

## ABOUT THE 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.

## IN PARTNERSHIP

The Foundling launched **Partnership for Improving Community Health Outcomes** (PICO) in collaboration with Blue Cross Blue Shield in order to better support children, adolescents, and young adults covered by insurance who struggle with managing their behavioral health and overall health.

The program aims to reduce potential visits to psychiatric emergency rooms and emergency services use, and supports all members of the family in managing their mental health concerns in the community in a proactive way.



*Families with children and young adults up to age 25 residing in New York City are eligible to receive this service.*



## LEARN MORE AND GET STARTED

**The Foundling's  
Partnership for Improving  
Community Health Outcomes**

590 Avenue of the Americas  
(at 17th Street)

New York, NY 10011

646-629-7392

[picho@nyfoundling.org](mailto:picho@nyfoundling.org)

[www.nyfoundling.org](http://www.nyfoundling.org)

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## The New York Foundling's Partnership for Improving Community Health Outcomes



## HOW IT WORKS

Family therapy is offered in-home and focuses on engaging family members and other individuals who may have an importance presence during the family therapy process. Families voluntarily opt-in to this program or are referred to participate, and work with a proven model of therapy called **Functional Family Therapy-Behavioral Health (FFT-BH)**.

This approach to family therapy empowers children and parents by strengthening everyone's skills and abilities to address and tackle mental health disorders and/or substance abuse problems.

This model has been researched and tested, with results showing success in treating substance abuse usage and mental illness. All Foundling therapists are trained and equipped with the necessary skills to engage all family members, and weekly sessions are scheduled based on each family's availability.



## ELIGIBILITY

This family-based therapy program accepts the following insurances:

- Aetna
- Anthem (Empire BCBS Private; Empire BlueCross BlueShield; Healthplus (old Amerigroup))
- Beacon Health Options (Emblem, HIP, VNS, GHI)
- Beacon Health Strategies (Affinity, Amida Care, MetroPlus)
- Fidelis
- Healthfirst
- Medicaid
- Optum
- Oxford
- Tricare
- United Healthcare

## OTHER BEHAVIORAL HEALTH PROGRAMS AT THE FOUNDLING

The Foundling provides a number of Behavioral Health programs across New York City, including:

- Adolescent Health Education Initiative
- Care Management and Coordination
- Community Partnership Program (available in Staten Island, NY)
- School Based Mental Health Services
- Mobile Response Teams
- Nurturing Family Health Initiative
- Supportive Housing

