

HARLEM FAMILY INSTITUTE
ANNUAL REPORT 2023

Letter to our Friends and Supporters

We are pleased to bring you this update on the Harlem Family Institute's activities in 2023, which was a busy year full of growth and exciting news for the future. In brief:

- We have continued to offer free and low-cost psychotherapy to children and adults in underserved areas of Harlem and Upper Manhattan through our psychoanalytic training program, which welcomed four promising new candidates in the fall semester.
- We are continuing our program of modernization of our administrative operations, implementing a system of purpose-built and secure software programs that improve accuracy, transparency, and ease in communication and record-keeping.
- Our nonprofit subsidiary Harlem Family Services, established in 2022 with the goal of opening a full-service Article 31 mental-health clinic in Harlem, received conditional approval from the State Office of Mental Health to begin operating that clinic, to be called the Margaret Morgan Lawrence Center for Family & Child Development. As we work toward full clinical implementation, HFS is beginning to serve the community through workshops and social-justice forensic services and is also planning to offer affordable life-coaching services.

HFI has received high praise for its work in attracting and training, as well as treating, people of color. With the Institute's deep roots in Harlem, we are especially involved with African American and Latino/a individuals and communities. HFI believes that psychoanalytic theory and therapy need to transcend their Eurocentric, middle-class roots and more fully recognize and address the diverse sociocultural and historical backgrounds of all people from all cultures. We are also committed to educating current and future clinicians about the unique issues faced by historically underserved populations through our online "Harlem's Psychoanalytic Renaissance" and "State of the World" Saturday talks series. And we are committed to engaging in dialogue with local community leaders and helping professionals through our monthly "Bridging the Institute and the Community" online discussion series.

Certainly, none of these achievements would be possible without the deeply appreciated dedication of HFI's trustees, faculty and supervisors, the involvement of our Advisory Council, and the spirited commitment of our candidates.

We also wish to extend heartfelt thanks to our wonderful donors — and to call upon potential contributors to please support our work. HFI needs your contributions! Although we maintain a very low budget and receive some grants and gifts from foundations and houses of worship, we urgently need *your* financial help. Only with support from a multitude of individuals can HFI continue, expand and strengthen its unique, low-fee training program and its highly valued treatment services for children and adults in our City's underserved communities. We thank you for helping us in these vital efforts!

Best regards,

Michael Connolly, President, on behalf of the Institute's Board, faculty members and candidates in training.

More About the Harlem Family Institute

Chartered in 1991, the Harlem Family Institute was conceived by psychoanalyst Stephen Kurtz at the Children's Storefront School in East Harlem where he began to help children and families in the 1980s. HFI is dedicated to offering low-fee psychoanalytic training and free or low-cost therapy – taking psychoanalytic work out into the community, where we give children, teens 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 themselves and others.

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 underserved communities, where children are at greater risk for facing multiple obstacles to personal growth and academic success.

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

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 and open houses that raise awareness of the need for greater openness and understanding of cultural and ethnic issues in psychoanalytic training. We invite you to learn more about HFI on our website: www.harlemfamilyinstitute.org

Key Facts and Figures 2023

- **Training:** In 2023, we had 14 candidates studying at HFI, including those in our full Program in Psychoanalysis and our Licensure-Qualifying Program, plus four candidates from other institutes taking our weekly Case Presentation Seminar to help them prepare for the state psychoanalysis licensing exam. HFI's roster of candidates reflects a broad ethnic spectrum: African American, Latinx, Asian, Caucasian and mixed ethnicity. We have received much praise for our work in training as well as serving people of color.

HFI offers a full-certificate Program in Psychoanalysis for licensed mental-health professionals whose licenses include psychoanalysis in their legal scope of practice, and a Licensure-Qualifying program for candidates with a master's degree in any field accepted by the New York State Education Department to equip them to sit the state licensing exam. Both programs take about 4-5 years' work part-time, as well as a short-certificate Program in Child & Adolescent Psychoanalytic Psychotherapy, which takes two to three years part-time. HFI's programs also aim to help people who hold full-time jobs by offering most courses in the evenings.

