



Parkside
Preschool

WESTCHESTER- PUTNAM COMMUNITY RESOURCE GUIDE

for families
supporting
children with
disabilities

A FREE GUIDE TO
HELP FAMILIES
FIND SUPPORTIVE,
RECREATIONAL,
EDUCATIONAL, &
HEALTH SERVICES
FOR CHILDREN WITH
DISABILITIES & THEIR
FAMILIES IN
WESTCHESTER AND
PUTNAM COUNTIES.

PROVIDED BY
PARKSIDE PRESCHOOL,
AN ARC MID-HUDSON
NY PROGRAM

CREATED & COMPILED
BY JESS LIVORNESE,
ED.M.



SCAN TO ACCESS THE
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GUIDE



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Websites and Resources

Supporting Children with Developmental Disabilities in New York State

Cerebral Palsy of Westchester



CP of Westchester offers a list of resources for families of children with developmental disabilities, including general, agency, advocacy, government, and health care resources.

<https://cpwestchester.org/link-resources/>

Hudson Valley Developmental Disabilities Service Office (DDSO)



Lists resources including community day services, recreational, educational, medical, transportation, and legal/advocacy services, in Hudson Valley and surrounding areas for individuals with disabilities.

<https://disabled.westchestergov.com/hudson-valley-ddso>

New York State Education Department Office of Special Education



Provides information on special education policy, assistance for parents in navigating the special education sector, and publications regarding special education policy and practice.

<http://www.p12.nysed.gov/specialed/>

Office of Children and Family Services (OCFS)



Provides family support, youth development, and childcare services, as well as a list of provided services to support children and families.

<https://ocfs.ny.gov/>

Office for People With Developmental Disabilities (OPWDD)



Responsible for coordinating services for NY residents with developmental disabilities, provides services directly and through a network of ~500 nonprofit service providing agencies. Offers respite care, assistive technology access, and a list of providers.

<https://opwdd.ny.gov/>

COVID-19 Resources



Children's Institute: COVID-19 Resources for Families



Provides resources for families to use in navigating the current COVID-19 pandemic situation, as well as resources for discussing this topic with children.

<https://www.childrensstitute.net/about-us/covid19-resources-for-families>

HMEA's Autism Resource Central: Social Stories on COVID-19



This site provides a collection of social stories you can read with your child to help discuss and learn about COVID-19.

<https://www.autismresourcecentral.org/social-stories-for-young-and-old-on-covid-19/>

National Association of School Psychologists (NASP): Health Crisis Resources



NASP features an article to help children cope with changes resulting from COVID-19, parenting tips, discussion strategies, as well as several documents to support parents and families in reducing anxiety and navigating this topic with their children.

<https://tinyurl.com/nasp-covid-coping>

New York State Parent Portal/Council on Children and Families



This site provides resources for families including parenting tips, activities, and information on how to talk to your children about the COVID-19 pandemic.

<https://www.nysparenting.org/coronavirus-resources-parents>

Parent & Family Supports:

Parent Support



Parent-to-Parent of New York State

This comprehensive website and service provides resources, referrals, and parent support groups. Families can be matched with other families of children with similar needs. Parent-to-Parent empowers those who care for individuals with developmental disabilities to advocate for those individuals, navigate and influence service systems, and make informed decisions.

<http://parenttoparentnys.org/>

Contact:

The Hudson Valley Office
Parent-to-Parent of New York State
Westchester Institute of Human
Development (WIHD)
Cedarwood Hall, Room A106,
Valhalla, NY 10595
Phone: (914) 493-2635
Serves Westchester, Orange,
Rockland, and Sullivan Counties

The Capital District Office
Parent to Parent of New York State
500 Balltown Road
Schenectady, NY 12304
Phone: (800) 305-8817 | (518) 381-4350
Contact Person: Tina Beauparlant Regional
Program Manager & Education Specialist
Email: tbeauparlant@ptopnys.org
Serves Putnam and Ulster Counties, among
others

Child Care Council of Westchester: Parent Education & Community Resources

The Child Care Council of Westchester, located in Scarsdale, offers parent trainings and workshops, as well as a list of support groups across Westchester County.

<https://www.childcarewestchester.org/services/parents/parent-education>

New York State PTA

This site contains a directory of all New York State Parent-Teacher Associations, including Special Education PTAs. Use the directory for find your local PTA.

https://nyspta.org/home/advocacy/special-education_ptas/

Parent & Family Supports:

Parent Support



Autism Directory Service, Inc

This locally based (Wappingers Falls) not-for-profit assists individuals and families living with autism throughout the Hudson Valley by providing grants for parents/caregivers to defray costs associated with workshops, conferences, social skills groups, recreational activities, academic programs, and more. They also provide access to resources to support those with autism.

<https://adshelps.org/>

Email: autismdirectoryservicehv@gmail.com

Autistic Self-Advocacy Network

This advocacy group is run by Autistic individuals and can provide perspectives on meaningful resources for those with ASD.

<https://autisticadvocacy.org/>

Cerebral Palsy of Westchester: Family Support Services Information & Referral

Cerebral Palsy of Westchester offers information, guidance, and referrals, as well as help navigating NYS's Family Support Services Program.

<https://cpwestchester.org/medicaid-service-coordination/>

CHADD of Westchester-Putnam County & Vicinity

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) offers weekly Zoom meetings featuring both support sessions to exchange information, feelings, and experiences in a supportive and confidential environment facilitated by a licensed social worker and general meetings where guest presenters speak and/or extended support is provided.

<https://chadd.org/for-parents/overview/>

Local Westchester/Putnam Chapter in Yorktown Heights-

<https://www.chadd.net/chapter/376>

Contact: Karen Trovato

Email: westchester-putnamvicinity@chadd.org

Parent & Family Supports:

Parent Support



CoveCare: Family Connections Support Group

CoveCare in Carmel, NY offers a free family-to-family support group where parents and caregivers can share their experiences, discuss challenges, and connect with one another regarding raising children in today's world while sharing resources and advocacy. Childcare available while parents meet twice monthly.

<https://tinyurl.com/covecarecommunitybasedservices>

Contact: Wanda Crowley

Phone: (845) 225-2700 ext. 224

CoveCare Center, 1808 Route 6, Carmel, NY 10512

Family Services of Westchester

Across 23 locations in Westchester, Family Services provides early childhood respite to assist parents and children birth to five who receive preventive services.

<https://tinyurl.com/fsw-early-childhood>

Contact: Diana K. Cohen, LCSW, Director, Early Childhood Mental Health Programs

Phone: (914) 358-5419

Email: dcohen@fsw.org

Hudson Valley Autism Society

Located in Kingston, NY, this organization aims to support families in finding community resources and providing information relevant to autism.

<https://www.hudsonvalley-autismsociety.org/>

Phone: (844) 482-7669

Email: info@hudsonvalley-autismsociety.org

Parent & Family Supports:

Parent Support



YAI Mental Health Services

Provides mental health services for caregivers of those with intellectual/developmental disabilities, including individual therapy, family therapy, collateral counseling for caregiver burnout/stress, and couples counseling.

<https://www.yai.org/clinical-services/mental-health>

Phone: (212) 273-6182

Parent & Family Supports:

Parent Support



My Sister's Place

My Sister's Place, located in White Plains, aims to end domestic violence and human trafficking by providing free education, outreach, confidential supportive and legal services throughout Westchester County.

<https://mspny.org/>

Email: info@mspny.org

Phone: (914) 683-1333

24/7 HOTLINE: (800) 298-7233 (SAFE)

3 Barker Avenue, White Plains, NY 10601

Putnam/Northern Westchester Women's Resource Center

Located in Mahopac, this center provides advocacy, education, and counseling services for victims of domestic abuse. Individual and group services for women and children available.

<https://www.pnwwrc.org/>

Email: info@pnwwrc.org

Main Office: (845) 628-9284

24 Hour Crisis Line: (845) 628-2166

935 South Lake Blvd. Suite #2, Mahopac, NY 10541

Parent & Family Supports: Advocacy Support & Training



Center for Parent Information & Resources: Developing Your Child's IEP

A guide for families explaining the basics of special education processes, your child's IEP, and how to effectively partner with your child's school.

<https://www.parentcenterhub.org/pa12/>

Starbridge: Family Support Programs

Starbridge provides support with transportation, opportunities to speak with an advocate, and family reimbursement programs. They also provide FREE workshops/webinars addressing transitions within special education, the annual review process, IEPs, and ways to support your child's language, social, and behavioral development at home.

<https://www.starbridgeinc.org/how-we-can-help/family-supports>

Westchester Independent Living Center & Putnam Independent Living Services

Provides resources and support for families making informed educational decisions, including those regarding their child's IEP/504 plan, and transition planning in Westchester and Putnam Counties. These agencies empower parents to successfully advocate for their children, and to prepare parents for EI, CPSE, CSE, and 504 meetings.

<https://www.wilc.org/educational-advocacy/>

Contact Jessica Baumann, Director of Educational Advocacy Services
Phone: (845) 228-7457 Email: jbaumann@putnamils.org

WJCS Autism Center: Special Education Advocacy

WJCS offers special education advocacy services to help families navigate the special education system, identify and understand their child's unique needs, and feel more empowered in the IEP and 504 process. Includes an initial consultation (record review, discussion of parental rights, development of a detailed plan on how to proceed), classroom observations, and representation at 504, CPSE, and CSE meetings.

<https://tinyurl.com/wjcs-specialedadvocacy>

Contact: Lee Englander, M.A., Program Coordinator, WJCS Autism Center
Phone: (914) 761-0600 ext. 2228 | 845 North Broadway White Plains, NY 10603

Parent & Family Supports:

Parent Skills Training



Autism Spectrum Disorder Services, Child Study Center by Hassenfeld Children's Hospital at NYU Langone

Offers parent training and sibling support, including stress management and mindfulness groups for parents of children with autism.

<https://nyulangone.org/locations/child-study-center/autism-spectrum-disorder-service>

Phone: (646) 754-4958

Email: csc.care@nyulangone.org

One Park Avenue, 7th Floor, New York, NY 10016

Ascend Autism Group

Ascend Autism Group offers a variety of services, including social skills programs, parental support services/parent-mediated intervention, early intervention, and targeted intervention/ABA services.

<https://ascendautism.com/>

Phone: (877) 609-1885

Email: info@ascendautism.com

Ascend Port Chester
243 North Regent Street,
Port Chester, NY 10573

Ascend Greenwich
280 Davis Avenue #1,
Greenwich, CT 06830

CoveCare: Parenting Skills & Support

Formerly Putnam Family and Community Services, CoveCare in Carmel, NY offers fee-based Systemic Training for Effective Parenting (STEP) programs which provide skills training for parents dealing with challenges with their children. Offered in a seven-week course by trained facilitators.

<https://tinyurl.com/covecarecommunitybasedservices>

Contact: Wanda Crowley

Phone: (845) 225-2700 ext. 224

CoveCare Center, 1808 Route 6, Carmel, NY 10512

Parent & Family Supports:

Parent Skills Training



Family Ties of Westchester: Parent Skills Coaching Sessions

With locations in White Plains, Yonkers, Peekskill, Ossining, and Mount Vernon, evidence-based coaching sessions are offered for caregivers raising children with social, emotional, and/or behavioral challenges to promote positive, strength-based relationships by enhancing parent skill sets in addressing challenges. View the link below to find the regional office closest to you.

Family Ties also offers workshops addressing developmental disabilities and advocacy.

<https://www.familytieswestchester.org/support-groups-education-coaching/>

Phone: (914) 995-5238

Hudson Valley Applied Behavior Analyst PLLC (HVABA)

Located in Hopewell Junction, this organization provides monthly parent workshops to address behavioral strategies for children with autism spectrum disorders. Parents are encouraged to bring issues that matter most to them for discussion.

<https://www.behaviorsos.com/parent-workshops>

Phone: (845) 897-1788

25 Route 376, Hopewell Junction, NY 12533

Parent & Family Supports:

Parent Skills Training



Westchester Independent Living Center & Putnam Independent Living Services: Parent Training and Information Center (PTIC)

The Parent Training and Information Center (PTIC) provides FREE advocacy training for parents of children with disabilities, as well as information and referral, technical assistance, workshops, and trainings to parents and other professionals serving children with disabilities. Training and information is provided in order to increase parents' confidence levels and develop their own advocacy skills to benefit their children and others in the community. These services are provided to Putnam, Westchester, Dutchess, Orange, Rockland, Sullivan, and Ulster Counties at no cost.

