



# Mount Sinai Offers Responders Choice of Clinic Locations

**R**esponders in the WTC Medical Monitoring and Treatment Program at the Clinical Center at Mount Sinai come from throughout the New York City area for their monitoring and treatment exams, and for mental health and benefits counseling. For responders, it can certainly be a challenge to find the time to come in for appointments, and yet so many

do find a way to come in on a regular basis, whether for yearly monitoring exams, periodic treatment appointments, or counseling.

To give its participating responders as many options as possible, the Clinical Center at Mount Sinai has worked to expand the choice of clinic locations for the participants in its program. Through affiliated clinics, it is

now able to offer two choices for monitoring appointments, and four for treatment.

Its newest affiliate is a satellite clinic based at the Richmond University Medical Center on Staten Island that offers both monitoring and treatment exams at one location. Please see the box below for all the locations within the Clinical Center at Mount Sinai network.

Normally, responders in the program receive their monitoring and treatment at the same clinic location. It is easier this way for monitoring and treatment physicians to be in touch with each other about the patients they share. However, sometimes it may be more convenient for a responder to get his or her monitoring exams at one location, and have treatment appointments elsewhere. As long as all the appointments are at the clinics within the Mount Sinai network, it is possible to be seen at two different locations for these two different aspects of a responder's care.

*“Wherever a responder may go for appointments, it is important to remember that treatment exams do not take the place of monitoring exams. Treatment exams focus on particular symptoms. Monitoring exams look at the larger picture, checking up on the more general state of a responder's health. During a monitoring exam, for example, early stages of 9/11-related illness may be found before the responder has the symptoms that indicate that something could be wrong. In different ways, monitoring and treatment are both vital to a responder's health.”*

-- Dr. Jacqueline Moline, Director, WTC Medical Monitoring and Treatment Program Clinical Center at Mount Sinai

**WE UNDERSTAND THAT AT TIMES IT MAY NOT BE POSSIBLE TO KEEP A SCHEDULED APPOINTMENT. WHEN THIS HAPPENS, PLEASE CALL THE PROGRAM AT 888-702-0630. WE CAN HELP YOU TO RESCHEDULE, AND PROVIDE SOMEONE ELSE WITH YOUR APPOINTMENT TIME. THANK YOU.**

### WTC MEDICAL MONITORING & TREATMENT PROGRAM CLINICAL CENTER AT MOUNT SINAI AFFILIATED CLINICS

For more information or to schedule an appointment, call 888-702-0630

**MANHATTAN (MONITORING & TREATMENT)**  
Mount Sinai - Irving J. Selikoff Center for Occupational & Environmental Medicine  
Annenberg Building, 3rd Floor  
1468 Madison Avenue  
New York, NY 10029

**STATEN ISLAND (MONITORING & TREATMENT)**  
The Mount Sinai WTC Program Clinical Center on Staten Island  
Richmond University Medical Center  
690 Castleton Ave, 2nd Floor  
(corner of Hoyt Avenue with entry on Hoyt)  
Staten Island, NY 11801

**QUEENS (TREATMENT ONLY)**  
Mount Sinai Hospital of Queens  
WTC Treatment Program  
23-34 30th Ave, 6th Floor  
Astoria, NY 11102

**YONKERS/HUDSON VALLEY (TREATMENT ONLY)**  
Hudson Valley Division of Mount Sinai - Irving J. Selikoff Center for Occupational & Environmental Medicine  
WTC Treatment Program at St. John's Riverside Hospital  
967 North Broadway, Level S1  
Yonkers, NY 10701



Entrance to the Mount Sinai WTC Program Clinical Center on Staten Island.

# Mental Health Counseling and Benefits Coordination

Available for Responders Whenever They Need Them

When scheduling their monitoring or treatment appointments, many responders also ask to make an appointment to see a member of the WTC Medical Monitoring and Treatment Program's mental health or social work staff at the same time. It isn't necessary, however, to wait for an upcoming monitoring or treatment exam at the Clinical Center at Mount Sinai in order to meet with someone from mental health or social work. Responders are encouraged to make these appointments whenever they feel they need to.

There are many common emotional effects responders may experience as a result of their 9/11 work. Post-Traumatic Stress Disorder (PTSD), depression, panic disorder, and substance abuse are just some of the conditions affecting responders. Furthermore, responders often find that the presence of these conditions in their lives also contributes to problems and stresses at home, at work, or in relationships, and that these stresses can suddenly become too much to deal with alone. Similarly, the need for benefits coordination can

occur suddenly. Changes in home or work situations may happen at any time, and so can the need to take the next step in completing applications for a variety of social services.

That is why it is important for responders to remember that they can request appointments for assistance from mental health and social work whenever they feel they most need help. Even between exam appointments.

Mental health and social work services are available in English, Spanish, and Polish. Other languages are available upon request.

## MENTAL HEALTH

The program's mental health counselors have helped thousands of 9/11 responders cope with the emotional effects of their WTC work. A loss of joy and pleasure in life, less hope about the future, or a hard time sleeping or concentrating are the kinds of symptoms that have led responders to ask for help. But although responders share some common conditions, every patient's experience is unique. The mental health staff, therefore, offers a range of counseling options, including regularly scheduled individual counseling sessions, group sessions, and sessions for families. Appointments are available throughout the day, five days a week, to help a responder fit mental health counseling support into his or her schedule. The mental health staff can also put patients in touch with resources that may be of additional help.

## SOCIAL WORK AND BENEFITS COORDINATION

The program's social work and benefits coordination staff has a wide range of referral networks that can put responders in touch with resources for health insurance, union benefits, public benefits, mental health services, immigration court advocacy, vocational retraining, and emergency assistance for utilities, eviction, and food. The staff can help directly with applications for Workers' Compensation, Line of Duty Injury Benefits, Social Security Disability, and New York State Crime Victims Board, among others. It is important to remember that although there may not be resources available for immediate practical assistance, guidance and referrals can be extremely helpful in moving toward solutions. The social work benefits staff is highly experienced in educating and advocating for 9/11 responders.

## WORKERS' COMPENSATION LEGAL CLINICS TO BEGIN AGAIN IN FALL

Attorneys and Staff to Assist in Filing WTC-12 Forms

WTC responders exposed to hazards at Ground Zero and elsewhere can protect their right to file for Workers' Compensation benefits if they become sick in the future by filing a WTC-12 form with the New York State Workers' Compensation Board by September 11, 2010.

The Clinical Center at Mount Sinai will again be offering free walk-in legal clinics to help responders fill out and file the WTC-12. The clinics will begin this September (2009) and continue monthly right up to the deadline the following September (2010).

Look for future newsletters and mailings for the specific dates, times, locations, and available languages of the upcoming legal clinics.

For more information on filing the WTC-12, call 888-702-0630 or visit [www.wtcexams.org](http://www.wtcexams.org)