Child and Adolescent Mental Health Resource Guide

Mamaroneck Mental Health Resource Guide
Child and Adolescent Support Services
2026

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County & Crisis Systems

County and Crisis Systems

Westchester County Department of Community Mental Health (DCMH)- County mental-health coordination, SPOA, referrals. 914-995-5220 mentalhealth.westchestergov.org

Crisis Prevention and Response Team (CPRT)- St. Vincents-24/7 crisis line &mobile crisis response; walk-in at St. Vincent's Harrison 914-925-5959 saintjosephs.org. CPRT is a multidisciplinary team of mental health professionals. CPRT staff provides in the home or other places (e.g.school) assessment for psychological crisis, crisis intervention, supportive counseling information and referrals, linkage with appropriate community-based mental health services for ongoing treatment, and follow up.

NAMI Westchester (Helpline) Information & Family supports, navigation help 914-592-5458 namiwestchester.org

SPOA (Single Point of Access) Westchester- Entry to higher-level/community-based services; call for applications. 914-995-5245 dcmhservices.westchestergov.com

Home Based Crisis Intervention Program (HBIC)- Astor Services Home Based Crisis Intervention to prevent unnecessary psychiatric hospitalization for ages 5-20. Provides short-term mental health care and crisis stabilization at home astorservices.org. 646-656-5211

Westchester Medical Center- Behavioral Health Center/Valhalla wmchealth.org
(914) 493-7076 (Psychiatric ER, Inpatient, and Outpatient Departments)
Psychiatric Emergencies 24 hour walk-in- Psychiatric ER- (914) 494-7096

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Clinics and Community Mental Health

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Family Services of Westchester (FSW)- OMH Licensed family mental health Clinics; therapy & psychiatry; multilingual. 914-964-6767 fsw.org/family-mental-health-centers
Pelham: 914-738-1728, Portchester (914) 937-2320

Westchester Jewish Community Services (WJCS)- Family Mental Health Clinics; youth programs; co-occurring Substance Use 914-761-0600- Hartsdale 914-949-6761
wjcs.com/services/mental-health

The Guidance Center of Westchester (TGCW)-Therapy, psychiatric services; Medicaid Health Home for children. 914-613-0700 https://www.theguidancecenter.org/

Andrus Community Mental Health Clinics (Yonkers & Peekskill)- Child/adolescent therapy & psychiatry; intake line. 914-965-1109x 2220(intake) andrus1928.org/behavioral-health/

Westchester Community Mental Health Center (FQHC)- Behavioral health embedded in primary care; Spanish,& French Creole (914) 699-7200 (Mount Vernon) 914-968-4898 (Yonkers)
westchestercommunityhealthcenter.org/medical-services/behavioral-health.

Northwell Health Behavioral Health System
https://www.northwell.edu/doctors-offices/northwell-health-physician-partners-behavioral-health-at-mount-kisco

Open Door Family Medical Centers-Behavioral Health
689 Mamaroneck Avenue
Mamaroneck, New York
Sandra Quiros: https://healow.com/apps/provider/sandra-quiros-74746
Damaris Berrios: https://healow.com/apps/provider/damaris-berrios-281104

Rockland Psychiatric Center-New Rochelle Service Center (Ages 18+)
420 North Avenue, New Rochelle NY 10801- Contact: I-Chuan Wang (914) 633-8842
E-mail: I-Chuan.Wang@omh.ny.gov, White Plains Mental Health Clinic- (914) 681-1078
Child and Adolescent Services (914) 681-2223.

Network Therapy- A mental health network and resource database that lists providers;a resource center (support groups, national hotlines, mental heal books, etc).
networktherapy.com.