<https://www.wilc.org/parent-training-and-information/>

Contact Jessica Baumann, Director of Educational Advocacy Services
Phone: (845) 228-7457 Email: jbaumann@putnamils.org

Westchester Jewish Community Services: Parent Management Training (PMT)

This evidence-based group, developed at the Yale Child Study Center, has been shown to be effective in decreasing oppositional, antisocial, and aggressive behaviors by training parents to manage their child's behaviors in home and at school. May be billed through commercial insurance plans, as well as Medicaid/Medicaid Managed Care, Child Health Plus, or self-pay fee.

<https://www.wjcs.com/services/disabilities-autism/parent-management-training/>

Contact Norma Litman, LCSW, Program Supervisor,
Phone: (914) 949-7699 ext. 2408 Email: nlitman@wjcs.com

141 N Central Ave, Hartsdale, NY, 10530

Parent & Family Supports:

Parent Skills Training



Westchester Therapy Solutions (WTS)

Westchester Therapy Solutions offers parent/caregiver/teacher training workshops. Providing seminars to parent groups, schools, professional organizations, psychologists, teacher associations, and therapists for over 25 years, their therapy workshops are known to provide parents with practical strategies, best practice, and a better understanding of their child. Workshop topics include behavior or sensory processing difficulties, fine motor functioning, therapeutic listening, sensory process, sensory defensiveness, arts and crafts for children with special needs, and yoga for children with special needs, among others. Virtual parent workshops are offered while in-person parent workshops are postponed.

<https://westchestertherapysolutions.com/workshops/>

Phone: (914) 686-3116

Email: assist@wtstherapy.com

450 Mamaroneck Ave, Suite 412, Harrison, NY 10528

YAI: National Institute for People with Disabilities

YAI provides a variety of services, programs, and resources. Family services include caregiver education, behavior management assistance, in-home training, and respite services for families of children with disabilities.

<https://www.yai.org/family-support>

Getting Started Form: <https://www.yai.org/getting-started>

Phone: (212) 273-6182

Parent & Family Supports:

Sibling Supports



Autism Spectrum Disorder Services, Child Study Center by Hassenfeld Children's Hospital at NYU Langone

Offers parent training and sibling support for those living with an individual with autism.

<https://nyulangone.org/locations/child-study-center/autism-spectrum-disorder-service>

Phone: (646) 754-4958

Email: csc.care@nyulangone.org

One Park Avenue, 7th Floor, New York, NY 10016

JCC of Mid-Westchester:

SibConnection & Teen SibConnection

SibConnection is a therapeutic support group for siblings who have brothers/sisters with special needs. This group meets for one hour weekly and aims to give siblings of those with disabilities a place to connect, share and explore feelings, and learn in a safe and supportive environment. Separate groups offered for children 6-12 and teens.

Tai Chi - Parent/Caregiver/Sibling & Child Class

Taught by a certified Tai Chi Instructor, this program offers the opportunity for participation by both the child and their parent/caregiver or sibling in learning the basic tenants of Tai Chi.

<https://jccmw.org/childrenteens/special-needs/developmental-disabilities-enrichment-services-programming/>

Contact: Mara Roberge

Phone: (914) 725-7300

Email: robergem@jccmw.org

JCC of Mid-Westchester, 999 Wilmot Road, Scarsdale, NY 10585

Parent & Family Supports: *Legal Support & Advisement*



Council of Parent Attorneys & Advocates (COPAA)

COPAA's mission is to “protect and enforce the legal and civil rights of students with disabilities and their families.” They aim to ensure high quality educational services and promote advocacy. Visit the “Contact Us” page for a directory of contact options.

www.copaa.net

Legal Services of the Hudson Valley

Practice areas include disability and special education advocacy.

<https://www.lshv.org/>

Phone (White Plains): (914) 949-1305

Phone (Poughkeepsie): (845) 471-0058

Littman Krooks LLP, White Plains

Practice areas include special needs planning and special education advocacy.

<https://www.littmankrooks.com/>

Phone: (914) 684-2100

Student Advocacy

Located in Elmsford and comprised of highly trained attorneys - some of whom are former teachers - and educational advocates, the Student Advocacy group fights to protect the educational rights of students in Westchester and Putnam counties, and to ensure access to supports necessary for educational success.

<https://studentadvocacy.net/>

Phone: (914) 347-7039

Evaluation Centers



Center for Autism and the Developing Brain at New York Presbyterian

The Center for Autism and the Developing Brain provides comprehensive evaluations and services for individuals living with autism spectrum disorders (ASD) and other developmental disorders.

<https://www.nyp.org/psychiatry/center-for-autism-the-developing-brain>

Phone: (914) 997-5848

21 Bloomingdale Road, White Plains, NY 10605

Child Study Center by Hassenfeld Children's Hospital at NYU Langone

Provides diagnostic, psychiatric, and neuropsychological assessments.

<https://nyulangone.org/locations/child-study-center/autism-spectrum-disorder-service>

Phone: (646) 754-4958

Email: csc.care@nyulangone.org

One Park Avenue, 7th Floor, New York, NY 10016

Rose F. Kennedy Children's Evaluation & Rehabilitation Center at the Albert Einstein College of Medicine

Provides evaluation for early identification and interdisciplinary care for those with developmental disabilities.

<https://einsteinmed.edu/centers/childrens-evaluation-rehabilitation/>

Phone: (718) 430-8500

E-mail: RFKCERCInfo@montefiore.org

1225 Morris Park Avenue, Bronx, New York 10461

Evaluation Centers



The Seaver Autism Center for Research and Treatment at the Mount Sinai School of Medicine

The Seaver Autism Center “provides opportunities to participate in research studies that seek to better understand the causes of autism and improve treatment options. All services in research studies are provided without charge to eligible participants and include gold standard diagnostic assessments.”

<https://icahn.mssm.edu/research/seaver>

Phone: (212) 241-0961

Email: theseavercenter@mssm.edu

One Gustave L. Levy Place, Box 1230, New York, NY 10029

Westchester-Putnam TheraTeam, LLC (WPTT)

WPTT is an approved evaluation site for CPSE. Evaluations can take place at home, your child’s preschool, and/or at their facility in Mahopac.

<https://www.wptherateam.com/cpse-evaluations>

Phone: (845) 519-2295

Email: evaluations@wptherateam.com

572 Route 6, Suite 102, Mahopac, NY 10541

Westchester Jewish Community Services: Learning and Evaluation Center

Offers comprehensive evaluation services including developmental, educational, and neuropsychological/psychological assessments.

<https://www.wjcs.com/services/mental-health/the-learning-and-evaluation-center/>

Contact: Mikki Malow, PhD, Director

Phone: (914) 949-7699 ext. 2464

Email: mmalow@wjcs.com

141 N Central Ave, Hartsdale, NY, 10530

Evaluation Centers



YAI: Evaluations

YAI offers evaluations services specifically for people with intellectual/developmental disabilities to access ongoing supports and determine eligibility for services. Evaluations offered include psychological evaluations, psychosocial evaluations, autism assessment, guardianship evaluations, AAC evaluations, neuropsychologicals, mental health evaluations, and speech, occupational, and physical therapy evaluations.

<https://www.yai.org/clinical-services/evaluations>

Phone: (212) 273-6182

Yale Developmental Disabilities Clinic

Provides comprehensive, multidisciplinary evaluations.

<https://medicine.yale.edu/lab/mcpartland/clinical/>

Contact: Amanda Altieri, Clinic Coordinator

Phone: (844) 362-9272

Email: CSCAssessment@yale.edu

350 George Street, New Haven, CT, 06511

Recreation

Sports, Fitness, & Other Recreation



Greenburgh Parks and Recreation Department

The Greenburgh Parks and Rec Department offers Special Recreation Programs for children with developmental disabilities, including yoga, walking, basketball, tennis, Camp Victory summer camp program, and a special recreation family season pool pass across Greenburgh, Ardsley, Dobbs Ferry, Elmsford, Hastings, Irvington, and Tarrytown.

<https://tinyurl.com/greenburgh-special-recreation>

Contact: Noel Broccoli, Director of Special Recreation

Phone: (914) 989-1815

Email: nbroccoli@greenburghny.com

Hero, Inc

Tennis

HERO tennis runs on an on-going basis or as special events and is available to individuals of all ages with developmental, physical, and emotional disabilities. Lessons are tailored to meet group and individual needs, and are scheduled at parks, schools, indoor/outdoor facilities throughout the tri-state area, Mondays through Saturdays.

Fitness

HERO provides a range of activities and programs that focus on improving the fitness and activity levels of individuals with developmental, physical, and emotional disabilities.

<https://herony.org/>

Phone: (914) 261-6761

Email: HEROJL1@aol.com

PO Box 733, Ardsley, NY 10502

Recreation

Sports, Fitness, & Other Recreation



The Kiyoko Brown Lekotek Center's Therapeutic Play Program

The Kiyoko Brown Lekotek Center allows children with cognitive, sensory, or physical disabilities to learn and play using specialized toys monthly for one hour. Sessions can be completed in the Lekotek Center in Rye Brook or in your home, dependent on your location.

<https://cpwestchester.org/lekotek-programtherapeutic-play/>

Contact: Director of Recreation

Phone: (914) 937-3800 ext. 627

Email: info@cpwestchester.org

LifesWORC Family Center for Autism

The Family Center for Autism is an inclusive environment where people of all ages can explore variety of activities, classes, and programs including art, haircuts, technology, music & movement, camps, and other recreation. You do not need to be a member to enroll in classes. Previous schedules have included activities such as yoga, junk art, Roblox/Minecraft, meditation, sensory music, music & movement, and breakfast clubs. They also offer mini winter camps, and scholarships are available.

<https://lifesworc.org/service/family-center-for-autism/#fca-schedule>

Phone: (516) 355-9400

Email: info@fcautism.org

1517 Franklin Avenue, PO Box 7587, Garden City, NY 11530

Recreation

Sports, Fitness, & Other Recreation



Miracle League of Westchester

Miracle League of Westchester is an “all inclusive program that allows individuals with special needs the opportunity to play baseball in an organized safe environment.” Children ages 3-19 can enjoy baseball on The Field of Dreams at Ridge Road County Park, a specially designed, rubberized, cushioned turf for baseball. Register online at their website.

<https://mlwny.org/>

Contact: Rick Monzon, Executive Director

Phone: (914) 522-1547

Email: Rmonzon@mlwny.org

Ridge Road Park, 287 Ridge Rd, Hartsdale, NY 10530

Nor-West Regional Special Services Program

This program offers a variety of teen activities, as well as youth instructional bowl and instructional swim for children ages 7-17 with developmental disabilities.

http://www.nor-west.org/images/Fall_Brochure_2021.pdf

Phone: (914) 737-4797

Contact: Wendy Greenfield, Program Coordinator/Interim Director

Email: Wendy@nor-west.org

Contact: Sheree Pinto, Program Supervisor

Email: Sheree@nor-west.org

Recreation

Sports, Fitness, & Other Recreation



North East Westchester Special Recreation

North East Westchester Special Recreation offers “community based therapeutic recreation agency serving children, teens & adults with developmental disabilities in the North East portion of Westchester County.” They offer various year-round activities “designed with the specific support needed for participant success,” including: summer day camp (4-21-year-olds), sports training, swimming, bowling, horseback riding, teen groups, vacations & weekends away. They also offer Saturday Clubhouse from 9:30 am - 2:00 pm for ages 4 and up, including various activities such as movement, gym, music, and art. Register online at their website.

<https://northeastsspecialrec.org/>

Phone: (914) 347-4409

Email: Info@northeastsspecialrec.org

63 Bradhurst Avenue, Hawthorne, New York 10532

Sensory Bounce Therapy

Sensory Bounce Therapy offers unique motor, sensory, and social skills occupational therapy for children with different abilities. Utilizing indoor inflatable bounce facilities and indoor trampoline parks, experienced therapists work with small groups of children with autism, ADHD, and sensory processing, motor, and social difficulties through play. During each session, separate meetings for parents take place, where they can network, share common experiences, and learn from one another. In some locations, a designated leader is appointed to help facilitate this group. Sensory Bounce Therapy is offered in several locations, including Elmsford BounceU and Bounce! Trampoline Sports of Poughkeepsie.

