



## The New York Foundling's Adolescent Mentoring Program

An intensive **strength-based mentoring** program that provides **academic, vocational, and emotional support** to young people who are **at-risk or involved in the justice system**

The New York Foundling's Bronx-based Adolescent Mentoring Program works with young people ages 12-21 to support with academics, provide life skills, prepare for work, and create positive experiences in their communities. Taking a strength-based youth development and leadership approach, the program utilizes intensive mentoring relationships to help young people develop an individual success plan to guide them and their futures - and avoid incarceration or further justice involvement.

The program provides structured mentoring and advocacy, tutoring and homework assistance, college preparation support, and life skills training to participants. Mentors focus on guiding each participant in developing better self-esteem, creating healthy relationships, and making positive life choices. Our team also includes a social worker, who works with the entire family to provide support and connections to community-based interventions.

### ELIGIBILITY

- All participants **must reside in the Bronx**, be between **12-21 years old**, and **exhibit one or more of the following concerns**:
  - Pattern of antisocial behavior
  - Association with delinquent & substance-using peers; gang involvement
  - History of multiple arrests
  - Poor school attendance and/or behavioral problems at school
  - History of aggressive behavior
  - Challenging life circumstances, including family history of domestic violence, unemployment, substance abuse, or criminal justice system involvement



### CONTACT US:

[AMP@NYFoundling.org](mailto:AMP@NYFoundling.org)  
646-960-1172

Or scan the QR  
code to complete  
our referral form:



### HOW IT WORKS

The Adolescent Mentoring Program utilizes a Healthy Youth Development Strength Based Practice. Our model is built around the following core tenets, which have been found to promote success among high-risk populations:

- Individual deep mentoring
- Tutoring and homework assistance
- College prep/workforce development or youth leadership training (depending on age)
- Life skills training
- Youth stipend

Upon enrolling in the program, participants will be matched with a highly-trained mentor, who will meet with them regularly for roughly 6 months (26-30 weeks.)

Using financial incentives to encourage participation, mentors build strong bonds and act as role models, while leading participants in a variety of structured individual and group-based activities that help them set and achieve positive goals.



## The New York Foundling's Reaching New Heights Fair Futures Program

Provides long-term coaching, social/emotional support, tutoring, and career guidance to Bronx-based young people at risk of justice involvement.

The New York Foundling's Reaching New Heights Fair Futures program operates in the Bronx and offers 1:1 coaching and tutoring to young people who are involved with or at risk of involvement with the juvenile or criminal justice systems. Serving young people from middle school through age 21, the program implements the Fair Futures model, which centers around their needs and meets them where they are so they can achieve their academic, career and life goals.

Each young person works closely with a Coach and Education & Employment Specialist to build trusting relationships and develop a strong network of positive peer and adult supports; to prepare for and graduate high school; to explore, connect to, and persist in post-secondary settings; and to engage in career exploration and build progressive career development experiences in line with **their interests**. If relevant, they are also connected to The Foundling's Road to Success tutoring program for academic support.

### ELIGIBILITY

All participants **must reside in the Bronx**, be between **13-21 years old**, and be:

- A current participant in The Foundling's Adolescent Mentoring Program (AMP) or Kids Experiencing Young Successes (KEYS) program for at least 4 months  
*Note: Siblings of young people in the above programs are also eligible.*
- Willing to participate in coaching, and can define their academic or career aspirations

### ENROLLMENT PROCESS

After a young person successfully participates in the Adolescent Mentoring Program or KEYS for 4 months, a therapist/case manager can refer any eligible young people in the family to the program. They will then be assigned a Reaching New Heights Fair Futures coach and begin services. Young people will regularly meet with their assigned coach, until their time in AMP or KEYS is concluded,

**Interested? Speak to your Case Manager or Therapist to learn more and enroll!**

### HOW THE FAIR FUTURES MODEL WORKS

Using the Goals & Steps framework, young people meet weekly with their coach to identify and outline their academic and/or career goals. Participants are supported in achieving their:

- **High School Goals:** Foundling staff proactively monitor academic performances, provide advocacy for IEP and 504 students, and connect participants with tutoring services and extracurricular activities
- **College Goals:** Participants receive guidance with college planning and preparation, as well as individualized assistance with school selection
- **Career Development Goals:** Participants have access to career assessments, internship opportunities, and assistance with entering the workforce

Additionally, coaches support young people by assisting them with challenges, celebrating their successes, and being a positive role model as they transition into adulthood. Pro-social group activities and outings are also held monthly, allowing those in the program to share their experiences and perspectives with one another in a positive and inclusive environment.



