

## **PSYCHOLOGY EXTERNSHIP PROGRAM JACOBI MEDICAL CENTER**

### *Introduction*

The Psychology Externship Program at JMC is offered by the Psychology Department within the Department of Psychiatry. JMC is a municipal inpatient and outpatient medical center affiliated with the North Bronx Healthcare Network (NBHN). JMC serves the East Bronx, which includes Puerto Rican, Dominican, African American, West Indian, Albanian, Italian, Russian, and other ethnic communities. Mental health and other services are routinely provided in Spanish and English, with translators available for patients speaking other languages. Psychologists at JMC work in inpatient Psychiatric and Detoxification units as well as in a variety of outpatient settings: Comprehensive Day Treatment Program (which includes MICA patients), the Comprehensive Alcohol Treatment Center, the Adult/Geriatric outpatient department, the Child/Adolescent outpatient department, the Growth and Recovery Program, the Family Advocacy Clinic, HIV Specialized Mental Health (for HIV infected patients and their families), the Family and Youth Addiction Program, Consultation Liaison, Pediatric Neurodevelopment Services and AIDS Primary Care.

The purpose of the externship is to provide qualified psychology graduate students with a rich variety of supervised clinical experiences in a community hospital setting. Externs are selected from applicants who are in doctoral programs in psychology. To qualify for application, students must be beginning at least their second year of a clinical, school, counseling, or health doctoral program and must have completed the requisite clinical and psychodiagnostic assessment course work at the start of the externship. It is understood that the graduate school will provide a fieldwork supervisor who is responsible for ongoing communication and liaison with JMC as well as the extern's insurance coverage. The externship will meet the school's academic requirements for course or fieldwork credit.

The externship extends from September through June of each academic year. Students are required to attend externship 20 hours per week; Students participate in selected clinical functions under the supervision of psychologists and professional staff from other disciplines. The externship program also provides opportunities for externs to participate in a variety of didactic and other clinical experiences, including routine psychiatric evaluation, formal psychological assessment, short-term crisis intervention, inpatient milieu treatment, and outpatient individual, group and family therapy. In addition to supervised clinical experiences, externs are required to attend a weekly team meeting on each service and a weekly didactic seminar. Students are also invited to attend ongoing service and department seminars as well as weekly Jacobi Medical Center Psychiatry Grand Rounds.

## **Psychology Externship Training at JMC**

As a member of the NBHN, JMC is a major teaching site for trainees from psychology, medicine, and social work. Psychiatric services at JMC include acute adult inpatient units (one which specializes in Spanish-speaking patients), a long-term inpatient unit for patients waiting for residential placement, adult/geriatric outpatient clinic, child outpatient clinic, specialized outpatient services for HIV-affected individuals and families, outpatient acute addiction treatment services and a psychiatric day hospital and MICA program.

The Psychology Department at JMC is a growing department that retains a sense of intimacy as well as innovation. Psychologists play major clinical, supervisory and leadership roles on all psychiatry services. Psychologists also serve as directors of the Family Based Services and the Growth & Recovery Program. A psychologist is also the chief of the long-term psychiatric unit. This range of training opportunities allows us to tailor a program to the specific needs and interests of each extern while retaining the care components essential to a responsible clinical training experience. Externs will receive a minimum of one hour weekly individual supervision on each service.

During the year, each student attends 2 mental-health services concurrently, one from category 1 and one from category 2 bellow. Around mid-year, students have the option of switching to a different rotation within the mental-health services listed in category 1. Hence, each student can select a total of 3 different services of the various mental-health services provided at JMC. Placement is determined based on the student's requests and his/her availability (i.e., the days the student can attend externship) in conjunction with the units' needs.

### Category 1

1. Long-Term Psychiatry Inpatient
2. Acute Care Psychiatry Inpatient
3. Comprehensive Alcohol Treatment Center
4. Consultation Liaison
5. Continuing Day Treatment Program /MICA
6. Growth and Recovery Program
7. Family Advocacy program
8. Pediatric Neurodevelopment Services
9. AIDS Primary Care

### Category 2

1. Adult and Geriatric Outpatient Services
2. Child and Adolescent Outpatient Services
3. Family Advocacy Program
4. HIV Specialized Mental Health
5. Family/Youth Addiction Services
6. AIDS Primary Care

## **Administration:**

A total of 20 training hours per week is required; days and hours are individualized for each student based on his or her available time and rotation placement. Formal Holidays (New Year's Day; MLK Jr's Birthday; Presidents' Day; Memorial Day; Independence Day; Labor Day; Columbus Day; Election Day, Veteran's Day; Thanksgiving Day; Christmas Day) can be taken as days off. In addition, students can take up to 6 days as annual leave (vacation days).

