Dr. Jessica Nowillo

Dr. Jessica Nowillo is a board-certified psychiatrist who provides individualized psychiatric care to older adolescents and adults. Born and raised in New York City, she earned her Bachelor of Science degree from Cornell University in 1998 and her medical degree from the New York College of Osteopathic Medicine in 2002.

Dr. Nowillo completed internship training in internal medicine and residency training in psychiatry at SUNY Buffalo, with additional training in neurology. During residency, she was recognized with the Resident of the Year Award, elected Chief Resident by her peers, and honored with the Bohdana Salaban Award from the Department of Psychiatry. She became board certified in Psychiatry by the American Board of Psychiatry and Neurology in 2007 and was recertified in 2017.

Her clinical experience includes work in the Comprehensive Psychiatric Emergency Program at Erie County Medical Center in Buffalo, New York; community mental health clinics in Buffalo, Niagara Falls, and Carmel; the Consultation-Liaison Psychiatry Service at Northern Westchester Hospital in Mount Kisco; and the adult inpatient unit at Four Winds Hospital in Katonah.

Dr. Nowillo is an active member of the American Psychiatric Association and was named a Fellow of the APA in 2015. She is committed to thoughtful, compassionate, and patient-centered care, offering comprehensive psychiatric evaluations and treatment recommendations that may include psychotherapy and medication management. Dr. Nowillo sees patients in person at her Rye, New York office and virtually through telemedicine.