# The New York Foundling's Families Rising Program

An evidence-based, family-oriented alternative-to-incarceration (ATI) program that works to prevent young people from incarceration and a criminal record



The New York Foundling's Families Rising program is a city-wide alternative to incarceration program for young people ages 13-27 who have been charged with misdemeanor or felony offenses. Families Rising works with young people, along with their families, to provide the support needed to get back on track for success. The program provides evidence-based Functional Family Therapy (FFT) to assess and address the risk factors that may contribute to problematic behaviors, substance use treatment if needed, curfew and school monitoring, and additional supports when necessary.

Families Rising has demonstrated a significant impact on helping participants with viable alternatives that avoid jail time and a criminal record, leading them to complete school or remain employed, and avoid re-arrest. The program is also estimated to save taxpayers millions of dollars each year in incarceration costs.

## TREATMENT AND SUPPORT INCLUDES:

### Home-Based Functional Family Therapy (FFT)

Sessions held 1-3x weekly, to address substance use, school truancy, negative peer involvement, family conflict, aggression/fighting, mental health concerns, and other behaviors

FFT is an evidence-based model designed to address youth behavioral issues. Therapists meet with the young person and their guardian/family member, and take an intense 3-phase approach - *Engagement and Motivation, Behavior Change, and Generalization* - that identifies negative patterns and works with the family to teach core competencies (i.e. communication skills, problem solving, conflict resolution, etc.) to address them. When appropriate, *Contingency Management* - an evidence-based substance use treatment - is also provided. At the start of the program, sessions are held 2-3x a week, but frequency is reduced to weekly as treatment progresses. FFT treatment is completed once families meet their goals.

### Curfew Monitoring, School Attendance Reporting, Drug Testing, and Court Representation

Families Rising includes curfew and school monitoring, as well as urinalysis drug testing when needed or required by the court. The program will also notify all court parties immediately about any significant incidents (re-arrest, AWOL, etc.) A program representative attends all court appearances with the client, and provides updated reports on their progress.

### Referrals, Resources, and Support

The Foundling's mental health clinic provides free psychiatric evaluations and services to the young person if necessary, and additional resources are provided to families based on service needs - including referrals for pro-social activities, schools, and employment.

## ELIGIBILITY:

- Young person must be between 13-27 years old, and have been charged with a Misdemeanor or Felony, including VFOs
- Must be YO eligible or eligible for another non-jail disposition (i.e. probation, dismissal, or removal to family court)
- Live in New York City (all 5 boroughs) for in-person services. Families elsewhere in New York State are eligible for telehealth services, when allowed by the court
- Cannot be actively suicidal or homicidal
- Cannot be deemed to meet clinical criteria for a "sex offender" ("sex offenders" with co-occurring antisocial behaviors are eligible)
- Must be able to participate in therapy with primary caregiver (if age 13-17) or appropriate family member or partner (if over 18)

## CONTACT US:

Have questions or want to make a referral?

Reach out to us for more information:

Mollie Beebe  
mollie.beebe@nyfoundling.org  
347-573-1450



## The New York Foundling's Program for Kids Experiencing Young Successes (KEYS)

An evidence-based, family-oriented program that works to prevent teenagers from entering the juvenile justice system or long-term foster care placement.



The New York Foundling's KEYS program works with adolescents and their families to assess their home life, friendships, community, and triggers that may contribute to at-risk behavior.

Working together over a period of about four months, our team partners with families to address these challenges head-on, using the following proven, evidence-based models: Multisystemic Therapy (MST), Brief Strategic Family Therapy (BSFT), and Functional Family Therapy (FFT).

