

Our Mission

New York-Presbyterian Military Family Wellness Center connects U.S. military service members of any duty status and service era and their families with high quality, evidence-based mental health services.

This innovative program, which is available at both New York-Presbyterian - Columbia University Medical Center and New York-Presbyterian -Weill Cornell Medical Center, helps address the unique health challenges of service members and their loved ones in a confidential and secure environment.

Contact Us:

Military Family Wellness Center
Weill Cornell Medicine

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F 212-821-0994

Westchester Division

21 Bloomingdale Road
3A South
White Plains, New York 10605

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Military Family Wellness Center
NY State Psychiatric Institute at
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New York, New York 10032

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Visit us on the web:

www.nyp.org/mfwc



Military Family Wellness Center

Caring for military service members and families in the greater New York City area

Directors
JoAnn Difede, PhD
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 **New York-Presbyterian**
Military Family Wellnes



Whom We Serve

Serving your country too often means sacrificing yourself and your family. The New York-Presbyterian Military Family Wellness Center combines evidence-based clinical care with cutting-edge clinical research to develop treatment plans specifically aimed at treating the neurological and psychological impact of combat and other aspects of military service on current and former service members, as well as their families.

We proudly treat service members of any service era and military background, including the National Guard and Reserves, active and reserve personnel and their loved ones. We care for patients regardless of an individual's service record, Veterans Affairs service connection, or any other consideration. All services are fully confidential and free of charge. We will also see any individual with a close relationship to a service member, whether it is a domestic partner, spouse, child or close friend who may have been affected in some manner by military service.

Mental Health Services

The Military Family Wellness Center is on the cutting edge of clinical care for mood and anxiety disorders, and trauma related to military service, including both combat and military sexual trauma (MST).

Guided by our armed forces research programs, we create evidence based treatment plans for service members and their families who are coping with post-traumatic stress disorder (PTSD), depression, anxiety, and other mental health issues.

Every new patient receives a thorough intake assessment which allows us to get a deeper understanding of the challenges you are facing. We then devise a treatment plan tailored to your needs. Over the course of 12 to 20 sessions, we hone in on the therapies geared to help you get better quickly.

At the Center, you are an integral part of the care team. Treatment planning decisions are collaborative, and ultimately, you choose what form of therapy you prefer.

Services We Offer:

- **Individual therapy**
- **Telehealth**
- **Couples therapy**
- **Group therapy**
- **Emerging treatments**

Wellness Program

We believe wellness is essential to living a full and productive life. To achieve wellness, one must develop and maintain skills and strategies to help prevent illness, speed recovery, and support healthful living. At the Center, we augment our evidence-based mental health therapies with a wide range of evidence based mind/body modalities that include yoga, meditation, nutrition support, and exercise programs to help you achieve lifetime wellness.

Our Wellness program provides a variety of services, including:

- **Workforce Readiness**
- **Financial Wellness**
- **Yoga Training**
- **Healthful Sleep Habits**
- **Virtual Reality-Assisted Mindfulness Training**
- **Nutrition and Healthy Diet Counseling**

