



Adolescent Inpatient Unit at Polaris

1-518-584-3600

Treatment Team

Polaris Unit • Ext. 3400 • Nursing Station

Program Director	Bhakta Waskiewicz, L.C.S.W.	Ext. 3117
Program Medical Director	Julie Cyriac, M.D.	Ext. 3434
Nurse Manager	Teri Budesheim, M.S.,R.N.	Ext. 3404

Please contact the Unit Leadership for any questions.

Visitor Information

All approved visitors are welcome at Four Winds Hospitals for visits with patients. Visiting in-person is by appointment only. Please contact the unit directly, to schedule in-person visitation. For the comfort of our patients, we request that visits be limited to two persons for a maximum of one hour at a time unless alternate arrangements have been made in advance. Each patient may have two visits of one hour per week. For child and adolescent patients, visitors are limited to parents or legal guardians. For child and adolescent patients that require parents or legal guardians to have separate visiting times, each parent or legal guardian will be allotted two visits a week.

Kindly check in at the Switchboard, located in the front of Woodlawn building prior to beginning your visit to obtain your visitor identification tag. No children are permitted as visitors. Thank you for your cooperation.

Telephones

Your family member's therapist can always be reached by calling the unit directly or by asking for the extension of the therapist as listed above in the treatment team listing. Please remember:

- Patients may speak on the phone when not in the daily treatment program.
- Phone calls are limited to 10 minutes to respect the needs of all patients.
- Patients can be reached by calling **(518) 584-3600 ext. 3400**.

Patient Account Information

For information about insurance or patient accounts, please call Valerie Sikora at 1-800-528-6624, Ext. 2384.