<https://sensorybounce.com/>

Phone: (201) 794-7700

Email: info@sensorybounce.com

Recreation

Sports, Fitness, & Other Recreation



South East Consortium for Special Services, Inc

South East Consortium offers comprehensive therapeutic recreation and leisure-related services to meet the interests and needs of children and adults with disabilities/special needs. Programs include Tumble Time movement-based classes, Zumba, basketball, soccer, dance, art, fitness, play production, movie nights, rock climbing, swim, and other athletics classes across various locations in Westchester County.

<http://www.secrec.org/>

Phone: (914) 698-5232

740 W. Boston Post Road, Suite 316, Mamaroneck, New York 10543

Spectrum Baseball (Making Miracles): Westchester Jewish Community Services

“In partnership with the Miracle League of Westchester, WJCS sponsors a baseball program for children aged 4 - 14 who have autism. Players have a structured baseball experience with the assistance of “buddies” (primarily teen volunteers) to guide them through the game, ensure safety and success. Buddies and coaches are trained to understand the unique features of autism.

<https://www.wjcs.com/services/disabilities-autism/social-and-recreational-groups/>

Contact: Patricia L. Grossman, LCSW, Director, Outpatient Services for People with Developmental Disabilities

Phone: (914) 949-7699 ext. 2455

Email: pgrossman@wjcs.com

Recreation

Sports, Fitness, & Other Recreation



We Rock the Spectrum Kids Gym

“We Rock the Spectrum Kid’s Gyms was founded to provide a place for children of all ability levels to play and grow together.” This center offers a huge sensory motor gym featuring specialized sensory equipment such as a zip line, zip box and slide, crash pit, trampoline, tunnels, carpet swing, hammock swings, climbing structures, bolster swing, climbing mountains, and a rope bridge, as well as an arts and crafts center. They are open daily for open play, private parties, and “We Rock Care,” service which provides “Respite and Break Time Care” to provide a break for families with children with special needs, and “One-to-One Attendant Care” for those who require constant care and/or who have behavioral or safety concerns. For children ages 3-13.

<https://www.werockthespectrumnewrochelle.com/>

Phone: (914) 365-2585 Email: info@werockthespectrumnewrochelle.com
606 Main Street, New Rochelle, NY 10801

Westchester Boxing Club

Westchester Boxing Club offers Autism programs with trainers who are experienced working with both adults and children on the autism spectrum. WBC “understands the power and therapeutic value in the sport and practice of boxing,” and offers a space to develop “socialization, focus, and organization skills, through the sport of boxing.” They offer private sessions which utilize the power of positive reinforcement and encourage children to communicate with trainers and make progress in the activities they participate in.

Contact: Nick

Phone: (914) 358-4020 or (914) 329-6287

<https://westchesterboxingclub.com/autism-and-parkinsons/>

Recreation

Swimming



Aquabilities with Jennifer

“Aquabilities with Jennifer offers Aquatic Occupational Therapy services to children and adults with special abilities. Our aquatic specialists and professional instructors have helped many swimmers gain function, increased mobility and safety in the water.” Sessions can be more than learning survival and swimming skills in the water. Therapeutic sessions begin when clients enter the door, as staff help with strategies for changing into the swimsuit, toileting, entering the pool, showering and changing back into dry clothes.

<https://www.aquabilitieswithjennifer.com/>

Phone: (347) 541-7665 Email: aquabilitieswithjennifer@gmail.com

Offered in Mahopac, Somers, Dobbs Ferry, and the Bronx.

Club Fit Briarcliff Adaptive Swim Lessons

“Adaptive Swim Lessons with Maria Alleluia, a NY State Certified Special Education Teacher, are designed to provide swim instruction for all special needs groups. Lessons are designed in a consultative fashion, with the option for parent involvement, both in the water are on land. Adaptive Lessons are designed to develop and improve one’s self-esteem, confidence, and self-discovery with the intention to gain life skills.”

<https://www.clubfit.com/briarcliff/class/adaptive-swim-lessons/>

Phone: (914) 250-2796

Email: braquatics@clubfit.com

584 North State Road, Briarcliff Manor, NY 10510

Recreation

Swimming



JCC of Mid-Westchester

Small Group Swim Instruction

These lessons are designed to “teach basic skills such as bubble blowing, kicking, big arms and safety jumps. With the use of flotation devices, children will become comfortable in the water. Ratio: 6 children: 2 instructors: 1 lifeguard. All ages. Limit of 6 participants. Postponed until late 2022.”

<https://jccmw.org/childrenteens/special-needs/developmental-disabilities-enrichment-services-programming/>

Contact: Mara Roberge

Phone: (914) 725-7300

Email: robergem@jccmw.org

Special Needs Private Swim Lessons

JCC also offers one-on-one instruction with a special needs instructor for those with disabilities, ages 3 and up.

<https://jccmw.org/health-and-fitness/aquatics-pool/privatesemi-private-swim-lessons/>

Contact: Marlena Rykala, Private Lesson Coordinator

Email: rykalam@jccmw.org

JCC of Mid Westchester, 999 Wilmot Rd, Scarsdale, NY 10583

Nor-West Regional Special Services Program

This program offers instructional swim for children ages 7-17 with developmental disabilities.

http://www.nor-west.org/images/Fall_Brochure_2021.pdf

Phone: (914) 737-4797

Contact: Wendy Greenfield, Program Coordinator/Interim Director

Email: Wendy@nor-west.org

Contact: Sheree Pinto, Program Supervisor

Email: Sheree@nor-west.org

Recreation

Swimming



Swim Angelfish

Swim Whisperers® Swim Lessons

Specially designed for children with special needs and provided by specially trained Swim Whisperer® Swim Instructors, this program helps children achieve swim skill benchmarks, become independent swimmers, become comfortable going underwater, improve swim stroke progression, access, identify, and implement strategies to overcome roadblocks to swim success, and increase water safety.

Aquatic Angelfish Therapy

Specially designed for children with special needs to help them become safe and independent swimmers, Aquatic Angelfish Therapy is provided by specially trained physical and occupational therapists to enhance sensory and reflex integration, strengthen core muscles, and to improve visual-motor skills, balance, coordination, motor planning, and independence with motor skills.

Lessons and therapy are offered in Port Chester, NY, as well as Greenwich, Stamford, Norwalk, and Wilton, CT.

<https://swimangelfish.com/>

Phone: (203) 545-0024

Swimming Past the Boundaries

Christopher Bledsoe is a swimming instructor that specializes in teaching infants, toddlers, children with special needs to swim. This program offers affordable prices on Aqua Therapy, Special Needs Swim Training, Pool Parties, Autistic Swim Teams, and Training.

<https://www.swimmingpastboundaries.com/special-needs-program>

Phone: (845) 625-4929

Email: christopherauthor@gmail.com

Dutchess and Ulster County Locations

Recreation

Swimming



Wings Over Water

Wings Over Water offers private lessons on an individual basis for those with special needs in Brewster, NY and Fairfield, CT. Incorporating the Swimplicity® methodology, the primary goal of these lessons is safety. Students “will first learn how to quiet their bodies and minds through breathing, floating and travel experiences. Once a level of trust and comfort is attained a student will then be introduced to underwater propulsion experiences. Over the water arm strokes are introduced when breathing, balance, and aquatic line is attained.”

<https://www.wingsoverwater.com/>

Brewster, NY Location
1511 Route 22 Lakeview Plaza
Brewster, NY 10509
Phone: (845) 279-9525
Email: wowinfo@wingsoverwater.com

Fairfield, CT Location
2221 Black Rock Turnpike,
Fairfield, CT 06825
Phone: (203) 212-3950
Email: fairfield@wingsoverwater.com

YWCA White Plains & Central Westchester

YWCA White Plains & Central Westchester offer a Learn to Swim Program for people with developmental disabilities.

<https://tinyurl.com/ywcapcw-special-needs-programs>

Contact: Wanda Smith, Director of Special Programs & Inclusion
Phone: (914) 949-6227 ext. 108

North Street Activity Center, 515 North Street, White Plains, NY 10605

Recreation

Art, Music, & Dance



Autism Theatre Initiative: Theatre Development Fund (TDF)

“TDF Autism Friendly Performances present Broadway musicals and plays in a friendly, supportive environment for children and adults who are diagnosed with an autism spectrum disorder or other sensitivity issues and their families and friends. Since 2011, TDF has presented more than 18 autism-friendly shows on Broadway, starting with Disney’s landmark musical The Lion King.” To make the performance autism-friendly, jarring sounds and strobe/spot lights are reduced, house lights are faintly dimmed but remain on, break areas are available, and a team of volunteers and autism specialists are available throughout the theatre.

<https://tdf.org/nyc/40/Autism-Theatre-Initiative>

Phone: (212) 912-9770

Chloe’s Kids

Chloe’s Kids offers virtual classes for birthdays and inclusive music/art/language programs. All classes can be modified to accommodate children with special needs. Classes include Paint & Play and Music & Movement.

<https://chloeskids.com/>

Phone: (914) 606-0436

Email: info@chloeskids.com

Heartsong

Heartsong’s mission is “to provide clinically-based therapeutic, educational and rehabilitative creative arts programs that seek to enhance the functioning level and quality of life of individuals with special needs.” They offer Art Therapy, Music Therapy, and Dance/Movement Therapy to those with special needs.

<http://heartsong.org/>

Phone: (914) 358-5613

Email: info@heartsong.org

277 Martine Ave, Suite 230, White Plains, NY 10601

Recreation

Art, Music, & Dance



Kidscapades

Kidscapades offers in-home and virtual online interactive and engaging activities for preschoolers and school-age children in areas of art, science, and sensory exploration.

<https://www.kidscapades.com/>

Phone: (860) 271-5866

Email: kidscapadesllc@gmail.com

Music Conservatory of Westchester: Music Therapy Institute

The Music Conservatory of Westchester offers onsite group and individual music therapy sessions and outreach individual and group music therapy throughout Westchester. Qualifying students with disabilities may apply for scholarships. “Individualized programs provide opportunities for social interaction, allow for emotional expression, increase attention, promote growth in motor skills, and increase communication skills.” All therapists are board-certified and hold masters or doctoral degrees in music therapy.

<https://musicconservatory.org/music-therapy-institute/>

Contact: Dr. Tina Brescia, MT-BC, LCAT, Director of Onsite Services

Phone: (914) 761-3900 ext. 134

Email: tina@musiced.org

Contact: Lisa Sandagata, MT-BC, Director of Outreach Services

Phone: (914) 761-3900 ext. 138

Email: lisa@musiced.org

216 Central Avenue, White Plains, NY 10606

Recreation

Art, Music, & Dance

Steffi Nossen School of Dance

Located at the Music Conservatory of Westchester, Steffi Nossen School of Dance offers Adaptive Dance for ages 7-16. This class is “technique focused and tailored to each individual’s abilities using simple patterns, sequencing, and repetition for fundamentals of ballet. Basic academic skills (rhythms, spatial awareness, counting, shapes, etc.) are reinforced while working with peers in an encouraging space.”

<https://www.steffinossen.org/the-school/adaptive-dance/>

Phone: (914) 328-1900

216 N Central Ave, White Plains, NY 10606



Recreation

Sensory-Friendly Movie Theatres



AMC Sensory Friendly Films

Offered at AMC Theatres in Port Chester and Crystal Run Middletown NY and Danbury CT and partnered with the Autism Society, on the second and fourth Saturday of each month, Sensory Friendly, family-friendly showings are offered where the lights are turned up and sounds are turned down so you can get up, dance, walk, shout, or sing.

<https://www.amctheatres.com/programs/sensory-friendly-films>

AMC Port Chester 14
40 Westchester Ave,
Port Chester, NY 10573
Phone: (914) 510-1000

AMC Crystal Run 16
1 Galleria Dr,
Middletown, NY 10940
Phone: (845) 695-1724

AMC Danbury 16
61 Eagle Rd,
Danbury, CT 06810
Phone: (203) 796-7770

Regal Movies My Way Matinees

Sensory-Friendly showings are offered on the second and fourth Saturdays of each month at 10:30 am in the Poughkeepsie Regal Galleria Mall. During these showings, the lights are turned up and the volume is turned down and the theatre turns into a safe space where guests are free to express themselves by singing, crying, dancing, walking around, talking, or shouting.