The Community Counseling Center (Larchmont/Mamaroneck)
https://www.communitycounselingcenter.org/
234 Stanley Avenue Mamaroneck , NY 10538
(914) 658-7549
Email: Info@CommunityCounselingCenter.org

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Specialty Programs & Hospitals

Specialty Programs & Hospitals

Anxiety Institute 75 Holly Hill Lane, Suite 300 Greenwich, CT 06830
(203)489-0888 www.anxietyinstitute.com

New York Presbyterian Westchester Behavioral Health Center (White Plains)- Outpatient, Partial Hospitalization (PHP), Inpatient; Child & Adolescent Intake & Referrals (888) 694-5700; Child OP clinic (914) 997-5882 nyp.org/locations/westchester-behavioral-health
Gwen Mancuso, Referral Development Coordinator (914) 997-5788, gwm9006@nyp.org

The Center for Eating Disorders- Outlook at Westchester a highly structured inpatient Program https://www.nyp.org/psychiatry/center-for-eating-disorders/about-the-center

Four Winds Hospital Westchester-(Katonah)- Child & Adolescent inpatient; Adolescent & Child PHP (day program) Admissions 1-800-528-6624 or (914) 763-8151 Good Contact is Valerie Saltz, LCSW Community Liaison (914) 403-0069 -inpatient unit for ages 5-9, 10-13. Three units for Adolescents: One for depression, anxiety, self-harm, another for impulsive and disruptive behaviors, and a unit for teens with specialized learning or social/developmental needs.
Treatment Programs Four Winds Westchester

CUCARD Westchester Columbia University Anxiety/OCD Day Program-
155 White Plains Road, Suite 200 Tarrytown, NY
Daily Program for severe anxiety(13-17) exposure based CBT+parent work CUCARD Westchester (914) 631-4818 FAX: 646-317-3600; Central referrals (212) 305-6001
https://www.columbiadoctors.org/childrens-health/pediatric-specialties/psychiatry-psychology/our-services/cucard-westchester-anxiety-day-program

WIHD-Westchester Institute for Human Development (Valhalla)-Autism/IDD evaluations; integrated behavioral health; OPWDD navigation (914) 493-7070 (Integrated Bheavioral Health) wihd.org/what-we-do/integrated-behavioral-health-services/.

Northern Westchester Hospital-Northwell Health-Behavioral Health- nwhc.net
(914) 666-1200 Inpatient (914) 666-1036 Good Contact: Dr. Richard Cantanzaro rcantanzaro@nwhc.net 15-bed inpatient unit treating all psychiatric illness except for non substance using patients. Small setting that screens in the ER first. Will communicate with outside providers with patient permission.

Phelps Hospital/Northwell Health https://phelps.northwell.edu/
(914) 366-3000- Psychiatrists on call 24/7 for evaluation

Westchester Medical Center- Behavioral Health Center/Valhalla wmchealth.org
(914) 493-7076 (Psychiatric ER, Inpatient, and Outpatient Departments)
Psychiatric Emergencies 24 hour walk-in- Psychiatric ER- (914) 494-7096

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Specialty Programs & Hospitals

Silver Hill Hospital 208 Valley Road New Canaan, CT 06840
Inpatient for teens ages 13-17 Priority Line for Professionals in Admissions (203) 801-2216 or (866) 542-4455 Good Contact: Dr. Elizabeth Ortiz-Schwartz (203) 801-2279
You will need the following information to refer: Demographics, brief clinical summary and why the patient is being referred for treatment.www.silverhillhospital.org

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IOP/IDT/PHPCrisis Respite

IOP/PHP/IDT/Crisis and Respite

St. Vincent's Westchester- Adolescent IOP & Partial Hospital- Afterschool IOP and school linked PHP for teens; mental health & co-occurring Crisis (914) 925-5959
saintjosephs.org/service/svmhar/child-adolescent-services/intensive-services/
Good Contact: Fran Tyrell Director of Evaluation Services (914) 925-5542
Outpatient Treatment for ages 13+ (914) 286-4440

The Anxiety and Phobia Treatment Center-White Plains (914) 286-4430
https://iocdf.org/wp-content/uploads/2015/05/Anxiety-and-Phobias-Treatment-Center-at-White-Plains-Hospital-Description.pdf

Four Winds Westchester- (Katonah) Child/Adolescent PHP- Short-term, full-day partial hospital programs (child &teen). Admissions: 1-800-528-6624 or (914) 763-8151
Ages (10-12) and adolescents
(13-17).https://www.fourwindshospital.com/about_four_winds/westchester/adolescent_partial_treatment.html

SW-BOCES Intensive Day Treatment Program (IDT)- Intensive Day Treatment Programs (elementary-HS) with on-site academics and therapy services. (914) 366-2560 (Elementary) (914) 328-0793 (MS/HS). specialservices.swboces.org/intensive_day_treatment_programs_idt.