## **Psychological Testing**

The ability to perform detailed psychological assessment is the unique identity of the clinical psychologist in both treatment and research settings. It therefore is given special emphasis during the externship year. Training in psychological assessment at JMC is founded on a basic competence with the traditional standard battery (WAIS-III, Bender-Gestalt, TAT, Figure Drawings, and Rorschach), which provides a comprehensive approach to understanding human functioning. Each service has its own populations and externs will be exposed to those assessment techniques useful in particular settings. Externs will also have the opportunity to be introduced to neuropsychological screening on some placements. In addition to the formal written report, externs are expected to present their findings orally to the referring multidisciplinary team and to develop a sensitive approach for sharing feedback with the patient.

## **Seminars**

Weekly seminars and case conferences are available to all students. All Psychology Externs attend a weekly one-and one-half hour seminar each Friday, which covers a broad range of topics including, but not limited to, diagnostic interviewing, treatment and assessment of psychoses, short-term dynamic psychotherapy, crisis intervention, psychopharmacology, and group therapy. Students will also have the opportunity to present their cases to a consultant, as well as to process their own externship experience.

Each clinical service has regular team 'rounds' and clinical case conferences in which the externs participate as integral members of the clinical staff. Trainees are also invited to attend weekly Jacobi Medical Center/Psychiatry Grand Rounds.

## **Application Procedures**

Please submit the following information to the address below:

- Your CV
- A cover letter/personal statement describing your clinical experience and interests
- A work sample (intake or test report)
- Two letters of recommendation.

Jakob Meydan, Psy.D.  
Associate Director of Externship Training  
Jacobi Medical Center  
Building #4, 8<sup>th</sup> FL South (Growth and Recovery Program)  
1400 Pelham Parkway South  
Bronx, N.Y. 10461

For specific questions, Dr. Meydan can be reached at (718) 918-3797.

Applications for externship are accepted after January 15<sup>th</sup> and interviews take place between February 1<sup>st</sup> and March 1<sup>st</sup>. Positions are offered to students via phone or Email. When granted an offer, the student has 48 hours to accept or decline the offer. An offer made to an applicant is guaranteed for 48 hours after the offer is made. All final decisions are made by March 15<sup>th</sup>.

## INPATIENT ROTATIONS

### Psychiatry

Four of the five inpatient units at Jacobi Medical Center provide treatment for people with acute psychiatric disorders. One of the short-term units is devoted to Spanish-speaking patients. The fifth inpatient unit functions as a “step-down” unit set up to care for patients awaiting residential placement. Patients are typically admitted to the inpatient units involuntarily, with length of stay averaging two to three weeks. The units are structured to provide a milieu treatment setting in which both staff and patients participate in the recovery process. The major goals of the inpatient service are to provide rapid and thorough assessment, treatment of the presenting mental illness and discharge planning.

Patients hospitalized at Jacobi Medical Center are primarily from economically disadvantaged, ethnically diverse backgrounds, with the majority being African American and Hispanic. In addition, we serve growing Albanian, Russian and diverse Asian and Southeast Asian populations. Diagnostically, a broad spectrum of presenting symptoms are seen on the units, including schizophrenic disorders, major affective disorders, substance abuse problems, and a range of character pathologies. On admission, an attempt is made to gather comprehensive information about the individuals, their past, and their current environment. The goal is to understand which factors in a person’s life may have converged to contribute to the need for the current psychiatric hospitalization. Because of the short-term nature of patients’ hospital stays, the extern will have the opportunity to work with a number of different patients.

Treatment on the units stresses the use of the milieu in which an interdisciplinary team helps to form a holding environment for patients in which they feel safe and secure and may begin the work of recovery. Patients are seen individually, with their families, in couples, and in groups. An attending psychiatrist provides psychotropic medication and medical treatment. Regular therapeutic community meetings are held twice weekly, and they are run by the patients and facilitated by a staff member or intern. The extern will be a member of an interdisciplinary team that includes psychology, psychiatry, social work, creative arts therapy and nursing staff.

