Senior Citizen Guide
To Mental Health Services
Acknowledgments

Allan D. Rosenberg, MBA
Chairperson
Westchester Public/
Private Partnership
for Aging Services

George Alexopoulos, MD
Professor and Director
Weill Cornell Institute of
Geriatric Psychiatry
Weill Cornell Medical College

Robert P. Astorino, Westchester County Executive
County Board of Legislators

Mae Carpenter, Commissioner
Westchester County Department
of Senior Programs and Services

Jo Anne Sirey, PhD
Associate Professor
Weill Cornell Medical College
Chair, Westchester County
Geriatric Mental Health Coalition

Diane Aparisio, MSW
Consultant
Weill Cornell Medical College
Westchester County
Geriatric Mental Health Coalition

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Westchester County Geriatric Mental Health Coalition.

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About This Directory

Older adults in today’s society often face physical, emotional, social and economic losses that can make aging a difficult process. Too often, individuals and their families try to cope with these life stresses alone due to the lack of available mental health services or a reluctance to use them. Those who suffer from chronic mental illness face even greater stress. Their struggle to cope often exhausts all available avenues of relief.

Recognizing the increasing need for mental health services for the elderly, the Westchester Public/Private Partnership for Aging Services, the Geriatric Institute of Weill Cornell Medical College, and the Westchester County Department of Senior Programs and Services have collaborated to produce this guide to assist consumers and their families in obtaining information on available programs and services in Westchester County.

We hope you’ll find this directory both informative and helpful. We have tried to make it an easy-to-use reference. Here are a few hints before you begin browsing:

As you’ll see in the Table of Contents, the guide is organized into short chapters on helpful services for older adults and their family members. Since the focus of this directory is to provide information on mental health and supportive services for aging adults, this is NOT a comprehensive listing of senior services in Westchester County.

This little light bulb appears throughout the guide. When you see it, you’ll find suggestions about additional community resources that might be useful.

If you know what kind of service you’re looking for...

Browse through the appropriate chapter. (For instance, if you are looking for information about Medicare or Social Security, go right to the chapter on Insurance and Financial Assistance.)

If you’re not sure what kind of help you or your family need...

Call one of the agencies listed in the Information and Referral chapter. Staff will listen, ask questions to clarify your situation, and then suggest one or more agencies that provide the service you’re looking for. (Before you visit an agency, always call ahead to check office hours.)

If you’re looking for other services for older adults...

Call the Westchester County Department of Senior Programs and Services Information and Referral Line at (914) 813-6300.

Inclusion in this guide does not imply endorsement of any agency or program or standards, nor does omission reflect disapproval.
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National Organizations
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  National Institute of Mental Health
  National Mental Health Association
  National Alliance for the Mentally Ill
  Alzheimer’s Association
EMERGENCY AND CRISIS SERVICES

DIAL 9-1-1 to contact police, fire, or ambulance services.

If your crisis does NOT require police, fire or ambulance services, one of these hotlines may help. All operate 24 hours/day, 7 days/week.

ABUSE/DOMESTIC VIOLENCE

Hotline staff provides crisis intervention, counseling temporary shelter (or referral to shelter) and other supportive services to those in abusive situations.

Mental Health Association          347-4558
My Sisters’ Place (legal service)    800-298-SAFE
                                      969-5800
Northern Westchester                888-438-8700
Shelter Hotline (legal service)     238-2800

ALCOHOL AND DRUGS

Staff provides counseling, information and referrals to prevention and treatment programs for all substance abusers.

Daytop Village                      800-2DAYTOP
Renaissance Project                 845-647-6575
New York Presbyterian Hospital     888-694-5700

CRISIS INTERVENTION

Teams of mental health professionals respond to crisis calls on a 24-hour basis.

Staff provides diagnostic evaluation, emergency treatment and will arrange links to outpatient care.

Mobile Crisis Team                  493-7075

SEXUAL ASSAULT

Confidential hotline for anyone who has experienced a sexual assault. Supportive counseling, information and referrals.

Victims Assistance                  345-9111
Services of Westchester             945-1313

SUICIDE/CRISIS INTERVENTION

Confidential counseling, crisis intervention, and referrals to support services, treatment and emergency services.

American Foundation for Suicide Prevention (Hotline) 800-273-TALK (8255)
Mental Health Association Hotline 347-6400
If you are not in an emergency situation but need information about health and human services, you can call one of the agencies below. The trained information specialists at these agencies will either give you the information you need or refer you to an agency that provides the service you are looking for.

**GENERAL**

- United Way of Westchester 997-6700
- Putnam Helpline 845-621-2203

**ALZHEIMER’S DISEASE AND OTHER DEMENTIA**

- Alzheimer’s Association 800-872-0994
- 866-882-5772 (24 hour line)

**CAREGIVER SUPPORT**

- Family Caregiver Support Westchester Co. Dept. of Senior Programs and Services 245-9167

**DOMESTIC VIOLENCE**

- Mental Health Association (24 Hour Hotline) 347-4558

**INSURANCE**

- Medicaid Managed Care Helpline: 800-549-7650 (24 hours)
- Medicare Helpline: 800-633-4227 (Social Security Administration)

**LEGAL**

- Lawyer Referral Service - 761-5151
- Westchester Co. Bar Assoc. (Monday-Friday, 10:00 am-4:00 pm)
- Legal Services of the Hudson Valley Intake: Mon, Wed, & Fri. 9:00am-4:00pm
- Tues & Thurs. 12:00pm-3:00pm

**MENTAL HEALTH/MENTAL ILLNESS**

- Mental Health Association of Westchester County ext. 240
- Information Line (Monday-Friday, 9:00am-5:00pm)
- Westchester County Dept. of Community Mental Health Information Line (Monday-Friday, 9:00am-5:00pm)

The Westchester County Dept. of Community Mental Health sponsors a **Depression Support Network** that can also provide referrals for local physicians, therapists or treatment programs. Call 995-5236. (Spanish-speaking line: 231-2925.)
If you are looking for a private therapist, see the chapter on “Counseling and Treatment” for a list of organizations that offer free telephone referrals.
Counseling and Treatment

COUNSELING AND TREATMENT

When one member of a family has a problem, the rest of the family is affected, too. Sometimes, just talking things out and sharing concerns can help, but if the feelings or behaviors are interfering with normal family life, you might want to try counseling.

What a Counselor Does

Counseling offers people a chance to talk about issues they don’t feel comfortable discussing with anyone else. Sessions are private and confidential. The counselor will listen to problems and help clarify a situation.

When Should You Seek Counseling?

Each situation is individual, but here are some signs that might indicate a need for counseling:

- sudden changes in mood or behavior
- depression, feeling unhappy for a long time
- sleep disturbances
- appetite or weight changes (loss or gain)
- feeling guilty, worthless or helpless
- feeling unable to cope
- chronic aches and pains that are not caused by physical illness
- persistent marital troubles

What is an Assessment?

