



the harlem family institute

a multicultural psychoanalytic training institute

2 Riverside Drive, #5D, New York, NY 10023
212-920-7965 | www.hfi.nyc | michael.connolly@hfi.nyc

Annual Report 2015 & 2016

Letter from the President & Executive Director

Since its founding in 1991, the Harlem Family Institute (HFI) has taken psychoanalytic work out into the community, where we give youngsters and adults 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 themselves.

Comparative studies increasingly confirm the more profound, longer-lasting value of the in-depth psychodynamic treatment we provide. But such treatment is sorely lacking nationwide and in NYC's public schools and undeserved communities, where children are at greater risk for facing multiple obstacles to personal growth and academic success.

Over the past two years, the Harlem Family Institute (HFI) has made tremendously important advancements in pursuing its two-fold mission:

- To train suitable individuals holding at least a Master's degree in any field to become licensed or certified psychoanalysts through our low-cost, diversity-sensitive training program; and
- To provide free or low-fee long-term psychotherapy to children, their parents and others through our clinical sites in schools, community centers and houses of worship in areas of NYC that especially need our services.

HFI is unique among psychoanalytic training institutes in its dual focus on serving residents of underserved neighborhoods and in seeking to train people – especially African Americans, Latinos and others underrepresented in the field – who want to become psychoanalysts, but who may need a very low-fee program to do so.

Most significantly, in **2015**, HFI finally achieved its major goal of obtaining approval from the New York State Education Department (NYSED) to welcome individuals who are not already licensed health professionals – as well as those who are licensed – to train with us as psychoanalysts. Achieving this "licensure-qualifying status" was a critical step for the Institute. We can now train a broader range of individuals to become Licensed Psychoanalysts, equipped to work in depth with children and adults experiencing emotional or psychological difficulties.

Another vitally important achievement in **2015** was the opening of a new clinical site at the Franciscan Community Center on West 97th Street. Here we are able to work with anyone who is referred or seeks help — unlike our school-based sites, where we can work only with the school community. Establishing this independent site also offers us the opportunity to make important additions to our services, such as the creation of play-based educational groups for young children and their parents/caregivers in **2016**.

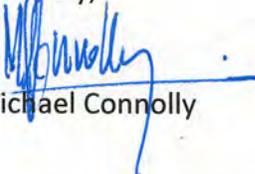
In this two-year Annual Report, I would like to share with you the highlights of **2015** and **2016**. You may learn more about our goals and programs on our website, www.harlemfamilyinstitute.org.

I also want to express our deep appreciation to our wonderful supporters, faculty and supervisors; our dedicated trustees, advisory board and candidates; and our small but mighty administration — especially HFI's Clinical & Training Director Kim Arrington and Program Administrator Sandra Fell. Our Institute could not function without them, and our achievement of licensure-qualifying status from the NYSED was the culmination of a vast amount of their intense work.

In addition, I wish to remind our supporters and potential donors that HFI is very much in need of your contributions! While we now have the help of a fundraising consultant, who is enabling us to resume outreach to foundations and houses of worship for the first time in some years, we still urgently need *your* help to meet our financial needs and to enable us to expand and strengthen our training and services.

With your support, HFI looks forward to enhancing the psychoanalytic profession and to working with the underserved communities of New York City in the year ahead and for many years to come. Thank you for joining with us in these endeavors.

Sincerely,



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

Greetings from the Clinical & Training Director

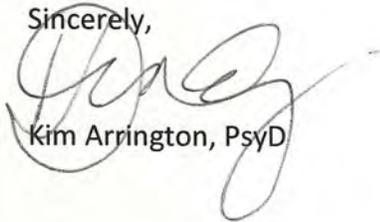
"A Tale of Two Cities"... "Black Lives Matter." Over the past few years, these powerful phrases have taken hold to reflect what is happening in New York City and beyond. Increasingly, while reading the news, I worry greatly about where we are moving as a society. Then I go to work. Here there is so much hope, because children do not see limits the way adults do. If they know they are seen and heard, children can perceive creative and beautiful ways to resolve conflict and transcend hardships.