Externs are assigned two patients selected as being good training cases. The therapist’s responsibilities include assessment, therapeutic intervention on an individual, family and group level, as well as discharge planning which entails identifying those forms of treatment the patient will need after discharge. This may range from outpatient psychotherapy, to partial hospitalization or day treatment, to residential treatment in a supervised community residence or longer-term hospitalization at Bronx Psychiatric Center. Groups are an important treatment modality on the inpatient units, and as such, an extern will co-facilitate one psychotherapy group each week with either the supervising psychologist or the psychology intern on the unit.

Another important aspect of the extern's duties will be psychodiagnostic testing, using brief focal batteries to help clarify diagnosis and gain insight into patient's dynamics as it relates to treatment objectives. The extern will also be responsible for presenting brief status reports on their patients at weekly team meetings, charting, and coordinating care among the various disciplines. The extern will also gain exposure to working with insurance companies to develop treatment plans, an experience crucial in today's managed care environment. Further, the extern will, when applicable, gain experience with AOT (Assisted Outpatient Treatment), a screening and referral procedure that is a legislative requirement of Kendra's Law. The supervising psychologist on the unit will provide weekly supervision on the extern's cases, weekly group supervision and family or couple therapy supervision if pertinent. Testing supervision is rotated among psychology staff members.

### **Comprehensive Alcoholism Treatment Center (Inpatient Detoxification Program)**

The inpatient component of the Comprehensive Alcoholism Treatment Center (CATC) is a 16-bed inpatient detox program treating a variety of addicted patients who present with acute medical, psychiatric and psychosocial issues. The patients arrive in a state of crisis, and often have histories of multiple addictions, trauma and poor social support. The goals are to medically detox each individual, assess their treatment needs, and offer appropriate referrals upon discharge. An interdisciplinary team is assigned to each patient, and the treatment plan reflects both individual and group goals. The patient needs to be medically and psychiatrically stable upon completion of a 5-10 day detox. While on the inpatient detox, the extern will learn about the treatment of addiction during the acute phase. Depending on the interest or skill level, the extern will get hands-on experience in leading or co-leading a group, taking histories, performing mental status exams and participating in the functioning of the treatment team. The extern will attend morning rounds and can observe acupuncture treatment. The length of stay is too brief for psychological testing, but the extern may administer a focal screening. The extern will learn about the physiological and psychological components of withdrawal and the process of stabilization. This is a challenging, rewarding, and certainly at times different treatment modality that will help round out an extern's training experience.

## **OUTPATIENT ROTATIONS**

### **Adult Mental Health Clinic**

Patients in the Adult OPD are seen in many different modalities of treatment, including individual psychotherapy, group psychotherapy, group and individual psychoeducation, medication groups, individual psychopharmacology, family therapy and couples therapy. The clinical orientation of the staff is wide-ranging, and includes psychodynamic, supportive, family systems and cognitive-behavioral approaches.

A primary therapist, who may be a psychiatrist, a certified social worker, a social work intern, a psychologist, a psychology intern or extern, or a nurse clinician, closely follows OPD patients. Attending psychiatrists provides medical backup and medication management. Clinicians maintain contact with patients' families and other agencies as needed. Patients come from a culturally diverse background with a wide range of mental disorders.

### **Geropsychiatric Outpatient Clinic**

The nearly 200 older adults treated in our service can be divided roughly into three groups: those with acute psychiatric illnesses provoked by social events or physiological changes of old age, individuals with lifelong personality disorders that impair adjustment to aging and seriously and persistently mentally ill patients who have been in some form of treatment for many years. Interventions are designed to address age specific issues, for example, improving environmental quality or behavioral competence (especially health-related behaviors), optimizing cognitive performance, preventing institutionalization or widening a social network. Treatment modalities include psychoeducation to improve life satisfaction, cognitive-behavioral strategies, group and family therapy and most often, supportive and expressive individual psychodynamic psychotherapy modified for use with older adults. These modifications are minor and take into account a different perspective on time (as signaled, for example, by a tendency toward "life review"), and specific content areas that have acquired greater importance in late life, such as retirement, marriage, grandchildren, leisure activities, housing and economic status. A psychology extern would carry two to three patients in the geriatric outpatient clinic.

