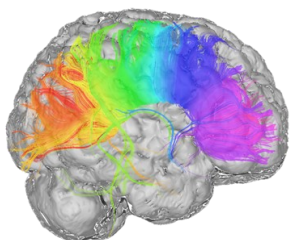



Who We Are

Since 1910, the Rehabilitation and Human Performance at Mount Sinai has been dedicated to advancing human ability and solving barriers for those with disabilities. The Rehabilitation Neuropsychology & Rehabilitation Medicine Faculty Practice Associates provides multiple assessment and treatment services for individuals with neurological conditions and physical disabilities including: brain injury, spinal cord injury, multiple sclerosis, musculoskeletal injury, Parkinson's disease, limb loss, and other medical conditions affecting brain functioning or functional independence.



Our cutting-edge research programs in brain injury and spinal cord injury directly inform the clinical care we provide.

 /BrainInjuryResearchCenter

 /SinaiTBI

 /BIRCMTSINAI

Sign up for our E-Newsletter:

BIRC@mountsinai.org

www.tbicentral.org

Contact Us

Rehabilitation Neuropsychology services:

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Our Team

Rehabilitation Neuropsychologists:

Eric Watson, Ph.D.

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Angela Riccobono, Ph.D.

Cristina Parfene, Ph.D.

Laura Tabio, Psy.D.

Danielle Shpigel, Ph.D.

Rehabilitation Physicians:

Miguel Escalon, M.D.

Thomas Bryce, M.D.

Vincent Huang, M.D.

Mariam Zakhary, M.D.

Richard Frieden, M.D.

Eliana Cardozo, D.O.

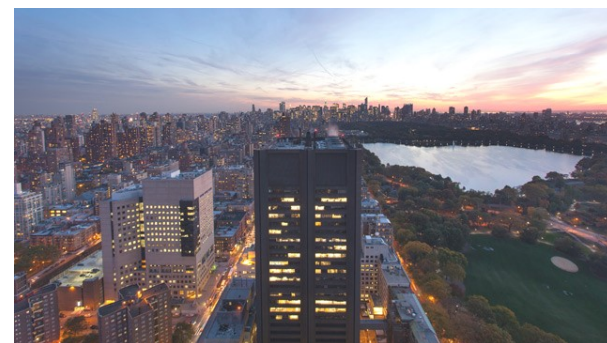


Mount Sinai *Rehabilitation & Human Performance*

Telehealth Services

Rehabilitation Neuropsychology & Rehabilitation Medicine

Faculty Practice Associates



Clinical Services

During the COVID-19 outbreak, our clinical psychology services are available via telehealth. To help you stay safe and healthy at home during this time, we can provide support and guidance in the following important areas:

- ◇ Emotional support
- ◇ Stress Management
- ◇ Sleep Management
- ◇ Social Connection
- ◇ Resource Facilitation & Referrals

We are also providing a COVID-19 Daily monitoring program to track symptoms and guide care. Text your **name** and “precision recovery” to **332-213-9130**.

Individual Psychotherapy

- ◇ When recovering from a medical event and adjusting to new things, many people benefit from discussing their experiences with a professional who has expertise in trauma, brain injury, spinal cord injury, or chronic pain.
- ◇ Psychotherapy is the process of exploring experiences and developing coping skills.
- ◇ We specialize in treating:
 - ◇ Depression
 - ◇ Anxiety
 - ◇ Posttraumatic stress
 - ◇ Insomnia and sleep disturbance
 - ◇ Chronic pain
 - ◇ Relationship problems

Group Treatment

- ◇ We offer emotional regulation skills training through our clinical and research programs to improve emotional awareness, self-regulation, and impulse control.

Cognitive Rehabilitation

- ◇ This service is provided when changes in memory, attention, language, or organizational skills impact optimal functioning.
- ◇ We improve independent functioning by strengthening or re-learning previous skills and developing new strategies to compensate for lost or weakened skills.
- ◇ Cognitive rehabilitation helps people become aware of their strengths and challenges to optimize functional independence.

Neuropsychological Evaluation

- ◇ A neuropsychological evaluation uses a variety of specialized visual, paper-and-pencil or computerized tests to measure cognitive abilities. These changes may or may not be detected by brain scans. Results of this evaluation can inform diagnoses, define strengths and weaknesses, track changes over time, and inform an individualized treatment plan.
- ◇ Common reasons for referral:
 - ◇ Cognitive (i.e. attention, memory, language), emotional, or behavioral concerns
 - ◇ Upcoming or recent surgery (i.e. pre-post neurosurgery)
 - ◇ Returning to work/school/activity
 - ◇ Assessing treatment effects



Support Groups

We are pleased to offer a range of virtual support groups via telehealth during the current COVID-19 outbreak. Support groups are an opportunity to connect with others, share experiences, & learn coping skills.

- ◇ Peer-mediated brain injury support groups
- ◇ Virtual exercise and movement group
- ◇ Spinal cord injury support groups: Virtual Transitions Group, Virtual SCI Peer Support Group, and Virtual SCI Well-Being Group

Rehabilitation Medicine Services

Our team of rehabilitation physicians is available via telehealth visits to provide a range of rehabilitation services including:

- ◇ Medication refills
- ◇ Pain Management
- ◇ Sports and musculoskeletal injuries
- ◇ Issues stemming from neurological disease or injury such as:
 - ◇ Spinal Cord Injury
 - ◇ Brain Injury or stroke
 - ◇ Musculoskeletal injury & Pain
 - ◇ Limb loss/amputation

Insurance

The FPA accepts multiple insurance plans, including: Medicare, Straight Medicaid, Health-first, Aetna, EMPIRE Blue Cross Blue Shield, Worker's Compensation, No Fault, Magna Care, 1199, UMR, Fidelis, Mount Sinai United Health Care.

If your insurance is not listed, please contact us to discuss our sliding scale fees.