

Adult Agencies

August, 2009

Dear Parent(s), Guardian(s), Colleagues and Professionals;

The following is a present directory of the Day Habilitation Programs in Westchester County. There are 16 agencies in Westchester that offer these programs and they are listed here in alphabetical order. While in general a Day Habilitation Program can have a lot of similarities, there are some unique features, focuses, and differences to each as you will see inside. We hope this directory will be a helpful resource to you in finding the program (if this is the type of adult program needed) that may be best suited for your family member as they transition from the school system to adult services or who may already be out of the school system. We encourage you to take tours of the programs, speak to the contact people at the programs, and recommend you doing so during the student's last year so that the transition from school to adult services can be a smooth one. If you need further assistance please do not hesitate to contact me. I would be more than happy to assist you.

- 1.....**Abbott House**
- 2.....**Ability Beyond Disability**
- 3.....**Another Step**
- 4.....**Cardinal McCloskey**
- 5.....**Cerebral Palsy of Westchester**
- 6.....**Devereux Foundation**
- 7.....**Hawthorne Foundation**
- 8.....**Jawonio**
- 9.....**Keon**
- 10.....**Opengate**
- 11..... **Richmond Community Services**
- 12..... **Saint Jude**
- 13..... **Special Citizens**
- 14..... **Taconic Innovations**
- 15..... **Westchester ARC**
- 16..... **YAI/NIPD**

Sincerely,

Matthew Faulkner
Community Work Assistant
Westchester Department of Community Mental Health

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1. ABBOTT HOUSE

The site for **Abbott House Westchester Day Habilitation Program** is located in Irvington, New York. The program is primarily **community-based**. We serve consumers with developmental disabilities with varying functional levels. The program strives to offer choice in daily activities. Each day 4 different groups go out into the community. The activities they partake in include the following: volunteer work (i.e. Meals on Wheels, and People to People a community pantry in Rockland); sport activities, and community outings. Some of the site activities include art, reading, math and cooking classes along with theatre and self advocacy groups. There is a paid cleaning group along with a horticulture crew. The consumers who attend the program range from early twenties through mid-fifties. We serve consumers who reside in lower, central and upper Westchester and the Bronx.

Contact Person: Noreen O'Connor
Location address: 100 North Broadway
Irvington, New York 10553
Contact phone number: 914-591-7300x3107
E-mail address: noconnor@abbotthouse.net
Transportation is provided? Yes
Best days/times for tours? 10am through 1pm

2. ABILITY BEYOND DISABILITY

Ability Beyond Disability's Day Programs are well known for our work with individuals with Acquired Brain Injury, other neurological issues as well as with individuals with Intellectual Disabilities. We have two different focus groups in our programs. One has a **Sensory Enrichment** focus for individuals who are best served in a site-based program with the facilities and equipment for personal care needs, but they do go out in the community occasionally with a one to one ratio. These individuals are largely dependent upon staff for motor skills, speech and/or mobility. Programming focuses on cognitive, visual, sensory and social stimulation using a variety of techniques including massage, music and movement therapy. The individuals often need multiple therapies per week and the staff in the program work closely with the clinical therapist to integrate therapies with daily programming. The second focus is our **Access Program**, that has a site-base to start and end the day, but the goal is to have as many individuals in the program out doing volunteer, recreational and leisure activities as often as possible for part of their day. For an individual to be appropriate for the program, they must be able to go out in the community with 4:1 ratio of individuals served to staff. We focus outings mainly in Northern Westchester County as much as possible. If not out in the community, the individuals are at the site working on strengthening cognitive, visual, sensory and social skills through the use of the computer, games, writing, arts and crafts, listening activities and hands on manipulation. The staff works in collaboration with clinical therapists to ensure a continuum of care and promote maximum abilities for those who attend therapy at our clinic. The individuals we serve come from Northern Westchester and a few from Central Westchester County.

