



The New York Foundling's Identity & Acceptance Program

Every young person deserves a community that respects and understands them. The Foundling's Identity & Acceptance program offers an array of clinical services for LGBTQIA+ youth across New York City, with the aim of creating a more equitable and inclusive world.

Based within The Foundling's Home of Integrated Behavioral Health, the Identity & Acceptance Program uses a holistic approach to assist people at all stages of their journey - from children starting to navigate their identity and looking for safe spaces, to families who want to better understand their children or repair a strained relationship. Acknowledging the intersectional identities of the young people that enter the program, our staff offer support to directly address all forms of trauma that our participants may experience, including sexual, gender, racial, and ethnic discrimination.

Through individual, group, and family therapy, The Identity & Acceptance Program helps LGBTQIA+ youth and their families thrive in a loving, affirming environment.

WHO WE SERVE

- LGBTQIA+ children, teenagers, and young adults - on any stage of their journey toward navigating their orientation or identity (up to age 18, or 21 if in foster care)
- Family members and caregivers of LGBTQIA+ youth
- Youth-facing professionals who work with LGBTQIA+ youth

BENEFITS

- Youth have the opportunity to explore their identity in a safe space, and targeted therapy works to treat related anxiety, depression, dysphoria, emotional distress, suicidal ideation, substance use, and other issues
- Families learn to understand and accept their loved one, and create stronger family bonds
- Professionals receive consultations and trainings to better support the LGBTQIA+ youth in their programs, schools, and caseloads

SERVICES OFFERED

- Individual and family therapy (for birth, foster, or chosen families)
- Access to Psychiatric Services and Consultation
- LGBTQIA+ Youth and Parents of LGBTQIA+ Youth Support Groups
- Staff Consultation and Professional Development
- Connection to community spaces and outside services
- Letters of support to access gender-affirming medical intervention
- Resources on non-medical transgender/non-binary interventions
- LGBTQIA+ job support
- Connection to LGBTQIA+ affirming summer camp opportunities

WORDS FROM OUR PARTICIPANTS

"Your resources have helped me so much... [Youth] is thriving in ways they haven't...maybe ever. Thank you, thank you, thank you!"

"I've had therapists before, but none who actually identified like me. [My therapist will understand] things I don't have to overly explain or feel weird for feeling."

"[My therapy group] made me feel really safe and I was actually comfortable enough to open up and share my life with others."

INTERESTED IN LEARNING MORE?

Contact us with any questions:
Identity@NYFoundling.org

Visit us online:

Make an appointment:
917-485-7280
MHCappointments@nyfoundling.org



bit.ly/39euh1J