When you call an agency to set up an appointment, a staff member may ask you some questions: What is the current problem? What type of counseling are you looking for (e.g. individual vs. couples)? What type of insurance do you have?

When you go to a counseling agency for the first time, a professional will meet with you (and your family if you prefer) to assess the current problems and/or stress that you may be experiencing.

After the initial assessment, the professional will offer suggestions about the type of treatment that would be most helpful. The professional may also suggest evaluation by a psychiatrist for further exploration of the problem or consultation to see if medication would be helpful. The assessment also offers family members the opportunity to speak about their feelings and needs.

Where to Go for Help

All of the agencies listed operate on a sliding-fee scale (you pay according to your income). Some are free. Most accept insurance, including Medicaid and Medicare, but you should always check this when you call for an appointment. Most of these programs accept any county residents, but some serve specific communities; be sure to check on this when you call as well.

Office hours are generally Monday-Friday, 9:00 am-5:00 pm, but many have evening hours. Although you’ll see names like “Westchester Jewish Community Services” and “Catholic Charities,” these agencies are non-sectarian, i.e., they serve anyone. If you are seeking faith-based counseling, look for agencies that offer pastoral counseling.
All of these organizations provide general counseling services, including individual and family counseling. Some have indicated that they offer specialized services as well. If so, the letter or letters in parenthesis after the name will indicate the specialized counseling services provided.

Bereavement (B)
Geriatric (G)
Marriage (M)
Pastoral (P)
Violence/Abuse (V)

For information on addictions counseling (e.g. alcohol, drugs, gambling), see the chapter on Addiction Disorders.

### COUNSELING CENTERS

**Bronxville**
Counseling Center (B,M,P)
180 Pondfield Road
793-3388

**Elmsford**
Mental Health Association of Westchester County (G,M,V)
2269 Saw Mill River Road
345-5900

Victims Assistance Services (V)
Westchester Community Opportunity Program
2269 Saw Mill River Road – Building #3
345-3113

**Harrison**
St. Vincent’s Hospital Westchester
Outpatient Mental Health Clinic (B,G,M, P,V)
275 North St.
925-5320

**Hartsdale**
Westchester Jewish Community Services
Family Mental Health Clinic (B,G,M,V)
141 N. Central Ave.
949-7699

**Hastings-on-Hudson**
Echo Hills Community Counseling Center of Phelps Memorial Hospital Center (B,G,M,V)
457 Broadway
478-0633

**Katonah**
Northeast Counseling (B,M,P)
31 Bedford Road
232-3338

**Mamaroneck**
Larchmont/Mamaroneck Community Counseling Center (B,M,V)
234 Stanley Ave.
698-7549

**Montrose**
VA Hudson Valley Health Care System
Outpatient Mental Health Clinic
Route 9A
737-4400

**Mount Kisco**
Mental Health Association – Northern Westchester Counseling Center (B,G,M,V)
344 Main St. – Suite 301
666-4646

Westchester County Dept. of Community Mental Health
27 Radio Circle Drive
864-7101

**Mount Vernon**
Family Services of Westchester (B,G,M,V)
9 W. Prospect Ave. - Room 309
668-9124
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<th>Location</th>
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<td>Westchester</td>
<td>Victims Assistance Services (V)</td>
<td>c/o Mount Vernon Police Department</td>
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<tr>
<td></td>
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<td>1 N. Roosevelt Square</td>
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<td></td>
<td>665-2539</td>
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<td></td>
<td>Westchester County Dept. of Community</td>
<td>100 E. First St. - 5th Floor</td>
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<td>Mental Health (V)</td>
<td>813-6220</td>
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<td>Westchester Jewish Community Services</td>
<td>6 Gramatan Ave. – Suite 401</td>
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<td>Family Mental Health Clinic (B,G,M,P,V)</td>
<td>668-8938</td>
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<td>Pelham</td>
<td>New Rochelle</td>
<td>The Guidance Center (B,M)</td>
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<td>70 Grand St.</td>
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<td>Admissions: 636-4440 ext. 200</td>
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<td>Pelham</td>
<td>Iona Pastoral Counseling and Family</td>
<td>Sound Shore Medical Center</td>
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<td>Therapy Center (B,G,M,P)</td>
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<td>Kirschenbaum Mental Health Center</td>
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<td>Senior Outreach Program: 637-1420</td>
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<td>New Rochelle</td>
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<td>Family Mental Health Clinic (B,M,P)</td>
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<td>New Rochelle</td>
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<td>Hudson River Community Health (B,G,M,V)</td>
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<td>Family Services of Westchester (B,G,M)</td>
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<td>New Rochelle</td>
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<td>507 Fifth Ave.</td>
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<td>Foundation for Religion and Mental Health</td>
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<td>New Rochelle</td>
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<td>Port Chester/ Rye Brook</td>
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<td>Family Services of Westchester (B,G,M)</td>
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<td>New Rochelle</td>
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<td>New Rochelle</td>
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<td>937-2320</td>
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<td>New Rochelle</td>
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<td>Scarsdale</td>
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<td>Counseling Center (B,M,P)</td>
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<td>1 Heathcote Road</td>
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<td>New Rochelle</td>
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<td>Scarsdale-Edgemont Family Counseling</td>
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<td>Center (M)</td>
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<td>New Rochelle</td>
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<td>New Rochelle</td>
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<td>723-3281</td>
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<td>New Rochelle</td>
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<td>Sleepy Hollow</td>
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<td>Phelps Memorial Hospital Center</td>
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<td>New Rochelle</td>
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<td>755 N. Broadway</td>
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<td>New Rochelle</td>
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<td>366-3600</td>
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</table>
Counseling and Treatment

Family Services of Westchester (B,G,M)
239 N. Broadway
631-2022

Sleepy Hollow Family Resource Center
358 N. Broadway – Suite 201
332-9194

**Tarrytown**
Hospice Care in Westchester and Putnam (B)
540 White Plains Road
666-4228

**Tuckahoe**
Bereavement Center of Westchester (B)
69 Main St.
961-2818

**Valhalla**
Westchester Medical Center
100 Woods Road
493-7088

**White Plains**
Family Institute of Westchester (M)
333 Westchester Ave.
777-3909

Family Justice Center (G)
111 Dr. Martin Luther King Blvd.
914-995-3100

Family Services of Westchester
1 Summit Ave.
948-8004

Greenburgh Health Center (V)
330 Tarrytown Road
989-7600

Hospice and Palliative Care of Westchester (B)
311 North St.
682-1484

My Sisters’ Place (V)
1 Water St. 3rd Fl.
683-1333
800-298-7233 (24 hour line)
800-298-SAFE

New York Presbyterian Hospital
Cornell Institute of Geriatric Psychiatry
21 Bloomingdale Road
888-694-5700; 997-4331, 800-NYP-1902

RDC Center for Counseling and Human Development (M,P)
52 N. Broadway
949-0504
Counseling and Treatment

Cornell Institute of Geriatric Psychiatry offers free screening for depression for older adults and their families. Screenings are conducted by a trained clinician. Call 997-4331 for more information.