Our training gives our candidates exposure to a variety of psychodynamic approaches, which equips them as therapists to help expand their clients' self-awareness, reflectivity and creativity; their awareness of their emotions and inner worlds; and their ability to think analytically, to set and work toward solid goals, and to resolve life problems. HFI training also helps aspiring psychoanalysts to develop sensitivity in working with individuals from marginalized communities and diverse backgrounds.

- **Therapy:** In 2023, HFI therapists provided free or very-low-cost therapy to patients of all ages, through our treatment sites at Central Park East 1 Elementary School in East Harlem, the Franciscan Community Center on West 97th Street and Little Pebbles Nursery School in East Rockaway, as well as online via telehealth services.

Looking to the Future With Harlem Family Services — the Margaret Morgan Lawrence Center for Family & Child Development

In 2022, HFI founded its nonprofit clinical subsidiary Harlem Family Services with the goal of establishing a full-service Article 31 mental-health clinic in Harlem, to be named the Margaret Morgan Lawrence Center for Family & Child Development in honor of one of HFI's founding trustees, the nation's first Black woman pediatrician and first Black woman psychoanalyst. The clinic is to be staffed by fully licensed and established professional clinicians and will accept insurance, including Medicaid, and, by being located in Harlem, will be able to serve low-income and otherwise underserved / marginalized patients from Harlem and Upper Manhattan.

A significant source of funding for this new clinic comes from a generous grant from Dr. Gil Kliman and Dr. Harriet Wolfe to underwrite the clinic's ability to provide Reflective Network Therapy to young children. RNT, developed by Dr. Kliman, is a community-based, dynamic form of therapy aimed at preschool-aged children with social, developmental or emotional challenges: rather than removing the child from their social/educational groups for one-on-one therapy, RNT integrates therapy *into* those contexts, involving play, learning and social interaction through a non-isolating, holistic approach. The method's positive results have been well documented in the literature.

In the summer of 2023, the state office of mental health granted conditional approval to HFS to operate under Article 31, and we are in the process of finding a suitable brick-and-mortar location for the clinic and setting up needed organizational structures and operating systems. In the interim, the clinic is already offering some community helping services and providing some forensic services. Read more about HFS and the Margaret Morgan Lawrence Center for Family & Child Development at www.harlemfamilyservices.org.

Public Programming Highlights From 2023

During the pandemic, we began a series of virtual, online lectures, presentations and community discussions on themes of mental health and social justice, the "Harlem's Psychoanalytic Renaissance" Saturday talks series. Originally intended as a way to continue engaging with the community in a time when in-person interaction wasn't possible, the series has been a great success and we have continued to hold virtual events in order to reach a wide audience and keep these many crucial conversations going. Highlights from the 2023 season included Dr. Abram Davidov on psychoanalysis in emergency medicine, Dr. Gilbert Kliman on society's pervasive prejudice against children, Dr. Hanife Akal on recovery from trauma in the

wake of the earthquake in Turkey and Syria, Dr. Beverly Stoute on the phenomenon of Black rage as a defensive adaptation to a racist society, Dr. Karim Dajani on the importance of considering group and cultural identity in individual psychotherapy, poet David Mills on his new work inspired by research into the history of slavery in New York City and the psychological implications of generational trauma, and Dr. Donald Moss on the concept of Whiteness. We intend to continue these public programs into 2024 and beyond, inviting more fascinating guest speakers and facilitating more challenging and fruitful dialogue on these important issues in our profession and the community.

Administrative Team Continues Digital Modernization

Building on our work throughout 2022, the Institute is continuing to modernize and digitize its record-keeping, community outreach, and education-management systems. We are now well established in use of TheraNest, a fully HIPAA-compliant electronic practice-management program for our clinical work, allowing clinicians and supervised trainees to schedule appointments, keep track of client and case notes, bill for services and handle new patient intakes from one central software platform. On the academic side, we have also implemented Populi, a full education-management system handling candidates' entire experience at HFI from application through to coursework, tuition payments, communication with faculty, tracking of clinical-practice documentation requirements, and keeping record of coursework and clinical hours. This system also includes features for receiving and tracking charitable monetary donations, facilitating transparency and outreach to past, current and interested future donors, with great potential for strengthening HFI's donor base and increasing future income.

DONATIONS in 2023

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