





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 (COSP)

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.