



the harlem family institute

a multicultural psychoanalytic training institute

2 Riverside Drive, #5D, New York, NY 10023

Annual Report 2014

A Word from the President and Executive Director

In 2014, the Harlem Family Institute made major strides toward fulfilling its twofold mission:

- To provide free or low-fee long-term psychotherapy to children, their parents and others in need, at schools, community centers and houses of worship, especially in underserved areas.
- To offer a dynamic, low-cost multicultural training program that gives our candidates a firm foundation for a career as a licensed or certified psychoanalyst.

Since its founding in 1991, the Harlem Family Institute (HFI) has taken psychoanalytic work out into the community, where we give youngsters a safe space to voice their feelings, learn to use their strengths to manage the challenges they face each day, and discover new ways to relate to others and to the world.

While HFI's main focus is on children, adolescents and families, we continue to help individuals of all ages who need our support. HFI is unique among psychoanalytic training institutes in its focus on serving residents of poor neighborhoods *and* in seeking to train people – especially African Americans and Latinos – *from* marginalized communities, who want to become psychoanalysts.

Many of these individuals do not have the time or financial resources to first study to become a licensed psychologist, nurse, social worker or physician. But HFI will train them as psychoanalysts, fully equipped to work in depth with children and adults experiencing emotional or psychological difficulties. This depth work is sorely missing from much of our country's behavioral healthcare system – a system that today relies too much on drugs and on cognitive behavioral therapy that, unlike the work we do, tends to deal with symptoms rather than their critical underlying causes.

I am pleased to share with you below the highlights of 2014 – a year in which we neared the completion of an internal reorganization that will enable us to expand the numbers of those in training and those receiving treatment. I invite you to find out more about us on our new website, harlemfamilyinstitute.org.

I also want to express heartfelt thanks to our wonderful supporters, faculty and supervisors, our trustees and advisory board, our dedicated candidates, and our small administration – especially HFI Clinical & Training Director Kim Arrington and Program Administrator Sandra Fell. Our Institute could not function without them.

We look forward to enhancing the psychoanalytic profession and to serving the disadvantaged communities of New York City in the coming year and for many years to come.

Sincerely,

A handwritten signature in black ink, appearing to read "M. Connolly", with a flourish at the end.

Michael Connolly

"THIS INSTITUTE WILL BREATHE NEW LIFE INTO THE PSYCHOANALYTIC MOVEMENT..."

– Robert Coles, Child Psychiatrist and Author of *The Lives of Children* and *Children in Crisis*
HFI Founding Trustee and Current Advisory Board Member

(continued)

The Harlem Family Institute - Highlights of 2014

Program Overview

In 2014, HFI deployed seven therapists who worked with 30 children at two Manhattan public schools and with four children and two adults at Semiperm Housing, a community-based organization on West 102nd Street. The schools served were Central Park East 1 Elementary School (CPE 1) in East Harlem and Castle Bridge School (PS 513) in Washington Heights. Over one thousand hours of therapy were provided at no cost to the individuals or sites.

Ten (10) HFI candidates included seven in our Training Institute, one psychology intern, and two HFI graduates operating on a New York State limited permit, while preparing to meet final requirements for licensure. They reflected a broad ethnic spectrum: African American, Latino, Asian, Caucasian and mixed ethnicity. Throughout the year, candidates gave us very positive feedback about our new faculty members and intellectually stimulating courses.

National Accreditation Achieved

The Institute's psychoanalytic training program was awarded national accreditation in May 2014 by the American Board for Accreditation in Psychoanalysis (ABAP). Following a culminating site visit by ABAP, this "seal of approval" confirms the high quality of our program's mission, organization, governance, education and training, faculty, and institutional integrity. The initial accreditation is for five years.

Licensure Qualification Status Nearing

HFI took major steps toward obtaining Licensure-Qualifying Program status from the New York State Department of Education. We completed the extensive application requirements and, with the help of a mental health lawyer, finalized agreements with our clinical treatment sites. Receiving ABAP accreditation was an essential component of this process.

When our application is approved, we will be able to enroll candidates in our Training Institute who have a Master's degree in any field; our State-approved training program will fully equip them to take the NYS licensing exam in psychoanalysis. With these important developments, HFI will be able to attract many more candidates and thereby expand our community outreach. We will be able to provide psychotherapy to more individuals in need and introduce valuable new services, including parent-child and mother-baby programs and workshops for both professionals and community people. Increased candidate enrollment will also increase program income from training fees, which we intend to keep affordable and attractive to candidates of limited means.

Relationship with NYC School-Based Mental Health Programs Grows

HFI has been developing a relationship with the School-Based Mental Health Program (SMBH) run by the New York City Department of Education and Department of Health & Mental Hygiene. SMBH offers multiple services in schools for students who have emotional and behavioral difficulties that impede academic achievement. HFI has offered to provide therapists for SMBH programs, which include assessments, individual treatment, group sessions, family counseling and crisis intervention.

New Program Launched with CBO

Seeking to expand its services beyond school settings, HFI introduced a program at Semiperm Housing on West 102nd St. A project of the Settlement Housing Fund, Semiperm provides apartments and support services for 23 formerly homeless single parents and their children. HFI offered long-term therapy on site – a valuable component of the facility's health, education, employment and other services designed to improve the lives of residents. We plan to include CBOs as a locus of service going forward.

Joint Ventures Pursued with Other Institutes

HFI continued to explore ways of working with other institutes, to the mutual benefit of the collaborating organizations and the communities they serve. New relationships emerged in 2014 as a result of adding HFI faculty affiliated with other institutes and from taking part in joint events – for example, the Psychoanalytic Fair held at Columbia University's Teacher College in February. HFI received kudos for its contributions to the fair, especially for our focus on inclusiveness.

New Website Goes Live

HFI's new website (harlemfamilyinstitute.org), which went live in the first week of 2014, has given us a powerful new tool for presenting our programs and services. It has greatly enhanced the Institute's ability to communicate its mission and operations to the public; to potential candidates interested in training; to schools, community organizations and houses of worship that might want to host our clinical facilities; and to parents and others seeking low-fee or free child-development or therapeutic help. We also ventured into social media (Facebook, Twitter and LinkedIn) for the first time, to promote our December benefit and our capacity to provide analysts to speak on many issues of interest to authorities and community members, especially those in neighborhoods disproportionately affected by violence.

Fundraising Efforts Accelerated

HFI enhanced its fundraising capabilities by encouraging donations via the new website, enrolling in the PayPal payment program, exploring crowd-funding, and laying the groundwork to seek help from a professional fundraiser. One hundred percent of our Board of Trustees made financial contributions to the organization.

On December 5th, HFI again held its annual benefit at the landmark Alma Mathews House in Greenwich Village. Guests enjoyed a memorable evening of musical entertainment, hors d'oeuvres and drinks, and a live auction of luxury goods, gift certificates, artwork and books. The event raised more than \$12,000 to support the Institute's work in underserved communities.

Toy Drive Enhances HFI Clinical Sites

The December holidays brought donations of toys and games, most notably from the workforce at 1211 Sixth Avenue, an office building managed by Cushman & Wakefield. These in-kind gifts helped to equip the clinical spaces where our therapists work with children.

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