



## 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.



**STEP-S is available in the following boroughs:**

### **Manhattan and Queens:**

590 Avenue of the Americas (at 17th Street)  
New York, NY 10011  
Manhattan: 646-584-6345  
Queens: 347-880-6428

### **Staten Island:**

119 Tompkins Avenue  
Staten Island, NY 10304  
347-306-1165

### **General Information**

STEPS@NYFoundling.org  
www.nyfoundling.org | @TheNYFoundling



# The New York Foundling's Strengthening, Teaching, and Educating People Through Support (STEP-S) Program



**A short-term therapeutic program to strengthen relationships, address challenges, and promote positive outcomes for children and families.**



## THE FUNCTIONAL FAMILY THERAPY (FFT) MODEL



The Strengthening, Teaching, and Educating People Through Support (STEP-S) Program uses the Functional Family Therapy (FFT) model, a short-term evidence-based intervention proven to improve child-parent relationships, resolve behavioral issues, and strengthen family dynamics.

A STEP-S Foundling therapist partners with the family to set goals which will be followed and reassessed throughout the treatment process. This treatment aims to engage each member of the family, and ensure that everyone feels heard and supported.

Together, families work through three defined phases of FFT treatment. These phases involve family engagement and building trust, learning methods to improve family relationships, assessing and changing negative behaviors, and then integrating these learned skills and resources into the family's future.

Upon completion of the program, children and parents have acquired tools to address and resolve negative behaviors, and are prepared for continued stability and independence.

**“The program helped my family by teaching us how to communicate and be patient with one another. We’ve learned to look at things with a new perspective.”**

**– STEP-S Participant**

## FAMILY ELIGIBILITY

The Foundling's STEP-S program is available to families that meet the following criteria:

- Reside in Manhattan, Queens, or Staten Island
- Have a child 11-18 years old in their home
- Are struggling with child behavioral or family issues, including:
  - Criminal activity
  - Domestic violence
  - Substance abuse (alcohol or drug use)
  - Truancy or poor academic performance

## HOW THE PROGRAM WORKS

- Once a family enters the STEP-S program, they are matched with a therapist, who partners with the family to set goals for positive change.
- The duration of treatment is based upon each family's rate of progress, but typically lasts 3-6 months.
- Therapists provide psychoeducation so each family member can address acute problems, alleviate situations on their own, and strengthen family bonds.

Families complete the program when goals are met. If necessary, additional resources or referrals can be shared as the family nears the end of treatment.



*The program serves English and Spanish speaking families. An interpreter service is also available to serve those that speak other languages.*