Contact Person: Debbie Reinehr – Information and Referral Department
Location address: 120 Kisco Avenue
Mount Kisco, NY 10512
Contact phone number: 1-888-832-8247x3070
E-mail address: dreinehr@abilitybeyonddisability.org
Transportation is provided? Yes
Best days/times for tours? Varies, needs to set-up individually

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3. ANOTHER STEP

Another Step provides **100% community based supports** for our Day Habilitation program. Due to the community based nature of the program, only those individuals who can be supported in a fully integrated community environment will best be served. Consequently, those with significant behavioral support needs, psychiatric issues, physical support needs, medication support needs (during program hours) and personal care needs that cannot be provided for safely within the context of a group, utilizing generic community resources, would not be appropriately served well for this program. The program can accommodate individuals in all parts of the county.

<u>Contact Person:</u>	Mary Lattari
<u>Location address:</u>	175 Clearbrook Road, Suite 161 Elmsford, NY 10523
<u>Contact phone number:</u>	914-946-2288x16
<u>E-mail address:</u>	mlattari@anotherstep.org
<u>Transportation is provided?</u>	Yes
<u>Best days/times for tours?</u>	Contact to arrange visit

4. CARDINAL McCLOSKEY

At Cardinal McCloskey, our **small site-based “with walls”** program is located in White Plains. With a focus on community integration and volunteering, we support individuals with daily and independent living skills, work readiness, recreation and socialization skills. Each individual is afforded opportunities to volunteer in the community. We support individuals who volunteer in environments such as soup kitchens, day care centers, pre-schools, among others. We also help various organizations with bulk mailings. Through these opportunities and others, we promote greater independence in all areas and support their chosen endeavors. We serve individuals throughout Westchester. We do not have clinical services, and are unable to administer medications. We are not fully accessible at this time.

<u>Contact Person:</u>	Amanda McDonald, Community Support Coordinator
<u>Location address:</u>	430 North Street White Plains, NY 10605
<u>Contact phone number:</u>	914-997-8000x147
<u>E-mail address:</u>	amcdonald@cms46.org
<u>Transportation is provided?</u>	Yes
<u>Best days/times for tours?</u>	Generally early afternoons

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5. CEREBRAL PALSY OF WESTCHESTER

Cerebral Palsy of Westchester's Day Habilitation Program is a **site-based program "with walls"** which focuses on personal success, community inclusion and the development of each individual's interests. The program includes person-centered planning, life skills training, socialization, educational programming and recreation. It serves people with all developmental disabilities. A new day habilitation program, **with walls**, is opening in August 2009 in New Rochelle, New York. The Program serves consumers living in all areas of Westchester County.

Contact Person: Michele Stramiello, Social Worker
Location address: 1186 King Street
Rye Brook, NY 10537
Contact phone number: 914-937-3800x234
E-mail address: Michele.Stramiello@cpwestchester.org
Transportation is provided? Yes
Best days/times for tours? Monday-Friday, 10am - 2pm

6. DEVEREUX FOUNDATION

The Devereux Millwood Adult Program is a **day habilitation without walls** program for individuals with autism spectrum disorders. The program provides participants with opportunities in the community to learn skills that will assist them in gaining employment and/or enhancing their quality of life. The participants in the program spend the majority of their week volunteering at other non-profit agencies to learn transferable job skills. They also spend a portion of the week on community self-help and safety skills, and are given choices of community leisure activities. Staff are specifically trained in the needs of individuals on the spectrum and are able to address goals that are targeted towards the core areas of socialization, communication, and behavior. There is active parent involvement in the development of a participant's program and ongoing communication with program staff.

Contact person: Cindy Alterson, Ph.D., Program Director
Location address: 14 Schuman Rd.
Millwood, NY 10546
Contact phone number: (914) 941-1991
Email address: calterso@devereux.org
Transportation is provided: Yes
Best days/times for tours: To be set up individually

7. HAWTHORNE FOUNDATION

At **Hawthorne Day Habilitation Program** we serve individuals with autism and other developmental disabilities from Westchester County and the Bronx. Our Day Habilitation Program (**site-based/with walls**) focuses on optimizing the personal development of each individual. This is achieved through community integration and recreational activities along with focusing on the individual's needs, interests, and strengths. Staff provides support to further advance individual's academic skills such as reading, writing, and mathematics. Additionally, staff offers assistance with more advanced skills such as phone skills, money management, and community safety skills. Furthermore, consumers work on improving their ability to follow directions and adapting to work routine in the following areas: office/clerical, housekeeping, and customer service skills. Consumers are provided coaching to learn socially appropriate behaviors and are provided opportunities to problem-solve. The activities are designed to foster self-confidence, improve social skills and achieve stronger bonds with their community. **Here are some highlights of our new program:** Art Room, Music Appreciation Room, Computer Lab, Fitness Room, Dance/Movement Room, Related Services (Speech)