<https://www.regmovies.com/static/en/us/promotions/my-way-matinee>

Regal Galleria Mall, 2001 South Rd, Poughkeepsie, NY 12601

Phone: (844) 462-7342

Showcase Cinema de Lux Sensory Sensitive Screenings

Sensory Sensitive screenings are offered the first Saturday of each month at 10 am with reduced volume, dimmed lights, and no trailers. Screenings are offered in 2D only, and guests have freedom to move around, express emotions, and bring comfort items.

<https://www.showcasecinemas.com/programs/sensory-sensitive-screenings>

City Center 15 Cinema de Lux, 237 Martine Ave, White Plains, NY 10601

Phone: (800) 315-4000

Recreation

Summer Camps/Programs



Camp Reece

Camp Reece is a “stay-away summer camp at Skidmore College in Saratoga Springs, New York. With an idyllic natural setting and experienced staff members, Camp Reece provides a fully immersive environment for individuals with disabilities from age 10 to 17. Our skilled and caring staff members differentiate instruction and modify activities whenever needed to ensure campers of all levels, abilities, and ages can participate fully and successfully.”

<https://www.campreece.org/>

Camp Address: Camp Reece
1782 S Johnsburg Road
Johnsburg, NY 12843
Phone: (212) 289-4732
Email: info@campreece.org

Off-Season Address: The Reece School
25 East 104th St
New York, NY 10029
Phone: (212) 289-4732
Email: info@campreece.org

Jimmy Vejar Summer Fun

Located at The David G. Osterer Center in Rye Brook, the Jimmy Vejar Summer Fun Program is offered for individuals with disabilities ages 5-21, Monday through Friday, 8:30 am to 3:30 pm. This six-week summer program beginning in July offers swimming, sports, arts and crafts, festive barbecues, field trips and special events. Individuals enrolled in the program must be eligible for services through OPWDD.

<https://cpwestchester.org/jimmy-vejar-summer-respite/>

Contact: Summer Fun Director
Phone: (914) 937-3800 ext. 425 Email: jimmy.vejardc@cpwestchester.org
David G. Osterer Center, 1186 King Street, Rye Brook, NY 10573

Recreation

Misc. Recreation



Dobbs Ferry Public Library

Dobbs Ferry Public Library offers preschool storytime, indoor toddler stretch & sing, kids storytimes, and take & make craft kits for kids.

<https://www.dobbsferrylibrary.org/youth-services/children/childrens-programs/>

Phone: (914) 693-6614

55 Main St, Dobbs Ferry, NY 10522

Green Chimneys

Green Chimneys nature-based model offers a variety of recreational activities and centers, including their Farm & Wildlife Center, Outdoor Education and Activity Programs, Summer Camps, Nature Programs, Swim Programs, Children's Parties, and diagnostic services for child/adolescent behavioral health.

<https://www.greenchimneys.org/>

Email: info@greenchimneys.org

Brewster Campus
400 Doansburg Road
Brewster, NY 10509
Phone: (845) 279-2995

Carmel Campus
33 Clearpool Road
Carmel, NY 10512
Phone: (845) 225-8226

Community-Based Services
1689 Route 22
Brewster, NY 10509
Phone: (845) 279-2378

Hero, Inc: PUP (Pets Uplifting People)

The PUP program focuses on the interaction between animals and humans. Components of this program include of brushing, washing, feeding several animals such as dogs, cats, rabbits, and birds.

<https://herony.org/>

Phone: (914) 261-6761

Email: HEROJL1@aol.com

PO Box 733, Ardsley, NY 10502

Recreation

Misc. Recreation



YAI: National Institute for People with Disabilities

YAI provides a variety of recreational services for children, teens, and adults with intellectual/developmental disabilities. Recreational programs include arts & culture live performances (in-person and virtual), arts & culture school programs, ballet-yoga for children on the autism spectrum, Brooklyn Children & Adolescent recreation/socialization programs, Club Fun Saturday Recreation, community arts workshops, and holiday respite for children ages 6+.

<https://www.yai.org/services>

Phone: (212) 273-6182

YWCA White Plains & Central Westchester

YWCA White Plains & Central Westchester offer various programs for people with developmental disabilities. “Participants will enjoy a variety of therapeutic recreation programs that will support and strengthen cognitive, physical, social and affective skills in a safe, supportive and fun-filled environment. Programs are offered in age appropriate groups and settings. Family members receive support, respite, and the opportunity for family participation in recreational activities.” Programs include Sensational Sundays, Learn to Swim Program, School Vacation Camp, Seasonal Holiday Camps, Friday Night Pizza/Movies & Games, and Music Lessons.

<https://tinyurl.com/ywcapcw-special-needs-programs>

Contact: Wanda Smith, Director of Special Programs & Inclusion
Phone: (914) 949-6227 ext. 108

North Street Activity Center, 515 North Street, White Plains, NY 10605

Social Skills & Social Groups



Boston Children's Hospital Physicians Specialty: Speech-Language Pathology

Groups for children with Autism Spectrum Disorder are formed by age and skill level and meet weekly to develop skills in the area of social interaction pragmatic language skills.

Phone: (914) 594-4912 Email: SpeechPathology@bchphysicians.org

30 Plaza West, Vosburgh Pavilion, Valhalla, NY 10595

Child Development Center: Taconic Innovations, Inc

This center offers a Social Skills Group Program, designed for children ages 3 and up, where children will learn and practice social interactions, social norms, turn-taking, and cooperative play in an indoor, multi-sensory play center. The center offers free intake assessments, and the first group session is free, as well.

<http://taconicchild.com/>

Phone: (845) 849-3447 ext. 5100 Email: info@taconicinnovations.com

877 Route 376, Wappingers Falls, NY 12590

Clubhouse Stars

At Clubhouse Stars held at St. Barnabas Episcopal Church in Ardsley, children can learn and practice social skills through direct instruction, collaborative games, role playing, yoga, art, music, cooking, and modeling in small groups.

<http://www.clubhousestars.com/>

Phone: (914) 674-1940

Email: contact@clubhousestars.com

St. Barnabas Episcopal Church, 2 Revolutionary Rd, Ardsley, NY 10502

Social Skills & Social Groups



Hudson Valley Applied Behavior Analyst PLLC (HVABA)

Provides social skills classes utilizing an AIM (Accept, Identify, Move) curriculum to help children develop core skills that are used in a variety of social situations.

<https://www.behaviorsos.com/>

Phone: (845) 897-1788

25 Route 376, Hopewell Junction, NY 12533

JCC of Mid-Westchester

JCC of Mid-Westchester offers “Sunday/Funday” programs Sundays from 9 am - 12 pm which utilize art, music, gymnastics, active play, and technology to foster the development of social skills for children ages 3-21. Small group swim instruction also offered.

<https://jccmw.org/childrenteens/special-needs/developmental-disabilities-enrichment-services-programming/>

Contact: Mara Roberge

Phone: (914) 725-7300

Email: robergem@jccmw.org

999 Wilmot Road, Scarsdale, NY 10585

Shames JCC

Shames JCC is a “welcoming and supportive environment for people of all abilities,” offering a range of inclusive and specialized programs for individuals with varying special needs and their families. Intakes and IEP/504 are required for all programs. Shames JCC offers an individual-to-staff ratio of 3:1, and features in-person and online resources such as social groups for those with developmental disabilities.

<https://www.shamesjcc.org/special-needs/>

Contact: Amanda Gabel, LMSW; Director of Special Needs Services

Phone: (914) 918-3068 ext. 1108

Email: AGabel@ShamesJCC.org

Social Skills & Social Groups



Special Programs and Resource Connection (SPARC)

SPARC offers Club SPARC, a social skills and therapeutic recreation experience for children 5-12, Saturdays from 10:30 am to 1:30 pm for 30 weeks. Club SPARC features activities such as art, games, and more. The goal of these experiences is to foster improved attention, listening, language, frustration tolerance, and self-esteem.

<https://www.sparcinc.org/>

Phone: (914) 243-0583

Email: info@sparcinc.org

Emanuel Church, 197 Manville Rd, Pleasantville, NY 10570

Westchester Jewish Community Services

WJCS offers Children's Social Skills Groups (ages 4-12) where curriculum-based groups teach children essential social skills to enhance their social/emotional growth. As partners, parents learn skills they can use at home and in the community to reinforce their child's social development. (Also offers teen social skills groups, ages 13-18).

<https://www.wjcs.com/services/disabilities-autism/therapeutic-social-skills-groups-for-children-and-teens/>

Contact: Patricia L. Grossman, LCSW, Director, Outpatient Services for People with Developmental Disabilities

Phone: (914) 949-7699 ext. 2455

Email: pgrossman@wjcs.com

Where I Can Be Me!

Where I Can Be Me! offers individual and group social skills therapy provided by highly experienced, board-certified speech language pathologists specializing in pragmatic language (social skills).

<https://www.whereicanbeme.com/>

Phone: (914) 488-5282

127 Woodside Ave, 201, Briarcliff Manor, NY 10510

Horseback Programs & Equestrian Therapy



Endeavor Therapeutic Horsemanship

The mission of this program is to empower individuals with various special needs by providing equine-assisted activities and therapies in a welcoming and inclusive environment. Services include Residential Youth Horsemanship, Equine-Assisted Learning, Therapeutic Horseback Riding, and Equine-Assisted Clinical Services (psychotherapy, occupational therapy, and physical therapy).

<http://www.endeavorth.org/>

Phone: (914) 241-0211

Email: program@endeavorth.org

556 Croton Lake Road, Bedford Corners, New York 10549

Pegasus Therapeutic Riding

This organization offers a sensory riding trail featuring woodland paths consisting of slopes, turns, varied footing, natural sights and sounds, and man-made “activity stations” aiming to challenge the students’ balance, stimulate their senses, and encourage interaction with the world around them. This program also offers general therapeutic riding experiences for those with special needs.

<https://www.pegasustr.org/>

Phone: (845) 669-8235

310 Peach Lake Road, Brewster, NY 10509

Pied Piper Pony Rides & Petting Zoo

This organization is comprised of staff who have experience working with children with special needs. Private farm visits allow children to interact with farm animals in a safe, clean, kid-friendly environment. Pony rides also available. Visits available Thurs-Sun at 11 am, 1:30, and 4 pm.

<https://www.piedpiperponyrides.com/>

Phone: (914) 763-6925

Email: partygals@piedpiperponyrides.com

801 NY-311, Patterson, NY 12563

Horseback Programs & Equestrian Therapy



Special Programs and Resource Connection (SPARC) Horseback Riding at Sky Blue Equestrian Center

SPARC offers children the opportunity to experience horseback riding through 45-minute individualized, adapted riding lessons. These programs encourage participants to develop independence, balance, concentration, and self-esteem. Sky Blue Equestrian Center utilizes the EAGALA (Equine-Assisted Growth and Learning Association) model for providing therapeutic riding experiences.

Contact SPARC
40 Triangle Center, Suite 205,
Yorktown Heights, NY 10598
Phone: (914) 243-0583
Email: info@sparcinc.org
<https://www.sparcinc.org/>

Contact Sky Blue Equestrian Center
52 Montrose Station Road,
Cortlandt Manor, NY 10567
Phone: (914) 879-5841
Email: skybluestable52@gmail.com
<https://www.skybluestables.com/>

Topfield Equestrian Center: Therapeutic Horsemanship

Offering services such as “Horses, Autism, and Healing,” therapeutic riding, and therapeutic ground-based programs, this center offers those with physical, psychological, and behavioral challenges a space to overcome obstacles and challenge conventions through nationally accredited and globally recognized equine-assisted interactions.

<https://www.topfieldcenter.org/>

Phone: (845) 265-3409

Email: programs@topfieldcenter.org

115 Stonecrop Lane, Cold Spring, NY 10516

Service/Therapy Dog Programs



BluePath Service Dogs

BluePath provides autism service dogs free of charge. These dogs “offer safety, companionship and opportunities for independence,” and are placed within two hours of their Hopewell Junction headquarters.”

<https://www.bluepathservicedogs.org/>

Phone: (845) 377-0477

Email: info@bluepathservicedogs.org

8 Country Club Road, Hopewell Junction, NY 12533

Canine Companions

This organization offers skilled companion dogs trained for working with people with developmental disabilities.