### **Child and Adolescent Outpatient Clinic**

The Child and Adolescent Outpatient Division is a comprehensive service that provides outpatient psychiatric treatment to children and adolescents ages five through 17. The patients present with problems spanning all DSM-IV diagnostic categories, are from diverse ethnic backgrounds, and include both Medicaid recipients and private insurance holders.

Services provided include individual, group and family therapy, psychopharmacology, individual parent counseling, parent support groups and coordination of community-based services (e.g., Administration for Children's Services, entitlements, Committee on Special Education evaluations and meetings, working closely with teachers, summer programs, etc.).

Trainees will function as members of a team, where a balance between teamwork and independent creativity is fostered and encouraged.

## **Continuing Day Treatment Program/MICA**

The Continuing Day Treatment Program (CDTP) provides long-term treatment for stabilized but more chronically ill patients who need daily structure and treatment to maintain their stability and movement toward improved quality of life. An interdisciplinary team provides individual psychotherapy, psychoeducational, social and recreational groups, special events, monitoring of health and medications and assistance with income maintenance and housing. Some of the patients have been able to move on to paying jobs in the hospital and community. CDTP also provides services for MICA (Mentally Ill Chemically Addicted). These individuals suffer from substance abuse problems and also carry a major psychiatric diagnosis. The goal for all participants is abstinence from drugs and alcohol and compliance with prescribed medications and treatment, but in some cases a harm reduction model is used when clinically indicated.

Each client is assigned a primary therapist who provides individual psychotherapy, aids the client in identifying personal goals, and plans a program of groups and activities related to those goals. Services available include assessment, group and individual therapy, psychopharmacology, monitoring of medication, basic health needs and assistance with income maintenance and housing. An interdisciplinary team with various treatment orientations staffs the program.

Externs interested in substance abuse and its effects on individuals with psychiatric diagnoses may elect to work on this unit, where they would carry two individual patients and co-lead two groups.

## **Growth and Recovery Program**

The Growth and Recovery Program is an outpatient substance abuse treatment clinic designed to assist individuals whose use of alcohol or drugs interferes with their optimal level of functioning and overall life satisfaction. The program's treatment philosophy is based in motivational interviewing and harm reduction and we provide recovery services using an integrated wellness approach.

The program provides individual biopsychosocial assessments, care coordination (social services and healthcare management), group and individual therapy, addiction counseling, acupuncture and vocational assistance.

Opportunities for externs include conducting psychiatric assessments, carrying two to three long-term individual patients, as well as co-leading groups. The extern functions as part of an interdisciplinary team providing comprehensive care and addiction services. Exposure to a variety of treatment modalities (e.g., acupuncture) is offered as additional training opportunities at this site.

## **Comprehensive Alcoholism Treatment Center (Day Treatment Program)**

The CATC Day Treatment Program is a five-day per week, intensive outpatient rehabilitation program, utilizing both group and individual treatment modalities. In this rotation, externs will be able to work with patients with a broad range of substance abuse disorders, as well as many with co-morbid psychiatric disorders, within a community treatment setting. CATC offers trainees the unique experience of observing patients who are in acute stages of intoxication and withdrawal, as well as those who are further along in recovery.

Externs will have the opportunity to co-lead psychoeducational and psychotherapy groups, perform psychiatric assessments that include mental status examinations, and triage patients who are seeking detoxification or outpatient services. In addition, externs will provide psychological testing on the unit as needed. As members of the treatment team, externs attend and provide input on patients during team meetings.

## **Family and Youth Alcohol Program**

The Family and Youth Alcohol Program is an outpatient psychiatric clinic that is part of a grant program funded by the Office of Alcohol and Substance Abuse Services (OASAS). Outpatient psychiatric services that include individual, group and family therapy, as well as psychopharmacology, are provided to children and adults from families that have been impacted by alcohol and/or substance abuse. A variety of group formats are provided to patients. The goal of the program is to provide psychiatric treatment as well as address and prevent the repetitive cycle of substance abuse and its related dynamics within families.

The opportunities for externs are diverse. Externs can work with patients of all ages in individual, group and family therapy. In addition, they can participate in psychoeducation and outreach. One team meeting per week is required (on Fridays), since different people on the team often treat many family members.

