FACT SHEET:
Day Hospital Program

Why Choose Blythedale?

Blythedale Children’s Hospital offers a specialty outpatient Day Hospital Program for children who are able to live at home, but still require a level of medical and/or rehabilitative care that cannot be met by their school or outpatient program. Children admitted to the Program receive daily medical supervision and nursing care, comprehensive rehabilitation services (including physical, occupational, speech and/or feeding therapy), and education through the Mt. Pleasant Blythedale Union Free School District (USFD). Preschoolers, from birth through age five, also receive services through the Early Childhood Center. In addition, the Hospital’s Early Intervention Program (EIP) is a public program that provides a variety of early intervention services to infants and toddlers with special needs from Westchester County.

Following an evaluation by an interdisciplinary team at Blythedale (in coordination with the child’s family and community physician), an individualized treatment plan is developed to address the child’s unique medical, therapeutic and psychological needs. In addition, every child is assigned a social worker to provide family support and case management. As necessary, ongoing emotional support and counseling is provided.

Referrals are made to Blythedale’s Day Hospital Program by hospitals, physicians/clinicians, social workers, schools, parents and home care agencies. Blythedale is well-known for its superior outcomes and the ability to help patients achieve their maximum potential and meet their treatment objectives.

- Board-certified pediatricians including full-time staff in rehabilitation medicine.
- Medical consultations by neurology, pulmonology and orthopaedics as needed.
- Experienced nursing staff.
- Largest hospital-based pediatric therapy department in New York State, with 75 full-time pediatric therapists (physical, occupational, respiratory, speech pathology and feeding).
- 24/7 pulmonary and respiratory support (18 full-time pediatric respiratory therapists).
- School programming at the Mt. Pleasant Blythedale UFSD, the Hospital’s on-site K-12 public school district, to facilitate continued education during recovery.
- The Mt. Pleasant Blythedale UFSD can accommodate 120 school-aged children and 24 preschoolers.
- Transportation is provided by the child’s home school district, by school bus or ambulette.
- Full-day program runs from 9:15 a.m. to 3:15 p.m.
- Six full-time registered pharmacists, including a board-certified clinical pharmacist, providing medication management and administration, in consultation with referring physician.
- Expertise in feeding via naso-gastric, gastrostomy, and jejunostomy tubes.
- Pain assessment and monitoring.
- Adaptive equipment clinic on-site, with specially trained seating and mobility specialists, and expertise in prosthetics and orthotics.
- Comprehensive discharge planning, coordinated by a social worker to assist with school placement and follow-up medical care, counseling services and ongoing community support.

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The Blythedale Team

Mary Didie, M.D.
Coordinating Pediatrician of the Day Hospital Program
Dr. Didie completed her residency at Columbia Presbyterian Medical Center and New York Hospital Cornell. She completed an Academic General Pediatric Fellowship at NYU-Bellevue. She was the Faculty Coordinator for the Primary Care Residency Programs at New York Hospital and then at Montefiore Medical Center. She is Board Certified by the American Board of Pediatrics, and a Fellow of the American Academy of Pediatrics.

Laura Alvarez, L.C.S.W.
Ms. Alvarez received her M.S.W. from New York University. She works with families to address the full spectrum of their needs as they participate in the Day Hospital program and later transition back to their community.

Nicole Martini, L.C.S.W.
Ms. Martini received her M.S.W. from Fordham University. She works with families to address the full spectrum of their needs, from transitioning to Blythedale to discharge planning.

Herbert Newman, M.D.
Coordinating Pediatrician of the Day Hospital Program
Dr. Newman completed an internship at The Hospital of the University of Pennsylvania, and a pediatric residency at Massachusetts General Hospital. Dr. Newman is Board Certified by the American Board of Pediatrics, and a Fellow of the American Academy of Pediatrics.

Violet Humphrey, R.N., B.S.N.,
Director of Nursing Day Hospital/OPD
Ms. Humphrey earned her bachelor’s degree in Nursing from the College of New Rochelle. She has extensive experience in medical-surgical, neonatal, pediatric, community health, urgent care and rehabilitative nursing. Ms. Humphrey is also a certified PRI nurse with experience in assessing appropriate long-term placement for our patients.

Ruth Alejandro, M.D.
Attending Physiatrist
Dr. Alejandro completed an internship in Internal Medicine at New York Medical College, and a residency in Physical Medicine and Rehabilitation at New York Presbyterian Hospital/University of Columbia and Cornell (where she also served as Chief Resident).

Patient Diagnoses:
- Brain Injury
- Burns
- Cancer
- Cardiac Disease
- Cerebral Palsy
- Chronic Pain Syndromes
- Feeding Disorders
- Genetic and Neuromuscular Diseases
- Hematologic Disorders
- Intracranial Hemorrhage and Stroke
- Post-Orthopaedic Surgery
- Pulmonary Disorders
- Renal Disease
- Rheumatologic Disorders
- Spinal Cord Injury and Disorder

On-Site Services and Support Areas Serving Day Hospital Patients:
- Pediatric Medicine
- Pediatric Rehabilitation Medicine
- Child Neurology
- Pediatric Pulmonology
- Child Psychiatry and Psychology
- Pediatric Nursing
- Pediatric Nutrition
- Pain Management
- Pediatric Occupational Therapy
- Pediatric Physical Therapy
- Pediatric Respiratory Therapy
- Speech Pathology and Feeding Therapy

Additional Specialty Support Areas Available:
- Pediatric Ophthalmology
- Pediatric Orthopaedics
- Pediatric Otorhinolaryngology (ENT)
- Additional consultative specialists as needed

Clinical Support Services
- Audiology
- Social Work/Case Management
- Child Life
- Radiology
- Lab Services
- Assistive Technology
- Patient Advocacy

Contacts:
For Referrals or Feedback on Referred Day Hospital Patients:
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