<https://canine.org/assistance-dogs/our-dogs/skilled-companions/>

Phone: (631) 561-0200

286 Middle Island Road, Medford, NY 11763

North Star Foundation

North Star Foundation provides service dogs to children whose challenges range from autism to serious medical conditions to grief over the loss of a parent.

<http://www.northstardogs.com/>

Contact: Patty Dobbs Gross, Founder & Executive Director

Phone: (860) 423-0664

Email: pattydobbsgross@gmail.com

20 Deerfield Lane, Storrs, CT 06268

Museums



Liberty Science Center

This interactive science museum and learning center located in Liberty State Park in Jersey City provides Special Needs Days, where the center offers events and programs tailored for differently-abled guests.

<http://lsc.org/>

Phone: (201) 253-1310

Email: groups@lsc.org

Liberty State Park, 222 Jersey City Boulevard, Jersey City, NJ 07305

Mid-Hudson Children's Museum

This museum's early learning, science, literacy, math, art, music, and community exhibits are designed to be accessible for young children with a variety of needs through purposeful, hands-on play.

<https://mhcm.org/>

Contact: Peter Jacobsen, Director of Education

Phone: (845) 471-0589 ext. 17

Email: PJacobsen@mhcm.org

75 North Water Street, Poughkeepsie, NY 12601

Stepping Stones Museum for Children

Stepping Stones features exhibits designed to engage children in playful exploration and interactive learning experiences by sparking curiosity and imagination. Stepping Stones offers the My Ability program, a supportive program designed to facilitate sensory-friendly discoveries for individuals with special needs/sensory processing differences. Further, during afternoons on the third Monday of each month, the museum is modified to provide a friendly experience for those with special needs/sensory processing differences by limiting light, sound, and visitation.

<https://www.stepsstonesmuseum.org/>

Phone: (203) 899-0606

Mathews Park, 303 West Avenue, Norwalk, Connecticut 06850

Museums



Westchester Children's Museum

This museum offers a vibrant, interactive learning and play space for children from Pre-K to middle school via creative, energizing, unique STEAM experiences. The museum was designed using a universal design which provides accessibility for individuals with physical and/or developmental disabilities via multisensory, multilingual, and multicultural exhibits.

<https://www.discoverwcm.org/>

Phone: (914) 421-5050

Email: info@discoverWCM.org

100 Playland Parkway, Rye, NY 10580

Direct Services



ABLEities

ABLEities focuses on serving those with autism spectrum disorders and deafness by providing social and play skill groups, speech and language therapy, community consultation, and in-home behavior supports in the form of direct work with the child and parent training/support.

Social Skills Groups/Behavior Consultation Inquiries: cori@ableities.com

Speech and Language Services/Community Outreach Inquiries:
liz@ableities.com

www.ableities.com

Phone: (937) 553-ABLE

Email: info@ableities.com

Ascend Autism Group

Ascend Autism Group offers a variety of services, including social skills programs, parental support services/parent-mediated intervention, early intervention, and targeted intervention/ABA services.

<https://ascendautism.com/>

Phone: (877) 609-1885

Email: info@ascendautism.com

Ascend, Port Chester
243 North Regent Street,
Port Chester, NY 10573

Ascend, Greenwich
280 Davis Avenue #1,
Greenwich, CT 06830

Autism Spectrum Disorder Services, Child Study Center by Hassenfeld Children's Hospital at NYU Langone

Offers specialized services for children with autism including behavioral and cognitive behavioral therapy, social skills groups, functional behavior assessment and behavior plans, school consultation, service navigation, and educational transition planning.

<https://nyulangone.org/locations/child-study-center/autism-spectrum-disorder-service>

Phone: (646) 754-4958

Email: csc.care@nyulangone.org

One Park Avenue, 7th Floor, New York, NY 10016

Direct Services



Behavioral Optometry and Vision Therapy, Dr. Samantha Slotnick

Optometric Vision Therapy (OVT) is used to “help patients retrain their brains to make better use of their eyes and of visual information. OVT is an individualized program of activities designed to develop, support, and enhance visual skills and/ or visual information processing.”

<https://www.drslotnick.com/>

Phone: (914) 874-1177

495 Central Park Ave, Ste 301, Scarsdale, NY 10583

Boston Children’s Hospital Physicians Specialty: Speech-Language Pathology

Offering speech and language therapy services, a feeding and swallowing clinic, and social skills groups designed for children with autism spectrum disorders, The Division of Speech and Language Pathology of BCHP provides outpatient services to children and adults, across the lifespan.

Phone: (914) 594-4912 Email: SpeechPathology@bchphysicians.org

30 Plaza West, Vosburgh Pavilion, Valhalla, NY 10595

Center for Autism and the Developing Brain at New York Presbyterian

The Center for Autism and the Developing Brain provides comprehensive evaluations and services for individuals living with autism spectrum disorders (ASD) and other developmental disorders.

<https://www.nyp.org/psychiatry/center-for-autism-the-developing-brain>

Phone: (914) 997-5848

21 Bloomingdale Road, White Plains, NY 10605

Direct Services



Center for Autism and Related Disorders (CARD)

Offers Applied Behavior Analysis (ABA) therapy in-home and in-center. Specialized outpatient servicing targeting more extreme behaviors, remote clinical services, early intervention, arts and social services, in-school behavior support services, assessments, and other training programs also available.

<https://www.centerforautism.com/>

Hartsdale CARD

Address: 234 N Central Ave #102,
Hartsdale, NY 10530
Phone: (914) 529-0035

Mamaroneck CARD

126 Library Lane,
Mamaroneck, NY 10543
Phone: (914) 670-1155

Creative Wonders Therapy Center

This pediatric therapy center offers speech/language, occupational, and physical therapies both in person and virtually at two locations in Westchester County. The Mt Kisco center offers a brand new 2100 sq. foot sensory motor gym, two speech rooms, and an infant/toddler room, and their White Plains location has a sensory motor gym and speech rooms. They are accepting referrals for therapies through early intervention and CPSE.

<http://creativewonderstherapy.com/>

Contact: David, Clinical Director
david@creativewonderstherapy.com

Contact: Jennifer, Program Director
jennifer@creativewonderstherapy.com

Mt Kisco Location

101 S Bedford Rd Suite 404
Mt. Kisco, NY 10549
Phone: (914) 373-6823 ext. 3

White Plains Location

470 Mamaroneck Ave, Suite 204
White Plains NY 10605
Phone: (914) 421-8270 ext. 2

Direct Services



Developmental Steps Pediatric Therapy, LLC

This center offers pediatric physical therapy services to those with developmental and/or physical disabilities. The center is owned and managed by licensed physical therapists Joe Kiefer and Hayley Apiscopa at two Westchester locations.

<https://developmentalsteps.com/>

Mt Kisco Location
272 N. Bedford Rd.,
Suite G101-102
Mount Kisco, NY 10549
Phone: (914) 864-0855

Port Chester Location
388 Westchester Avenue,
Suite 1A-1B
Port Chester, NY 10573
Phone: (914) 939-6400

Dynamic Kids NY

This multi-disciplinary pediatric practice offers Occupational, Physical, and Speech Therapy Services to children birth through adolescence. They also offer enrichment groups such as music, art, yoga, self-regulation, and handwriting. See their website for a comprehensive list of programs and services offers.

<https://dynamickidsny.com>

Phone: (914) 428-5151

Email: admin@dynamickidsny.com

210 North Central Avenue, Hartsdale, NY 10530

EBL Coaching - Westchester

This program specializes in providing one-on-one, multi-sensory tutoring focused on Pre-K-12 fundamental skills essential for school success. Services are individualized for each child based upon needs.

<https://eblcoaching.com/>

Phone: (914) 200-1320

50 Main Street Suite 1000, White Plains, NY 10606

Direct Services



Holistic Learning Center, LLC

This program provides special education tutoring, applied behavior analysis, sensory integration, occupational therapy, listening therapy, and speech therapy services for children with special needs. Summer intensive and group occupational services available, as well as assistance organizing your home for a child with special needs.

<http://www.holisticlc.com/>

Phone: (914) 793-9100

Hudson Valley Applied Behavior Analyst PLLC (HVABA)

Services include comprehensive ABA assessments, individualized direct instruction, functional behavior assessments and behavior intervention plans, parent training, social skills classes, and other special events.

<https://www.behaviorsos.com/>

Phone: (845) 897-1788

25 Route 376, Hopewell Junction, NY 12533

Huntington Learning Center

Provides tutoring and test preparation for students in general and special education grades Pre-K through 12.

<http://www.huntingtonhelps.com/>

Hartsdale Location
650 Central Ave
Scarsdale, NY 10583
Phone: (914) 946-7800

Scarsdale Location
721 White Plains Road
Eastchester Shopping Center
Scarsdale, NY 10583
Phone: (914) 722-6100

Direct Services



HTA of New York

HTA of New York is a special needs provider agency offering speech/ language, occupational, and physical therapy, special education, ABA, and counseling/parent training for children. They offer services for children eligible for EI, CPSE, and/or CSE services, as well as private pay options, including private pay school break “camps.”

<https://www.htaofny.com>

Westchester County
1053 Saw Mill River Road
Ardsley, NY 10502
Phone: (914) 674-0733

Rockland Sensory Gym
254 South Main Street,
Suite 400,
New City, NY 10956
Phone: (845) 638-1592
SensoryGym@htaofny.com

Dutchess/Putnam
11 Peekskill Hollow Road
P.O. Box 534
Putnam Valley, NY 10579
Phone: (845) 528-2011

Ivy Rehab for Kids

Located in the Somers Commons Shopping Center, Ivy Rehab offers pediatric speech, occupational, and physical therapy, as well as telehealth services and developmental delay screenings. This site specializes in neuro-developmental treatment, SOS feeding therapy, serial casting, and sensory integration techniques.

<https://www.ivyrehab.com/location/baldwin-place-somers-kids-ny/>

Phone: (845) 875-0500

80 Route 6, Unit 701 & 702, Baldwin Place, NY 10505

Milestones for Munchkins

Milestones for Munchkins offers speech, occupational, and physical therapy, counseling services, special instruction, and ABA services in their state-of-the-art “Sensory Integration Gym.”

<http://www.milestonesformunchkins.com/wp/>

Phone: (845) 621-1400

Email: OTGIRL@optonline.net

534 Route 6, Mahopac, NY 10541

Direct Services



Northern Westchester Center for Speech Disorders

Northern Westchester Center for Speech Disorders provides "speech-language services, related educational services, and evaluations to toddlers, preschoolers and school age students throughout Westchester and Putnam Counties. Our work environments include our homes, daycare centers, preschools, and public schools."

<https://nwspeechcenter.com/>

Playmates Behavioral Services

Playmates provides clinic- and home-based ABA treatment for children with autism in Westchester, Rockland and Putnam counties.

<https://www.playmatesaba.com/>

Phone: (914) 486-5551

116 Radio Circle, Suite 307, Mt. Kisco, NY 10549

Project Lifesaver

Westchester Community Jewish Services partnered with Project Lifesaver offers wristbands for wandering and lost children with autism.

<https://www.wjcs.com/services/disabilities-autism/autism-center/project-lifesaver/>

Contact: Isabel M Pettersen, Administrative Assistant - Autism Center

Phone: (914) 761-0600 ext. 2230

Email: ipettersen@wjcs.com

845 N Broadway, White Plains, NY, 10603

Direct Services



Sensory Stepping Stones

This therapeutic clinic focuses on improving sensory processing skills and developmental learning abilities. Comprehensive assessments and a variety of traditional and innovative treatment programs are offered, including sensory learning programs, individual psychotherapy, and art, yoga, mindful movement/meditation classes.

<http://www.sensorysteppingstones.com/>

Phone: (914) 244-4101

Email: info@sensorysteppingstones.com

1906 Route 52, Suite G, Hopewell Junction, NY 12533

TheraCare

Theracare offers autism-focused programs including early intervention, preschool services, and managed-care services for those ages 5-21. Services include evaluations, special instruction, speech, occupational, and physical therapy, family training, ABA, social work, and service coordination.

