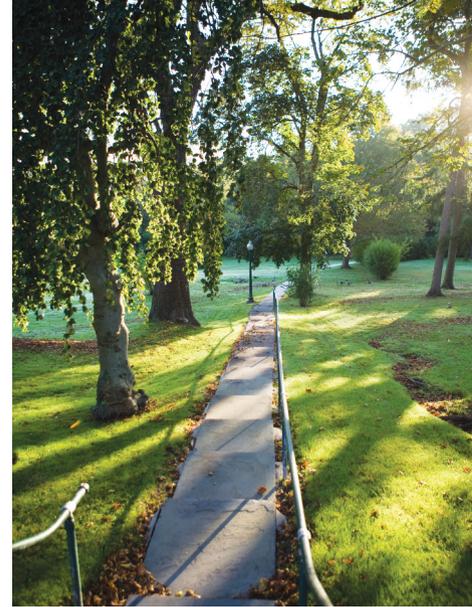


Accessing Our Care

To make an appointment for a consultation at The Outlook, call us at **888-694-5700**. We are available 24 hours a day to take your call. Referrals may be made by individuals, family members, healthcare professionals, or community agencies. Most insurance plans, as well as private pay, are accepted.

The Outlook at Westchester is located in White Plains, New York, less than 30 miles north of Manhattan. We are easily reached by train, by car from New York, Connecticut and New Jersey, and by air via nearby Westchester County Airport. For travel directions, visit us on the Web at **nyp.org/eatingdisorders**

treatment
& recovery



Directions

By Car

From New York City and Long Island:

Take the Hutchinson River Parkway to Exit 23 - Mamaroneck Avenue towards White Plains. Drive approximately 3½ miles to right fork for Bloomingdale Road. Proceed on Bloomingdale Road to the intersection with Maple Avenue. Turn right at light into hospital entrance.

From Upstate New York and New Jersey:

Take the NY State Thruway (I-87) across Tappan Zee Bridge. Go one mile to I-287 east. Continue on I-287 to Exit 8W. Keep left on exit ramp and turn left at the light onto Bloomingdale Road (opposite The Westchester Mall.) Turn left at the first light at Maple Avenue intersection into hospital entrance.

From New England:

Take either the Connecticut Turnpike (I-95), the Merritt Parkway, or I-684 to I-287 west to Exit 8, White Plains. Follow Route 119 (Westchester Avenue.) Turn left onto Bloomingdale Road. Take left at the second traffic light at Maple Avenue intersection into hospital entrance.

By Train

Take the Harlem Line on Metro North Railroad from Grand Central Station to White Plains. Taxi to hospital.

By Air

Limousine service from LaGuardia or JFK Airport.
Taxi from Westchester County Airport.