

Counseling Resources

Andrus Mental Health Clinic 914-949-7680

19 Greenridge Ave White Plains NY 10605

<http://andruscc.org/>

Andrus provides services to multi-stressed families with children needing psychiatric and therapeutic intervention including: evaluation; individual, family and group therapy enhanced by clinical case management; psychiatric assessment, medication management and support; psycho-educational testing and support related to school placement; and advocacy, referral and linkage to community based organizations.

The Center for Behavior Therapy 914-946-4666

222 Westchester Avenue Suite 406 White Plains, NY 10604

<http://cognitivebehaviortherapy.com/index.html>

The Center for Behavior Therapy is a comprehensive facility of clinical professionals specializing in a full array of psychological and psychiatric services for adults, adolescents, children, couples, and families. The philosophy of The Center focuses on offering clients, through professional guidance, the ability to reduce and eliminate their distress by being actively engaged in the therapeutic process using cognitive behavioral therapy.

Cognitive & Behavioral Consultants of Westchester and Manhattan 914-385-1150

1 North Broadway, Suite 704 White Plains, NY 10601

<http://www.cognitivebehavioralconsultants.com/>

Cognitive & Behavioral Consultants of Westchester and Manhattan is a private group practice of internationally recognized mental health professionals who specialize in Cognitive Behavior Therapy and Dialectical Behavior Therapy, and provide clinical, consultation, and coaching services. Through the use of evidence-based approaches they provide the necessary structure and tools to assist individuals with issues ranging from life stresses and problems to the full range of mild to severe psychological disorders. Adults, adolescents, children, couples and families are served.

Crisis Prevention and Response Team (CPRT) 914-925-5959

<http://www.stvincentswestchester.org/outpatient-programs/crisis-prevention-and-response-team>

The CPRT is an interdisciplinary mobile team of mental health professionals (social workers, child and family specialist, psychiatrist). The team responds to people in the community, usually visiting them at home, although they can be seen elsewhere as well. The team also has offices at Saint Joseph's Medical Center in Yonkers and at St. Vincent's Hospital in Harrison. The CPRT serves any person in Westchester who is experiencing, or is at risk of, a psychological crisis, and who requires mental health intervention. Links to other community resources and to follow-up support are provided as well.

Family Services of Westchester (FSW) 914-948-8004

Family Mental Health Center- 1 Summit Ave White Plains NY 10606

<http://www.fsw.org/>

FSW, licensed by the New York State Office of Mental Health, provides comprehensive mental health services. FSW offers a broad spectrum of services addressing the social, emotional and environmental factors that can have a negative impact on family life and can diminish an individual's ability to function optimally.

Four Winds Hospital 914-763-8151 or 1-800-528-6624

800 Cross River Road Katonah, New York 10536

http://www.fourwindshospital.com/about_four_winds/westchester/index.html

Adolescents are treated in inpatient or partial hospitalization programs focus on each age group's developmental issues. Units are divided into ages 12-14 and 13-17. Adolescent treatment utilizes DBT-informed treatment (Dialectical Behavioral Therapy), including skills training in mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness and relapse prevention. Daily schooling is provided at on-site Learning Center with classes taught by master's-level and special education teachers.

The Guidance Center of Westchester 914-613-0705 or 914-613-0706

70 Grand St New Rochelle NY 10801

9 West Prospect Ave Suite 412 Mount Vernon NY 10550

<http://www.theguidancecenter.org/>

The Guidance Center of Westchester offers: Individual, family and group counseling and therapists and counselors who specialize in helping teens and young adults. Day, evening and weekend appointments are available. *English/Spanish.*

Mental Health Association of Westchester (MHA) 914-345-0700 ext. 7350 For Spanish: 914- 345-0700 ext. 7304

580 White Plains Rd Suite 501 Tarrytown NY 10591
300 Hamilton Ave Suite 201 White Plains NY 10601
<http://www.mhawestchester.org/>

