



# We Can Help

*Crisis Project  
Westchester Arc*



# What is the Crisis Project?

Westchester Arc Crisis Project provides clinical and emergency intervention services to individuals with MR/DD population. The project can help families who are having trouble getting services– i.e. issues with managing behavior, assistance with immediate hospitalization when an individual is suicidal or homicidal and so much more.

The project employs an interdisciplinary clinical team that provides services 24 hours, 7 days a week. The project provides direct face-to-face contact in the individual's home or our office.

Crisis workers conduct assessment and develop strategies to meet the identified needs. Workers arrange for the use of community resources and coordinate and provide liaison between the individual and these agencies.

Crisis seeks to enhance the coping capacity of the individual and his/her families and safeguard the civil rights of a person with developmental disabilities and foster their human dignity.



## How can we help?

The following services are available to individuals and families in crisis:

- 24-hour telephone intervention
- Advocacy and follow-up
- Short-term crisis counseling
- Behavior management training
- Support groups
- Disability education
- Accompaniment to physician, therapies, meetings and benefits appointments
- Link to emergency respite care
- Apply for emergency assistance through the Department of Social Services
- Link to Westchester County Medical Center crisis mobile team for assessment
- Counseling and training to help families stay together and plan for the future

## Who should contact us?

Anyone with a family member who has mental retardation or developmental disabilities and needs assistance in a crisis situation. In addition, we welcome inquiries from community members, social services professionals or anyone who knows about a family who could benefit from the services we provide.

## How can I get assistance?

**Call the**

**Crisis Project at:**

**(914) 949-8200 - 24 hours a day**

**ALL SERVICES ARE  
FREE OF CHARGE**



westchester**Arc**

**CRISIS PROJECT  
WESTCHESTER ARC**

121 Westmoreland Avenue  
White Plains, NY 10606  
(914) 949-8200 (24-hour hotline)  
[www.westchesterarc.org](http://www.westchesterarc.org)



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Funded by Family Support Services,  
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