

# Clinic Services

Westchester Arc



westchester**Arc**  
envision possibilities, explore choices

# Westchester ARC

provides clinical habilitative services to individuals with mental retardation and other developmental disabilities. It is staffed by a team of full- and part-time clinical specialists trained to provide maximum reduction of effects of physical or mental impairment associated mental retardation and other developmental disabilities.

## Clinic Services

includes Psychiatry, Psychotherapy, Psychological and Psychosocial Evaluations, Nutrition, Rehabilitation Counseling, Occupational Therapy, Physical Therapy and Speech Services.

All services are provided or supervised by licensed/certified professionals.

[www.westchesterarc.org](http://www.westchesterarc.org)

# Clinic Services

## Psychiatry Services

- psychiatric assessment
- capacity for informed consent
- medication management and consultation

## Psychology Services

- evaluations
- individual and group counseling
- psychotherapy
- behavioral intervention and work with families

## Psychotherapy

- evaluation and screening
- individual, couples, family and group counseling
- crisis intervention

## Psychological Services

- cognitive, adaptive and educational evaluations
- guardianship evaluation

## Psychosocial Evaluation

- comprehensive social history assessment

## Speech Therapy

- assessment, screening and interventions related to receptive/expressive language

## Occupational Therapy

- assessment, including feeding and adaptive equipment
- intervention to promote the highest level of adaptive function

## Physical Therapy

- interview, examination and assessment
- interventions to enhance and/or maintain function, alignment and coordination

## Rehabilitation Counseling

- evaluation of work environment
- pre-placement job screening
- assessment
- individual and group counseling for work readiness

## Nutrition

- assessment, screening
- individual, along with group counseling



## Eligibility for Admission

You are eligible to receive services from Westchester Arc's clinic if:

- You reside in Westchester County and have a diagnosis of mental retardation or other developmental disability.
- You have a family member with mental retardation or developmental disabilities, provided your treatment enhances the care of the individual.

# Location and Hours

Westchester Arc's Clinic  
is located at:

The Herbert Katzenberg Center  
121 Westmoreland Avenue  
White Plains, NY 10606

(914) 949--9300, ext. 3400

Services may be delivered off-site and/or  
in the home upon request and with  
documented need.

Hours: Monday-Friday  
9 a.m. to 5:00 p.m.

*evening and weekend  
appointments may be arranged*

The Clinic accepts Medicare, Medicaid,  
private insurance and direct payment.

Visitor parking available in the main parking lot.

More Information . . .

If you would like additional information,  
or to make a referral to the clinic,  
please call: Department of Clinic Services,  
914-949-9300, ext. 3400  
during clinic hours or  
e-mail: [tguzman@westchesterarc.org](mailto:tguzman@westchesterarc.org)



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