## **HIV Specialized Mental Health**

The comprehensive mental health services are located within the OPD and include psychosocial assessments, psychiatric evaluations, individual, group and family therapy, and psychopharmacology. Families are evaluated for referral to case management services when they are assessed. Mental health clinicians coordinate client care with medical providers whenever possible. The clinic uses a “one-stop shopping” model of mental health, where multiple members of the same family can be seen in one setting, rather than the traditional model where adults and children are seen separately. The patients have been affected in various ways: by the death or illness of a child, a parent or a sibling; by problems subsequent to foster-care placement; or by the multiple other psychosocial stressors which impact this population including ongoing issues of stigma and shame. Interested psychology externs will be able to carry several cases for the duration of the training year, and may be able to co-lead a child or adult psychotherapy group as well.

## **The Family Advocacy Program**

The Family Advocacy Program (FAP) is a nationally recognized Child Advocacy Center (CAC) committed to the identification, assessment and treatment of children and adolescents who have been sexually assaulted, physically abused and/or neglected and their non-offending caretakers. FAP consists of a diverse and culturally sensitive multidisciplinary team including specialized pediatricians, a psychologist, two social workers and an Administration of Children's Services (ACS) child protective specialist. Collectively, this team offers a vast knowledge of and extensive experience in working with children/families found/suspected of being victims of abuse or neglect. The services provided at FAP include, but are not limited to, specialized medical evaluations; forensic sexual assault examinations; forensic interviewing; individual, family and group therapy; parenting classes; and assistance with crime victims services.

The mental health component of the Family Advocacy Program offers many need-based services for individual child and family victims of trauma. On a short term basis, services include crisis intervention, psychoeducation about sexual abuse to parents and children, assistance with negotiating various social systems (e.g., ACS, school personnel) and/or law enforcement agencies as well as referrals to other services, as appropriate. On a more ongoing or long-term basis, comprehensive diagnostic psychological assessments are provided for the children and adolescents in the clinic to inform/guide individual, group and family psychotherapy. FAP is currently conducting a parenting class and support group in addition to an adolescent trauma group. The parent group is co-facilitated by staff from Pediatric Care Services (PCS) and the Family Advocacy Program (FAP). FAP's group program is growing and will include a quilting group, parallel groups for latency age children and their non-offending caretakers and monthly psychoeducation parenting support for working families. Treatment/Intervention goals include personal safety, affect tolerance and regulation, self-esteem building, development of coping skills for managing anger and stress, communication and healing within the family system and increased sense of self-efficacy and empowerment.

## **Psychiatric Consultation/Liaison Service**

The Consultation/Liaison Service (C/L) at Jacobi Medical Center provides psychiatric and psychological treatment to patients admitted to both the pediatric and adult medical and surgical units. Consults are requested from a variety of medical staff for several different psychiatric reasons, including evaluations for patients with mood disorders, psychotic disorders, suicide attempts, conversion disorders, anxiety disorders, delirium, dementia, trauma and substance abuse. In addition, consults are also requested for patients either newly diagnosed or with complications resulting from cancer, HIV/AIDS, hypertension, diabetes, asthma and other medical conditions. Therefore, externs have the unique opportunity to work with both child and adult patients presenting with a diverse blend of medical and psychiatric problems. The focus of treatment on this service is short-term, largely consisting of a comprehensive psychological evaluation including a mental status exam and appropriate recommendations given to medical staff, with follow up treatment depending on the patient's presenting problem and length of stay on the medical/surgical unit. Not only will externs be able to participate in such evaluations, but they will also have the opportunity to be involved in discharge planning and weekly C/L interdisciplinary treatment team meetings. In addition, externs will have the experience to learn valuable skills in negotiating multidisciplinary relationships in order to ensure that the patient receives the best possible care.

## **Adult and Children Consultation (HIV) Services (ACS/PCS)**

The ACS/PCS Mental Health Service provides psychological services integrated with the outpatient medical care of adults, adolescents, and children infected and affected by HIV. ACS/PCS patients have complex and changing medical, psychosocial, and educational needs which are addressed via Mental Health Consultation, treatment planning and recommendation; individual, group, and family therapy; educational and developmental assessments; psychiatric evaluation and medication management. In order to serve this complex population, we have developed creative services such as: Caregivers and Boys Psychoeducational Program, which involves parallel groups for parents/caregivers and their children. Other services of this type include: Creative Art Therapy, Vocational Readiness Psychoeducational Group for Teens, and Mental Health Film Series. Ongoing Mental Health Staff training, multidisciplinary case conferences, MH team meetings, and MH case conferences stimulate professional growth and learning. Externs will have opportunities to provide assessment and consultation services, individual, group, and family therapy, as well, as assist in developing and providing adjunct mental health activities.

