

# The Haven at Westchester

*A deluxe psychiatric program in an academic medical center*



The Haven at Westchester  
NewYork-Presbyterian Hospital  
21 Bloomingdale Road  
White Plains, NY 10605

1.888.694.5700

[www.nyppsy psychiatry.org](http://www.nyppsy psychiatry.org)

 **NewYork-Presbyterian**  
The University Hospital of Columbia and Cornell

NewYork-Presbyterian Hospital is one of the largest, most prestigious health care institutions in the nation. It is affiliated with Weill Cornell Medical College, recognized for its advances in clinical care, medical training, and groundbreaking research contributions in many specialties and subspecialties.

The behavioral health services at Payne Whitney Westchester, a division of NewYork-Presbyterian Hospital's Department of Psychiatry, are ranked annually among the nation's best by *U.S. News & World Report*®.

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The Haven at Westchester is a tastefully designed, deluxe psychiatric inpatient program on the historic campus of Payne Whitney Westchester, located in White Plains, New York. Patients treated at The Haven will experience a beautiful, restorative environment, and benefit from the consultation and collaboration of world-renowned psychiatric specialists in areas such as mood disorders, psychotic disorders, personality disorders, and geriatric psychiatry.

Psychiatrists on the faculty of Weill Cornell Medical College provide careful assessment and state-of-the-art treatment for adults over the age of 18. The Haven's well-trained and experienced multidisciplinary staff implement individualized treatment plans and call upon senior faculty from the hospital's numerous and diverse subspecialty programs to consult on each patient's unique biological and psycho-social issues. A structured group program based on cognitive behavioral approaches complements individual therapy and pharmacotherapy. Patients experiencing multiple disorders can be assured of the ready availability of a team of experts prepared to deliver integrated, personalized care.

## The Treatment Program

All patients are seen daily by the program's treatment team comprised of attending psychiatrists, nurses, social workers, and psychosocial rehabilitation specialists. In addition to a rigorous diagnostic assessment, close attention is paid to patients' overall social and vocational functioning. This comprehensive approach informs treatment during hospitalization and the recommendations for post-discharge follow-up care.

### Program Highlights

- Expert evaluation and assessment
- Integrated treatment
- Personalized care
- Deluxe accommodations
- Concierge services

All treatment and aftercare planning is coordinated with the referring clinicians. Individual, group, and family therapy using psychodynamic, cognitive, and behavioral techniques are used as indicated. Up-to-date, judicious use of psychopharmacology is a key element of treatment. Internal medicine and neurology faculty are on staff to provide consultation.

Educational and supportive sessions are offered for family members. Additionally, self-help and twelve-step treatment programs are introduced when needed.





A chef prepares individually chosen gourmet meals, and the dining and living areas offer comfortable settings for communal activities and visiting. As a patient's acute problems stabilize, it may be therapeutic to use the hospital's beautiful grounds. Gardens, walking paths, tennis courts, a pool, and a par-three golf course are located on the expansive campus. Exercise equipment is also available.

## The Treatment Environment

The Haven is a deluxe inpatient facility featuring comfortable private rooms with baths and other amenities. Computer access and television are provided. Concierge services are available to arrange for personal needs, such as transportation or other non-clinical requests.

discreet  
compassionate  
care

expert  
diagnosis



## Location

The Haven at Westchester is conveniently located in the New York metropolitan area. It is easily reached by car or train from New York City, closely accessible to Connecticut and New Jersey, and within minutes of Westchester County Airport.



## Financial Information

Private pay, most major insurance plans, and Medicare are accepted. The daily amenities fee is additional and is the responsibility of the patient.

## Accreditation

Payne Whitney Westchester, located in White Plains, New York, and Payne Whitney Manhattan in New York City are the major clinical and academic programs of the Department of Psychiatry at Weill Cornell Medical College. The hospital is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO.)

## For Further Information

Referrals to The Haven may be made by physicians, health professionals, community agencies, prospective patients, or family members.

For more information about admission and referrals, please call the 24-hour, toll-free number at **1.888.694.5700**, or the Referral Development Coordinator at **914.997.5788**.

For information about the full range of psychiatric services at NewYork-Presbyterian Hospital, please visit the website at **[www.nypppsychiatry.org](http://www.nypppsychiatry.org)**

## Directions

### **By Car**

#### *From New York City and Long Island:*

Take the Hutchinson River Parkway to Exit 23 - Mamaroneck Avenue towards White Plains. Drive approximately 3½ miles to right fork for Bloomingdale Road. Proceed on Bloomingdale Road to the intersection with Maple Avenue. Turn right at light into hospital entrance.

#### *From Upstate New York and New Jersey:*

Take the NY State Thruway (I-87) across Tappan Zee Bridge. Go one mile to I-287 east. Continue on I-287 to Exit 8W. Keep left on exit ramp and turn left at the light onto Bloomingdale Road (opposite The Westchester Mall.) Turn left at the first light at Maple Avenue intersection into hospital entrance.

#### *From New England:*

Take either the Connecticut Turnpike (I-95), the Merritt Parkway, or I-684 to I-287 west to Exit 8, White Plains. Follow Route 119 (Westchester Avenue.) Turn left onto Bloomingdale Road. Take left at the second traffic light at Maple Avenue intersection into hospital entrance.

### **By Train**

Take the Harlem Line on Metro North Railroad from Grand Central Station to White Plains. Taxi to hospital.

### **By Air**

Limousine service from LaGuardia or JFK Airport.  
Taxi from Westchester County Airport.