



# QUEENS PROGRAMS & SERVICES

For Children and Families



## IN-HOME FAMILY THERAPY AND SUPPORT (PREVENTION PROGRAMS)

We offer an array of programs that provide **free evidence-based family therapy, counseling, coaching, and case management** to support parents, caregivers, and children in Queens.



### Interested in learning more or signing up?

Call us at 212-633-9300 or scan the QR Code to complete our interest form:

#### Strengthening, Teaching, and Educating People Through Support

##### Functional Family Therapy (FFT)

Provides in-home family therapy and case management, designed to improve parent-child relationships, resolve behavioral issues and strengthen family dynamics.

##### Ages Served:

Families with children 11-18; up to 21 for foster care

##### Frequency & Duration:

1x weekly for 3-5 months

##### Languages Available:

English and Spanish, or interpreter

#### Partners for Change

##### Functional Family Therapy - Therapeutic Case Management (FFT-TCM)

Provides in-home family therapy and case management designed to connect families to resources, improve parent-child relationships, resolve behavioral issues, and strengthen family dynamics.

##### Ages Served:

Families with children 0-17; up to 21 for foster care

##### Frequency & Duration:

1x weekly for 5-7 months

##### Languages Available:

English, Spanish, Hindu, American Sign Language (ASL); or interpreter

#### Families are Stronger Together

##### Multisystemic Therapy Prevention (MST-PRV)

Provides in-home family therapy to assist caregivers in helping their children live safely in the community, succeed in school and achieve vocational goals, and develop prosocial behaviors.

##### Ages Served:

Families with children 10-17

##### Frequency & Duration:

2x weekly for 4-8 months

##### Languages Available:

English; or interpreter

## SERVICES FOR YOUNG PEOPLE IN FOSTER CARE



### PEDIATRIC HEALTH CARE

Our health center, located in Astoria at 35-25 30th Ave, provides **trauma-informed medical and mental health care to young people ages 0-21 in foster care**. Services include preventive care, well-child visits and physical exams, vaccinations and lab screenings, developmental and behavioral screenings, and sick visits.

For more info, call 917-485-7517



### EDUCATION SERVICES

Our **Road to Success** program offers one-on-one tutoring to K-12 students in foster care, as well as young people in our family support programs, to help them graduate. Our **Fostering College Success Initiative / College Choice** program assists college students in care - providing academic, social, financial, and career support for success in college and beyond.

For more info, email RoadtoSuccess@NYFoundling.org or FCSI@NYFoundling.org

## RECOGNIZING EMERGING ADULTS & CREATING HOPE (REACH)

Provides individual therapy and skills coaching to **young adults ages 17-21**, using the evidence-based Multisystemic Therapy - Emerging Adult (MST-EA) model, to help avoid justice involvement, improve mental health, and achieve educational/career goals.

## SCHOOL BASED MENTAL HEALTH

We partner with 7 NYC public schools in Queens, working with students, staff, and families to identify and assist those in need.



For more info, email SBMH@NYFoundling.org



For more info, email CAPP@NYFoundling.org

## CHILD ABUSE PREVENTION PROGRAM

Provides school staff training, child safety workshops for elementary students, and parenting workshops - all to help children and adults recognize, resist, and report child abuse.



# QUEENS PROGRAMS & SERVICES

For People with Developmental Disabilities

Our programs for people with developmental disabilities take a person-centered approach, weaving together tailored solutions so each person can live their best life. Our programs provide the opportunity for them to choose where and how they live, form meaningful relationships, explore employment, engage in their communities, and maintain good health. **The Foundling offers residential, day, and community programs for people with developmental disabilities in Queens.**



## RESIDENTIAL SERVICES

The Foundling operates residences for adults, with options for varying support needs - from 24/7 staffed homes to independent apartments in the community. Our person-centered approach helps achieve meaningful outcomes, as our staff works with each resident to promote independence, teach daily-living skills and self-advocacy, and practice effective communication. Each person is supported by a team of trained staff, including Direct Support Professionals, Nurses, Behavioral Specialists, and our Nutrition and Program Quality Teams.



## DAY HABILITATION

The Foundling's Day Habilitation program provides structured activities for adults in a fun group setting, allowing them to develop social, interpersonal, communication, work, and problem solving skills. We operate a community-based Without Walls (WOW) program and a site-based With Walls program in Jamaica, Queens, which offers participants the ability to integrate into the neighborhood through person-centered activities that are based on their own wants and needs - from outings to parks, volunteer days at local organizations, and more.



## COMMUNITY HABILITATION

The Foundling's Community Habilitation program provides skills training to assist children and adults in maximizing their potential for independence. A trained Foundling specialist works with each participant through one-on-one sessions in their homes or surrounding community. Together, they work to meet goals set by the participant and their family. This can include social skill development, community inclusion and relationship building, practice with activities of daily living, and educational assistance.

### INTERESTED IN LEARNING MORE?

Contact our Information & Referral Team:

Email: [ddinfo@NYFoundling.org](mailto:ddinfo@NYFoundling.org)  
Phone: 212-886-4020

Scan the QR code to visit us online:



The Foundling has been accredited by The Council on Quality and Leadership (CQL) - demonstrating a high standard of care and service delivery.



### REFERRALS

Participants are typically referred by:

- Office for People with Developmental Disabilities (OPWDD)
- Care Coordinators
- Families
- Medical Providers
- Community Providers

### ELIGIBILITY

Participants in our programs:

- Must be 18+ years of age (or 5+ years of age for Community Habilitation)
- Must meet Office for People with Developmental Disabilities (OPWDD) and Medicaid eligibility requirements