



The New York Foundling's Recognizing Emerging Adults & Creating Hope Program (REACH)

An **evidence-based** individual program that works with **young people** to prevent further involvement in the **juvenile or criminal justice system** and promote positive outcomes



The Foundling's Recognizing Emerging Adults & Creating Hope (REACH) program works with young adults ages 17-21 - helping them avoid involvement with the juvenile or criminal justice system, promote positive mental health, foster positive relationships, and work toward positive educational and career goals. This evidence-based program pairs young people with both a Therapist and Skills Coach – a model that not only addresses a participant's current situation and needs, but simultaneously provides the tools and resources to build a promising future.

ELIGIBILITY

All participants must:

- Be between the ages of 17-21
- Live in Brooklyn or Queens
- Have stable housing
- Have been arrested for criminal activity or incarcerated within the past 18 months

OR

Have an eligible mental illness or substance use disorder

HOW IT WORKS

After enrolling in the program, each participant is assigned a Therapist and a Skills Coach. They will work together with the participant to identify specific goals and challenges, and collaborate on the development of a treatment plan to reach positive outcomes.

- **Therapists** are in contact with each participant multiple times a week, in-person and by phone, to provide therapeutic support and treatment. They are also available on call 24/7 to provide emergency support.
- **Skills Coaches** meet regularly with the participant to teach concrete skills and promote engagement in prosocial activities.

The length of the program is flexible, as the program is completed when the goals outlined in the treatment plan are met. Treatment usually lasts about 4-8 months, but can vary depending on a participant's progress.

THE MST-EA MODEL

The REACH program uses the evidence-based Multisystemic Therapy – Emerging Adult (MST-EA) model, which is specifically targeted to adolescents and young adults who either have prior justice involvement or are at high risk for negative outcomes.

The model aims to:

- Treat behavioral health conditions, including mood, anxiety, psychotic, trauma-related, and/or substance use disorders
- Coordinate medical/psychiatric care
- Reduce criminal behaviors & recidivism
- Develop an effective social network and family of choice for adulthood
- Target housing and independent living skills
- Target education/career goals
- Create long term independence

GET STARTED

Reach out to begin services in Brooklyn or Queens.

Email us at Info@NYFoundling.org or scan the QR code to complete our online form:

