



## 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.



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## The New York Foundling's Partners for Change Program



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



## WHAT IS PARTNERS FOR CHANGE?



**The Foundling's Partners for Change program helps young people and their families improve relationships, work through their challenges, and increase stability.** Families in need of these services choose to enroll in the program, or are directly referred by organizations in the community.

Through weekly therapy using the evidence-based Functional Family Therapy (FFT) model, the program reduces and eliminates factors that lead to foster care involvement, helping families stay stronger together.

## HOW IT WORKS

- Once a family enters the program, the family is paired with a trained interventionist or therapist, who will assess their circumstances and work with the family to develop actionable goals.
- Families meet with their interventionist or therapist once a week. Sessions are conveniently scheduled in the family's home, and may include:
  - Guidance and support
  - Skills training
  - Therapy
  - Referrals to community providers
- Families finish the program when their goals are met - this typically takes 6-8 months.

## FAMILY ELIGIBILITY

The Foundling's Partners for Change program is available for families that:

- Reside in Queens or Brooklyn
- Have a child in their home younger than 17 (or up to age 21 if the child is in foster care)
- Are struggling with parenting or family challenges or stressors, including adults or children that are involved in:
  - Criminal activity
  - Domestic violence
  - Mental health or behavioral issues
  - Substance abuse (alcohol or drug use)
  - School truancy or poor academic performance

## THE FUNCTIONAL FAMILY THERAPY (FFT) MODEL

Partners for Change uses the Functional Family Therapy (FFT) model. This short-term, evidence-based therapy model has been proven to strengthen and improve child-parent relationships, resolve behavioral issues, and create healthier connections within the family.

Through a structured process, Foundling staff work with families on goal setting, learning tools to improve interpersonal relationships, and assessing and changing negative behaviors.

The model teaches techniques and methods that can be used for a lifetime. Upon completing a program using FFT, children and parents are equipped to tackle acute problems, and work independently toward continued stability and success.