<u>Contact Person:</u>	Nancy Horbatuk, Program Development Coordinator
<u>Location Address:</u>	525 Executive Blvd. Elmsford, New York 10523
<u>Contact phone number:</u>	(914) 372-7173
<u>Contact e-mail address:</u>	nancyh.dayhab@hfadm.org
<u>Transportation is provided?</u>	Yes
<u>Best days/times for tours?</u>	Mornings

8. JAWONIO

Jawonio's Westchester Day Habilitation is a **site-based program "with walls"** which also includes numerous and varied community integration activities as an integral part of the consumers' program week. The program serves Yonkers and surrounding areas (Mount Vernon). Individuals are developmentally disabled, some with dual diagnosis, and many with behavioral issues. The program does have medication certified staff for individuals who need to take medication during the program day. The majority of individuals over the last few years transitioned into the program after graduating from high school. The program is consumer driven with activities that are based on their individual needs and interests.

<u>Contact Person:</u>	Esther White (Associate Director) or Shedricka Edwards (Day Hab Supervisor)
<u>Location address:</u>	176 South Broadway Yonkers, NY 10701
<u>Contact phone number:</u>	914-963-8666
<u>E-mail address:</u>	esther.white@jawonio.org
<u>Transportation is provided?</u>	Yes
<u>Best days/times for tours?</u>	Mon.-Fri between 10:30am (best time) – 1:30

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9. KEON

The Keon Center offers **blended services** (Day Habilitation and Sheltered Employment/Pre-Vocational Skills) for individuals interested in vocational development. Our Day Habilitation is small and intimate **with walls** but offers daily opportunity for community integration. We are actively involved in many aspects of the community including: assisting at local volunteer sites, we belong to the local library and attend many recreational events. We are actively involved with the Miracle League Baseball team. Our in house services provide individuals the opportunity to acquire, retain or improve skills in such areas as life skills, functional skills, safety awareness and interpersonal development. We have on site a functional gym, a small café, and clinical services (therapy, speech and physical therapy). Some typical day habilitation activities might include money skills, meal preparation or arts & crafts. We are very accommodating with individuals and their families and strongly believe in individualized goal planning. We reimburse for transportation and will assist with obtaining Para-transit. We do not administer medications at this time.

<u>Contact Person:</u>	Brian Scully
<u>Location address:</u>	2 John Walsh Blvd. Peekskill, New York 10566
<u>Contact phone number:</u>	(914) 737-6980 ext. 130
<u>E-mail address:</u>	BScully@bestweb.net
<u>Transportation is provided?:</u>	No (reimburses for transportation)
<u>Best days/times for tours:</u>	Mon.-Fri between 8am – 2pm

10. OPENGATE

Opengate's Day Habilitation Program, formerly located on the Somers' Campus moved in 2007 to a spacious site in Hawthorne, NY. This new, centralized location facilitates access from every part of the county. The larger space and modernized facility provide an inviting home base for our Day Habilitation program (**site-based "with walls"**) that assures in-house activities and extensive community opportunities for consumers. For example, local entertainment venues, volunteerism, computer training, personal fitness and recreational events are close at hand. **Opengate** continues to serve Developmentally Disabled adults who come with a variety of individualized strengths and needs including, but not limited to, those on the autism spectrum and those needing behavioral support to reach their potential and have a positive and productive day program.

<u>Contact Person:</u>	Peter Welby, LCSW
<u>Location address:</u>	8 Skyline Drive Hawthorne, NY 10532
<u>Contact phone number:</u>	(914) 277-3661x235
<u>Contact e-mail address:</u>	Peter@opengateinc.org
<u>Transportation is provided?:</u>	Yes
<u>Best days/times for tours:</u>	Thursday at 10am

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11. RICHMOND COMMUNITY SERVICES

Day Program North of Richmond Community Services is a **site-based program(with walls)** which strives to provide an opportunity for independence, integration, individuality and productivity by providing meaningful activities based on choice and opportunities to participate and volunteer within the community. Activities are based on weekly themes geared towards person-centered planning. Community inclusion outings include recreational, educational and volunteer experiences. We have also joined the Miracle League (baseball) as well as the Spirit League (multisport). Both leagues offer our participants the opportunity to meet and develop relationships with individuals from other agencies within Westchester & Rockland Counties serving individuals with disabilities.