THERAPIST REFERRAL

If you are looking for a private therapist, all of these organizations offer free telephone referrals.

- New York State Society for Clinical Social Work 800-288-4279
- Psychiatric Society of Westchester 967-6285
- St. Vincent's Hospital Westchester 967-6500
- Westchester County Medical Society 967-9100
- Westchester County Psychological Association 723-3030
- Westchester Medical Center 493-7000
- White Plains Hospital Center 681-0600

Vet Center (B,M,V) (for veterans and their significant others)
300 Hamilton Ave.
682-6250

Westchester County Office for Women (V)
112 East Post Road – Room 110B
995-5972

White Plains Hospital Center (B)
Outpatient Mental Health Clinic
2 Davis Ave. at East Post Road
681-1130

Yonkers
Aisling Irish Community Center (P)
990 McLean Ave.
237-5121

Catholic Charities
204 Hawthorne Ave.
476-2700

My Sisters’ Place (V)
358-0333

Victims Assistance Services (V)
30 S. Broadway – Lower Level
965-0217

Westchester County Dept. of Community Mental Health
53 S. Broadway – Room 500
231-2925

Westchester Jewish Community Services
Family Mental Health Clinic (M,V)
487 S. Broadway
423-4433
The Westchester County Dept. of Community Mental Health sponsors a Depression Support Network that can also provide referrals for local physicians, therapists or treatment programs. Call 995-5236. (Spanish-speaking line: 231-2925).

**CRIME VICTIMS/WITNESS COUNSELING**

For victims of accidents caused by drunk drivers and families of victims:

Mothers Against Drunk Driving (MADD)
800-GET-MADD

For families of homicide victims:

Victims Assistance Services of Westchester Homicide Crisis Outreach Program
345-3113

For older adults who are crime victims:

Victims Assistance Services of Westchester Elderly Victims Service
345-3113

**LGBT SERVICES**

The Guidance Center
70 Grand St.
New Rochelle
636-4440 ext. 200

The Loft: Lesbian and Gay Community Service Center
Helpline: 948-4922

Westchester Medical Center Gateway
493-1753

**SERVICES FOR PEOPLE WITH DISABILITIES**

Westchester Disabled on the Move (Independent Living Center)
Yonkers
968-4717

Westchester Institute for Human Development
493-850

The Westchester Independent Living Center offers peer support, benefits advisement, and referral to community resources for people with mental illness. Contact them at 682-3926.

**DEMENTIA MANAGEMENT**

These programs help individuals with cognitive impairments (including Alzheimer's disease and other dementia) improve their ability to function through a tailored program that may include physical, occupational, speech and cognitive therapies.

Burke Rehabilitation Hospital
Outpatient Cognitive Remediation Program
785 Mamaroneck Ave.
White Plains, NY 10605
Outpatient Dept: 597-2892
Main Hospital: 597-2500

St. Joseph’s Medical Center
127 S. Broadway
Yonkers, NY 10701
378-7000

Wartburg Adult Care Community
Alzheimer’s and Dementia Care
1 Wartburg Place
Mount Vernon, NY 10552
923-5700
MENTAL HEALTH CASE MANAGEMENT

Case management programs assign a clinician to oversee the services provided to your loved one. In addition to service coordination, a case manager offers ongoing support to the client and family, and helps you access related community services.

The Westchester County Department of Community Mental Health is responsible for referring people to community organizations that provide psychiatric case management.

For information, call 995-5245.

You can also download the **Single Point of Entry Application** from the DCMH Website. Go to www.westchestergov.com/mentalhealth.

CONTINUING DAY TREATMENT

Day treatment programs can be an alternative to hospitalization or a transition after hospitalization for those who need treatment on a daily basis but are able to live at home.

These programs offer individual and group therapy, recreational and activity therapy, and prevocational programs for those diagnosed with mental illness. The goal is to help clients remain in the community through increased self-awareness and improved skill levels. Most operate five days/week from morning – mid-afternoon.

These programs accept Medicaid, Medicare, and private insurance. You should call to set up an appointment and learn what documents you might be required to bring (e.g. proof of income if you wish to pay on a sliding scale, physician referral).

**Briarcliff Manor**
Phelps Continuing Day Treatment
315 S. Highland Ave.
762-7942

**Harrison**
St. Vincent's Hospital Westchester*
275 North St.
925-5320; 967-6500
*Offers specialized services for older adults.
**New Rochelle**
The Guidance Center*
Rochelle House
277 North Ave.
632-7600
70 Grand St.
636-4440 ext. 200
*Also offered at Mount Vernon Hospital. See page 13

**White Plains**
New York Presbyterian Hospital
Cornell Institute of Geriatric Psychiatry
21 Bloomingdale Road
888-694-5700;
800-NYP-1902
997-4331

Westchester Jewish Community Services
Geriatric Continuing Day Treatment
901 N. Broadway – Suite 14
946-6220

White Plains Hospital Center
41 E. Post Road
681-0600

**Yonkers**
St. Joseph's Family Health Center
Continuing Mental Health Clinic
8 Gyon St.
378-7563

**Social Clubs and Drop-In Centers**

For people diagnosed with psychiatric disorders, social clubs offer a variety of social, recreational, rehabilitative, and vocational services to promote recovery. They also provide links to other supportive services. Some offer peer support programs to help discharged patients adjust to life in the community.

These programs operate five days/week, from morning to mid-afternoon. Many of them charge no fees, but you should always check to see if there is a fee and if it can be covered by insurance.

**Mohegan Lake**
Westchester Jewish Community Services
Our Social Club
3441 Lexington Ave.
528-6995

Westchester Jewish Community Services
Sunshine Social Club
1836 E. Main St.
528-6995

**Mount Vernon**
Mount Vernon Service Center
20 E. First St., Suite 304
699-5036
Warmline: 877-435-7800

Jawonio Drop-In Center
60 S. Third Ave.
Call 963-8666 for information about all sites.

**New Rochelle**
The Guidance Center
70 Grand St.
636-4440

**Ossining**
Jawonio Drop-In Center
First Presbyterian Church
34 S. Highland Ave.
941-0540

**Peekskill**
Westchester Jewish Community Services
Sunshine Club
Assumption Church
131 Union Ave.
528-6995
### Counseling and Treatment

**White Plains**  
Center for Career Freedom  
1 E. Post Road  
288-9763  
Mental Health Association of Westchester County  
Sterling Club  
949-1212 ext. 215  

**Yonkers**  
Jawonio Drop-In Center  
176 S. Broadway  
Call 963-8666 for information about all sites.

**HOSPITAL-BASED TREATMENT**

**Psychiatric Hospitals**

Psychiatric hospitals provide comprehensive mental health treatment for individuals and their families. They offer inpatient, outpatient, and partial hospitalization programs, as well as dual diagnosis programs (mental health services for those with substance abuse problems).