### OUR TREATMENT MODELS

#### **Brief Strategic Family Therapy** (available in Manhattan, Staten Island, and the Bronx)

BSFT is a short-term structured, problem-focused, directive, and practical model that works to reduce a young person's behavior problems, while strengthening the entire family. Therapists provide interventions and tools to improve family dynamics, improving parent/child interactions, communication, and problem-solving skills as a whole.

#### **Functional Family Therapy** (available in Brooklyn)

FFT is an evidence-based model designed to address youth behavioral issues. Therapists meet with the whole family, and take an intense 3-phase approach that identifies negative patterns and works together with the family to address them. Ultimately, the family breaks these cycles and learns skills for long-lasting success.

#### **Multisystemic Therapy** (available in the Bronx)

MST-SA is an intensive program targeting adolescents with a history of substance use. Therapists assess the family and social networks to identify areas to address, train caregivers on providing incentives for positive behavior, and set the groundwork for long-term change.

### BENEFITS OF SERVICES

- Free weekly services for the whole family.
- Convenient in-home sessions, scheduled around the household's availability and needs.
- Additional support provided via phone.

### FAMILY ELIGIBILITY

- Family must include a young person between 11-17 years old who is exhibiting behavioral concerns (truancy, verbal/physical aggression, drug use, etc.)
- Live in Manhattan, Brooklyn, Staten Island, or the Bronx.
- Not have an open case with the Administration of Children's Services.

### GETTING STARTED

- Contact The Foundling's KEYS program through email or by filling out the online form. A staff member will explain the process and will access your family's eligibility for the program.
- Depending on the needs of the family and initial assessments, Foundling staff will connect the family with a KEYS therapist.
- Treatment sessions are provided in the home, scheduled at convenient times for the entire family.

### CONTACT US

Reach out to begin services in Manhattan, Staten Island, Brooklyn, or The Bronx:

Email us at [KEYS@NYFoundling.org](mailto:KEYS@NYFoundling.org), or scan the QR code to complete our online form:





## The New York Foundling's Recognizing Emerging Adults & Creating Hope Program (REACH)

An **evidence-based** individual program that works with **young people** to prevent further involvement in the **juvenile or criminal justice system** and promote positive outcomes



The Foundling's Recognizing Emerging Adults & Creating Hope (REACH) program works with young adults ages 17-21 - helping them avoid involvement with the juvenile or criminal justice system, promote positive mental health, foster positive relationships, and work toward positive educational and career goals. This evidence-based program pairs young people with both a Therapist and Skills Coach - a model that not only addresses a participant's current situation and needs, but simultaneously provides the tools and resources to build a promising future.

### ELIGIBILITY

All participants must:

- Be between the ages of 17-21
- Live in Brooklyn or Queens
- Have stable housing
- Have been arrested for criminal activity or incarcerated within the past 18 months

OR

Have an eligible mental illness or substance use disorder

### HOW IT WORKS

After enrolling in the program, each participant is assigned a Therapist and a Skills Coach. They will work together with the participant to identify specific goals and challenges, and collaborate on the development of a treatment plan to reach positive outcomes.

- **Therapists** are in contact with each participant multiple times a week, in-person and by phone, to provide therapeutic support and treatment. They are also available on call 24/7 to provide emergency support.
- **Skills Coaches** meet regularly with the participant to teach concrete skills and promote engagement in prosocial activities.

The length of the program is flexible, as the program is completed when the goals outlined in the treatment plan are met. Treatment usually lasts about 4-8 months, but can vary depending on a participant's progress.

### THE MST-EA MODEL

The REACH program uses the evidence-based Multisystemic Therapy - Emerging Adult (MST-EA) model, which is specifically targeted to adolescents and young adults who either have prior justice involvement or are at high risk for negative outcomes.

The model aims to:

- Treat behavioral health conditions, including mood, anxiety, psychotic, trauma-related, and/or substance use disorders
- Coordinate medical/psychiatric care
- Reduce criminal behaviors & recidivism
- Develop an effective social network and family of choice for adulthood
- Target housing and independent living skills
- Target education/career goals
- Create long term independence

### GET STARTED

Reach out to begin services in Brooklyn or Queens.

Email us at [Info@NYFoundling.org](mailto:Info@NYFoundling.org) or scan the QR code to complete our online form:

