



The New York Foundling's Family Respite Care Program

Providing **short-term respite care** and **evidence-based therapeutic intervention** for families of **at-risk young people ages 7-17**, allowing them to **overcome acute crises** and **improve stability**.

When a child has behavioral problems, parents often feel stressed, overwhelmed, and like there's nowhere to turn. The Foundling's Family Respite Care program is here to change this, and provide solutions, stability, and hope for families that are struggling.

Our Family Respite Care program, which operates in all five boroughs of New York City, helps stabilize families dealing with these challenging behaviors. The program offers respite care for parents and caregivers – placing the child in a safe, supportive home for up to 30 days – while providing evidence-based interventions for the entire family. Over the course of that month, young people and their families work collaboratively with Foundling therapists to resolve major issues and reunify with a brighter outlook going forward.

ELIGIBILITY

- Family must include a child 7-17 who is expressing behavioral concerns that are difficult to manage
- Must live in New York City

HOW IT WORKS

- Once receiving family information, our team will assess and review the situation and needs. If approved for the program, the family will meet with Foundling staff as well as the potential respite parents, and a service plan will be developed.
- The child will be placed in the respite home for up to 30 days, where they will receive regular weekly sessions with our therapist and youth advocate. At the same time, parents will receive weekly sessions as well.
- Once the child returns home, the family will receive 2-4 aftercare therapy sessions, the child will continue to meet with the youth advocate, and referrals will be made as needed to Foundling or community-based resources to continue any necessary support.

OUR TREATMENT MODELS

GenPMTO

An evidence-based, structured, observation-based parent management training intervention designed to help parents strengthen families at all levels.

Based on over 50 years of research, it promotes social skills and prevents, reduces and reverses the development of moderate to severe conduct problems in young people.

Parents in this program will receive weekly sessions and a mid-week check-in call.

Solution-Focused Brief Therapy

A short-term intervention therapy designed to help quickly resolve major issues.

The therapist will collaborate with the entire family to define specific goals and opportunities for improvement, and will work collaboratively with them to reinforce progress, explore solutions, and help the family recognize their strengths and build cohesion.

GET STARTED

Scan the QR code to begin the enrollment process!
Or contact us at FamilyRespite@NYFoundling.org or 212-633-9300 to apply or make a referral.