**Harrison**  
St. Vincent's Hospital Westchester  
275 North St.  
925-5320; 967-6500  

**Katonah**  
Four Winds Hospital  
800 Cross River Road  
800-528-6624; 763-8151  

**Ossining**  
Stony Lodge Hospital  
40 Croton Dam Road  
941-7400  

**Rye**  
Rye Hospital Center  
754 Boston Post Road  
967-4567  

**White Plains**  
New York Presbyterian Hospital  
Cornell Institute of Geriatric Psychiatry  
21 Bloomingdale Road  
888-694-5700, 997-4331, 800-NYP-1902  

*Note: New York Presbyterian has both outpatient and inpatient service units devoted exclusively to the elderly.*

### HOME-BASED SERVICES

Mental health professionals can assess the needs of an older adult, determine the best course of treatment to deal with problem, and provide supportive counseling and referrals to community resources.

**Family Services of Westchester**  
Geriatric Mental Health  
Pamela McGurgan Marinelli, LMHC  
872-5290  

**Ossining**  
Dominican Sisters Family Health Service  
299 N. Highland Ave.  
941-1654  

**Tarrytown**  
Visiting Nurse Association of Hudson Valley  
540 White Plains Road, Suite 300  
666-7616  

**Visiting Nurse Services in Westchester**  
360 Mamaroneck Ave.  
682-1480
Inpatient Psychiatric Units

In addition to the psychiatric hospitals listed above, the following community hospitals have inpatient psychiatric units for adults:

**Montrose**
VA Hudson Valley Health System
Veterans Evaluation and Treatment Program
Route 9A
737-4400 ext. 2345

**Mount Vernon**
Mount Vernon Hospital
12 N. Seventh Ave.
664-8000

**Mount Kisco**
Northern Westchester Hospital
400 E. Main St.
666-1200

**Sleepy Hollow**
Phelps Memorial Hospital Center
701 N. Broadway
366-3000

**Valhalla**
Westchester Medical Center
Grasslands Road (Route 100)
Behavioral Health Center: 493-7282;

**Yonkers**
St. Joseph’s Medical Center
127 S. Broadway
378-7000

**Harrison**
St. Vincent’s Hospital Westchester
275 North St.
925-5320; 967-6500

**Mount Vernon**
Rockland Mental Health Service Center
60 S. Third Ave.
699-6070

**New Rochelle**
Rockland Mental Health Service Center
420 North Ave.
633-8842

**Peekskill**
Rockland Mental Health Service Center
1040 Main St.
737-8217

**White Plains**
New York Presbyterian Hospital
Cornell Institute of Geriatric Psychiatry
21 Bloomingdale Road
888-694-5700; 997-4331, 800-NYP-1902

*Note: New York Presbyterian has both outpatient and inpatient service units devoted exclusively to the elderly.*

Rockland Mental Health Service Center
79 E. Post Road
948-1192

**Yonkers**
Rockland Mental Health Service Center
2 Park Ave.
969-0543

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### OUTPATIENT PSYCHIATRIC TREATMENT

**Rockland Psychiatric Center** has several mental health service centers throughout Westchester County that offer individual counseling, crisis intervention, mutual support groups, and psychiatric case management for adults with serious mental illness.

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Westchester County Department of Community Mental Health has four outpatient health clinics located in Peekskill, Mt. Kisco, Yonkers and Mt. Vernon. Individual, child, family, and group counseling are provided, as well as psychiatric consultation for medication. Insurance accepted, Spanish speaking therapists available. Call 995-HELP (4357) for information or to set up an appointment.

The Westchester chapter of NAMI - National Alliance for the Mentally Ill - offers telephone counseling for families of individuals with mental illness. You can reach NAMI Monday-Friday, 9:00 am-5:00 pm, at 592-5458.

Important Mental Health Hotlines

Family Abuse Hotline: 347-4558
Suicide/Crisis Prevention Hotline: 347-6400
Mobile Crisis Intervention: 493-7075
ADDICTION DISORDERS

This chapter includes information on treatment services for those with alcohol, drug or gambling problems.

When Should You Seek Counseling?

Here are some signs that might indicate a need to seek help for an addiction disorder:

- You take substances in larger amounts or over a longer period than you intend.
- You have a persistent desire or one or more unsuccessful efforts to cut down or control substance use.
- You spend a great deal of time in activities necessary to get the substance or recover from its effects.
- You continue using the substance even when you know it is leading to recurrent social, psychological or physical problems.

Craving: A strong need or compulsion to drink, drug or gamble.
Physical dependence: Withdrawal symptoms (such as nausea, sweating, shakiness, and anxiety) occur when the substance is stopped.
Tolerance: The need to use greater amounts of substances in order to achieve the desired effect.

SUBSTANCE ABUSE COUNSELING AND TREATMENT

Most of the programs listed accept insurance, including Medicaid and Medicare, but you should always check this when you call for an appointment. Office hours are generally Monday-Friday, 9:00 am-5:00 pm, but many have evening hours as well.

Unless otherwise noted, these organizations offer outpatient treatment for both alcohol and drug dependency or abuse. Most programs include assessment, education, counseling, support groups, and family therapy. Organizations that also offer alcohol- and/or drug-related crisis intervention are indicated with (CI) after the name.

Elmsford
Renaissance Project (CI)
250 Clearbrook Road
345-1312
24-hour hotline: 647-6575

Harrison
St. Vincent’s Hospital Westchester
275 North St.
925-5320; 967-6500

Hartsdale
Daytop Village (CI)
246 Central Park Ave.
949-6640
24-hour hotline: 800-232-9867
### Addiction Disorders