Among the children and families we see at the Harlem Family Institute, there is a fundamental hope that things will get better for them. *Hope* is what can change whole communities going forward. *Hope that we can promote change* is what drives our magnificent staff members, candidates and faculty. I like to tell people that psychotherapists are in the hope business, because we are can visualize and bring about positive change in individuals, families and communities.

However, in order to survive and grow, HFI needs your contributions. We attract wonderful staff but often cannot pay them. We attract unbelievably bright and caring trainees and interns but often cannot offer them stipends or scholarships. We need funds to build our programs and to continue to nurture the hope that persists in the communities we serve.

We *hope* – that you will give us your generous and deeply appreciated support!

Sincerely,

A handwritten signature in black ink, appearing to read 'Kim Arrington', written over the printed name below it.

Kim Arrington, PsyD

The Harlem Family Institute - Highlights of 2015 & 2016

Key Facts and Figures

In 2015, HFI provided nine therapists who worked at least once a week with 32 children and their parents at two Manhattan public schools, and also served seven children and six adults at two community-based organizations: Semiperm Housing on West 102nd Street and the Franciscan Community Center (FCC) on West 97th 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. We provided over one thousand therapeutic hours to children and families at these two schools in 2015 at no cost to the schools or families. Many additional hours were provided at Semiperm and the FCC at little or no cost to those we treated.

In 2015, HFI enrollment included eight candidates in our Training Institute, two psychology interns, and two HFI graduates operating on a New York State limited permit, while preparing to meet final requirements for licensure. Our roster reflects a broad ethnic spectrum: African American, Latino, Asian, Caucasian and mixed ethnicity.

In 2016, the enrollment of candidates in HFI's training program increased by 50%. We had 12 candidates in the Training Institute, four psychology interns, and two graduates operating on a NYS limited permit. HFI again provided nine therapists, who worked more than 600 hours with 32 children and their parents at the same two schools and gave many additional hours to two children and four adults at the Franciscan Community Center. Operating at the FCC enables us to offer psychotherapeutic services at low fees to individuals of all ages. *New*: At the FCC, we created a play-based educational group for very young children and their parents/caregivers. The group met twice a week and served 20 children and their parents/caregivers (details below).

Licensure-Qualifying Status Authorized by New York State in 2015

The Institute's extremely important achievement of licensure-qualifying status – the most advanced status that the New York State Education Department awards to psychoanalytic institutes – means that we are no longer limited to training only already-licensed health professionals, but now may also train suitable candidates with a Master's degree in any field in our psychoanalytic program and clinical settings.

Once candidates complete our four- to five-year part-time program, they will be deemed eligible to take the NY State licensing exam to become Licensed Psychoanalysts. *This development is especially significant, because many promising individuals, especially those we intentionally seek out from underserved communities, do not have the time or financial resources to study first to become a licensed psychologist, social worker, nurse or physician.*

Meanwhile, we continue to train people who are already-licensed health professionals to work psychoanalytically, especially with children and families. To this end, we offer a short certificate Program in Child & Adolescent Psychoanalytic Psychotherapy, which takes two to three years part-time, as well as our longer full certificate Program in Psychoanalysis.

HFI Advocates for Systemic Change in Psychoanalytic Profession

In addition to providing training and treatment, HFI advocates for *systemic change* that supports increased recruitment and training of people of color. Advances in this sphere benefit the entire mental health field by broadening the pool of mental health clinicians providing services in the community. Besides serving as a model and "spokesperson" in this respect, HFI participates in and sponsors symposia that raise awareness of the need for greater openness and understanding of cultural and ethnic issues in psychoanalytic training.

In October **2016**, we co-sponsored a symposium on racism and psychoanalysis at NPAP, the National Psychological Association for Psychoanalysis. A standing-room-only audience of analysts and other guests heard a panel of speakers including Kim Arrington, HFI's Clinical & Training Director, and Lee Jenkins, HFI Board Member and President/Chair Emeritus. Dr. Jenkins discussed some of the unconscious processes and expectations of discomfort operating in relationships between blacks and whites, as well as the need to confront and address the "psychosocial trauma" afflicting people of color in a predominating white society.

HFI Highlights Role as Parent-Child and Counseling Center

To encourage more parents to seek help for their children, themselves and their families, HFI is presenting itself to the community as a parent-child and counseling center, built around a diversity-sensitive institute that trains individuals who want to become psychoanalysts. The center is located at the Franciscan Community Center, where parents and children may participate in educational groups (see below) and may also be referred, as needed, for individual therapy with a candidate in HFI's psychoanalytic training program.

