



IN-HOME FAMILY THERAPY AND SUPPORT (PREVENTION PROGRAMS)

We offer an array of programs that provide **free evidence-based family therapy, counseling, coaching, and case management** to support Manhattan parents, caregivers, and children.



Interested in learning more or signing up?

Call us at 212-633-9300 or scan the QR Code to complete our interest form:

Strengthening, Teaching, and Educating People Through Support

Functional Family Therapy (FFT)

Provides in-home family therapy and case management, designed to improve parent-child relationships, resolve behavioral issues and strengthen family dynamics.

Ages Served:

Families with children 11-17; up to 21 for youth exiting foster care

Frequency & Duration:

1x weekly for 3-5 months

Languages Available:

English and Spanish; or interpreter

Partners for Change: Deaf Services

Functional Family Therapy - Therapeutic Case Management (FFT-TCM)

Provides in-home family therapy and case management, in American Sign Language, designed to strengthen families who have at least one Deaf or Hard of Hearing family member.

Ages Served:

Families with children 0-17; up to 21 for youth exiting foster care

Frequency & Duration:

1x weekly for 5-7 months

Languages Available:

American Sign Language (ASL); or interpreter

Families are Stronger Together

Multisystemic Therapy Prevention (MST-PRV)

Provides in-home family therapy to assist caregivers in helping their children live safely in the community, succeed in school and achieve vocational goals, and develop prosocial behaviors.

Ages Served:

Families with children 10-17

Frequency & Duration:

2x weekly for 4-8 months

Languages Available:

English and Spanish; or interpreter

Kids Experiencing Young Successes

Brief Strategic Family Therapy (BSFT)

Provides a Family Therapist and an Employment/Education Specialist to decrease the behaviors of at-risk youth, such as associations with antisocial peers, drug use, and corresponding family challenges.

Ages Served:

Families with children 10-17

Frequency & Duration:

1x weekly for 3-5 months

Languages Available:

English and Spanish; or interpreter

HOME OF INTEGRATED BEHAVIORAL HEALTH

Our pediatric mental health center in East Harlem provides **trauma-informed mental health care to young people ages 0-21 and their families**. Services include therapy for anxiety, depression, and traumatic stress, as well as supplemental psychiatric care and medication monitoring.

For more info, call 917-485-7280 or email MHCAppointments@nyfoundling.org

YVLIFESET

Provides mentoring and case management to **young adults ages 17-22 with a history of foster care or past child welfare involvement** to help them make a successful transition to adulthood.

For more info, email info@nyfoundling.org

Improving Family Systems

Brief Strategic Family Therapy (BSFT)

Provides structured family therapy and case management support to decrease behaviors of at-risk youth.

Ages Served:

Families with children 6-17; up to 21 for youth exiting foster care

Frequency & Duration:

1x weekly for 3-5 months

Languages Available:

English, Spanish & Creole; or interpreter

SUPPORTIVE HOUSING

Provides housing and social support to 18-25 year-olds aging out of foster care or in the shelter system in Harlem.



For more info, email ESSHI@NYFoundling.org



EDUCATION SERVICES

Our Road to Success program offers one-on-one tutoring to K-12 students in foster care, as well as young people in our family support programs, to help them graduate. Our Fostering College Success Initiative/College Choice program assists college students in care - providing academic, social, financial, and career support for success in college and beyond.

For more info, email RoadtoSuccess@NYFoundling.org or FCSI@NYFoundling.org

SCHOOL BASED MENTAL HEALTH

We partner with 6 NYC public schools in Manhattan, working with staff & students to identify and assist those in need.

For more info, email SBMH@NYFoundling.org

CHILD ABUSE PREVENTION PROGRAM

Provides school staff training, child safety workshops for students & parenting workshops.

For more info, email CAPP@NYFoundling.org



MANHATTAN PROGRAMS & SERVICES

For People with Developmental Disabilities

Our programs for people with developmental disabilities take a person-centered approach, weaving together tailored solutions so each person can live their best life. Our programs provide the opportunity for them to choose where and how they live, form meaningful relationships, explore employment, engage in their communities, and maintain good health. **The Foundling offers residential, day, community, and employment programs for people with developmental disabilities in Manhattan.**



RESIDENTIAL SERVICES

The Foundling operates residences for adults, with options for varying support needs - from 24/7 staffed homes to independent apartments in the community. Our person-centered approach helps achieve meaningful outcomes, as our staff works with each resident to promote independence, teach daily-living skills and self-advocacy, and practice effective communication. Each person is supported by a team of trained staff, including Direct Support Professionals, Nurses, Behavioral Specialists, and our Nutrition and Program Quality Teams.



DAY HABILITATION

The Foundling's Day Habilitation program provides structured activities for adults in a fun group setting, allowing them to develop social, interpersonal, communication, work, and problem solving skills. We operate a community-based Without Walls (WOW) program at our Manhattan headquarters at 590 Avenue of the Americas, which offers participants the ability to integrate into the neighborhood through person-centered activities that are based on their own wants and needs - from outings to parks, volunteer days at local organizations, and more.



COMMUNITY HABILITATION

The Foundling's Community Habilitation program provides skills training to assist children and adults in maximizing their potential for independence. A trained Foundling specialist works with each participant through one-on-one sessions in their homes or surrounding community. Together, they work to meet goals set by the participant and their family. This can include social skill development, community inclusion and relationship building, practice with activities of daily living, and educational assistance.



EMPLOYMENT SERVICES

The Foundling's Employment Services program supports adults with developing career skills and interests, obtaining work experience, and securing and maintaining paid employment. Foundling job coaches provide a continuum of care, providing hands-on guidance and support through every step of the job-seeking process.

INTERESTED IN LEARNING MORE?

Contact our Information & Referral Team:

Email: ddinfo@NYFoundling.org
Phone: 212-886-4020



Scan the QR code to visit us online:

The Foundling has been accredited by The Council on Quality and Leadership (CQL) - demonstrating a high standard of care and service delivery.



REFERRALS

Participants are typically referred by:

- Office for People with Developmental Disabilities (OPWDD)
- Care Coordinators
- Families
- Medical Providers
- Community Providers

ELIGIBILITY

Participants in our programs:

- Must be 18+ years of age (or 5+ years of age for Community Habilitation)
- Must meet Office for People with Developmental Disabilities (OPWDD) and Medicaid eligibility requirements