<table>
<thead>
<tr>
<th>Location</th>
<th>Services</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mount Kisco</strong></td>
<td>Lexington Center for Recovery</td>
<td>24 Smith Ave.</td>
<td>666-6740</td>
</tr>
<tr>
<td></td>
<td>Neighbors Link</td>
<td>27 Columbus Ave.</td>
<td>244-8598</td>
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<tr>
<td><strong>Mount Vernon</strong></td>
<td>Mount Vernon Open Door Drug-Free Outpatient Treatment Program</td>
<td>54 S.Third Ave. – 3rd floor</td>
<td>664-4042</td>
</tr>
<tr>
<td></td>
<td>Renaissance Project</td>
<td>3 S. Sixth Ave.</td>
<td>664-3730</td>
</tr>
<tr>
<td></td>
<td>St. John’s Riverside Hospital Archway Alcoholism Clinic *</td>
<td>20 E. First St.</td>
<td>668-1450</td>
</tr>
<tr>
<td></td>
<td>* outpatient alcoholism clinic</td>
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</tr>
<tr>
<td><strong>New Rochelle</strong></td>
<td>Guidance Center Chemical Dependency Treatment Center</td>
<td>70 Grand St.</td>
<td>636-4440 ext. 200</td>
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<tr>
<td></td>
<td>New Rochelle Outreach Drug-Free Outpatient Treatment Program</td>
<td>33 Lincoln Ave. – Suite 2</td>
<td>636-2721</td>
</tr>
<tr>
<td></td>
<td>Renaissance Project</td>
<td>350 North Ave.</td>
<td>235-8048</td>
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<tr>
<td><strong>Ossining</strong></td>
<td>Open Door Family Medical Center</td>
<td>165 Main St.</td>
<td>941-1263</td>
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<tr>
<td><strong>Peekskill</strong></td>
<td>Hudson River Community Health</td>
<td>1037 Main St.</td>
<td>734-8740</td>
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<tr>
<td><strong>Port Chester</strong></td>
<td>Renaissance Project</td>
<td>132 Pearl St.</td>
<td>939-2700</td>
</tr>
<tr>
<td><strong>Sleepy Hollow</strong></td>
<td>Phelps Memorial Hospital Center Threshold Chemical Dependency Services</td>
<td>155 White Plains Road</td>
<td></td>
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<tr>
<td></td>
<td>Admissions: 631-3133</td>
<td></td>
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</tr>
<tr>
<td><strong>Tarrytown</strong></td>
<td>Student Assistance Services Corp.</td>
<td>66 White Plains Road</td>
<td>332-1300</td>
</tr>
<tr>
<td><strong>Tuckahoe</strong></td>
<td>St. Vincent’s Hospital – Maxwell Institute</td>
<td>92 Yonkers Ave.</td>
<td>337-6033</td>
</tr>
<tr>
<td><strong>White Plains</strong></td>
<td>Greenburgh Open Door Day Intensive Drug-Free Outpatient Treatment Program</td>
<td>5 Prospect Ave.</td>
<td>761-8264</td>
</tr>
<tr>
<td></td>
<td>Health Consultants (CI)</td>
<td>10 Mitchell Place</td>
<td>949-3601</td>
</tr>
<tr>
<td></td>
<td>Innovative Health Systems</td>
<td>7 Holland Ave.</td>
<td>683-8050</td>
</tr>
<tr>
<td></td>
<td>New York Presbyterian Hospital</td>
<td>21 Bloomingdale Road</td>
<td>997-5700; 888-694-5700, 800-NYP-1902</td>
</tr>
<tr>
<td><strong>Yonkers</strong></td>
<td>Renaissance Project</td>
<td>10 Palisades Ave.</td>
<td>423-4466</td>
</tr>
<tr>
<td></td>
<td>Drug Abuse Counseling and Treatment Parkcare Pavilion</td>
<td>2 Park Ave.</td>
<td>964-8000</td>
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</tbody>
</table>
St. Joseph's Medical Center
Positive Directions
317 S. Broadway 2nd Floor
378-7965

NOTES

GAMBLING COUNSELING

New Rochelle
Westchester Jewish Community Services
Problem Gambler’s Recovery Program
466 Main St.
632-6433

IMPORTANT
SUBSTANCE
ABUSE
HOTLINES

Daytop Village: 800-2DAYTOP
Renaissance Project: 845-647-6575
The programs in this section provide supportive services to both caregivers and older adults.

**SUPPORT GROUPS**

Sometimes, you may not need counseling, but wish to share feelings and experiences with others in a similar situation. Support groups bring together people with common experiences, from living with a particular illness to caring for an elderly parent to coping with bereavement.

**For information on existing support groups or to learn how to start your own, call:**

**WJCS Westchester – Compeer Program**
Supportive Friendships for Those in Mental Health Recovery
761-0600 ext. 208

**WJCS Westchester – Connections Program**
Telephone Support Groups
632-6433 ext. 23

**WJCS Westchester Self-Help Clearinghouse**
761-0600 ext. 308
(Monday-Friday, 9:00 am-5:00 pm)

Many disease-specific organizations sponsor support groups. If you’re looking for information about one, call the FIRST Health Connection at (914) 949-6789.

**RESOURCES FOR CAREGIVERS**

The Westchester County Department of Senior Programs and Services, Family Caregivers Support Programs has Caregiver Resource Service Centers located throughout Westchester. They provide advice, information and services to assist caregivers in their role of caring for an elderly family member.

**Full Service Centers**

Full Service Centers are staffed by professionals who can provide direct services and referrals.

**Mount Vernon**
Senior Programs and Services
9 S. First Ave., 10th Floor
813-6300

**Purchase**
Alzheimer’s Association
2900 Westchester Ave., Suite 306
253-6360

**White Plains**
ElderServe
45 S. Broadway – 6th floor
Caregiver Support: 609-0216
Information and Referral: 800-567-3646

**Yonkers**
ElderServe
6 Executive Plaza
368-5508
Our Place ElderServe
347 Saw Mill River Road
964 6980

Yonkers Office for the Aging
2 Park Ave. - 4th floor
377-6822

**Yorktown Heights**
Northern Westchester County Department of Senior Programs and Services
1974 Commerce St. - 3rd floor
245-9167

**Resource Centers**
The following libraries provide special sections where you can find literature, videos and information on care giving and support services:

**Ardsley**
Ardsley Public Library
9 American Legion Drive
Ardsley, NY 10502
914-693-6636

**Bedford**
Bedford Free Library
32 Village Green
914-234-3570

**Elmsford**
Greenburgh Public Library
300 Tarrytown Road
(914) 721-8200

**Shrub Oak**
John C. Hart Memorial Library
1130 Main St.
(914) 245-5262

**Katonah**
Katonah Village Library
26 Bedford Road
(914) 232-3508

**The Mount Kisco Public Library**
100 Main St.
666-8041

**New Rochelle**
New Rochelle Public Library
One Library Plaza
632-7878

**Ossining**
Ossining Public Library
53 Croton Ave.
941-2416

**Peekskill**
Field Library of Peekskill
4 Nelson Ave.
737-1212

**Port Chester**
Port Chester Public Library
One Haseco Ave.
939-6710

**Rye**
Rye Free Reading Room
1061 Boston Post Road
(914) 967-0480

**Scarsdale**
Scarsdale Public Library
54 Olmstead Road
(914) 722-1300

**Somers**
Somers Library
Route 139 - Reis Park
232-5717

**Tarrytown**
Warner Library of Tarrytown
121 N. Broadway
631-7734

**White Plains**
White Plains Library
100 Martine Ave.
422-1400
Supportive Services

**EARLY ALERT AND TELEPHONE REASSURANCE PROGRAMS**

If you are the only senior in your household, or if you are concerned about the welfare of an elderly parent, consider the following programs that monitor the wellbeing of older adults:

**Early Alert**

If mail or newspapers accumulate, the post office will alert the Red Cross who will send someone to check on the household.

To find out more:
American Red Cross 946-6500

**Telephone Reassurance**

Frail elderly individuals or people who have disabilities are called on a regular basis to ensure their good health and safety. If help is needed, staff at the following agencies can make sure you receive it.