New York Presbyterian Lawrence Hospital
55 Palmer Avenue Bronxville, NY (914) 787-1000 - On call psychiatrist at the ER who conducts psychiatric evaluations. If an admission is required, a referral is made to NY Presbyterian Hospital in White Plains.

Westchester Medical Center- Behavioral Health Center/Valhalla wmchealth.org
(914) 493-7076 (Psychiatric ER, Inpatient, and Outpatient Departments)
Psychiatric Emergencies 24 hour walk-in- Psychiatric ER- (914) 494-7096
Inpatient Children and Adolescent.

Phelps/Northwell Health phelps.northwell.edu
Addiction Treatment Services (Outpatient) (914) 944-5220
Day Treatment 5 days per week (914) 923-5700

The Center for Eating Disorders- Outlook at Westchester PHP- (M-F)
https://www.nyp.org/psychiatry/center-for-eating-disorders/about-the-center

Monte Nido Clementine Briarcliff Manor & South Salem- Virtual, In-person or residential evidence-based Eating Disorder care for ages (12-17). Many Insurances accepted.
855-493-9022 https://www.montenido.com/admissions

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IOP/PHP/IDT/Crisis and Respite

St.Vincent's Paul Residence- St. Vincent's Evaluation & Referral Department (914) 925-5320 or Contact Mary Beth Neckles, LCSW at mneckles@svwsjmc.org (914) 925-5670. 24/7 facility that provides less acute, less restrictive alternatives to hospitalization. Paul Residence is an Intensive Crisis Residence (ICR) that is a voluntary, short-term treatment service for ages (18+). Provides an evaluation and aims to resolve and stabilize symptoms while providing comprehensive support. Commercial insurance accepted as well as Medicaid and Managed Medicaid.

Newport Academy- www.newportacademy.com Parent referral program.
Newport Academy offers adolescent outpatient care for ages 12-18. The Teen Intensive Outpatient Program (IOP) is a structured, partial-day program designed for adolescents who are struggling with mental health conditions, including anxiety, depression, trauma, substance use disorders, and other emotional or behavioral challenges. (844)-492-4992

Discovery Mood & Anxiety Program- Stamford, CT
Teen mental health care-residential (trauma, anxiety, depression, self-harm for teens/adults)
https://discoverymood.com

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Substance Misuse Resources

Substance Misuse

Phelps Hospital/Northwell Health- phelps.northwell.edu
701 North Broadway Sleepy Hollow NY 10591. Inpatient Substance Abuse& Rehab (914) 366-3027

St. Vincent's Behavioral Health (St. Joseph's)-PHP: For teens who have a primary diagnosis of addiction, walk-ins available. (914) 925-5320 or 855-239-0019
https://saintjosephs.org/location/st-vincents-outpatient-mental-health-service/

ENCOMPASS Treatment- Provides evidenced-based treatment for adolescents with co-occurring disorders. Lorena Rucaj- Westchester County ENCOMPASS Coordinator- (914) 406-0495 Treatment is provided at various locations throughout Westchester.

Family Services of Westchester
Portchester- Clinical Director Lupita Deluccia (914) 305-6837 ldeluccia@fsw.org
White Plains/Mt.Vernon-Clinical Director: Lindsay March lmarch@fsw.org (914) 948- 8004 x22/ (914) 668-9124 ext. 11
Pelham-Clinical Director: Jackie Walsh jackiewalsh@fsw.org (914)738-1728
Yonkers-Clinical Director: Andrew Levine alevine@fsw.org (914) 964-6767 x137

The Guidance Center of Westchester:
New Rochelle: 150 Huguenot Street, New Rochelle-Clinical Director Jonathan Morgenstern jmorgenstern@tgcny.org (914) 613-0700x 7416

