

The Child Center of NY
knew what to do...to show
me there was a way out.

**From the time I was
small my older brother
abused me...off and on
for years right under my
parents watch, in my own
home. I couldn't talk about it.**

I felt terrible embarrassment and
fear that no one would believe me.

How could my parents not know? I just retreated...



...When I was twelve, in one year alone, I was hospitalized six times. I tried to replace the emotional pain by hurting myself...often I would do things to myself in the middle of the night. My parents thought my acting out was some strange kind of sibling rivalry with my brother, but after so many episodes in the hospital, they finally understood what was going on. But they had also been trapped—by cultural norms, by shame. They hadn't been able to cope. They hadn't known how to help me.

It was during those years that I started working with a case manager, therapist and psychiatrist at The Child Center of NY, and the abuse ended.

When I first started my therapy, I wasn't responsive... I wanted to be but I couldn't find a way to come out of myself and trust someone. It's deadening but safe not to talk. But somehow, little by little, my therapist knew what to ask and how to help me so I could tell her what happened. I felt understood and not judged as "bad" for what happened to me. They helped me to talk and digest things in a way that is healthy.

It's been years but I am whole and mostly well. There are some setbacks and tough times, but **I'm getting my college degree and working full-time. I survived. I have a life.**

Maria

We START with the ASSUMPTION that ALL CHILDREN have the RIGHT to lead HAPPY, SECURE, REWARDING lives as contributing MEMBERS of society.

We understand that financial hardship, lack of skills, mental illness and cultural displacement seriously impede a solid start in life. We know that in order to ensure a safe, cohesive world, we need to create engaged, productive citizens.

The Child Center of NY reaches out across diverse ethnic populations to create a supportive, caring place for children and families at risk. For more than 50 years we have been a powerful presence in the community—transforming outcomes of lives in the margins. We know that functional relationships—to family, school and culture—are the underpinnings of healthy development. All of our programs—from daycare to crisis intervention—promote emotional wellness and secure attachments to parents and other adult caregivers.

Our programs empower children to make good decisions...establish places of safety (perhaps the only ones in their lives)...help parents build skills so they can become better providers and nurturers...and build connections to the mainstream, through:

FAMILY INTERVENTION

Protecting children and adolescents from the abuse and neglect that arise from severely dysfunctional and destructive home environments.

CHILD and YOUTH DEVELOPMENT

Supporting children newborn to 18; providing tools for parents, teen leadership and vocational preparation; child care, tutoring and after-school recreation and education programs.

COUNSELING for CHILDREN and FAMILIES

Improving child and parent coping skills, reducing problem behaviors including substance abuse, and helping children to access and be maintained on medication, when needed.

HOME VISITING

Preventing psychiatric hospitalization for seriously disturbed children and teens with 24/7 home-based crisis intervention, management and communication and coping skills education.

WHAT IS AT STAKE?

28% NYC children have an unmet need for a safe place to be after school

36% NYC families have incomes less than \$25,000 a year

40% NYC public school students do not receive high school diplomas

the future of our children, our city and our world

73% NYC youth placed in detention are 13-15 years old

49% NYC elementary/middle school students read below State and City standards

GROUP THERAPY

I always thought I was a failure. Twenty years ago, I was cutting school and hanging out in the park with my friends. A guidance counselor told my parents about The Child Center of NY. I was assigned a therapist who worked with me and other kids in a group. Hearing their stories—about stealing cars and going to detention—really opened my eyes. They were in much worse shape than I was.

I started to understand that just because I was having a hard time didn't mean I was a failure. **I felt like I could say anything to my counselors and the other kids. They didn't judge me.** Sounds simple but it turned my life around. Without those sessions, I would never have understood why it was so important to stay in school and keep off the streets.

Sometimes it's hard for parents to understand what you're going through. The Child Center was there. They really put me on the right track.

Stacey

We serve 14,000 children annually—from birth through early adulthood—in more than 70 locations including classrooms, mental health clinics, after-school programs and day care centers.

We **RESPOND** to children and families within their own cultural frameworks.

We **IDENTIFY** early signs of abuse that can cause lifelong suffering.

We **PREVENT** child abuse for more than 95% of families served.

We **ADVOCATE** for public services and support for disenfranchised youth and families.

We **REACH OUT** to immigrants from more than 30 ethnic backgrounds.

We **CREATE HOPE**...establishing new possibilities for well-being and achievement.