American Red Cross 946-6500

(682-2299 (emergency))

Westchester County Dept. of Senior Programs and Services 813-6400

**HOME-DELIVERED MEALS**

These programs - including Meals on Wheels - prepare and deliver regular hot meals to home-bound elderly and disabled people. Unless otherwise noted, these programs serve only the residents of their community. Some require a referral from your family doctor and/or an interview.

Meals on Wheels programs require a payment (generally no more than $5.00/meal), but most offer a sliding fee scale. The other programs listed are either free or request a voluntary contribution.

**Bedford**
Bedford Recreation and Parks Dept.
666-7203

**Bronxville**
Meals on Wheels
55 Palmer Ave.
787-3027

**Cortlandt Manor**
Morabito Community Center*
29 Westbrook Drive
528-5164
(*also serves residents of Buchanan, Croton, Crugers, Montrose, Verplanck and Crompond)

**Croton-on-Hudson**
Croton Caring Committee
38 Penfield Ave.
271-4979

**Eastchester**
Lake Isle Senior Nutrition Center*
660 White Plains Road
337-0390
(*also serves residents of Bronxville, Scarsdale, and Tuckahoe)

**Greenburgh**
Office for the Aging
Ardsley
693-8997
(*also serves residents of Hartsdale, Edgemont, North White Plains)
Harrison
Meals on Wheels
216 Halstead Ave.
835-0374

Hawthorne
Office of Elder Americans*
Bradhurst Community Center
63 Bradhurst Ave.
592-6441
(*also serves residents of Thornwood,
Valhalla, unincorporated areas of Mt. Pleasant)

Larchmont/Mamaroneck
Meals on Wheels
740 W. Boston Post Road
381-7840

Mount Kisco
Fox Center
198 Carpenter Ave.
666-8931

Mount Vernon
Armory Senior Citizen Center
144 N. Fifth Ave.
665-2429

Westchester Jewish Community Services
Kosher Meals Delivery Program
550 N. Columbus Ave.
668-4350

New Castle
Home-Delivered Meals of New Castle
10 Senter St. – Chappaqua
238-2093
(serves Town of New Castle, including
Chappaqua and Millwood)

New Rochelle
Meals on Wheels
50 Pintard Ave.
576-3865

Ossining
Ossining Community Center*
95 Broadway
762-8953
(*also serves residents of some parts of
Briarcliff Manor)

Ossining Food Pantry*
7 S. Highland Ave.
762-5510
(*also serves residents of Briarcliff and Sleepy Hollow)

Peeckskill
Peeckskill Nutrition Program
4 Nelson Ave.
734-4250

Pelham
Meals on Wheels
Pelham Town House
20 Fifth Ave.
738-2842

Pleasantville
Pleasantville Senior Citizen Services
1A Clinton St.
769-2021

Port Chester
Don Bosco Community Center
22 Don Bosco Place
939-0547

Pound Ridge
Neighbor to Neighbor
764-8201 (Senior Programs Coordinator)
764-0947 (Recreation Department)

Rye
Meals on Wheels*
PO Box 555
925-0778
(*also serves residents of Port Chester and Rye Brook)
**Supportive Services**

**Scarsdale**
Meals on Wheels*
1 Heathcote Road
723-4342
(*also serves East Hartsdale)

**Sleepy Hollow**
Sleepy Hollow Senior Citizens Club
c/o Sleepy Hollow Village Hall
28 Beekman Ave.
366-5117; 366-5109

**Somers**
Nutrition and Teen Programs*
Van Tassell Memorial Park
98 Primrose St.
232-0807
(*also serves Lewisboro and North Salem)

**White Plains**
Ecumenical Food Pantry
Grace Church
33 Church St.
949-2847

Meals on Wheels
12 Ridgeview Ave.
946-6878

**Yonkers**
Helping Out People Everywhere (H.O.P.E.)
45 Ludlow St. - Suite 210
964-0920

Yonkers CAP
Senior Outreach Program
164 Ashburton Ave.
423-5905

Yonkers Office for the Aging
2 Park Ave., 4th Floor
377-6823

**Yorktown**
Nutrition Center
1974 Commerce St.
962-7447

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**Westchester County Department of Senior Programs and Services**
The Westchester County Department of Senior Programs and Services provides home-delivered and congregate meals throughout the county:

**Northern Westchester County Department of Senior Programs and Services**
1974 Commerce St. - 3rd floor
Yorktown Heights, NY 10598
Nutrition Program: 962-7447

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**ADULT DAY CARE PROGRAMS**

Adult Day Care programs provide personal care for dependent adults in a supervised, protective setting during some portion of the day (usually from morning until mid-late afternoon).

**Social programs** provide social and recreational activities as well as training for sustaining the activities of daily living (e.g. meal planning, personal care).

**Medical programs** also provide care and supervision for adults who require physical...
rehabilitation, dementia management or other forms of assistance on a limited but regular basis. Health-related services usually include medical monitoring, nursing, nutrition evaluations, and physical, occupational and speech therapies as needed.

Most programs provide meals and/or snacks and many offer transportation. Medical programs accept Medicaid and/or Medicare and insurance; social programs accept Medicaid (through long-term home health care) or are billed on a daily/hourly basis. Call individual program for specifics on fees.

SOCIAL DAY PROGRAMS

**White Plains**  
Edna Lillian Roker Social Adult Day Center  
311 North St.- Suite 101  
761-3885

Accepts frail elderly and seniors with Alzheimer’s disease and other dementias.

**Yonkers**  
Our Place ElderServe  
347 Saw Mill River Road  
964-6980

Accepts those with early-moderate stage Alzheimer’s disease.

MEDICAL DAY PROGRAMS

**Ossining**  
Bethel Homes  
17 Narragansett Ave.  
941-1300

Serves high functioning adults; Alzheimer’s patients accepted.

**Mount Vernon**  
Wartburg Adult Care Community  
1 Wartburg Place  
699-0800 ext. 472  
Accepts frail elderly, ages 55 and older, including those with dementia or Alzheimer’s. Does not accept those with psychiatric needs.

**Hawthorne**  
Morningside House  
50 Broadway  
769-0953

Serves those with a diagnosis of Alzheimer’s or dementia.

**Valhalla**  
Hebrew Hospital Home of Westchester  
61 Grasslands Road  
681-8400

Accepts frail elderly and mentally disabled seniors.

RESpite CARE

Respite programs offer temporary substitute living arrangements for dependent adults in order to provide a brief period of relief for family members, guardians or caregivers. Respite can be offered in the home or at another site. The programs listed in this section all offer out-of-home respite at their sites.

Time periods can range from a few hours to more than a week. Call the specific program for details on fees and payment methods.

Unless otherwise noted, all of the programs below serve people with Alzheimer’s Disease and other dementias.

