



The New York Foundling's Home of Integrated Behavioral Health

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



Looking for support? You don't have to go through it alone. Our Home of Integrated Behavioral Health specializes in providing research-based mental health services to young people and their families. 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 serves East Harlem, Downtown Brooklyn, and surrounding communities. We assist children 21 and under and their families that are struggling with:

- Anxiety
- Depression
- Traumatic Stress
- Disruptive Behaviors

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.

WANT TO LEARN MORE?

Visit us:

East Harlem: 109 East 115 Street, New York, NY

Brooklyn: 111 Livingston Street, 17th Floor, Brooklyn, NY

View our website:

www.nyfoundling.org/hibh

Make an appointment:

Scan the QR code for our referral form



Questions?

Call 917-485-7280 or email MHCAppointments@NYFoundling.org



Therapy Services Provided

at The Foundling's
Home of Integrated Behavioral Health

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

is an evidence-based family therapy approach for young people and their caregivers who are experiencing significant emotional and behavioral difficulties related to traumatic life events. Children are taught coping methods, relaxation techniques, and expression skills, while caregivers receive support in how to cope with distressing behaviors and improve communication.

ELIGIBILITY

- Children 5-17 years old who have experienced traumatic life events and are experiencing emotional problems, behavioral difficulties, or symptoms of PTSD, fear, anxiety, or depression as a result
- Children and caregivers must be able to commit to weekly in-person sessions (treatment typically lasts 5-6 months)

MAP (Managing & Adapting Practices) Cognitive Behavioral Therapy

uses coordinated evidence-based therapeutic interventions to treat anxiety, depression, PTSD, and other behavioral issues in children and adolescents. MAP clinicians work with each young person weekly to develop tailored goals, and monitor their progress throughout treatment - adapting and adjusting the plan when needed.

ELIGIBILITY

- Young people 5-21 years old that are struggling with anxiety, depression, trauma, or disruptive behavior disorders
- Must be able to commit to weekly in-person sessions (treatment typically lasts 4-6 months)

Cognitive Processing Therapy (CPT)

is an evidence-based individual therapy model for teenagers and adults experiencing symptoms of Post-Traumatic Stress Disorder (PTSD.) Participants identify how their trauma influences their thoughts, beliefs, feelings, and behaviors, and explore matters of trust, safety, power, esteem, and intimacy that may be impacted by their past trauma.

ELIGIBILITY

- Young people 17-21 years old who have experienced traumatic life events and are experiencing emotional problems, behavioral difficulties, or symptoms of PTSD, fear, anxiety, or depression as a result
- Adults 21+ years old who are guardians or siblings of young people enrolled in another HIBH program
- Must be able to commit to weekly in-person sessions (treatment typically lasts 3-4 months)

Identity & Acceptance Program

provides an array of clinical services for LGBTQ+ children and their families, including individual, family, and group therapy. Young people have the opportunity to explore their identity in a safe space, and targeted therapy works to treat related anxiety, depression, dysphoria, emotional distress, suicidal ideation, substance use, and other issues, while creating stronger family bonds.

ELIGIBILITY

- LGBTQIA+ children, teenagers, and young adults - on any stage of their journey toward navigating their orientation or identity (up to age 21), as well as their family members and caregivers