

The  
Behavioral Health  
Center at Montefiore | Nyack



Anyone may call us to make a referral—a physician, caregiver, concerned family member or friend.  
**845-348-6700** | [montefiorenyack.org](http://montefiorenyack.org)

Montefiore | Nyack

160 North Midland Avenue, Nyack, New York 10960

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## The Behavioral Health Center

Montefiore Nyack Hospital offers behavioral health adult inpatient services designed to stabilize the crisis that led to hospitalization. A thorough evaluation is provided and a treatment plan is developed and coordinated in a safe environment that provides 24 hour nursing care. The 26 bed unit is conveniently located on a private wing at Montefiore Nyack Hospital.

### Our Team

- Psychiatrists
- Medical Physicians
- Social Workers
- Nursing Staff
- Activity Therapist
- Physical Therapists
- Dietician
- Pharmacists

### Treatment Includes

Treatment focuses on behavioral health needs and helps patients develop skills to cope with illness. We also determine an appropriate level of medication and provide education on how to use medication appropriately. Treatment interventions are designed to help the patient return home and resume their lives as quickly as possible. Our Social Work Team assists in planning and coordinating care following hospitalization.

### Admissions

Admissions are accepted 24-hours a day. Referrals may be made by physicians, psychologists, social workers, mental health professionals, social services agencies, family members, friends and by self referral. The final decision regarding admission is made by a psychiatrist.

## Going Home

The treatment team works with the patient and their family members to develop an aftercare plan. This may involve services offered at a day hospital, community based program or outpatient therapy. The goal is to help each individual continue the progress they have made in the hospital.

### Knowing the Signs

Half of all Americans will experience a mental illness during their lifetime. Mental illness or emotional problems affect all aspects of our lives. We may become so overwhelmed that we cannot function in our daily lives. Signs and symptoms indicating an illness may include one or more of the following:

- Suicidal Behavior and/or Threats
- Violent Behavior
- Sleeping or Eating Disturbances
- Severe Agitation
- Medication Noncompliance
- Severe Mood Swings
- Severe Sadness
- Excessive and Uncontrolled Anger
- Hearing Voices

### A Call for Help

Professionals are available to provide a confidential courtesy assessment.

Help is available—all you have to do is call **845-348-6700**.