

A stylized green profile of a human head facing right, composed of several concentric, slightly offset layers. Overlaid on the head are three concentric, semi-circular arcs in varying shades of green, creating a layered, architectural effect.

# New York-Presbyterian Hospital Weill Cornell Psychiatry

┌ **New York-Presbyterian**  
└ Weill Cornell Medical Center  
New York, New York

┌ **New York-Presbyterian**  
└ Westchester Division  
White Plains, New York

**W**eill Cornell Psychiatry's Manhattan and Westchester programs, part of New York-Presbyterian Hospital, comprise one of the largest, most prestigious departments of psychiatry in the nation. Weill Cornell Psychiatry offers comprehensive behavioral healthcare for children, adolescents, adults, and older adults in inpatient and ambulatory settings.

For well over a century, Weill Cornell's renowned mental health experts have been at the forefront of psychiatry, offering state-of-the-art clinical care, generating pioneering findings of the causes and treatment of mental illness, and training the next generation of clinicians and scientists in the field.





NewYork-Presbyterian/Westchester Division  
is located on over 200 beautiful acres in  
suburban Westchester County, New York.



## A Distinguished Name



NewYork-Presbyterian Psychiatry  
is ranked #2 in the nation.

Weill Cornell Psychiatry at NewYork-Presbyterian Hospital is one of the largest, most prestigious programs in the country, with a distinguished history of leadership in clinical care, training, and research in psychiatric disorders for more than a century.

Consistently ranked among the nation's best, the services offered at Weill Cornell's Manhattan and Westchester campuses are recognized annually for excellence in psychiatric care by behavioral healthcare specialists, professional organizations, and patients and families.

NewYork-Presbyterian Hospital is ranked the #2 hospital in the country for Psychiatry according to *U.S. News & World Report* and is recognized by Castle Connolly for having the highest number of top psychiatrists in the nation.

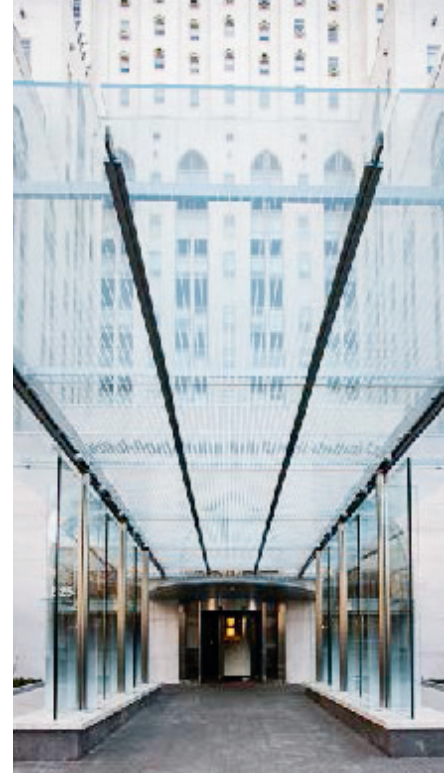
# A Great Tradition

## **NewYork-Presbyterian/Weill Cornell Medical Center Payne Whitney**

Following its opening in 1791, The New York Hospital has had a celebrated history of serving the needs of patients with psychiatric illness. It was the first hospital in New York City to develop a separate facility offering progressive, humane treatment for the mentally ill. After outgrowing its earlier locations, Payne Whitney opened its doors in 1932 in a freestanding building on the Hospital's then new East 68th Street site, staffed by eminent psychiatrists pioneering new treatments and conducting ground-breaking research on the progression and treatment of mental illness. Today, Payne Whitney has become synonymous with offering psychiatric care of the highest standards. Beyond helping their patients, Payne Whitney clinicians have been a resource for mental health colleagues from around the nation, and they are sought out continuously for their professional expertise and skilled leadership.

