



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 Puerto Rico who are working to create transformational change in their own lives.

MAKE AN APPOINTMENT

Visit us 10 a.m.- 6 p.m. Monday-Friday.

*Sessions are available 6-8pm,
Monday-Thursday by appointment.*

Our clinic is conveniently located near public transportation.

We accept Medicaid and a variety of other insurances. We provide free outpatient mental health services regardless of insurance or immigration status for youth. This practice serves all patients regardless of their ability to pay. For more information, speak with our administrative team.

The New York Foundling's Home of Integrated Behavioral Health

109 East 115 Street
New York, NY 10029
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MHCAppointments@nyfoundling.org



Visit Us Online:

www.nyfoundling.org/hibh
Follow us at @TheNYFoundling

The New York Foundling's Home of Integrated Behavioral Health



**A welcoming space
for children and
families to find mental
health treatment
and resources.**





The Foundling's clinic at 109 East 115 Street

Looking for support? You don't have to go through it alone.

At The New York Foundling's Home of Integrated Behavioral Health, we specialize in providing research-based mental health services to young people and their families struggling with:

- Anxiety
- Depression
- Traumatic Stress
- Disruptive Behaviors

Through professional, wrap-around support and research-based approaches to care, families can work toward healthier lives, stronger relationships, and long-term success.

WHO WE SERVE



The New York Foundling's Home of Integrated Behavioral Health, serving East Harlem and surrounding communities, assists children 21 and under and their families. We accept referrals from

school counselors, court services, foster care providers, community agencies, and walk-ins.

WHAT WE DO

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

A joint child-and-parent approach for children and adolescents experiencing significant emotional and behavioral difficulties related to traumatic life events.

Managing & Adapting Practices Cognitive Behavioral Therapy (MAP-CBT)

An approach to individual therapy that offers an array of evidence-based interventions for young people experiencing anxiety, depression, trauma, and behavioral issues.

Cognitive Processing Therapy (CPT)

An evidence-based individual therapy that provides tools for older adolescents and adults to overcome traumatic experiences.

Identity & Acceptance Program (I&A)

An array of clinical services for LGBTQIA+ children and adolescents and their families, including individual, group, and family therapy.

Circle of Security Parenting (COSPP)

A group space to support and strengthen secure caregiver/child relationships.

Psychiatric Evaluations and Medication Monitoring

Comprehensive assessments to explore potential diagnosis and treatment options, as well as ongoing medication management for youth enrolled at the clinic.