

About Arc of Westchester

Arc of Westchester services focus on individual choice, future planning, community inclusion, and smaller, individualized residential options. We were created in 1949 with a radical idea: that people with developmental disabilities have rights and expectations to make the most of their abilities as citizens of their communities. Regardless of external challenges, we strive to evolve, meet new challenges and create a sustainable foundation for the future.

Programs assist people with developmental disabilities of all ages. They include:

- early intervention for infants, toddlers and their families
- a preschool program
- parent training in educational advocacy for their children
- youth groups
- transition planning for students preparing to leave high school
- vocational training and job placement
- classes in daily living skills for adults
- supervised and supportive living in forty-four residences
- respite care for families
- recreational activities including a sleep-away camp
- 24-hour crisis management
- outpatient clinical services; OT, PT, Speech, Vocational Rehabilitation, Nutrition and Psychiatry
- psychological testing and counseling
- self-advocacy training for adults
- bilingual (English-Spanish) outreach to un-served or underserved people
- service coordination
- guardianship for adults whose families are no longer able to care for them



Arc of Westchester's Mission

To empower children and adults with developmental disabilities to achieve their potential based on personal choices, abilities and interests. This is accomplished through person-centered services, support to families, advocacy and leadership, which together inspire the community to value the inclusion of people with developmental disabilities.



Arcwestchester
gallery265

Come visit our Gateway Center and browse through gallery265. Our art gallery celebrates the creative accomplishments of individuals with developmental disabilities.

Arc of Westchester programs take place throughout Westchester County. For specific locations, contact our main office.

The Gleeson-Israel Gateway Center

265 Saw Mill River Road
Hawthorne, NY 10532
phone: 914.949.9300 • fax: 914.949.8645

Crisis Hotline: 914.949.8200
For more information email: info@westchesterarc.org
www.westchesterarc.org

Guide to Services

Real People, Real Progress



Early Childhood

[Early Intervention.](#) [Inclusive Settings.](#)
[Positive Results.](#)

Early diagnosis and treatment can change the life of a child with developmental disabilities. Our early intervention program serves children from birth through three years of age. Services include evaluations, service coordination, speech, occupational and physical therapy, social work and family support groups.



Our preschool program has classes that serve children age 3 to 5 with a wide variety of developmental disabilities, including children with autism. Most of our students graduate to typical community kindergartens in their local school districts.

Transition Services

[A Bridge to Adulthood.](#) [Identifying Abilities.](#) [Choosing a Career](#)

Transition Services are offered in partnership with school districts to help young people succeed in the transition from school to work. Job Readiness classes

focus on teaching students transition skills in the areas of personal, life and career management.

Internship Experience and Job Coaching offer students work experience in the community and help them continue to develop specific skills and the confidence they need to succeed.

Summer Enrichment offers teens and young adults college experience with classes in work and life skills. This six week course takes place on a local college campus with the option to reside in dorms and get a taste of college life.

After School Services and Weekend Classes are designed to give students the social experiences that are important for community integration and life after graduation.

The Charles R. Kingsley Life Planning Center provides planning and referral services to families who have a child with a developmental disability. Person Centered Planning helps an individual to identify capacities, interests and goals, and to realize them. For young people, their life plan becomes a guide as they prepare for life after high school.

Navigation Services help families of graduating High School students through the process of obtaining eligibility for services.

The building blocks of life are career, community, living environment, and a network of peers and friends. Arc of Westchester helps young adults with disabilities to take stock of their goals, interests, abilities and resources and then to take action.

Recreation and Life Skills

[Fun.](#) [Friends.](#) [Travel.](#) [Exploration.](#)

We provide a wide variety of leisure and learning activities designed to help individuals learn social skills, enjoy and experience community life, and make the transition from school to work.

Echo Outdoors provides young adults with a week of nature study. Participants attend classes in lake study and outdoor survival skills and share cabins with people their own age while building friendships and enhancing social skills.