<https://www.theracare.com/>

1133 Westchester Avenue, Suite N-230, White Plains, NY 10604

Phone: (212) 564-2350

Email: AllContact@TheraCare.com

Direct Services



Westchester Institute for Human Development (WIHD):

Behavioral Psychology Program

This program provides services to “children, adolescents and adults with intellectual and/or other developmental disabilities using methods based on Applied Behavior Analysis (ABA). Our services focus both on the assessment and treatment of severe problem behaviors such as self-injurious behavior, physical aggression, and property destruction, as well as the acquisition of appropriate and adaptive behaviors. Limited evening appointments are available.” Accepts Aetna, Medicare, and Medicaid.

Phone: (914) 493-7070

Email: behaviorpsych@wihd.org

Early Intervention: The Family Connection

The Family Connection Program at WIHD is “approved by New York State and has a contract with Westchester County to provide Early Intervention service coordination services. Service coordination is provided by professionals who also are parents of children with disabilities. Families receive assistance from service coordinators in obtaining, coordinating and monitoring services received as well as accessing community resources.”

Phone: (914) 493-8719

Email: earlyintervention@wihd.org

Speech and Hearing

The Speech and Hearing Center “provides comprehensive services to both outpatients at WIHD and inpatients at the Westchester Medical Center (WMC),” serving not only individuals with disabilities, but the general public as well. Our goals include identification, evaluation, and diagnosis of speech, language, swallowing, and hearing disorders, and provision of prompt, quality intervention.”

Phone: (914) 493-7294

Email: speechcenter@wihd.org

<https://www.wihd.org/>

WIHD, Cedarwood Hall, Valhalla, NY 10595

Direct Services



Westchester Jewish Community Services (WJCS):

Developmental Disabilities Counseling Program

These clinical services include individual, family, and group counseling at the WJCS Family Mental Health clinic sites located in Hartsdale, Mt Vernon, Peekskill, and Yonkers.

Crisis Oriented Response for Developmental Disabilities (CORDD)

This service assists families and individuals with developmental disabilities struggling through non-life-threatening crisis by providing short-term services to address acute needs and stabilize current behavior/emotional crisis.

<https://www.wjcs.com/services/mental-health/clinical-services-disabilities-autism/>

Contact: Patricia L. Grossman, LCSW, Director, Outpatient Services for People with Developmental Disabilities

Phone: (914) 949-7699 ext. 2455

Email: pgrossman@wjcs.com

141 N Central Ave, Hartsdale, NY, 10530

Westchester-Putnam TheraTeam, LLC (WPTT)

WPTT is an independently owned agency providing related services to individuals with developmental disabilities of all ages. They offer in-office, in-home, and community-based therapy services including speech, occupational, and physical therapy services, as well as fall group therapy services, virtual therapy, CPSE evaluations, and access to a sensory room.

<https://www.wptherateam.com/>

Phone: (845) 519-2295

572 Route 6, Suite 102, Mahopac, NY 10541

Direct Services



Westchester Therapy Solutions (WTS)

Westchester Therapy Solutions offers a variety of services for children with disabilities in their state-of-the-art sensory gym. Services include speech/language, occupational, physical, feeding and listening therapies, as well as evaluations, social skills groups, interactive metronome training, private services, and early intervention, preschool, and school-age services (approved through CPSE/CSE). The center also offers parent/caregiver/teacher training workshops throughout the year.

<https://westchestertherapysolutions.com/>

Phone: (914) 686-3116

Email: assist@wtstherapy.com

450 Mamaroneck Ave, Suite 412, Harrison, NY 10528

Yellow Bus ABA: Westchester Center

Yellow Bus ABA Center offers home-based care, as well as in-center services including full day programs, after school programs, social skills groups, evaluations and assessments for children diagnosed with autism spectrum disorder. Behavior analysts/therapists focus on individualized behavioral interventions, social skills, and verbal behavior for children and teens.

<https://yellowbusaba.com/westchester-center/>

Phone: (914) 205-5430

Email: info@yellowbusaba.com

210 N. Central Avenue, Hartsdale NY, 10530

Direct Services



YAI: National Institute for People with Disabilities

Center for Specialty Therapy (CST)

“YAI’s Center for Specialty Therapy (CST) enhances the lives of people with disabilities using a range of therapies that support greater independence. CST’s clinicians serve people with intellectual and developmental disabilities with psychological testing, including guardianship evaluations and autism assessments; physical therapy, occupational therapy, speech therapy, and other therapies. The clinic also provides individual, family, and group psychotherapy.”

<https://www.yai.org/clinical-services/center-specialty-therapy>

Crisis & Behavior Support

“YAI supports people of all ages experiencing crises. Our programs look holistically at individuals, their families and circles of support, and available community resources to assist people with intellectual and developmental disabilities (I/DD) and co-occurring mental/behavioral health needs. By focusing on strengths instead of deficits, YAI equips people to develop and sustain positive relationships, limiting the need for emergency room visits and interactions with law enforcement so they can use their own strengths in meaningful ways.”

<https://www.yai.org/crisis-behavior-support>

Phone: (212) 273-6182

Medical/Health Services



Behavioral Optometry and Vision Therapy, Dr. Samantha Slotnick

Behavioral optometry is a “whole person, holistic approach to vision care. Rather than treat just the eyes, or even just the visual system, behavioral optometry assesses our behavior patterns in conjunction with our lifestyle and visual function requirements.”

<https://www.drslotnick.com/>

Phone: 914-874-1177

495 Central Park Ave, Ste 301, Scarsdale, NY 10583

Westchester Department of Health: Children with Special Health Care Needs

Children with Special Health Care Needs (CSHCN) is an “information and referral service for families with children with special needs from birth through 21 years of age. CSHCN staff work with families to ensure that children in need of special services are able to receive them without undue financial hardship.” Their website lists specific groups that can help you find support for your family needs, including medical/health services.

<https://health.westchestergov.com/children-with-special-health-care-needs-program-cshcn>

Phone: (914) 813-5076 or (914) 813-5090

YAI Premier HealthCare

YAI Premier HealthCare offers “primary care and specialty outpatient services to everyone and specializes in supporting people with intellectual and developmental disabilities (I/DD).” Services include Dentistry, Primary Care (Internal Medicine, Family Practice, Pediatrics), Neurology, Audiology, Dermatology, Endocrinology, Mental Health Services, Nutrition, Occupational Therapy, Ophthalmology, Physical Therapy, Podiatry, Psychiatry, Prosthetics and Orthotics, and Speech Therapy.

<https://www.yai.org/affiliate/premier-healthcare>

Phone: (212) 273-6272

Medical/Health Services

Developmental Pediatricians



Boston Children's Hospital Physicians - Bradhurst Avenue Specialty Offices

Dr. Amanda Ayala, MD - Developmental Pediatrics

Dr. Glenn Belkin, DO, FAAP - Division Chief of Developmental Behavioral Pediatrics

Dr. Yuxi Chen, MD - Developmental Pediatrics

Dr. Laura Katz, DO - Developmental Pediatrics

Dr. Michele Ledesma, MD - Developmental Pediatrics

<https://www.childrenshospital.org/bchp/practices/bradhurst-avenue-specialty-office>

Phone: 914-304-5250

Email: developmentalpediatrics@bchphysicians.org

19 Bradhurst Avenue, Suites 1400S & 2400N, Hawthorne, New York 10532

Boston Children's Hospital Physicians - Newburgh Specialty Office

Dr. Laura Katz, DO - Developmental-Behavioral Pediatrics

<https://www.childrenshospital.org/bchp/practices/bradhurst-avenue-specialty-office>

Phone: 914-304-5250

Email: developmentalpediatrics@bchphysicians.org

266 North Street, Suite B, Newburgh, New York 12550

Boston Children's Hospital Physicians - Middletown Specialty Office

Dr. Glenn Belkin, DO, FAAP - Division Chief of Developmental Behavioral Pediatrics

Dr. Laura Katz, DO - Developmental Pediatrics

<https://www.childrenshospital.org/bchp/practices/bradhurst-avenue-specialty-office>

Phone: 914-304-5250

Email: developmentalpediatrics@bchphysicians.org

100 Crystal Run Road, Suite 110, Middletown, New York 10941

Medical/Health Services

Developmental Pediatricians



CapitalCare Developmental Pediatrics

Dr. Diane Bourke, MD - Developmental Pediatrics

Dr. Seema Chaudhari, MD, FAAP - Developmental Pediatrics

Dr. Daniel Greenblatt, MD - Child Neurology & Developmental Pediatrics

Dr. Anthony Malone, MD - Developmental Pediatrics

Dr. Micaela Nordhauser, MD - Developmental Pediatrics

Dr. Jenny Torre, MD - Developmental Pediatrics

<https://www.communitycare.com/Practices/CapitalcareDevelopmentalPediatrics/>

Phone: (518) 782-7733

7B Johnson Road, Latham, NY 12110

CareMount Medical

Dr. Diane M. Cicatello, MD - Developmental-Behavioral Pediatrics

<https://www.caremountmedical.com/directory/people/show/diane-cicatello/>

Phone: (845) 231-5600

30 Columbia Street, Poughkeepsie, NY 12601

Children's Hospital at Montefiore: Jacobi Campus Building 5

Dr. Lisa H. Shulman, MD - Developmental-Behavioral Pediatrics

<https://einsteinmed.edu/faculty/6414/lisa-shulman/>

Phone: (718) 430-8500 E-mail: lsulman@montefiore.org

1225 Morris Park Avenue, Bronx, NY 10461

Medical/Health Services

Developmental Pediatricians



The Children's Rehabilitation Center

Dr. Harriet Wieder, MD - Neurodevelopmental Disabilities & Developmental-Behavioral Pediatrics

<https://www.childrenshospital.org/bchp/practices/the-childrens-rehabilitation-center>

Phone: (914) 304-5250

Email: developmentalpediatrics@bchphysicians.org

317 North Street, White Plains, New York 10605

Children's Specialized Hospital

Several Developmental-Behavioral Pediatric Specialists across NJ

<https://www.rwjbh.org/treatment-care/pediatrics/conditions-treatments/pediatric-therapy-services/developmental-behavioral-pediatrics/>

Phone: (888) 244-5373

200 Somerset Street, New Brunswick, NJ 08901

Cohen Children's Medical Center: Developmental & Behavioral Pediatrics

Dr. Andrew Adesman, MD - Developmental-Behavioral Pediatrics

Dr. Ruee Huang, MD - Developmental-Behavioral Pediatrics

Dr. Ruth L. Milanaik, DO - Developmental-Behavioral Pediatrics

Dr. Michael Reznik, MD - Developmental-Behavioral Pediatrics

<https://pediatrics.northwell.edu/departments-services/developmental-behavioral-pediatrics>

Phone: (516) 802-6100

1983 Marcus Avenue, Suite 130, New Hyde Park, NY 11042

Medical/Health Services

Developmental Pediatricians



Cohen Children's Pediatric Specialists at Smithtown: Developmental & Behavioral Health

Dr. Andrew Adesman, MD - Developmental-Behavioral Pediatrics

Dr. Ruee Huang, MD - Developmental-Behavioral Pediatrics

<https://pediatrics.northwell.edu/find-care/locations/cohen-childrens-northwell-health-physician-partners-pediatric-specialists-at-smithtown>

Phone: (631) 439-5437

222 Middle Country Road, Smithtown, NY 11787

Croton Pediatrics

Dr. Glenn Belkin, DO, FAAP - Division Chief of Developmental Behavioral Pediatrics

<https://www.childrenshospital.org/bchp/practices/croton-pediatrics>

Phone: (914) 271-4727

130 Grand St., Croton-on-Hudson, New York 10520

Gergely Pediatrics

Dr. Peter Gergely, M.D. - Developmental Pediatrics

<https://www.gergelypediatrics.com/index.html>

Phone: (845) 424-4444

34 Route 403, Garrison, NY 10524

Dr. Mark Bertin, MD - Developmental-Behavioral Pediatrics

<https://developmentaldoctor.com/>

Phone: (914) 841-2302

106 Washington Avenue, Suite 5, Pleasantville, NY 10570

Medical/Health Services

Developmental Pediatricians



Hunterdon Medical Center: Child Development

Dr. Audrey E. Mars, MD - Developmental-Behavioral Pediatrics

Dr. Sam M. Vergara, MD - Developmental-Behavioral Pediatrics

<https://www.hunterdonhealthcare.org/service/children/child-development-center/>

Phone: (908) 788-6650

190 Route 31, Suite 500, Flemington, NJ 08822

Kireker Center for Child Development: Valley Medical Group

Dr. Lisa M. Nalven, MD - Developmental-Behavioral Pediatrics

<https://www.valleyhealth.com/services/developmental-pediatrics>

Phone: (201) 447-8151

140 East Ridgewood Avenue, Suite 480N, Paramus, NJ 07652

Maria Fareri Children's Hospital

Dr. Glenn Belkin, DO, FAAP - Division Chief of Developmental Behavioral Pediatrics

