



## ACHIEVEMENTS AND ACCOLATES

- Over 2,630 families have benefited from the KEYS program since it launched in 2010.
- In 2017, as a result of strong performance and success, this program expanded its capacity by 26%.

The intervention models used in the KEYS program (Brief Strategic Family Therapy, Functional Family Therapy, and Multisystemic Therapy) are proven and evidence-based treatment methods that reduce violent crime, aggression, delinquency, and substance abuse by adolescents.

*The KEYS Program values community, both with our families and in our workplace. We are committed to serving our families with honesty and persistence, and to actively promoting social justice. In working with families, we promise to respect them and to advocate for their rights and wellbeing.*



## 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.



### Manhattan, Staten Island, and the Bronx (BSFT):

646-285-7413

### Brooklyn (FFT):

646-285-7413

### The Bronx (MST-SA):

646-771-9540

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# The New York Foundling's Program for Kids Experiencing Young Successes (KEYS)



**An evidence-based, family-oriented program that works to prevent teenagers from entering the juvenile justice system or long-term foster care placement.**



## KIDS EXPERIENCING YOUNG SUCCESSES (KEYS): HOW IT WORKS

**The New York Foundling's KEYS program works with adolescents and their families to assess their home life, friendships, community, and triggers that may contribute to at-risk behavior.**

Families will meet with their therapist once or twice a week on average, at a time convenient to them, and in their home. As an added benefit and layer of support, therapists are also available on call 24 hours a day, 7 days a week.

**Through participating in the program, the entire family learns how to better support their loved one's needs, how to work together to promote positive changes, and create a plan for long-term success.**



## KEYS TREATMENT MODELS

Depending on each family's unique needs and circumstances, The Foundling's team of expert staff identify an evidence-based model to use with the family for a short period of time, averaging 4 months:

### **Brief Strategic Family Therapy** (Available in Manhattan, Staten Island, and the Bronx)

BSFT is a short-term structured, problem-focused, directive, and practical model that works to reduce a young person's behavior problems, while strengthening the entire family. Therapists provide interventions and tools to improve family dynamics, improving parent/child interactions, communication, and problem-solving skills as a whole. The program serves families with youth ages 12-17.

### **Functional Family Therapy** (Available in Brooklyn)

FFT is an evidence-based model designed to address behavioral issues in youth ages 11-17. Therapists meet with the whole family, and take an intense 3-phase approach that identifies negative patterns and works together with the family to address them. Ultimately, the family breaks these cycles and learns skills for long-lasting success.

### **Multisystemic Therapy-Substance Abuse** (Available in the Bronx)

MST-SA is an intensive program targeting adolescents ages 12-17 with a history of substance use. Therapists assess the family and social networks to identify areas to address, train caregivers on providing incentives for positive behavior, and set the groundwork for long-term change.

## BENEFITS OF SERVICES

- Free weekly services for the whole family.
- Convenient in-home sessions, scheduled around the household's availability and needs.
- Additional support provided via phone.

## FAMILY ELIGIBILITY

- Family must include a young person between 11-17 years old who is exhibiting behavioral concerns (truancy, verbal/physical aggression, drug use, etc.)
- Live in Manhattan, Brooklyn, Staten Island, or the Bronx.
- Not have an open case with the Administration of Children's Services.

## GETTING STARTED

