



## The New York Foundling

The New York Foundling has supported hundreds of thousands of our neighbors on their own paths to stability, strength, and independence. 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.



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# The New York Foundling's Improving Family Systems Program



A short-term **family-based** intervention program to **reduce behavioral issues, improve parent and child relationships, and promote positive outcomes.**



## THE BRIEF STRATEGIC FAMILY THERAPY MODEL



Improving Family Systems uses the Brief Strategic Family Therapy model, a short-term evidence-based intervention proven to reduce negative and adverse behaviors by improving family interactions and relationships.

Based on the belief that each family's unique characteristics and interactions influence the behavior of its members, the Brief Strategic Family Therapy model works with the entire family to analyze relationships, identify negative patterns and behaviors, and introduce sustainable solutions.

Working together, The Foundling helps families grow stronger by strengthening relationships and building connections. Within 6 months, most families see a significant improvement in communication, conflict resolution, and problem-solving. The factors contributing to their child's behavioral concerns are reduced, and they have the foundation to further create long-lasting change.

## FAMILY ELIGIBILITY

This program is available for families located in Manhattan and Brooklyn with a child 6-18 years old who is exhibiting behavioral concerns including:

- Aggressive, violent, dangerous, or defiant behavior
- Criminal activity
- Substance abuse (alcohol or drug use)
- Truancy or poor school performance

## HOW THE PROGRAM WORKS

Once a family enters the Improving Family Systems program at The Foundling, they are matched with a therapist who partners with the family to build, achieve, and sustain positive change. Therapists are culturally competent, and the program accommodates both English and Spanish speaking families.

Families meet with their therapist each week for 4-6 months. The duration of treatment is based upon each family's needs. Sessions are conveniently conducted in the home, scheduled around each family's availability.

Therapists identify areas for improvement and growth, and collaborate with the entire family to identify solutions that will promote supportive interactions, reduce youth behavioral problems, and strengthen family dynamics.

## Brief Strategic Family Therapy Works

Participating children and adolescents have shown a 75% reduction in marijuana use as well as 42% reduction in aggressive, destructive, criminal, and other negative behaviors.