Lexington Center for Recovery- provides ENCOMPASS for substance-involved individuals and CRAFT for the parents of substance-involved individuals.
Mount Kisco: 24 Smith Avenue,
Mt. Kisco Program Director Jamers Hughes (914) 666-6740x1901
Assistant Director- Michelle Conway (914) 666-6740 X1905
https://rehabs.org/lexington-center-for-recovery-6/

Westchester Jewish Community Services (WJCS)
Outpatient Substance Use treatment integrated with behavioral health; adolescents & families. Programs for substance-involved individuals (ENCOMPASS) and for parents of substance-involved individuals (CRAFT). Referrals at the central intake line (914) 607-4500.
Hartsdale: Family Mental Health Center, 141 North Central Avenue Director John Alterman, LCSW (914) 949-7699 x2472 jalterman@wjcs.com
Mt. Vernon- Director Ann Brammer, LCSW-(914) 668-8939x3014 abrammer@wjcs.com
Yonkers- Director Geovany Martinez, LCSW (914) 423-4433 gmartinez@wjcs.com

Mountainside-Chappaqua- Adolescent and family inclusive outpatient addiction treatment (914) 534-6030 admissions@mountainside.com

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Local Counseling Agencies

Local Counseling Agencies

Ellie Mental Health -(914) 353-8705 or 917-979- 8736 elliementalhealth.com
2001 Palmer Avenue Suite 205
Larchmont, NY *insurance accepted

IMPACT Psychological Services- 917-300-1332 inquiry@impact-psych.com
480 Mamaroneck Avenue
Mamaroneck, NY 10543 * Insurance accepted

Clear Mind Psychology (914) 609-1244 clearmindwestchester.com
150 Purchase Street, Suite 8
Rye, NY 10580 * No insurance accepted (ages 5-adult)

Upshur Bren Psychology Group- www.upshurbren.com
629 Fifth Ave Building 1, #109,
Pelham, NY 10803
914-603-7287 *no insurance accepted (Reduced rate option)

The Counseling Center of New York- counselingcentergroup.com
600 Mamaroneck Avenue Suite 429
Harrison, NY 10528
(844) 852-3179 *no insurance accepted

Peaceful Living Mental Health Counseling, PLLC peacefullivingmentalhealthcounseling.com
188 Summerfield Street, First Floor
Scarsdale, NY 10583
914-222-3983 *no insurance accepted

M. Kim O'Connor & Associates mkimoconnor.com
14 Elm Place Suite 206 Rye NY 10580
(914) 315-9368 *no insurance accepted.

Alssaro Counseling Service www.alssaro.com
481 Main Street
New Rochelle, NY 10801
(914) 355-2440 *insurance accepted.

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Local Private Therapists

Private Therapists

Joanna Barsky, LCSW, PLLC
1600 Harrison Avenue Suite 208c
Mamaroneck, NY 10543
joanna@joannabarsky.com
347-722-0969

Sara Braun LCSW (Virtual/in-person)
Adolescents, Young adults, stress and anxiety, LGBTQIA+, substance abuse, trauma, parenting
35 Purchase Street Ste. 202
Rye, NY 914-363-6481
https://pelhamtogether.org/service-provider-directory/sara-g-braun-lcsw

Dr. Heather Brandt Robins
45 Popham Road Suite 1J
Scarsdale, NY 105
(914) 725-5654

Susan Berenzweig
(914) 698-2368
susanberenzweig.com

Dr. Tamar Blanchard- telehealth/in-person
(Middle School High School) Anxiety, OCD, Trauma, Parent Training
tamar@drtamarblanchard.com

Dr. Adena Blickstein
Holistic Psychiatry
Child/adolescent Psychiatry
(917) 613-0886
support@tealdragon.org

Nilton Castro DBT/CBT (Pleasantville/Telehealth)
nilton.castro.jr@gmail.com; 267-773-9022
https://www.harmonymentalhealthcounseling.com/
*insurance accepted

Robert Degen, LCSW- Divorce Mediation
125 Spencer Place Mamaroneck, NY 10543
(914) 320-3611

Alan Dienstag (Good with boys and adolescents)
2 East Avenue, Larchmont NY 10538
917-301-4622

