

**Because no child or adolescent struggling with
a mental health challenge should suffer alone...
and no parent should feel helpless.**



Northern Westchester Hospital/Northwell is building a comprehensive system of high-quality mental health services for children and adolescents in northern Westchester County.

As more children and adolescents in our community experience serious mental health challenges...

Parents grapple with:

- a shortage of local providers
- unaffordable services
- gaps in care
- limited or no early intervention in schools

Parents are forced to rely on emergency departments and urgent care facilities, which is not ideal when dealing with child and adolescent mental health challenges.

Our solution is to expand Northwell's proven model of specialized mental health care for children and adolescents to northern Westchester County.

The need is urgent and with your partnership we will take bold and courageous action.

We are developing an integrated array of expert, accessible, affordable mental health services and treatment options for our children and adolescents at every point in their journey to wellness.

Education and Awareness Programs. *How do I identify red flags and take action?*

Programs will include education about mental health wellness and effective intervention strategies for our schools, parents, guardians, and family caregivers.

Child and Adolescent Outpatient Psychiatric Practice. *Where do I go for ongoing care?*

Expert, compassionate mental health professionals will treat children and adolescents who need clinical care and ongoing support.

Behavioral Health Center. *Where do I go in a moment of uncertainty or crisis?*

Clinicians at the free-standing crisis center in northern Westchester will support our local school districts by intervening early and proactively providing a supportive environment for the family when a child or adolescent is experiencing a mental health crisis.

Partial Hospitalization/Intensive Outpatient Program. *How do I get my child intensive treatment while they are living at home?* This program will provide intense structured treatment for acute mental health challenges while the child continues to live at home.

Education and Awareness Programs

We will meet our children and adolescents where they are. And that place is often their school.

We will partner with elementary, middle and high schools in northern Westchester to create a mental health system of care.

Working closely with school districts, we will educate and support the administration, faculty and staff as well as students' families in effectively addressing mental health needs by focusing on early identification and providing resources for the family to take action.

Behavioral Health Center

Our Behavioral Health Center, a stand-alone facility located in northern Westchester, will see children and adolescents within 24 hours of a mental health crisis.

This center is a bridge between our schools and access to Northwell's clinical experts.

Specialized, compassionate providers will address the mental health needs of our community's students, in a timely manner, providing crisis stabilization, bridge treatment and guidance for parents in navigating longer-term care options.

Child and Adolescent Outpatient Psychiatric Practice

Parents trying to find high-quality ongoing mental health support for a struggling child or adolescent can spend dozens of hours on the phone. These urgently needed services are difficult to access.

We will open a child and adolescent psychiatric outpatient practice staffed by Northwell's clinical experts that provides comprehensive treatment for young people experiencing mental health symptoms and needing clinical intervention. Services will include individual therapy, medication management and telepsychiatry consultations.

Partial Hospitalization/Intensive Outpatient Program

Our Partial Hospitalization Program bridges the gap between inpatient and outpatient care for children and adolescents recovering from acute mental health challenges. The structured and supportive environment ensures young people make a successful transition from an inpatient setting to life back in the community.

THE CRISIS

Across the country, we are seeing growing numbers of mental health related issues among children and adolescents.

1 in 5 children has a mental, emotional or behavioral disorder.

Only 20% of children diagnosed with a disorder receive specialized mental health care.

50% of all lifetime cases of mental illness begin by the age of 14.



YOU CAN MAKE A DIFFERENCE... **IN THE HEALTH OF YOUR LOVED ONES** **AND OUR COMMUNITY!**

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FOR MORE INFORMATION ABOUT THIS PROGRAM

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