

# Thrive NYC

A Roadmap for  
Mental Health  
for All



## **ACS' Thrive NYC Initiatives**

### **Early Care & Education**

1. ACS is investing \$14 million over five years in Trauma Smart®, a nationally recognized practice model designed to address a high incidence of complex trauma for children ages 0-5. *EarlyLearn NYC* child care centers in the South Bronx and Brownsville, will benefit. Additionally, all *EarlyLearn NYC* child care providers, will be trained in the social and emotional learning foundations of trauma-informed care ongoing coaching and support through a support hotline.

2. ACS is part of the Early Years Collaborative (EYC) to help communities and groups across New York City be more effective planners and become the center of the idea testing process to improve the health and well-being of young children. Led by Mayor de Blasio's Children's Cabinet, EYC will connect staff from City agencies with community-based organizations (CBOs), to promote healthy pregnancy, school readiness and secure parent-child attachment, safety and stability.

### **Preventive**

3. As part of Child-Parent Psychotherapy (CPP) and SafeCare™, ACS has created 240 new preventive slots to be support families in Brooklyn and the Bronx. These two new home-

visitation based programs are designed for families with small children ages 0-5 to ensure that parents who have experienced trauma and other adverse experiences are well-supported and able to address their own challenges, even as they learn about healthy infant and toddler development and begin to nurture their very young children.

4. ACS' new trauma-focused services initiative will create clinically enhanced, community-based services that provide specialized counseling and other interventions to support mothers (and in some cases fathers) with very young children. The model will include clinical supports and wraparound services for parents who have themselves experienced trauma and depression. The initiative will serve at least 480 families per year.

### **Foster Care**

5. Attachment and Biobehavioral Catch-up (ABC) is an attachment-focused, strengths-based therapeutic model that helps foster parents, birth parents, and other primary caregivers more effectively nurture and engage children between the ages of six months and three years. Weekly one-hour sessions are held in the home for 10 weeks and are facilitated by parent coaches who provide caregivers with "in the moment" guidance that is supported by video feedback. Coaches help primary caregivers provide a responsive and nurturing environment for their infant. The program will pilot in Brownsville and East New York before expanding to high-need neighborhoods in all five boroughs. We eventually expect the initiative to include 47 coaches serving 1,800 child-caregiver pairs each year.

6. ACS will work with the Mayor's Office to Combat Domestic Violence to provide healthy relationship training to all New York City teens in foster care in order to help young people prevent, recognize, and respond to dating violence. Over 5,000 youth between 11 and 21 will participate in interactive workshops on dating violence and cyber abuse for adolescents, young adults, parents, and service providers. Workshops are facilitated by trained peer educators who encourage discussion and critical thinking.

### **ACS Mental Health Strategies for Juvenile Justice- Involved Youth and Families**

Screening and assessment for trauma, depression and substance use disorders at multiple points throughout youth's contact with the juvenile justice system. Close to Home (CTH) providers are linking youth to community-based mental health providers prior to their discharge from a juvenile justice placement. All youth who enter detention and again at CTH Suicide risk screening for, recently updated suicide risk policies for non-secure and limited-secure placement, offered training in dialectical behavior therapy to juvenile justice providers to reduce prevalence of self-injurious behavior.

ACS has infused trauma-informed care into secure detention via Substance Abuse and Mental Health Services Administration (SAMHSA) grant and intra-city agreement with Bellevue, and is working with the Department of Health and Mental Health (DOHMH) to provide free Naloxone training and equipment to all facilities housing child welfare and juvenile justice youth. In addition we are collaborating with New York State Office of Mental Health to build capacity for juvenile justice youth who have higher-level mental health.

ACS is offering proven treatments which incorporate families including Functional Family Therapy and Multi-Systemic Therapy-FIT, and Cure Violence, an evidence-based violence prevention program.