



MAP Cognitive Behavioral Therapy Program

at The Foundling's
Home of Integrated Behavioral Health

Our MAP (Managing & Adapting Practices) Therapy program is an approach to Cognitive Behavioral Therapy that uses coordinated evidence-based therapeutic interventions to treat anxiety, depression, PTSD, and other behavioral issues. The model provides effective, highly-personalized cognitive behavior treatment for children and adolescents

Through individual weekly sessions, The Foundling's MAP clinicians work with each young person to develop tailored goals, and monitor their progress throughout treatment - adapting and adjusting the plan when needed. Through this personalized approach, children and adolescents learn valuable skills and techniques that improve their well-being and life outlook.

ELIGIBILITY

- Young people 5-21 years old that are struggling with anxiety, depression, trauma, or disruptive behavior disorders
- Must be able to commit to weekly in-person sessions (treatment typically lasts 4-6 months)



BENEFITS OF MAP THERAPY

Managing & Adapting Practice (MAP) therapy was specifically developed to enhance the quality and effectiveness of mental health services for children and adolescents, and is:

- **TAILORED AND RESPONSIVE:** MAP includes an array of interventions that can be personalized for each young person, allowing for treatment approaches to be culturally responsive and aligned with each person's challenges and strengths
- **MONITORED AND DATA-DRIVEN:** MAP clinicians use specialized tools to track each person's progress over time - allowing them to evaluate the effectiveness of chosen interventions, and make informed decisions and necessary adjustments
- **EXTENSIVELY RESEARCHED:** Studies and testing demonstrate the approach's effectiveness in improving outcomes for young people

CONTACT US TO LEARN MORE:

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