**Cortlandt Manor**  
Field Home – Holy Comforter  
2300 Catherine St.  
739-2244
Supportive Services

Seabury at Field Home
2276 Catherine St.
737-2255

**Dobbs Ferry**
St. Cabrini Nursing Home
115 Broadway
693-6800 ext. 527

**Mount Vernon**
Wartburg Adult Care Community
1 Wartburg Place
699-0800 ext. 324

**Scarsdale**
Sprain Brook Manor
77 Jackson Ave.
472-3200

**Sleepy Hollow**
Phelps Memorial Hospital Center
701 N. Broadway
366-3000

**White Plains**
24 Hour Helpline: 866-882-5772
Nathan Miller Center for Nursing Care
37 DeKalb Ave.
686-8880; 686-8239

Westchester Jewish Community Services
Project Time Out
845 N. Broadway
761-0600 ext. 344

**Yonkers**
Regency Extended Care Center
65 Ashburton Ave.
963-4000 ext. 117

| **HOSPICE** |
|---------------------------------
| Hospice programs provide coordinated, interdisciplinary, home-based services for terminally ill persons and their families. Services include medical health services, personal care, and non-medical services, including bereavement services. |

Only those programs licensed by New York State and certified by the NYS Department of Health to serve Westchester County are listed.

**Bronx**
Calvary Hospital Hospice 718-518-2465

**Sleepy Hollow**
Phelps Hospice 366-3325

**Tarrytown**
Hospice Care in Westchester & Putnam 666-4228

**Tuckahoe**
Jansen Memorial Hospice 961-2818

**White Plains**
Hospice and Palliative Care of Westchester 682-1484

For information and referral services to hospice programs and other specialized services for terminally ill patients throughout New York, call the Hospice and Palliative Care Association at 800-431-8988 or visit their Website www.hpcanys.org.

**PROTECTIVE SERVICES FOR ADULTS**

When individuals are at risk of abuse, neglect or financial exploitation, or are unable to care for themselves adequately, there are two organizations in Westchester that can help.
Westchester County Department of Social Services

Staff from DSS will assess the person’s condition and provide counseling or supportive services as needed. These services are provided through the White Plains and Yonkers district offices.

For more information, contact the program director at 995-5411.

Family Service Society of Yonkers
Guardianship Program

This agency is appointed by the NYS Supreme Court to serve as guardian for people who are unable to make decisions in their own best interest concerning personal care and/or finances. This service requires a referral from the NYS Supreme Court.

For more information, contact the program director at 963-5118.

IMPORTANT
FAMILY SUPPORT HELPLINES

Our Place ElderServe: 964-6980
Westchester Self-Help 761-0600 ext. 308
Clearinghouse:
This chapter outlines a variety of housing assistance services and residential programs available to seniors with emotional or psychiatric disorders. Fees vary for these programs and there are strict eligibility requirements. Most require a written referral from a physician or social worker, as well as medical and psychological histories. Some programs require a referral from the Westchester County Department of Community Mental Health. An interview is generally required before you can participate in the program.

Call to schedule an appointment or to discuss eligibility, fees and application procedure.

**SUPPORTIVE HOUSING**

A number of agencies throughout Westchester County provide supportive housing for adults with psychiatric disorders who require assistance to live successfully in the community. These programs run the gamut from 24-hour care facilities to those whose clients live independently while receiving ongoing support services. Some housing programs offer placement in traditional community residences, while others are in apartments. All of these programs accept Social Security Disability (SSD) and Supplemental Security Income (SSI) when applicable. Many also accept Medicaid.

Residents in 24-hour care programs may be making a transition back to the community after hospitalization and need more assistance from staff. These facilities help clients increase their ability to live independently through the development of daily living skills, medication management, symptom management and rehabilitation services.

Other supportive housing programs provide a range of services to help seniors maintain their independence in the community. These may include any or all of the following: helping clients find housing, facilitating lease arrangements, providing in-home and telephone support and offering support groups and recreational/social activities.

**People 18 and older diagnosed with mental illness may apply for housing supported through the county’s mental health system using the Single Point Of Entry Application from the Westchester County Department of Community Mental Health.**

For information on supportive housing, contact 995-5245.

You can also download the **Single Point of Entry Application** from the DCMH Website. Visit www.westchestergov.com/mentalhealth.

**SENIOR HOUSING FACILITIES**

There are many senior housing facilities in Westchester County. The only ones listed on the next page are those that serve seniors with dementia or diagnosed psychiatric disorders.
Adult homes provide long-term residential care, room, board, housekeeping, personal care and supervision to five or more adults. Residents must not require medical or nursing care.

Assisted/assistive living facilities offer an alternative to nursing home placement. They all offer room, meals, housekeeping, case management, personal care and home health services, and social activities.

Residential health care facilities (also known as skilled nursing, intermediate or extended care facilities, nursing or convalescent homes) integrate custodial care with nursing, psycho-social, and rehabilitation services. 24-hour skilled nursing and medical care are available for the very frail. All are licensed by New York State.

Unless otherwise indicated, the facilities listed below accept residents with Alzheimer’s disease or other dementias.

Adult Homes are designated (AH); Assisted Living Facilities are designated (AL); Residential Care Facilities are designated (RC).

**Ardsley**
Lincoln Rest Home (AH)
12 Lincoln Ave.
693-1146
*Will accept clients with psychiatric disorders.*

**Cortlandt Manor**
Seabury at Field Home (AL)
2276 Catherine St.
Administration: 737-2255

**Hawthorne**
Crestview Manor (AH)
150 Old Saw Mill River Road
769-1762
*Will accept clients with psychiatric disorders.*

**Mamaroneck**
Sunnyside Home for Adults (AH)
809 Stuart Ave.
968-2824
*Will accept clients with psychiatric disorders.*

**Mohegan Lake**
Mohegan Park Home for Adults (AH)
3441 Lexington Ave.
528-3512
*For adults with mental illness. Psychiatric support is provided through day treatment program.*

**Mount Vernon**
Dillard Home for Adults (AH)
187 Cottage Ave.
667-5046
*Will accept clients with psychiatric disorders.*

**New Rochelle**
New Rochelle Manor (AH)
41 Lockwood Ave.
576-1202
*Will accept clients with psychiatric disorders.*

Willow Towers (AL)
355 Pelham Road
Administration: 636-6565

**Tuckahoe**
Fountains at Rivervue (AL)
One Rivervue Place
Administration: 768-6000
800-780-9180

**White Plains**
FSW White Plains Guest Home (AL)
32 Ridgeview Ave.
948-8004 ext. 245
*For older adults with psychiatric histories.*
Woodcrest Home for Adults (AH)
15 Woodcrest Ave.
949-0150
*Will accept clients with psychiatric disorders.*

**Yonkers**
Classic Residence by Hyatt (AL,RC)
537 Riverdale Ave.
Administration: 423-2200
888-502-3982

Palisade Gardens Adult Home (AH)
185 Palisade Ave.
966-1300
*For frail elderly and persons with psychiatric histories.*
Insurance and Financial Assistance

FAMILY HEALTH PLUS

Family Health Plus provides coverage for adults between the ages of 19 and 64 who do not have health insurance – on their own or through their employers – but have incomes too high to qualify for Medicaid.

It is available to single adults, couples without children and parents with limited income who are residents of New York State and are United States citizens or fall under one of many immigration categories.