New Parent-Child Program Launched in 2016

In an exciting new educational program at the Franciscan Community Center, HFI offered 20 very young children rich opportunities for socialization and play, while helping their parents/caregivers to better observe, understand, discuss and nurture their child's development. Parents also benefitted from sharing their observations and experiences with one another and discussing their concerns with group leaders. One appreciative parent noted, "There is nothing like this program out there for us!"

The group met twice a week. Among the children served were several with developmental delays who were receiving outside services such as speech and occupational therapy and help with behavioral issues. Through our program, the parents/caregivers of these children learned about various factors that contribute to early developmental delays and how they might facilitate their child's progress.

The new program was created by HFI's Program Administrator, Sandra Fell, along with several other HFI analysts who, like Sandra, are intensively trained in mother-baby and parent-child dynamics. The three HFI interns who ran the groups were Master's degree candidates in clinical psychology from Teachers College, Columbia University. Their supervisors included licensed psychologists and psychoanalysts from HFI who are child development specialists.

HFI Expands Engagement in the Harlem Community

The Institute continues to pursue deeper engagement in the Harlem community. In **2015**, we became involved in a new Community Mental Health Coalition, being built by psychiatrist Sidney Hankerson, which is training Harlem clergy in "mental health first aid." HFI is offering training in psychoanalysis to clergy, among other individuals. In addition, we are now listed as a mental health provider on the website of Black Psychiatrists of Greater New York & Associates.

In **2016**, HFI began the process of setting up workshops on behavioral and psychological issues for teens and (separately) for their parents at the new HOPE Center of Harlem's First Corinthian Baptist Church. The Center provides free mental health services to the Harlem community.

HFI Widens Clinical-Experience Opportunities

In **2015**, HFI introduced a program to place and supervise graduates in other behavioral health fields who are eager to accrue clinical practice hours for State licensing in their fields. These clinicians, who can provide therapy to HFI clients, include those with a NY State limited permit in mental health counseling, creative arts therapy, or marriage and family therapy. Clinicians pay HFI an annual fee to cover the costs of clinical supervision and program administration. Others already accepted by HFI to accrue clinical work credits include students in graduate programs in psychology and social workers with LMSW credentials.

Talks and Workshops Planned

HFI's base at the Franciscan Community Center site gives us the opportunity to offer talks and workshops on a range of timely issues, e.g., depression, anxiety, loss, parenting, raising a creative child, responding to violence, managing anger, and understanding and helping teens in transition to a wider world. These offerings are available to the general public, as well as to groups of parents, adolescents, educators and other special-interest groups at schools, community centers and houses of worship. Such events not only educate the community but also raise public awareness of HFI.

HFI Board Pursues Diversity; Kirkland Vaughans Elected Chairman

In October **2015**, the Institute further increased the diversity of its Board of Trustees with the election of three new members:

Ernest P. Smith, LCSW, is a psychoanalyst in practice on the Upper West Side.

Kirkland C. Vaughans, PhD, is among the most prominent African American child and adolescent psychoanalysts and was the founding editor of the *Journal of Infant, Child, and Adolescent Psychotherapy*. Dr. Vaughans was elected HFI's Chairman in May **2016**, succeeding Angela Rita-Farias, who remains on the Board.

Cherryetta Williams, LP, LMHC, CASAC, has been engaged for 25 years by major international organizations, colleges/universities, public schools and hospitals as a behavioral specialist with

emphasis on diversity, emotional and mental illness, homelessness, substances abuse and addiction treatment.

Year-End Events Generate Funds & Toy Donations

HFI's last two year-end Holiday Benefits raised \$16,600 to support the Institute's work with underserved communities. Guests at both festive events enjoyed hors d'oeuvres, drinks, dinner and musical entertainment. The **2015** Benefit took place in the handsome rectory of the Church of the Blessed Sacrament on West 71st St. The **2016** Benefit at the Dwyer Harlem Cultural Center featured a silent auction, a jazz trio led by Guthrie Ramsey, and a performance by singer/dancer Alessandra Belloni.

The December holidays in **2015** again 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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