Dr. Mark Bertin, MD - Developmental-Behavioral Pediatrics

Dr. Laura Katz, DO - Developmental-Behavioral Pediatrics

Dr. William Levinson, MD - Developmental-Behavioral Pediatrics

<https://www.mariafarerichildrens.org/developmental-pediatrics>

Phone: (914) 493-7000

100 Woods Road, Valhalla, New York 10595

Medical/Health Services

Developmental Pediatricians



Stony Brook Children's: Developmental and Behavioral Pediatrics

Dr. Victoria Novoa Uriarte, MD, FAAP, Division

Dr. Danielle Macina, DO, FAAP

<https://www.stonybrookchildrens.org/specialties-services/pediatric-specialties/development-behavioral-pediatrics/team>

Phone: (631) 444-5437

101 Nicolls Road, Stony Brook, NY 11794

Weill Cornell Pediatrics: Child Development Program

Dr. Jennifer Cross, MD - Developmental-Behavioral Pediatrics

Dr. Elizabeth Poole-Di Salvo, M.D. - Developmental-Behavioral Pediatrics

Dr. Mary J Ward, Ph.D. - Developmental-Behavioral Pediatrics

<https://weillcornell.org/pedsdev>

Phone: (646) 962-4303

505 East 70th Street, Helmsley Tower, Floor 3, New York, NY 10021

The Westchester Center for Holistic Families

Dr. Stephen Cowan - Holistic Development Pediatrics

<http://www.drstephencowan.com/>

Phone: (914) 882-9335

491 Lexington Ave., Mt. Kisco, NY 10549

Medical/Health Services

Pediatric Neurologists



Boston Children's Hospital Physicians: Bradhurst Avenue Specialty Offices

Dr. Ronald Jacobson, MD - Chief of Pediatric Neurology

www.childrenshospital.org/directory/physicians/j/ronald-jacobson

Phone: (914) 358-0190

19 Bradhurst Avenue, Suites 1400S & 2400N, Hawthorne, New York 10532

Boston Children's Hospital Physicians: Middletown Specialty Office

Dr. Ronald Jacobson, MD - Chief of Pediatric Neurology

<https://www.childrenshospital.org/bchp/practices/middletown-specialty-office>

Phone: (914) 358-0190

100 Crystal Run Road, Suite 110, Middletown, New York 10941

Boston Children's Hospital Physicians: Neurology at Hawthorne

Dr. Rolla Nuoman, MD - Pediatric Neurologist

Phone: (914) 358-0190

Dr. Steven Wolf, MD - Pediatric Neurology

Phone: (914) 768-3970

<https://www.childrenshospital.org/bchp/specialty/pediatric-neurology>

40 Saw Mill River Road, Suite FB-1, Hawthorne, New York 10532

Chappaqua Specialty Center

Dr. Ronald Jacobson, MD - Chief of Pediatric Neurology

<https://www.childrenshospital.org/bchp/practices/middletown-specialty-office>

Phone: (914) 238-8550

1 South Greeley Avenue, Suite 303, Chappaqua, New York 10514

Medical/Health Services

Pediatric Neurologists



Children's Specialized Hospital

Several Pediatric Neurologists across New Jersey

<https://www.rwjbh.org/treatment-care/pediatrics/conditions-treatments/pediatric-therapy-services/pediatric-neurology/>

Phone: (888) 244-5373

200 Somerset Street, New Brunswick, NJ 08901

Columbia Doctors

Dr. Wendy G. Silver, MD - Neurology with Special Qualification in Child Neurology

<https://www.neurology.columbia.edu/profile/wendy-g-silver-md>

Phone: (646) 426-3876

21 West 86th Street, New York, NY 10024

Elizabeth Seaton Children's Hospital: Neurology Department

<https://setonchildrens.org/>

eRiver Neurology of NY

Dr. Glenn Y Castaneda MD - Pediatric Neurology

<https://eriverneurology.com/>

21 Fox Street, Suite 102, Poughkeepsie, New York 12601

Phone: (845) 452-9750

200 Westage Business Center Drive, Suite 324, Fishkill, New York 12524

Phone: (845) 452-9750

Medical/Health Services

Pediatric Neurologists



Maria Ferari Children's Hospital Neurology Department

Dr. Ronald Jacobson, MD - Chief of Pediatric Neurology

Dr. Philip Overby, MD - Pediatric Neurologist

<https://www.mariafarerichildrens.org/pediatric-neurosciences>

100 Woods Road, Valhalla, New York 10595

Phone: (914) 358-0188

NY Neurology Associates

Dr. Pascal Saremsky, MD - Pediatric Neurologist

<https://www.nyneurologists.com/services/pediatric-neurology>

Locations: Upper East Side, Upper West Side, Gramercy Park, Downtown & Long Island, NY

See website to schedule appointment at any location

Dental Services



Dr. Amy Patel at Smile Scarsdale Pediatric Dentistry

Dr. Patel has advanced training in treating patients with special needs or medical fragility. She also has extensive experience in use of laughing gas and advanced behavior management.

<https://smilecarsdale.com/>

Phone: (914) 241-5842

Email: info@SmileScarsdale.com

1075 Central Park Ave, Suite 400, Scarsdale, NY 10583

Dr. Delaney Pediatric Dentistry

Dr. Delaney & Raider provide skilled and compassionate pediatric dental care to all patients.

<https://mahopacpediatricdentistry.com/>

Phone: (845) 628-3400

New Patients: (845) 213-3436

888 Route 6, Mahopac, NY 10541

Giving Tree Pediatric Dentistry

Giving Tree Pediatric Dentistry has extensive experience and a vast patient pool with special needs, and offers graduated introduction to dentistry to reduce your child's anxiety surrounding dental services. Dr. Tannen completed a fellowship in Special Care Dentistry at Albert Einstein College of Medicine, and the office offers flexible hours and can accommodate children who need to be seen in a quiet environment.

<https://givingtreedental.com/>

Phone: (914) 579-2225

110 Washington Ave., Pleasantville, NY 10570

Dental Services



Kids Family Dental

The dentists at Kids Family Dental have “multiple years of specialized pediatric training, including various sedation methods and behavior management techniques to keep a child calm.” Call their office for details about how their team treats children with special needs.

<https://thefamilydentalgroup.com/locations/kids-family-dental/>

Phone: (845) 764-9572

1591 Route 22, Building 2, Brewster, NY 10509

NY Pediatric Dentistry & Orthodontics

NY Pediatric Dentistry & Orthodontics’ “expertise with children who are medically compromised or have special needs make us the areas most sought after pediatric dental practice. Whether or not they have a hard time coping with receiving dental care in a dental office, we welcome and encourage all children to visit our office.”

<https://www.nypediatricdds.com/special-needs>

Phone: (914) 344-6794

90 South Ridge St., Rye Brook, NY 10573

Rye Smiles Pediatric Dentistry

“Pediatric dentists Deborah Troy, DDS, and Charles Yau, DDS, have specialized training to care for patients with special needs and medically complex disabilities. The team also collaborates with local pediatricians to provide the best care possible.”

<https://www.ryesmile.com/services/children-with-special-needs>

Appointments: (914) 677-0456

General inquiries: (914) 967-5735

16 School St Ste 2, Rye, NY 10580

Dental Services



The Smile Lodge

The Smile Lodge provides dental care for “patients with special needs requires specialized knowledge acquired by additional training, as well as increased awareness and attention, adaptation, and accommodative measures beyond routine treatment.” They also offer sedation dentistry.

<https://www.smilelodge.com/special-needs-dentistry>

Phone: (518) 373-1181

713 Pierce Rd, Clifton Park, NY 12065

Westchester Pediatric Dentistry

Westchester Pediatric Dentistry is “committed to providing the best dental care for all children regardless of their developmental or other special health care needs.”

<https://wcpediatricdentist.com/services/special-needs-patients/>

Phone: (914) 683-9389

Email: info@wcpediatricdentist.com

95 Church St., Suite 308, White Plains, NY 10601

Westchester Institute for Human Development (WIHD): Dental Services

WIHD’s Dental Center offers comprehensive, specialized dental services and outgoing care for people with disabilities. Services are delivered in their state-of-the-art dental suite at WIHD, in their Dental Van which regularly visits community service agencies throughout the Hudson Valley, and at Westchester Medical Center.

<https://www.wihd.org/what-we-do/dental-services/>

Phone: (914) 493-8081

Email: dental@WIHD.org

Cedarwood Hall, 20 Hospital Oval W, Valhalla, NY 10595

Dental Services



YAI Premier HealthCare

YAI Premier HealthCare offers specialty dental services specializing in supporting people with intellectual and developmental disabilities.

<https://www.yai.org/affiliate/premier-healthcare>

Phone: (212) 273-6272

Hair Salons for Children with Disabilities



A & G Happy Kids Hair Cuts Children's & Family Salon

Offers hair cuts for children with special needs.

<http://www.happykidscuts.com>

Phone: (914) 725-2044

832 Scarsdale Avenue, Scarsdale, NY 10583

Cool Styles

At Cool Styles, all staff are very experienced working with children with special needs. Tracey, a stylist at their salon, is highly recommended for working with children with autism spectrum disorders.

<https://www.facebook.com/coolstylesny/>

Phone: (845) 228-7090

1747 Route 6, Carmel NY 10512

Dolce Vita Kidz Salon

Dolce Vita Kidz Salon's owner, Nancy, is a trained, autism-certified stylist. She will help all children feel comfortable and safe for the best haircut experience possible.

<https://dolcevitakidzsalon.com/>

Phone: (914) 222-9323

1803 Central Park Avenue, Yonkers, NY 10710



Hair Salons for Children with Disabilities

LifesWORC Family Center for Autism

The center provides “a safe, autism-friendly environment to get your haircut and/or styled by specially trained stylists.” \$40 per appointment.

<https://lifesworc.org/service/spa-salon-services/>

Phone: (516) 355-9400

1517 Franklin Avenue, Garden City, NY 11530

Just 4 Kids Salon

This salon specializes in working with autistic children, offering staff who are trained and patient and a child-themed salon for your child’s haircut.

<https://just4kidssalon.com/haircuts-for-kids-with-special-needs-and-autism/>

Phone: (201) 653-5887

720 Monroe St, Suite E-313 Hoboken, NJ 07030

Acronyms in Special Education



ABA - Applied Behavior Analysis

ABIS - Assistant Behavior Intervention Specialist

AAC (Device) - Augmentative and Assistive Communication (Device)

ACA - Affordable Care Act

ADA - Americans with Disabilities Act

AD(H)D - Attention Deficit (Hyperactivity) Disorder

ADLs - Activities of Daily Living

APE - Adaptive Physical Education

ASD - Autism Spectrum Disorders

ASL - American Sign Language

AT - Assistive Technology

AYP - Adequate Yearly Progress

BCBA - Board Certified Behavior Analyst

BD - Behavioral Disorder

BIP - Behavior Intervention Plan

BIS - Behavior Intervention Specialist

BOCES - Board of Cooperative Education Services

BOE - Board of Education

CAH - Care at Home

CBA - Curriculum Based Assessment

CBT - Cognitive Behavioral Therapy or Competency-Based Training

CCO's - Care Coordination Organizations

CCSS - Common Core State Standards

CD - Cognitive Delay

CDA - Child Development Associate

Acronyms in Special Education



CDC - Centers for Disease Control

COTA - Certified Occupational Therapist Assistant

CM - Care/Case Manager

CP - Cerebral Palsy

CST - Child Study Team

CPSE - Committee on Preschool Special Education

CSE - Committee on Special Education

CSIDD - Crisis Services for Individuals with Intellectual/Developmental Disabilities