## **NewYork-Presbyterian/Westchester Division, White Plains**

NewYork-Presbyterian/Westchester Division opened its doors in White Plains, New York, in 1894 after having outgrown its previous locations in New York City. Since its inception, it has been at the forefront of the movement known as moral treatment, providing patient-centered care in a facility specifically designed to offer the tranquility and activities that support mental health healing. The beautifully landscaped grounds cover over 200 acres and the gracious buildings, many of which retain their original historic detail, provide space for specialized services and therapeutic activities. Leading experts in many areas of behavioral healthcare offer outstanding treatment and compassionate care, with patients benefiting from the latest findings of the faculty's cutting-edge research.



## We Put Patients First

NewYork-Presbyterian Hospital and Weill Cornell Medical College are committed to ensuring that patients and their families receive compassionate care and exceptional services from every staff and faculty member. Patient-centered practices have been instituted to promote a Hospital-wide standard of quality care and patient safety – key components of effective treatment. The Hospital offers culturally sensitive care, with special attention to ethnicity and spirituality. An example is The Horizon at Westchester, a special inpatient track for Orthodox Jewish patients, designed specifically to meet the particular cultural and religious requirements of observant individuals in order to enhance their level of comfort during hospitalization. In addition, NewYork-Presbyterian provides interpreter services and professional staff trained to work with patients who are deaf or hearing impaired.

Our programs are affiliated with Planetree, a national organization dedicated to ensuring that patients are cared for in a healing environment that focuses on nurturing the mind, body and spirit.

NewYork-Presbyterian/ Westchester Division is the first behavioral health hospital in the nation to be formally named by Planetree Inc. as a “Planetree Designated Patient-Centered Hospital.”





## Clinical Care

Weill Cornell Psychiatry offers treatment for the full spectrum of psychiatric illnesses, including general psychiatry, geriatric psychiatry, child and adolescent psychiatry, addiction recovery, eating disorders, anxiety and mood disorders, personality disorders and neuropsychological concerns. Reflecting the latest advances in psychiatric treatment, clinical programs are offered at many levels of care, depending on individual needs and severity of illness.

Patients receive a comprehensive evaluation and are directed to the most appropriate, least restrictive level of treatment. Both campuses offer services ranging from inpatient treatment that involves a brief hospital stay to ambulatory programs, such as partial hospital, day treatment, and outpatient services that vary in intensity and frequency of visits.



## Specialized Programs

Weill Cornell Psychiatry offers several specialized programs focused on serving the needs of particular populations.

### Geriatric Psychiatry

The Weill Cornell Institute of Geriatric Psychiatry, established in 1994 at NewYork-Presbyterian/Westchester Division, has gained national recognition for excellence in specialized clinical care, research, and training in depression and other mood disorders of older adults. The Institute's clinical services consist of personalized programs of care aimed at eliminating or reducing psychiatric symptoms and facilitating adaptation to limitations that are often a part of late life. Expert psychopharmacology, psychotherapy, group therapy, family consultations and assistance with social support services are some of the many clinical services available to patients.

The Institute has an expansive research program ranging from biological causes of geropsychiatric disorders to novel treatment development to health services delivery research. The program has had continuous support from the National Institute of Mental Health for research in geriatric mood disorders for more than 30 years. The Institute's research and clinical training programs are a major national resource with many of its trainees gaining recognition for their contributions after graduation.





## Eating Disorders – The Outlook

The Outlook at Westchester provides a therapeutic inpatient setting focusing on recovery for females and males with eating disorders. The program – a collaboration of NewYork-Presbyterian Hospital, Weill Cornell Medical College, and Columbia University College of Physicians and Surgeons, in affiliation with the New York State Psychiatric Institute – offers comprehensive diagnostic evaluations and programming that is developmentally appropriate for adolescents and adults. Nationally recognized eating disorders specialists provide individual and group psychotherapy, as well as family therapy, and accredited school programs and therapeutic recreational activities are also available on the campus.