Contact Person: Jason King/Manager Day Program North
Location address: 272 North Bedford Road
Mount Kisco, NY 10549
Contact phone number: 914-471-4184
E-mail address: Jking@Richmondcommserv.org
Transportation is provided? Yes
Best days/times for tours? Monday-Friday, 11am or 2pm

Day Program South of Richmond Community Services is a **site-based program (with walls)** that serves those with physical, cognitive and, in some cases, medical fragility. The community-based program has an emphasis on helping our program participants "give back" to the community as well as to experience new opportunities. Participants also enjoy a vast recreational program that includes swimming at local YWCAs, movies, museums, restaurants, and various points of interest. Because of the complex physical needs of many of the program participants, Occupational and Physical Therapists consult with the program staff in designing an individual program that will maximize each participant's potential. Many of the participants have limited mobility and yet are able to assist with cooking lunch, doing laundry, making copies for the program, and various other tasks using technology and adaptive switches. The ability to accomplish things in their environment increases their independence, as well as their self-esteem. We have also joined the Miracle League (baseball) as well as the Spirit League (multisport). Both leagues offer our participants the opportunity to meet and develop relationships with individuals from other agencies within Westchester & Rockland Counties serving individuals with disabilities.

Contact Person: Marcia Tessier/Manager Day Program South
Location Address: 265 Central Park Avenue
Yonkers, NY 10704
Contact phone number: 914-423-3852
E-mail address: MTessier@Richmondcommserv.org
Transportation is provided? Yes
Best days/times for tours? Monday-Friday, 11am or 2pm

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The MOVE Program of Richmond Community Services is an **OPTS site-based program (with walls)** that supports individuals with cognitive and physical disabilities to improve functional mobility skills while engaging in meaningful activities. MOVE (Mobility Opportunities Via Experience) is an international program dedicated to increasing independence in sitting, standing and walking while at the same time improving health and increasing personal dignity. MOVE at Richmond Community Services offers a wide variety of activities both in program and out in the community, with the use of specialized equipment that supports individuals in upright positioning.

Contact Person: Carin Horowitz/Manager MOVE Program
Location address: 272 North Bedford Road
Mount Kisco, NY 10549
Contact phone number: 914-471-4174
E-mail address: CHorowitz@Richmondcommserv.org
Transportation is provided? Yes
Best days/times for tours? Monday-Friday, 11am or 2pm

12. **SAINT JUDE**

Saint Jude Day Habilitation program is a **site-based program “with walls”** which offers a wide range of services and options for consumers in the Westchester and Bronx area. Our consumers range in functioning levels from profound to mild/borderline mental retardation. We pride ourselves on being able to handle multiply handicapped/dually diagnosed consumers who may present with numerous behavioral challenges. In our efforts to enrich the lives of our consumers we offer nine groups in our Group Day Habilitation, one of which addresses our medically frail individuals. During the day all consumers benefit from our learning centers model whereby a consumer can travel within the program and focus on his/her preferences. Special emphasis should be noted for our art, music, communication and game centers as well as our fully equipped gymnasium. Saint Jude does more with and for our consumers than stay within our four walls. We take numerous community outings with an equally broad scope in their purposes. Three to four times a week consumers participate in outings focusing on education (libraries and museums), living skills (banking, grocery shopping, personal shopping), recreation (bowling) and fitness (YMCA) as well as civic responsibility (volunteering options). Consumers have the option to focus on the type of outings that will most motivate them.

In summary, Saint Jude offers a wide variety of in-house activities and community excursions to benefit an equally diverse group of consumers who are constantly encouraged to advocate for themselves and express their individuality.