MHA's clinics are licensed by the New York State Office of Mental health and provide individual, group, family and medication therapy services for children and adolescents. Specialized treatment is available to address the challenges of depression, anxiety, difficulties with attention and concentration, and behavioral difficulties; as well as for managing the impact of physical or sexual abuse, serious illness or death in the family. *Spanish services are available.*

NewYork-Presbyterian Hospital/Weill Cornell Medical Center 914-997-5700

Westchester Division 21 Bloomingdale Road White Plains, NY 10605
<http://wo-pub2.med.cornell.edu/cgi-bin/WebObjects/PublicA.woa/3/wa/servicesEntry?servicesID=1456&website=wmc+psych&wosid=w72TjX0v0GP0bkS0V5b3hg>

The Child and Adolescent Evaluation Service is designed to respond to requests from families, educators, and community service providers. Children and adolescents up to 18 years old, and their families, receive comprehensive assessments that lead to specific treatment recommendations. Evaluations meet the specific needs of each child or adolescent. Recommended treatment plans may include individual and/or family therapy, group programs that address social skills, parent training or divorce issues, medication when appropriate, and suggestions for additional assessments or school placement.

St. Vincent's Hospital Westchester 914-925-5320 or 855-239-0019 Latino Treatment Services: (914) 925-5123

A Division of Saint Joseph's Medical Center- 275 North St Harrison NY 10528
<http://www.stvincentswestchester.org/>

St. Vincent's Westchester offers a full range of mental health treatment services for children and adolescents. Treatment begins with a comprehensive evaluation an individualized care plan can be developed. Individual, group and family therapy and medication management are offered. Services include emergency and walk-in evaluations, outpatient mental health services for children and families, full day treatment program for adolescents, including on-site school and academic tutoring, intensive after-school outpatient programs, addiction treatment, inpatient hospitalization for children 13 and older, and acute and crisis stabilization care.

Westchester Center for the study of Psychoanalysis and Psychotherapy (WCSPP) 914- 997-7500

468 Rosedale Avenue White Plains, New York 10605
<http://wcspp.org/therapy-center/>

The Psychotherapy Service of WCSPP offers individuals an opportunity to receive psychoanalysis and psychotherapy at an affordable cost from mental health professionals who are enrolled in our postgraduate advanced training programs. Their work with patients is supervised by seasoned psychoanalysts. This service is available to children, adolescents, adults, and couples throughout Westchester, Rockland and Fairfield counties as well as the Bronx. Patients are seen in private offices for as long as treatment is needed.

Westchester Jewish Community Services (WJCS) 914-949-7699

Family Mental Health Center- 141 North Central Ave Hartsdale NY 10530
<http://www.wjcs.com/>

WJCS operates New York State licensed clinics. Individual, family and group psychotherapy is offered for children and adults. Supervised medication evaluation and management is available. Several clinics offer Dialectical Behavioral Therapy treatment and/or skills groups to help individuals reduce and cope with intense emotions and difficult-to-manage behaviors. WJCS also provides free Social & Emotional Wellness Screenings, confidential, early recognition and intervention screenings for youngsters age 3 - 18 aimed to identify children who have emotional needs that can affect how well they do in school and their ability to get along with friends and family. *Spanish speaking staff is available at several sites.*

Westchester Medical Center – Behavioral Health Center 914-493-7000

100 Woods Road Valhalla, New York 10595
<http://www.westchestermedicalcenter.com/BehavioralHealthServicesforChildrenandAdolescents>

Inpatient, outpatient and psychiatric services are available to children, adolescents and their families. Common childhood emotional and behavioral problems are assessed and treated. Psychological and neuropsychological evaluation, medication, play therapy and parent counseling are among the services available.

White Plains Hospital's Department of Behavioral Health 914-681-1078

White Plains Hospital 41 East Post Road White Plains, NY 10601
<http://www.wphospital.org/Programs-Services/Behavioral-Health>

The Department of Behavioral Health's Child and Adolescent Service specializes in the diagnosis, treatment, and prevention of problems for children and adolescents. Services available for families with children between the ages of one and 19 include individual and family psycho-education and therapy, testing and assessment, medication management and collateral school and physician consultations.