CTS - Community Transition Services

DD - Developmental Disability

DOE - NYC Department of Education

DSP - Direct Support Professional

DOH - Department of Health

DPH - Due Process Hearing

DS - Down Syndrome

DSM - Diagnostic and Statistical Manual of Mental Disorders

EAA - Eligibility, Assessment, and Authorization Tool

ECE - Early Childhood Education

ED - Emotional Disturbance

EI - Early Intervention

ESL - English as a Second Language

ESY or EYS - Extended School Year or Extended Year Services

FAPE - Free Appropriate Public Education

FAS - Fetal Alcohol Syndrome

FERPA - Family Educational Rights and Privacy Act

Acronyms in Special Education



FM - Focused Monitoring
FSS - Family Support Services
GE - General Education
GT - Gifted and Talented
HQT - Highly Qualified Teacher
IA - Instructional Assistant
IAC - InterAgency Council of Developmental Disabilities Agencies, Inc
IAES - Interim Alternative Educational Setting
ID - Intellectual Disability
I/DD - Intellectual and/or Developmental Disability
IDEA - Individuals with Disabilities Education Act
IEE - Individualized Educational Evaluation
IEP - Individualized Education Program
IFSP - Individualized Family Service Plan (EI)
ILC - Independent Living Center
ILP - Individualized Life Plan (replacing ISPs) or Independent Living Centers
IQ - Intelligence Quotient
ISP - Individualized Service Plan
ISS - Individual Support Services
ITP - Individualized Transition Plan
LCED - Level of Care Eligibility Determination
LCSW - Licensed Clinical Social Worker
LD - Learning Disability
LEA - Local Education Agency
LHCSA - Licensed Home Care Services Agency

Acronyms in Special Education



LIC - Live-In Caregiver

LMHC - Licensed Mental Health Counselor

LMSW - Licensed Master Social Worker

LOC - Level of Care

LRE - Least Restrictive Environment

MCO - Managed Care Organization

MD - Multiple Disabilities

MR - Mental Retardation (no longer used, renamed “intellectual disability” in 2010)

NCLB - No Child Left Behind

NEA - National Education Association

NICU - Neonatal Intensive Care Unit

NIPD - National Institute for People with Disabilities

NOD - Notice of Determination

OCD - Obsessive-Compulsive Disorder

ODD - Oppositional Defiant Disorder

OCFS - Office of Children and Family Services

OHI - Other Health Impairment

OI - Orthopedic Impairment

OMH - Office of Mental Health

OPWDD - Office for People with Developmental Disabilities

OT - Occupational Therapy

OTR - Registered Occupational Therapist

PALS - Peer-Assisted Learning System

PARCC - Partnership for Assessment of Readiness for College and Careers

PBS - Positive Behavioral Supports

Acronyms in Special Education



PD - Physical Disability

PDD - Pervasive Developmental Disorder

PLEP or **PLP** - Present Level of Educational Performance or Present Level of Performance

PP - Paraprofessional

PSIP - Preliminary Individualized Service Plan

PT - Physical Therapy

PTE - Permission to Evaluate

PWN - Prior Written Notice

PWS - Prader-Willi Syndrome

O & M - Orientation and Mobility

RBT - Registered Behavior Technician

RDA - Results-Driven Accountability

RFP - Request for Proposal

RFS - Request for Services

RS - Related Services

RTI - Response to Intervention

SA - Self-Assessment

SAS - Supplementary Aids and Services

SAT - Student Assistance Team

SB - Spina Bifida

SBC - School-Based Counseling

SE or **SPED** - Special Education

Section 504 - Section 504 of the Rehabilitation Act

SED - State Education Department

Acronyms in Special Education



SDI - Specially Designed Instruction

SI - Sensory Integration

SLD - Specific Learning Disability

SLI - Speech/Language Impairment

SLP - Speech/Language Pathologist

SSA - Social Security Administration

SSDI - Social Security Disability Insurance

SSI - Supplemental Security Income

START - Systemic, Therapeutic, Assessment, Resources & Treatment

TBI - Traumatic Brain Injury

TDD - Telephone/Telecommunication Device for the Deaf

TRAID - Technology-Related Assistance for Individuals with Disabilities

TS - Tourette Syndrome

VI - Visual Impairment

VR - Vocational Rehabilitation

WIC - Women, Infants and Children

WIDH - Westchester Institute for Human Development

YAI - Formerly Young Adult Institute, currently goes by "YAI" since they support people from childhood onward

Glossary of Terms in Special Education



Applied Behavior Analysis (ABA) - the practice of applying the psychological principles of learning theory in a systematic way to modify behavior, used often for special education and therapeutically with individuals with autism spectrum disorder.

Augmentative and Assistive Communication (AAC) - all ways someone can communicate besides talking. Includes no-tech, low-tech, and high-tech options.

Americans with Disabilities Act (ADA) - a 1990 law prohibiting discrimination against individuals with disabilities in all areas of public life, including jobs, schools, and transportation.

Attention Deficit (Hyperactivity) Disorder - disorder marked by ongoing patterns of inattention and/or hyperactivity-impulsivity interfering with functioning or development.

Activities of Daily Living (ADLs) - a series of basic activities necessary for independent living at home or in the community, performed on a daily basis (e.g., personal hygiene, dressing, eating, mobility, etc.).

Autism Spectrum Disorders (ASD) - a developmental disability that causes significant social, communication, and behavioral challenges. ASD is viewed on a spectrum due to the wide variation in the type/severity of symptoms and strengths from person-to-person.

Assistive Technology (AT) - items, equipment, software, or devices used for people with disabilities or the elderly population.

Behavior Intervention Plan (BIP) - a written improvement plan created for a student based on the outcome of a functional behavior assessment in order to increase appropriate behavior and decrease inappropriate/ unwanted behaviors using reinforcement strategies.

Behavior Intervention Specialist (BIS) - works with children using positive behavior supports and coordinating functional behavior assessments and behavior intervention plans.

Board Certified Behavior Analyst (BCBA) - a professional who studies the behavior of children and adults and creates plans to improve or change problematic behaviors and work toward behavior goals using applied behavior analysis.

Glossary of Terms in Special Education



Board of Cooperative Education Services (BOCES) - provides shared educational programs and services to school districts within New York State. BOCES programs help meet students' educational needs through relevant programs.

Cognitive Behavioral Therapy (CBT) - a form of psychological treatment (talk therapy) effective for a range of psychological problems by promoting awareness of inaccurate and negative thinking and efforts to change thinking patterns.

Competency-Based Training (CBT) - an approach to vocational education and training emphasizing what a person can do in the workplace following a training program.

Cerebral Palsy (CP) - a congenital disorder marked by movement, muscle tone, and posture disorder and/or other disabilities, typically caused by damage to the brain before/during birth.

Committee on Preschool Special Education (CPSE) - a multidisciplinary team appointed by the Board of Education in each NY school district to identify and evaluate 3-4-year-old children who have special educational needs, determine eligibility for preschool special education programs, develop Individualized Education Plans (IEPs), place students in the least restrictive environment, and aid in the transition process to the school district.

Committee on Special Education (CSE) - a multidisciplinary team appointed by the Board of Education in each NY school district to identify and evaluate school-age children (ages 5-21) who have special educational needs, determine eligibility for preschool special education programs, develop Individualized Education Plans (IEPs), and place students in the least restrictive environment.

Crisis Services for Individuals with Intellectual/Developmental Disabilities (CSIDD) - offers crisis prevention and response services to those with developmental disabilities and complex behavior needs, as well as their families/caregivers. Services are available 24 hours a day, 7 days a week to OPWDD eligible individuals age 6+.

Community Transition Services (CTS) - individualized services intended to assist a person's transition from an inpatient/intensive program to living in the community.

Glossary of Terms in Special Education



Developmental Disability (DD) - a group of conditions due to impairment in physical, learning, language, and/or behavior areas, beginning during the developmental period and impacting day-to-day functioning.

Direct Support Professional (DSP) - someone who works directly with people who have intellectual and/or developmental disabilities.

Early Intervention (EI) - services and supports available to children from birth to age three who have developmental delays or disabilities, or to those at high risk for child abuse/neglect. Services can include speech, occupational, physical, and psychological therapies, home visits, hearing/vision services, medical/nursing/nutrition services, social work services, transportation, and assistive technology.

Fetal Alcohol Syndrome (FAS) - a disorder caused by alcohol exposure in the womb which causes distinctive facial features, learning disabilities, bone/joint deformities, heart defects, and/or hyperactivity.

Family Support Services (FSS) - services offered by OPWDD to help families who care for a relative with developmental disabilities at home by providing aid, enhancing family stability, and preserving family unity.

InterAgency Council of Developmental Disabilities Agencies, Inc (IAC) - the largest provider association in NY for non-profit agencies that support individuals with intellectual/developmental disabilities by providing services and supports to these individuals.

Individuals with Disabilities Education Act (IDEA) - a law that ensures free and appropriate public education to children with disabilities throughout the nation and ensures special education and related services to those children.

Individualized Education Program (IEP) - a legal document outlining the special education experience for all eligible students with a disability. This document is developed to ensure a child identified with a disability attending an educational institute receives specialized instruction and related services appropriate to their specific learning needs.

Individualized Family Service Plan (IFSP) - a plan to obtain special education services for children from birth to age three, protected by IDEA. A precursor document to the IEP.

Glossary of Terms in Special Education



Individualized Life Plan - a document outlining a person with a disability's goals, strengths, preferences, clinical and support needs, services and providers, safeguards, and habilitation goals.

Independent Living Centers (ILCs) - centers which provide various services to assist New Yorkers with disabilities in living fully integrated and self-directed lives by assisting with all aspects of living, learning, and earning.

Individual Support Services (ISS) - provides housing subsidies to assist individuals with developmental disabilities who wish to live independently in the community with housing costs

Learning Disability (LD) - a condition causing difficulties in acquiring knowledge and skills to the level expected of those at the same age

Least Restrictive Environment (LRE) - a legal found in IDEA to ensure that "to the maximum extent appropriate, children with disabilities are educated with children who are not disabled" and that special classes/separate environments are considered only after a determination that placement in regular classrooms with modifications and supports will not adequately meet their educational needs.

Office of Children and Family Services (OCFS) - an agency dedicated to improving the integration of services for NY's children, youth, families, and vulnerable populations by promoting safety, permanency, and well-being through policies, partnerships, funding, and quality services.

Office of Mental Health (OMH) - agency which promotes the mental health of all NY residents, with a focus on providing hope and recovery for adults with serious mental illness and children with serious emotional disturbances.

Office for People with Developmental Disabilities (OPWDD) - responsible for coordinating services for New Yorkers with developmental disabilities, providing services directly and working with a network of nonprofits to provide services.

Occupational Therapy (OT) - therapy to improve fine motor skills, balance, coordination, sensory integration, and motor skills involved in everyday tasks like writing and getting dressed.

Physical Therapy (PT) - therapy to help improve gross motor skills, range of motion, strength, flexibility, and movement patterns due to bone/muscle issues, injury, or genetic, brain, spine, or nerve disorders.

Glossary of Terms in Special Education



Prader-Willi Syndrome (PWS) - a genetic disorder which causes intellectual disability, behavior problems, and short stature.

Registered Behavior Technician (RBT) - a paraprofessional certification in behavior analysis. RBTs assist in delivering ABA services and practice under an RBT supervisor, usually a BCBA.

Speech & Language Pathology/Therapy (SLP) - therapy delivered to treat speech and language disorders, including areas such as articulation, fluency, resonance, expressive language, receptive language, and cognitive-communication. Some speech therapy services also address oral-motor and feeding/swallowing issues.

Traumatic Brain Injury (TBI) - caused by sudden injuries that cause damage to the brain.

Westchester Institute for Human Development (WIHD) - an institute addressing major social and health issues affecting people with disabilities and vulnerable children by delivering medical, clinical, and support services to individuals, families, and caregivers.

YAI - Formerly Young Adult Institute, currently goes by "YAI" since they support people from childhood onward, YAI and its network of affiliate agencies offer children and adults with intellectual/developmental disabilities a comprehensive range of services.

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The Arc Mid-Hudson is a private not-for-profit agency founded by families in Ulster, Greene, and Putnam Counties who believed that their children with disabilities should have the same opportunities as their peers. Supporting 1,800 people from preschool through adulthood, our mission is “To empower people with intellectual and other developmental disabilities to achieve and experience the highest quality of life.”

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Disclaimer

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Resources were gathered from a combination of web research and word of mouth from advocates, parents, and educators of individuals with disabilities. We have made every attempt to ensure information contained in this guide was obtained from reliable sources.

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