## The Haven at Westchester

Hotel-like amenities, gracious accommodations, and personalized services enhance the recovery experience for patients in The Haven at Westchester, an elegantly designed deluxe inpatient unit for adults 18 and older. Here, experienced Weill Cornell clinicians provide expert treatment for mood, psychotic, personality, eating, and geriatric psychiatry disorders. The restorative environment includes spacious private bedrooms with baths and beautifully decorated living and dining areas that are ideal for visiting and group activities. Patients are offered daily menu choices featuring specially prepared meals by a gourmet chef. Concierge services are provided, as well as a personal phone, computer access, and in-room television when a patient's condition allows. A daily amenities fee is additional and is the responsibility of the patient.





## **Child and Adolescent Services**

A full complement of outstanding services developed especially to meet the particular needs of children and adolescents is available on both campuses. These include individualized evaluations for diagnosis and assessment, as well as ambulatory and inpatient programs addressing a variety of concerns such as anxiety, depression and other mood disorders, ADHD, conduct disorders, impulsivity, self-injury, and eating disorders. Leading experts in child psychiatry conduct outpatient support groups for patients and families dealing with divorce, bereavement issues, and the development of social skills. On-site educational programs allow those who are hospitalized to keep up with their classroom work, and age-appropriate recreational opportunities are available.

## **Adolescent Partial Hospitalization Program**

The Adolescent Partial Hospitalization Program is a medically supervised program providing intensive brief treatment for adolescents ages 13 to 18 years old who are experiencing acute symptoms of mental illness. The program offers rapid stabilization of acute symptoms in an outpatient setting as an alternative to, or step-down from, hospitalization. A multidisciplinary treatment team provides complete medical and psychiatric evaluations and treatment programs that include individual and group therapy, medication management, family counseling, daily school instruction with a Department of Education teacher, aftercare planning, and close collaboration with referring professionals. Programming emphasizes improved coping skills, greater psychological insight, stress management, and behavior modifications that facilitate problem solving and healthy daily functioning.

## Center for Autism and the Developing Brain

The Center for Autism and the Developing Brain serves the needs of patients with autism spectrum disorders and other brain development disorders. A collaboration of NewYork-Presbyterian, Weill Cornell Medical College, and Columbia University College of Physicians and Surgeons, in partnership with New York Collaborates for Autism, the Center is located on the NewYork-Presbyterian/Westchester Division campus in an historic former gymnasium that has been redesigned to provide a calming and quiet setting conducive for patients with autism.

Serving patients of all ages, the Center provides comprehensive, integrated clinical care in a patient- and family-centered environment. Patients benefit from an array of diagnostic, early intervention, and multidisciplinary therapeutic services. The Center also offers parent support groups, family education, and counseling, as well as gap services to aid families during planning for future treatment and utilization of community-based resources.







## Access Services

For round-the-clock access to Weill Cornell Psychiatry's services at either campus, please call **1-888-694-5700**.

This unique and innovative one-stop service, available 24 hours a day, seven days a week, connects patients, families, and clinicians to the appropriate outpatient or inpatient programs. Calls will be answered by a NewYork-Presbyterian Hospital staff member who can initiate the evaluation and admissions process, answer questions about services and levels of care, and discuss financial issues.

## Locations

Our psychiatry programs are provided in two convenient locations in the New York metropolitan area, Manhattan's Upper East Side and White Plains, both easily reached by car or public transportation.

## Financial Information

Most major insurance and managed care plans are accepted, as well as Medicare, Medicaid, and private payment.

## For More Information

If you would like additional information, please call 1-888-694-5700 or visit [nyp.org/psychiatry](http://nyp.org/psychiatry).

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**1-888-694-5700**

## **Manhattan:**

NewYork-Presbyterian/  
Weill Cornell Medical Center  
525 East 68th Street  
New York, NY 10065

## **Westchester:**

NewYork-Presbyterian/  
Westchester Division  
21 Bloomingdale Road  
White Plains, NY 10605

**[nyp.org/psychiatry](http://nyp.org/psychiatry)**

To learn how to support the important work being done in Psychiatry at both NewYork-Presbyterian / Weill Cornell Medical Center in Manhattan and NewYork-Presbyterian / Westchester Division in White Plains, please contact Barbara Rothenberg at 646-317-7324 or [bar9022@nyp.org](mailto:bar9022@nyp.org).

