

OUR TREATMENT PHILOSOPHY

The Foundling's Mental Health Services program employs a multi-system, trauma-specific perspective tailored to the needs of New York City's children and families.

- Services are integrated with other programs provided by The Foundling, ensuring that each person's treatment is consistent and congruent with their goals and outcomes.
- Staff maintain a focus on addressing a child's adverse experiences and identifying the best way forward.
- Families (biological and foster) are informed and included in the treatment process, helping to ensure long-term success.

OUR GOALS

- Help children heal from the effects of abuse or neglect, separation from their family, or a traumatic event.
- Support children and teens who have experienced trauma.
- Promote better coping skills, problem solving skills, and emotion regulation.



The New York Foundling

Since our bold beginnings in 1869, The New York Foundling has supported hundreds of thousands of our neighbors on their own paths to stability, strength, and independence. With an internationally-recognized and interrelated set of research-backed services, The Foundling works in partnership with children, families, and adults in New York and in Puerto Rico who are working to create transformational change in their own lives.

The New York Foundling

590 Avenue of the Americas
(at 17th Street)
New York, NY 10011
212-633-9300

info@nyfoundling.org
www.nyfoundling.org

Follow us at @TheNYFoundling



The New York Foundling's Pediatric and Adolescent Mental Health Services



Providing screenings and specialized services to promote positive outcomes for children.



THE ISSUE

Children and families involved in the child welfare system have often undergone trauma, yet face barriers in accessing mental health services. Consequently, problems frequently go unnoticed or unaddressed until they rise to the level of crisis. This can lead to dangerous behaviors, aggression, anger, and other serious health concerns.

OUR RESPONSE

Our mental health services team works with children and adolescents in our programs who have experienced poverty, crises, abuse, and family stress. Using evidence-based approaches, our services create stability while addressing health needs.



SERVICES WE PROVIDE

Children who receive foster care services through The Foundling are eligible for mental health care.

MENTAL HEALTH SCREENINGS

Children and teenagers meet with a clinician as soon as they are placed under The Foundling's care. Our team assesses their exposure to trauma and gauges potential emotional and behavioral challenges. Foundling therapists provide short-term counseling to help children and teens cope with traumatic events.

MEASURING DEVELOPMENTAL MILESTONES IN YOUNG CHILDREN

Children up to age 6 are tested in five essential skill areas: communication, gross motor, fine motor, problem solving, and personal/social development. Any potential developmental delays in these areas are pinpointed and addressed.

PSYCHOLOGICAL AND PSYCHIATRIC EVALUATIONS

Children and teenagers exhibiting social, emotional, or academic problems may be screened for additional learning deficits, autism spectrum disorders, or cognitive processing issues.



MEDICATION MANAGEMENT

Psychiatrists may prescribe medication when necessary. Monthly appointments are then scheduled to support the child or teenager and ensure an effective treatment plan.

PSYCHOTHERAPY

Psychotherapists and psychologists use a variety of therapy models to best fit the needs of children and teenagers cared for by The Foundling. This can take the form of:

- Art therapy
- Community based services
- Family therapy
- Group therapy
- Individual therapy

Our team provides treatments that are not typically provided in community mental health clinics, including evidence-based trauma therapy and interventions that facilitate family reunification.

