



# Asian Psychiatry Program

Tailored Treatments to Help Patients Thrive



## Asian Psychiatry Program

Gracie Square Hospital, a member of the New York-Presbyterian Regional Hospital Network, is a free-standing inpatient psychiatric hospital conveniently located on the Upper East Side of Manhattan. We offer seven specialized programs which provide a wide range of behavioral health services and proudly achieved Planetree Gold Certification for excellence in person-centered care. GSH's Asian Psychiatry Program was established in the early 1990s and is the only private hospital-based program that offers inpatient psychiatric services catering to the Asian-American community in the New York Metropolitan area.



## Culture of Care

Recognizing that cultural factors influence the way an individual views the causes and treatment of mental illness, our Asian Psychiatry Program encourages patients and their families to work within their own cultural framework to maximize successful treatment outcomes and prevent relapse. Our interdisciplinary treatment teams, composed of a psychiatrist, psychologist, social workers, nurses and nurses' aides, work closely with patients and their families to provide comprehensive assessments, immediate initiation of treatment, and planning for the eventual transition from the hospital to a community-based resource. We provide services in English, Mandarin, Cantonese, Korean and other Asian languages. Our clinicians collaborate closely with local private and community mental health programs to arrange culturally appropriate aftercare plans to ensure our patients can continue to thrive with their families in the community.

## Unit Amenities

The Asian Psychiatry Program is a 15-bed unit that is designed to provide patients with the comforts of their own culture. The milieu and therapeutic activities incorporate Asian influences, with Asian décor, a daily Asian menu prepared by our in-house Chinese chef, educational materials, newspapers and television channels in English and Asian languages, and cultural celebrations of traditional and lunar holidays. Patients also have use of a beautiful rooftop garden which offers opportunities to relax as well as engage in therapeutic group activities in the fresh air.

## Contact Us

Gracie Square Hospital offers direct admissions on a case-by-case basis, allowing patients to bypass the Emergency Department. If you or someone you know is seeking inpatient psychiatric care, please call our Patient Access department at **(212) 434-5300** or **(914) 680-5700** to inquire about direct admission.



# 亞裔精神科治療中心

量身訂制的治療  
幫助患者早日康復



## 亞裔精神科治療中心

格瑞斯廣場醫院是紐約長老會醫院區域醫院組織的成員，是一家獨立的住院精神科醫院，位於曼哈頓上東區，交通便利。我們提供七個專業治療專科。這些專科提供廣泛的行為健康服務。我們更以注重以病人為中心的卓越治療理念，榮獲了Planetree國際組織金牌獎。GSH 的亞裔精神科治療部成立於1990年代初，是唯一一家以私立醫院為基礎的治療單位。旨在為紐約大都會地區的亞裔美國人社區提供住院精神科服務。

## 關照文化

我們了解文化因素會影響個人對精神疾病的原因和治療的看法，因此我們的亞裔精神科鼓勵患者及其家人在自己的文化框架內一起合作，以盡可能的提高治療效果並防止複發。我們的跨學科治療團隊由精神科醫生，心理學家，社會工作者，精神專科護士和護理人員組成，與患者及其家人密切合作，以提供全面的評估，迅速的展開治療並妥善安排出院後的社區的資源。我們提供英語，普通話，粵語，韓語和其他亞洲語言的服務。我們的臨床醫生及社工與當地的私人 and 社區心理健康治療機構緊密合作，以製定適合亞裔文化的善後治療。以確保我們的患者能夠繼續與社區中的家人們一起康復。

## 病房設施

亞裔精神科是一個有15個床位的病房，旨在為患者提供他們符合自己文化的舒適環境。我們的環境和治療活動融合了亞洲文化的影響，包括亞洲裝飾，由我們院內的中國廚師準備的每日亞洲菜單，各種教育材料，英語和亞洲語言的報紙和電視頻道以及傳統和農曆節日的文化慶祝活動。患者還可以使用漂亮的屋頂花園，那裡提供了放鬆的機會，以及在新鮮空氣中進行治療小組活動的機會。

## 聯繫方式

格瑞斯廣場醫院根據具體情況可提供直接入院服務，使患者可以不需要經過其他醫院的急診室來轉介。如果您或您認識的某人正在尋求住院精神科治療，請致電 **(212) 434-5300** 或 **(914) 680-5700** 與我們的入院部門聯繫及查詢直接住院的