Contact Person: Thelma Reynolds
Location address: 40 Wilson Park Drive
Tarrytown, NY 10591
Contact phone number: (914) 468-0350
E-mail address: treynolds@iahdny.org
Transportation is provided? Yes
Best days/times for tours? Monday through Friday 10am-1:30pm

13. SPECIAL CITIZENS

Special Citizens opened their new facility in the beginning of 2009 known as “Spectrum Space Day Habilitation program”. This program is a **site-based program (with walls)** serving adults on the Autistic Spectrum in all areas of Westchester County. Their population varies in age, performance levels and skills, however, it shares common traits and challenges which they are ready to meet. The programs’ focus is innovative body movement, communication, socialization and volunteer programs. The ratio of staff to consumers is not higher than 1 to 4. For those eligible, there is the opportunity to work with Clinic 16 consultant for speech, nutrition and other services.

Contact Person: Maria Cherry
Location address: 500 Executive Blvd., suite 147
Elmsford, NY 10523
Contact information: (914) 347-4331x17
E-mail address: mcherry@specialcitizens.org
Best days/times for tours? Monday thru Friday 10-2
Transportation is provided? Yes by the agency

14. TACONIC INNOVATIONS

Taconic Innovations Group Day Habilitation is a **site-based program (with walls)**. The focus of the program is based on Person-Centered Planning (the individual’s wants and needs). We serve individuals who are developmentally disabled, on the autistic spectrum, and who may be behaviorally challenged. Individuals are from all parts of the county including Mount Vernon, Yonkers, Peekskill, Mohegan Lake, Tarrytown, Pelham and New Rochelle to name a few.

Contact Person: Senora Sellers
Location address: 115 South MacQuesten Parkway
Mount Vernon, NY 10550
Contact phone number: 914-668-9041x316
E-mail address: senora@taconicinnovations.com
Transportation is provided? Yes
Best days/times for tours? Mon.-Fri between 10:30 – 1:30

15. WESTCHESTER ARC

Westchester ARC is a family-focused agency that offers a range of day services to a large number of individuals throughout Westchester at Yonkers, New Rochelle, White Plains, Port Chester, Hawthorne, Peekskill, Ossining, Mt. Kisco, and other locations. These services provide **site and community based** activities that can include; employment, volunteering, continued learning, social and community connections. Services can be customized for small groups (usually four individuals); these groups can also be developed around existing friendships. Individuals are encouraged to explore their unique interests, abilities, dreams and goals. We provide services to people with developmental disabilities including those on the autism spectrum. Navigation services are offered to students and families during the year before leaving high school to understand the eligibility process and requirements. Opportunities exist to explore other services at Westchester ARC, including self-advocacy,

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guardianship, residential, creative and artistic expression, leisure activities, and guidance from our Wellness Center.

Contact Person: Ralph Szur, Director of Life Planning
Mashal Gonzalez, Transitional Services

Location address: 265 Saw Mill River Road
Hawthorne, NY 10532

Contact phone number: 914-495-4620 (Ralph Szur) and 914-495-4651 (Mashal Gonzalez)

E-mail address: rszur@westchesterarc.org; mgonzalez@westchesterarc.org

Transportation is provided? Yes

Best days/times for tours? 9:30am-2:30 pm is usually the best depending on location, but other times can be accommodated.

16. YAI/NIPD

YAI/NIPD Tarrytown Day Habilitation Program:

This **large site-based “with walls”** program consists of adults with a wide range of abilities. Each individual is assisted in developing fundamental skills in the areas of volunteer work, community integration, self-awareness, communication, personal care, mobility and sensory integration. Clinical services are provided. Creative arts and horticulture are some activities that are provided.

Contact person: Anne Franklin

Location address: 677 White Plains Road
Tarrytown, NY 10591

Contact information: (914) 631-2400x213

E-mail address: Anne.Franklin@yai.org

Transportation is provided? Yes

Best days/times for tours? Monday thru Friday 10am to 1pm.

YAI/NIPD Elmsford Day Habilitation Program:

This **community based program** consists of individuals who are assisted in developing fundamental functional skills, personal awareness skills, and increasing their productivity through integration into local neighborhoods. Individuals are out in the community most of the day working at a variety of volunteer sites and utilizing community services.

Contact person: Anne Franklin

Address Location: 33 West Main Street
Elmsford, NY 10523
(914) 592-1648

Contact information: (914) 631-2400x213

E-mail address: Anne.Franklin@yai.org

Transportation is provided? Yes

Best days/times for tours? Monday thru Friday at 9am OR 2pm.