**JACOBI MEDICAL CENTER  
PSYCHOLOGY FACULTY**

**Jill Conklin, Ph.D.**, Network Director of Psychological Services and Training

**Ruhi Agharabi, M.A.**, Psychologist I, Child and Adolescent Outpatient Service

**Ilana Breslau, Ph.D.**, Psychologist II, Growth & Recovery Program

**Rosemarie Alonso-Chatterton, M.A.**, Director, Family Intervention Program;  
Assistant Dir. of Training

**Diane Cadoret, Psy.D.**, Psychologist I, HIV Coordinator, Comprehensive Addiction Treatment Center

**Katharine Chittenden, Psy.M.**, Psychologist I, Adult/Geriatric OPD

**Fanchette Degaard, Ph.D.**, Psychologist II, Inpatient Psychiatry Service

**Alex Friedin, Psy.D.**, Psychologist II, Family/Youth Addiction Service

**Steven Goldfinger, Psy.D.**, Psychologist II, Inpatient Detox

**Craig Kordick, M.A.**, Psychologist I, Adult & Geriatric Outpatient Services

**Harold Lifshutz, Ph.D.**, Psychologist II, Rehabilitation Service

**Marian Matthaey, Ph.D.**, Psychologist I, Inpatient Psychiatry Service

**Whitney Maynor, Ph.D.**, Psychologist II, Family Advocacy Program

**Jakob Meydan, Psy.D.**, Psychologist II, Growth & Recovery Program  
Associate Director of Externship Training

**Jodi Morris, Ph.D.**, Psychologist, Consultation & Liaison Psychiatry Service

**Heather Nash, Ph.D.**, 9E Unit Coordinator; Associate Director of Internship Training

**Molly Nozyce, Ph.D.**, Director, Neurodevelopmental Services

**Anand Patel, M.A.**, Psychologist, Inpatient Psychiatry Service

**Kelly Phelan-Schmalz, Psy.D.**, Psychologist, Inpatient Psychiatry Service

**Errol Rodriguez, Ph.D.**, Psychologist I, Family/Youth Adiction Service

**Jennifer Ross, Ph.D.**, Psychologist I, Continuing Day Treatment Program & MICA Services

**Dalia Spektor, M.A.**, Psychologist, AIDS Primary Care

**Edward Steen, Ph.D.**, Psychologist II, Growth & Recovery Program;  
Testing Coordinator

**Diana Yaya, Psy.D.**, Psychologist I, Adult/Geriatric Outpatient Service

**DIRECTIONS TO**  
**JACOBI MEDICAL CENTER**  
**1400 Pelham Parkway South**  
**Bronx, New York**

**Jacobi Medical Center is located at 1400 Pelham Parkway South, in the Morris Park/Pelham Parkway neighborhood of the northeast section of the Bronx. All services are provided in old Jacobi Hospital (Building 1), new Jacobi Hospital (Building 6), the Nurses' Residence (Building 4) and the Jacobi Ambulatory Care Pavilion (Building 5).**

**BY CAR**

**Bronx River Parkway or Hutchinson River Parkway or New England Thruway (I-95) to Pelham Parkway. Exit on Williamsbridge Road (Right turn from Bx River Pkwy, Left from I-95 & Hutch). Take the Service Road to the Jacobi Hospital entrance.**

**BY SUBWAY**

**Take the IRT #5 or #2 train to East 180<sup>th</sup> Street, and then take the BX 21 Bus to Seminole Avenue (for Building 5). You can also take the IRT #5 or #2 train to Pelham Parkway or White Plains Rd, and the BX 12 Bus (Eastbound) to Jacobi Medical Center's main entrance.**

**BY EXPRESS BUS**

**New York Bus Service operates an express bus to Morris Park Ave from several points on the East side of Manhattan. The cost is \$3.00 each way; slightly less with a special Travel Card. For schedule and route information, call (718) 994-5500. Get off at either Williamsbridge Road for Building 5 or Eastchester Road for Building 1.**