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Private Therapists

Gladys Perez-DiVito (bilingual)
933 Mamaroneck Avenue Suite 202
Mamaroneck, NY
(914) 450-8588

Christina Doherty
42 Coralyn Avenue
White Plains, NY 10601
(914) 908-6170

Lauren A. Eskenazi- LCSW, CASC, LLC
Adolescents, trauma, substance abuse
500 Mamaroneck Avenue Suite, 320
Harrison, NY 10528
(914) 999-4720
www.LaurenEskenazi.com

Marta Flaum, Ph.D
Suite 203 One South Greeley Ave
Chappaqua, NY 10514
(914) 238-1438

Eve First
(914) 777-7020

Erica Fross LCSW
1 West Ave Suite 215 Larchmont
(914) 419-9777
ericafross@gmail.com

Shani Gold-LCSW (anxiety)
3600 Fieldstone Road,
Bronx, NY
(929) 262-6269
shanigoldcsw@gmail.com
https://shanigoldlcsw.clientsecure.me/

Paula Gottlieb (Family Therapy)
125 Spencer Place
Mamaroneck, NY 10543
(914) 777-0500

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Private Therapists

Dr. Amy Gross (CBT/DBT) strategies
34 South Broadway, Suite 204
White Plains, NY (917) 301-0908
dramylgross@gmail.com

Becky Hashim (CBT, ASD students, DBT)
(914) 385-1150

Therese Hollwitz, LMSW
(914) 393-8499

Dr. Rebecca King
4 Chatsworth Avenue Larchmont, NY 10538
1-917-791-4090

Grace Kalfus, Ph.D, /Diane L. Newman, Ph.D
77 Quaker Ridge Road, Suite 103
New Rochelle, NY 10804
(914) 235-2800

Jill Kristal
1890 Palmer Avenue Suite 307
Larchmont, Ny
10538 (914) 374-7497

Dr. Tatianna Kufferath-Lin, (Psy.D)
257 Mamaroneck Ave Suite 207
Mamaroneck, NY 10538 (646) 627-7415
http://www.impact-psych.com/

Dr. Colleen Lang-Therapist DBT/CBT
226 W 26th St, NY, NY 10001
(929)278-5264
colleenlangphd@gmail.com

Michelle Lividini Loiacono, Ph.D. (CBT, Parent training, Educational consultation, executive function coaching) (914) 252-8286 dr.lividiniloiacono@gmail.com
www.michellelividiniloiaconophd.com

Dr. Yoni Mandelbaum
Offices in Scarsdale and Riverdale NY
(347) 719-3078
dryoni@mandelbaumpsych.com

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Private Therapists

Christopher Nardozzi, JD, LCSW- LGBTQ Affirming therapy
4 Chatsworth Avenue
Larchmont, NY 10538
(914) 830-9171
www.cntherapy.com

New Oak Psychology-Trauma Therapist newoakpsychology.com
Dr. Evan Podolak drepodolak@gmail.com
1600 Harrison Avenue
Mamaroneck, NY 10543
(914) 714-3108 ages Teen to adults

Evan Stern MS LMHC (Telehealth only)
914-257-7886
Adults, adolescents, individual, group, family couples/counseling, anxiety, depression
Evansterntherapy@gmail.com

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Psychiatrists

Psychiatrists

Dr. Daniela Balint
1 West Avenue Larchmont
(917) 674-7992

Dr. David Breindel
234 Elk Avenue New Rochelle, NY
(914) 235-5520

Dr. Fink
12 Parcot Avenue
New Rochelle, NY 10801
1(877) 534-1090
candidafinkmd@finkshrink.com
https://finkshrink.com/

Dr. Elizabeth Guthrie
(914) 251-1520

Dr. Alexander Lederer
(212) 452-3310

Dr. Alexander Lerman, MD, P.C.
250 North Bedford Rd.
Chappaqua, NY 10514
(914) 238-0566
alexlerman@verizon.net

Lorna Morel, MD
2039 Palmer Avenue Suite 102
Larchmont, NY 10538
(914) 833-3503

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