

Clinical Information Sheet
Children's Day Unit & Y-TEAM

2026 - 2027

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Y-TEAM Introduction

Welcome to the Youth Treatment and Evaluation of Anxiety and Mood (Y-TEAM) Program. The Y-TEAM is a research-oriented, child and adolescent mental health treatment program. There are **three** main clinical components:

1. *The Children's Day Unit (CDU)*
2. *The Outpatient Clinic*
3. *The Y-TEAM Core Battery Diagnostic Evaluation*

The Children's Day Unit (CDU)

The **Children's Day Unit (CDU)** is a day hospital program comprised of research participants and other community members ages 14 to 18 who require intensive outpatient care, particularly adolescents who have experienced school refusal. School services are provided by **P35M**, 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 can provide educational support and tutoring.

The CDU program includes daily academic classes, personalized tutoring, individual and group therapy sessions, social skills training and art therapy, neuropsychological testing, when indicated, medication treatment, when indicated, and discharge planning and assistance with longer term school placement. In addition to the provided clinical services, parental involvement is an **integral** part of CDU enrollment. This includes continual conversations, meetings and correspondence with CDU staff throughout a child's time at the CDU. All assessments and treatment services offered at the CDU are **free of charge**.

To learn more about PS35 academics, we recommend utilizing this website: <https://www.manhattanhs.org/nyspi.html>

The Outpatient Clinic

The Y-TEAM offers psychotherapy on an outpatient basis for children and adolescents ages 5 to 21 with anxiety, depression, and obsessive-compulsive disorder (OCD) with **limited** availability. Occasionally, the Y-TEAM offers outpatient treatment to parents.

Outpatient treatment consists of Cognitive Behavioral Therapy (CBT) and is conducted by advanced trainee therapists who are supervised by licensed staff. Outpatient treatment can occur hourly on a monthly, biweekly, or weekly basis.

Treatment length is limited to no more than one year.

The Core Battery Diagnostic Evaluation

The Y-TEAM evaluation is a comprehensive diagnostic evaluation and consultation service for families, conducted by professional, experienced clinicians at the New York State Psychiatric Institute/Columbia University Irving Medical Center, specifically the Y-TEAM staff.

The evaluation lasts approximately **6 hours**, and includes a:

- (1) Preliminary appointment
- (2) Structured clinical interview with the parent(s)
- (3) Structured clinical interview with the child
- (4) Feedback session with both the parent(s) and the child.

This evaluation procedure occurs for **all** Y-TEAM clinical services, which includes:

- (1) Intake for the CDU Day Treatment Program
- (2) Intake for the Outpatient Clinic
- (3) Diagnostic Evaluation Assessments
- (4) Neuropsychological Assessments.

This service is **free-of-charge**.

At the CDU Day Treatment Program or the Outpatient Clinic, our team focuses on the following conditions in children, adolescents, and young adults:

- Obsessive-compulsive disorder (OCD)
- Generalized anxiety disorder (GAD) or worry

- Social anxiety
- Separation anxiety
- Depression
- Post-Traumatic Stress Disorder (PTSD)

For the Diagnostic Evaluation and Neuropsychological Testing, we test for other conditions than the conditions listed above.

Before beginning the evaluation process, the Research Coordinator will gather preliminary information (via email or phone call) to add a child to any of our 4 Y-TEAM waitlists*: *CDU, Outpatient Clinic, Diagnostic Evaluation or Neuropsychological Testing*.

Once a child has reached their turn on the waitlist, staff will be in touch to conduct a ~30-minute phone screening with their parent(s). This phone screening helps to determine if Y-TEAM services are still relevant and if the evaluation process should proceed at this time.

After the phone screening is complete, staff will request consent (a release of information form) from the parents to speak with a child's providers (therapist and psychiatrist) to determine psychiatric history and necessary course of treatment. After staff have spoken with providers and determined services are still relevant, the evaluation process will proceed.

The **first** appointment is a **1-hour**, remote (or in person) appointment with both the parent(s) and child. This appointment includes consent forms to proceed with the evaluation, some preliminary questions about reason for treatment, and neuropsychological testing to understand a child's psychological conditions at that time.

The **second** appointment is a **2-hour** in person interview with only the child. This interview allows clinicians to ask the child thorough questions and best understand the child's current treatment needs.

The **third** appointment is a **2-hour** in person (or remote) interview with only the parent(s). This interview allows clinicians to ask the parent(s) thorough questions regarding home environment, background and their perspective on the child's wellbeing.

The **fourth** appointment is a **1-hour** in person (or remote) feedback session with the parent and child to review, explain and debrief insights from the evaluation that the clinical team has made. After the feedback session is complete, staff will be in touch regarding next steps and communicate if intake to relevant services (CDU, Outpatient Clinic, or Neuropsychological Assessment) is appropriate. On the next page is a table of the four appointments in the Y-TEAM evaluation broken down.

*Disclaimer: Our waitlist timelines (for all 4 waitlists) can last anywhere from **2 to 6 months**, depending on the time of year and Y-TEAM capacity. Our team strives to complete these evaluations in a timely manner, but unfortunately, we cannot always control these delays. While on the waitlist, we urge families to also seek alternative treatment options that might expedite service offerings. We greatly appreciate your patience throughout this process.

Evaluation Table

Appointment #1	Appointment #2	Appointment #3	Appointment #4
Expected duration: 1hr	Expected duration: 2hr	Expected duration: 2hr	Expected duration: 1hr
<i>Attendees:</i> Parent(s) and Child	<i>Attendees:</i> Child	<i>Attendees:</i> Parent	<i>Attendees:</i> Parent(s) and Child
Remote	In-Person	Remote or In- Person	Remote or In- Person
1. Consent 2. Self-Report Measures 3. Neuro- psychological Assessments	Diagnostic Interview with Child	Diagnostic Interview with Parent	Feedback Session

Who Are The Staff?

This is a list of the permanent staff at the Y-TEAM, CDU and PS35.

Y-TEAM

- Laura Mufson, PhD: Unit Chief/Director of Psychology at NYSPI
- Kate Fitzgerald, MD: Director of Research
- Pablo Goldberg, MD: Director of Medicine
- Paula Yanes-Lukin, PhD: Director of Psychology

CDU

- Lizzie Sands, LMSW: Director of Social Work
- Rebecca Altholz, BS: Research Coordinator
- Ingrid De Los Santos: MHTA, Unit Administrator
- Andrew Gooden, SRT: CDU Recreational Therapist
- Marianne Gorlyn, PhD: Neuropsychologist

P35M

- Martine Gammarano, MS: Special Education Teacher
- Leighton Williams, MS: Special Education Teacher
- Miriam Moreno: Teaching Paraprofessional

As you can see from the list above, we are fortunate to have a multidisciplinary permanent staff. We are also joined by a variety of trainees, including social work interns, psychology externs, psychiatry residents, nurse practitioner students, recreational therapy students and volunteers. Every child at the CDU, along with their parent(s), will be assigned a primary treatment team comprised of an individual therapist and a therapist who works with the child's family. Children enrolled in our Outpatient Clinic will be assigned an individual therapist.