



NYSPI IRB Approved
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Youth Treatment and Evaluation of Anxiety and Mood (Y-TEAM) Program

Interested in Learning More About Y-TEAM?

For questions about treatment through one of our research programs, our evaluation service, or to learn more about the Children's Day Unit, please contact:

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Research Coordinator
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"From the first day we had an evaluation at Columbia, I left with hope that I found a place that understood exactly what difficulties our family had been through. My daughter finally received the correct diagnosis for her condition. She was treated by experienced and knowledgeable mental health professionals who worked cohesively as a team in studying her symptoms and tailoring the treatment accordingly. Over the past year, my daughter has not only seen a drastic reduction in her symptoms, but also regained her functional abilities as a student."

- Parent of a 14-year old research participant



Program Director, Dr. Laura Mufson



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<https://www.columbiapsychiatry.org/research-clinics/youth-treatment-and-evaluation-anxiety-and-mood-program>



Treatment at Y-TEAM

The Youth Treatment of Anxiety and Mood (Y-TEAM) Program treats anxiety, mood, and related disorders in children and adolescents through a personalized treatment approach involving evidence-based therapy, medicine, or their combination.

Directed by Dr. Laura Mufson, Y-TEAM conducts research and offers free treatment for children and adolescents struggling with the following problems:

- Obsessive-compulsive disorder
- Generalized anxiety disorder
- Social phobia
- Separation anxiety disorder
- Post-traumatic stress disorder
- Depression
- Bipolar disorder
- School refusal
- Eating disorders

Y-TEAM is a state of the art facility that houses caring, experienced doctors who have successfully treated children and adolescents with anxiety.



Y-TEAM Evaluation Service

What is the Y-TEAM Evaluation Service?

The Y-TEAM evaluation is a comprehensive diagnostic evaluation service for families, conducted by professional, highly experienced clinicians. This clinical service is offered free-of-charge to families and includes a structured clinical interview with the parent and the child.

Who is Eligible?

Youth aged 5-21 who are struggling with mental health issues, particularly anxiety and/or mood disorders, who have never received an evaluation or would like a second opinion regarding diagnosis and/or treatment.

What Happens After the Evaluation?

At the end of an evaluation, you and your child will receive:

- Feedback on results of the evaluation including diagnoses
- Specific treatment recommendations
- Referrals to mental health providers if necessary
- Consultations by our staff with the referring provider as needed

At Y-TEAM, we help children and teens make appropriate progress in school, stay connected to their peers, and prepare for their transition into adulthood.



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The Children's Day Unit (CDU)

The Children's Day Unit (CDU) is a day hospital program comprised of research participants ages 14 to 18 who require intensive outpatient care.

School services are provided by P35, a New York City public school located on the unit during the academic year. Students attend class daily and are often eligible to earn school credits while attending the CDU. In addition, during the 6-week summer program in July and August, the CDU provides educational support and tutoring.



Adolescents at the CDU can expect:

- Daily academic classes
- Personalized tutoring
- Individual and group therapy sessions
- Social skills training & art therapy
- Neuropsychological testing, when indicated
- Medication treatment when indicated
- Discharge planning and assistance with school placement

All assessment and treatment services offered at the CDU are free of charge.

Our staff works closely with your child's school to ensure your child's educational needs are met.