

Elizabeth Weston, MSN, BSN, RN, PMH-BC, Elevates Patient Care at NewYork-Presbyterian Westchester Behavioral Health

Exploring Innovative Approaches in Psychosocial Rehabilitation for Individuals with Psychotic Disorders



New York City, New York Mar 11, 2025 ([Issuewire.com](https://www.issuewire.com)) - Elizabeth Weston, MSN, BSN, RN, PMH-BC, a highly respected Registered Nurse and Board-Certified Psychiatric-Mental Health Nurse, is making significant strides as the Patient Care Director of the Acute Psychotic Disorders Unit and Second Chance Program at NewYork-Presbyterian Westchester Behavioral Health. With a deep commitment to compassionate care, Elizabeth is dedicated to improving the lives of individuals facing the challenges of primary psychotic disorders.

The Second Chance Program offers an innovative inpatient psychosocial rehabilitation model designed for individuals struggling with disorders such as schizophrenia and schizoaffective disorder. This specialized program focuses on teaching essential adaptive social, communication, and community living skills, empowering patients on their road to recovery. Utilizing evidence-based treatments, including cognitive remediation, cognitive behavioral therapy (CBT) for psychosis, and structured skills training groups, the program is tailored to meet the unique needs of each patient, fostering a supportive and healing environment.

Elizabeth's academic journey began with a Bachelor of Science in Nursing from Georgetown University in 2014, followed by a Master of Science in Nursing Leadership and Administration from Walden University in 2019. Her educational background has uniquely equipped her to lead and innovate in the field of psychiatric nursing.

As a passionate advocate for mental health, Elizabeth is an active member of the American Psychiatric Nurses Association and the American Nurses Association. Her role as Editor for the journal, Archives of Psychiatric Nursing, for the past four years has further solidified her expertise and commitment to advancing nursing knowledge in this critical area of healthcare.

Reflecting on her career, Elizabeth credits her success to the mentorship she received along the way from previous Patient Care Directors and other nurse leaders at NYP Westchester Behavioral Health. In addition, she was particularly influenced by her grandmother, a dedicated nurse. Inspired by her grandmother's compassionate care for her grandfather, Elizabeth has embraced the values of patience, empathy, and love in her own nursing practice.

With over eleven years of nursing experience, Elizabeth has found her calling as a Patient Care Director, where she champions patient advocacy and strives to deliver high-quality, compassionate care every day. Her leadership at NewYork-Presbyterian Westchester Behavioral Health is a testament to her passion and dedication to enhancing the well-being of individuals facing mental health challenges.

Learn More about Elizabeth Weston:

Through her online profile, <https://todaysnurse.org/nurse/4150240>

Media Contact

TodaysNurse

*****@todaysnurse.com

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