Family Health Plus provides comprehensive coverage, including prevention, primary care, hospitalization, prescriptions and other services.

There are no costs to participate in Family Health Plus. Health care is provided through participating managed care plans in your area. Apply through the district offices of the Department of Social Services:

- Mount Vernon
  100 E. First St.
  813-6164

- Peeksskill
  750 Washington St.
  862-5078

- White Plains
  85 Court St.
  995-5889

- Yonkers
  131 Warburton Ave.
  231-2653

To find out more about Family Health Plus:

Call this toll-free hotline, Monday-Friday, 8:00 am-4:00 pm, to speak with a FHP counselor: 877-934-7587

Or visit the NYS Dept. of Health’s Website: http://www.health.state.ny.us/nysdoh/fhplus/what_is_fhp.htm.

MEDICAID

Medicaid is a federal/state medical insurance program for individuals and families who meet certain income, resource, age or disability criteria. People who have high medical bills or are receiving SSI (Supplemental Security Income) may be eligible.

Apply through the district offices of the Department of Social Services. See list on this page.

For questions about Medicaid Managed Care, call this hotline: 800-549-7650.

MEDICARE

Medicare provides hospital and medical insurance for people age 65 and older; for disabled individuals younger than age 65 who have been entitled to Social Security disability benefits for at least 24 consecutive months; and for insured workers and their dependents who need dialysis or a kidney transplant.

The U.S. Social Security Administration processes applications for Medicare. Westchester offices are listed at the end of the section on Social Security on pages 30-31. Or call the Social Security Administration’s toll-free Medicare helpline: 800-633-4227.
Insurance and Financial Assistance

HEALTH INSURANCE COUNSELING

Both the Westchester County Department of Senior Programs and Services and the Yonkers Office for the Aging can answer questions about health insurance and help you navigate the health care system.

Westchester County 813-6400
Dept. of Senior Programs 813-6300
and Services:

Yonkers Office 813-6100
for the Aging:

PRESCRIPTION ASSISTANCE

Elderly Pharmaceutical Insurance Coverage (EPIC)

EPIC is a New York State sponsored prescription plan for senior citizens who need help paying for their prescriptions.

You can join EPIC if you are 65 or older, have an annual income of $35,000 or less if single, or $50,000 or less if married. Seniors who receive full Medicaid benefits or have other prescription coverage that is better than EPIC are not eligible for EPIC benefits. Seniors with moderate incomes pay a low quarterly fee. Seniors with higher incomes must meet an annual deductible. Both make a co-payment at the pharmacy when purchasing prescriptions.

To learn more or to get an application:

Call 800-332-3742.

Or visit the NYS Dept. of Health’s Website: www.health.state.ny.us/nysdoh/epic/faq.htm.

SOCIAL SECURITY

Social Security provides monthly cash payments for people age 62 and older. Benefits are based upon wages earned. Full benefits are not available until age 65.

Social Security Survivors Insurance provides monthly cash benefits for the eligible survivors of workers covered under Social Security who have died.

Supplemental Security Income (SSI)

Provides basic financial assistance in the form of monthly checks for people who are age 65 and older, blind or disabled, and who have little or no income and resources.

Social Security Disability (SSD)

Provides monthly cash benefits for disabled workers who are fully insured under the program, who are not capable of substantial gainful work, and who have completed a five-month waiting period.


Social Security Offices

Mount Vernon  New Rochelle
5 Stevens Ave. 85 Harrison St.
800-772-1213 636-6915

 Peekskill  White Plains
1 Park Place 297 Knollwood Road
3rd floor Suite 4A
736-1475 866-331-8134
Yonkers
20 S. Broadway
866-331-6404

To reach any Social Security office, call 800-772-1213. For Medicare questions, call 800-633-4227. Offices are open Monday-Friday, 7:00 am-7:00 pm.

WORKERS’ COMPENSATION

Provides compensation to covered employees for loss of their earnings as a result of an accidental injury or occupational disease sustained during employment. Also compensates dependents in cases of work-related death.

 Peekskill District Office
 41 N. Division St.
 866-746-0552

BENEFITS ADVOCACY

If you are a senior and are having trouble collecting your benefits, contact the Westchester County Department of Senior Programs and Services at 813-6400.

UTILITY BILL PAYMENT ASSISTANCE

Home Energy Assistance Program

HEAP helps income-eligible residents and seniors pay their fuel and utility bills.

If you are over 60 (or under 60 receiving SSD/SSI and not receiving Food Stamps), you must apply through the Westchester Department of Social Services at 813-6300.

Westchester County residents receiving Food Stamps must apply through the HEAP unit: 995-5619.
There are many Websites that offer information about aging and mental illness. Here are few – for both local and national organizations – that can provide information and links to other helpful services.

**WESTCHESTER ORGANIZATIONS**

**The American Foundation for Suicide Prevention – Westchester Chapter**  
Email: mcavalcoli@gmail.com  
487-2460

**Mental Health Association of Westchester County**  
www.mhawestchester.org

In addition to information on mental health problems, rehabilitation, and support services, you can access a searchable database of community mental health services in and around Westchester and Putnam counties. Simply click on the link “Westchester Services” (under Treatment).

**Westchester County Department of Community Mental Health**  
www.westchestergov.com/mentalhealth

Here, you can download publications, including a directory of community mental health services and a list of Medicaid providers in Westchester. You can also download the Single Point of Entry Application required to access some of the services listed in this directory.

**Westchester County Department of Senior Programs and Services**  
www.westchestergov.com/seniors

A vast array of resources and services for seniors throughout Westchester, including an adult day care directory and information on Medicaid, Medicare, long-term care and HMOs.

**New York Presbyterian Hospital**  
www.nyppsyori.org

In addition to a description of all available clinical services, the Website offers a handy “Psychiatry A-Z” guide on many of the most common mental health disorders, including dementia and addictions.

www.cornellgeriatricpsychiatry.org

This new Website offers specific information about mental health issues and services for older adults.

**NATIONAL ORGANIZATIONS**

**Mental Health and Aging**  
www.mhaging.org

This site helps older adults, their families and caregivers obtain mental health services specific to the needs of older adults. It also provides information on how to advocate for your service needs.

**National Institute of Mental Health**  
www.nimh.nih.gov
This government organization works to improve mental health through biomedical research on the mind, brain, and behavior. The site provides breaking news on treatments and quick links to information on anxiety disorders, depression schizophrenia and more.

**National Mental Health Association**
www.nmha.org

NMHA is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. You will find links to local treatment resources, answers to Frequently Asked Questions and free publication downloads, as well as news on the latest research and policy alerts.

**National Alliance for the Mentally Ill**
www.nami.org

NAMI is a nonprofit, grassroots, self-help support and advocacy organization of consumers, families, and friends of people with severe mental illnesses.

**Alzheimer's Association**
www.alz.org

Information about the disease, resources, links to local chapters and the latest developments in research and treatment options.