Echo Onstage is a week-long, musical theater workshop for teens and young adults. Students build self-esteem and muscle tone while they learn to dance. Role playing and improvisational exercises promote creative thinking and improve verbal and social skills.

Respite House provides overnight visits for both children and adults at our home in Thornwood, NY. Respite staff are trained in first aid, CPR, behavior management, interdisciplinary team approach, adaptive equipment and fire safety. Recreational and social events are planned by staff based on consumer interests, needs and capabilities.

Career Services

[Learning New Skills.](#) [Training for Jobs.](#)
[Supporting Employment.](#)

Arc of Westchester is committed to achieving the highest degree of self-reliance consistent with the personal abilities and choices of individuals with developmental and learning disabilities. We explore the interests and aptitudes of the people we serve, then match them to work opportunities. We emphasize community-based employment. Pre-employment



training opportunities are available in Mount Kisco, White Plains and Yonkers for individuals who require additional supports.

Adult Life Skill Services provide training and clinical supports to help adults integrate more effectively in their communities.

Pre-Vocational Training Services are designed for adults who need training in preparation for employment. The curriculum focuses on problem solving techniques, employer expectations and related communication skills.

Adult Employment Services match adults with developmental disabilities to in-community career opportunities with over 250 business partners in retail, food services, facilities, office environments and other settings. Job coaches provide initial onsite training, then continue to monitor progress for the duration of the work relationship.

Community Support Services

[Identifying.](#) [Responding.](#) [Linking.](#)

The Family Outreach Program identifies families who are not connected with service

providers or the OPWDD system of services. A bilingual specialist assists Spanish speaking individuals and families. **Medicaid Service Coordination** connects individuals with benefits and services, develops a plan of care, and provides ongoing advocacy to support each person. **The Crisis Project** is available 24 hours a day to respond to urgent and emergency issues that require staff to guide the individual and family to appropriate community services.

Wellness Center

[Adapting.](#) [Growing.](#) [Living Well.](#)

We provide evaluations and treatment services in occupational therapy, physical therapy, speech therapy, vocational rehabilitation, nutrition, psychology, psychotherapy, and psychiatry.

We conduct assessments that are used to develop short term or long term treatment objectives. Services are provided in our Hawthorne location and many other sites in Westchester including individual homes and group homes. Evaluations can also be completed for the purposes of OPWDD eligibility and Surrogate Court Guardianship proceedings.

The Wellness Centers serves children and adults and will accept Medicaid, Medicare and many private insurance plans.

Residential Services

[Security.](#) [Comfort.](#) [Personal Choice.](#)

Arc of Westchester operates forty-four residences located throughout Westchester County. Residential services offer a continuum of opportunities. Once an individual and his or her family have

selected Arc of Westchester, we ascertain the type of residence that is best suited to that person's needs and preferences. The goal is to build a set of services around that individual which takes into account the person's choices and goals regarding work, recreation and inclusion.

Location, age, staffing levels, clinical services are all factors to be considered. Some homes have full handicapped accessibility. Our quality assurance department and volunteers from our board of directors conduct visits to monitor the program.

Guardianship

[Lifetime Advocacy.](#) [Security and Oversight.](#)

In New York State, a person at the age of 18 is presumed to have the ability to make his or her own decisions. If that is not the case, then another individual such as a parent or agency such as Arc of Westchester can be appointed guardian of that person. The Arc of Westchester guardianship program helps families apply for guardianship and is available to answer questions from anyone residing in Westchester County concerning guardianship.

If no family member is available to serve as guardian, Arc of Westchester, as the local agent of New York State ARC (NYSARC, Inc.), can serve as guardian. The guardianship staff of Arc of Westchester acts as family for individuals, advocating for the person and overseeing services.

For family members who wish to become guardians, we provide educational programs concerning planning for the future and technical assistance in completing and filing petitions with the Surrogate's Court.