



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.



Manhattan and Queens

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Brooklyn

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The New York Foundling's Families are Stronger Together Program



An intensive therapy program providing **round-the-clock support** designed to improve the **health, safety, and well-being** of children and families.



THE MULTISYSTEMIC THERAPY PREVENTION MODEL

The New York Foundling's Families are Stronger Together (FAST) program uses an evidence-based model of therapy called Multisystemic Therapy Prevention.



FAST works with families that are facing potential child welfare involvement or have children who are at heightened risk for becoming involved with the juvenile justice system. Our program aims to keep families together, ensure child safety, prevent abuse and neglect, reduce mental health difficulties, and increase access to natural and community support networks.

By participating in FAST, parents and caregivers receive the tools, training, and resources to best support their children in promoting positive behaviors, as well as assisting them in achieving their academic and vocational goals. Therapists engage with all members of the family, and depending on their needs, families may also receive guidance with parenting skills, problem solving, communications, and crisis management. For some, there may also be cognitive behavioral therapy, substance use treatment, or medication management.

Working together, FAST helps families find strength by providing each participant with the means to achieve sustainable change.

FAMILY ELIGIBILITY

The FAST program is available for families located in Manhattan, Brooklyn, Queens, and Staten Island. Families must have a child 10-17 years old exhibiting certain behavioral concerns, which may include substance abuse and criminal activity. The child must be considered at risk of abuse or neglect.

HOW THE PROGRAM WORKS

- Families are matched with a Foundling Therapist and a Family Resource Caseworker. Families may also work with a psychiatrist, if it is needed or recommended.
- Working collaboratively with The Foundling and New York City's Administration for Children's Services, each family identifies areas for improvement and growth, and creates a set of goals to achieve.
- Families meet with their therapist for home-or community-based treatment. Sessions occur two to three times a week (or more as needed). Therapists are also available on-call for crisis support.
- FAST works with all systems (school, medical and mental health providers, and community services) and with the entire family — including extended family members, as needed.
- Program participation continues until all goals have been met. Families typically complete treatment in 4-8 months.