52% of NYC children are born into poverty

Every day **16,000** NYC children are housed in shelters

Every day **244** NYC children are reported abused or neglected

As we know, children who have been traumatized early in life by poverty, abuse and neglect are far more vulnerable to mental health problems and educational difficulties. Through early intervention, The Child Center of NY helps families rise above the cycles they are stuck in. Home visitors meet with parents to model coping skills, offer schoolwork help and deal with high-risk behaviors. Children and parents are provided with family and individual therapy—addressing disabling mental health problems. The likelihood of family remaining intact and healthy is increased exponentially.

43,000 NYC high school students seriously considered suicide in the last year

HIV/AIDS COUNSELING

My husband died of AIDS seven years ago and I just stopped caring...for myself and for my kids. I was HIV positive and not taking my medication. **I was afraid to go to the doctor and ashamed to tell my children that I was sick.** I felt completely isolated...my kids were in terrible shape. I thought about suicide all the time.

When I was finally diagnosed with AIDS and went to the hospital they put me in touch with The Child Center of NY. The Child Center had special groups for people who had issues letting their families know about their HIV or AIDS.

Through therapy, my daughter felt stable enough to leave an abusive relationship. My son and I were in family therapy together and started to deal with our relationship at home. And I finally felt secure enough to tell my kids about my AIDS.

The Child of Center of NY is like a family...I know they will not abandon me.

Guadalupe

THE STORIES ON THESE PAGES ARE OF LIVES CHANGED FOREVER.

The Child Center of NY intervenes on behalf of our most vulnerable children and their families when they need it most.

We reach out in every aspect of care—from Head Start to family preservation to substance abuse treatment. In the most diverse city in the world, The Child Center of NY is one of the few city agencies so committed to cultural sensitivity that we employ social workers who speak more than 30 different languages, including Hindi, Chinese, Arabic, French Creole, Korean, Russian, Spanish, Urdu, Farsi and Bengali.

Through case management, parent education, referrals, counseling and advocacy—all under the umbrella of one agency—we turn outcomes around.

IMMIGRANT OUTREACH

There are many kinds of isolation caused by cultural displacement. When I first met Michael four years ago, he was an extremely bright 9-year-old, Chinese American boy who was not able to communicate with anyone outside his own home.

Our first few sessions he just nodded his head. After a couple of weeks he started to say yes or no in a weak voice. He suffered from what is called selective mutism. His mom

had taken him all over for help, but it was only at The Child Center of NY that we were able to penetrate his silence.

The reason we succeeded was we understood that we needed to reach out to Michael in the context of his own culture. My background is similar to his and I understood his reserve and fears. Now, he jokes around, he's talkative. He is a confident young man at a top NY high school.

*Henry,
social worker*

We create a way out for families plagued by repeated incidents of crime, teenage parenthood and drug use by establishing environments that nurture emotional well-being. We do this in settings that foster sensitive and responsive caregiving.

WHAT IS AT STAKE...

...If we, as concerned New Yorkers, do not make a commitment to prevention and support services for children and families at risk?

The fabric of society is weakened with each child lost and family broken.

An investment in The Child Center of NY is an investment in early intervention, avoiding what otherwise will be predictable and costly results—prison, rehab and psychiatric hospitalizations.

Your partnership in our work will help keep families together and thriving—providing a healthy start for New York's most disadvantaged children and helping to assure our city's social and economic strength. It benefits us all.

In a city
filled with
so much
opportunity,
no child should
be left to
struggle
alone.
We cannot do
this work
without your
support.

The Child Center of NY

programs and services

When children and their families come through our doors, we look at them holistically...at physical, cognitive, social and, most importantly, mental health. We evaluate and intervene to help resolve each piece of these interrelated challenges and problems.

FAMILY INTERVENTION

Child Abuse Prevention
Parent Education
Consultation to Prevent Placement

CHILD and YOUTH DEVELOPMENT

Outreach to New Immigrants
Child Care
Mother-Infant Socialization Groups
Head Start
Early Head Start
After-School Programs
Tutoring in Reading and Math
Youth Empowerment
Beacon Community Resource Centers
Job Preparation and Placement
Individual and Group Counseling
Peer Education to Prevent HIV/AIDS
& Teen Battering

COUNSELING

Individual and Family Therapy
In-School Counseling
Substance Abuse Treatment for
Adolescents and Women
Anger Management Groups
Asian Outreach Substance Abuse
Treatment
Parenting Classes
Counseling for Families Impacted
by HIV/AIDS
Counseling for Children in Foster Care,
Birth and Foster Parents
Single Stop to Access Services

HOME VISITING to PREVENT PSYCHIATRIC HOSPITALIZATION

Blended Case Management
Step-Down Case Management
Crisis Intervention
Waiver Services

For a complete list of clinic names and addresses, log on to childcenterny.org.
New programs are continually added in response to need.