



# Samaritan Daytop Village

WHERE GOOD LIVES®

## YOUNG MOTHERS PROGRAM

Residential Treatment for Parenting  
& Pregnant Women



# YOUNG MOTHERS PROGRAM

**The Young Mothers Program (YMP) is a lifeline for mothers struggling with addiction. Moms (and moms-to-be) live under the same roof with their young children while receiving intensive, 24/7 treatment for substance use disorder.**

Since 1973, YMP has offered pregnant and post-natal women **a sanctuary at a turning point in their lives.** Residents receiving critical treatment for addiction can have their kids (from birth to age 4) stay with them at the facility. The program ensures that, during recovery, residents continue to develop healthy bonds with their children while learning essential life, vocational and parenting skills.

## Where Recovery Begins

In Manhattan Valley, two blocks west of Central Park, the five-floor YMP building houses up to 36 women and 30 infants and toddlers. Each day features a structured set of sessions, trainings and activities featuring:

- Individual and group counseling and therapy
- On-site support network
- Family counseling
- Parent/children therapeutic interventions
- Family services advocacy
- Parenting groups
- Pediatric education with an on-site nurse
- Recovery coaching
- Peer support

Residents work in individual or group sessions in the sanctuary suite, dining room, group room, staff and medical offices. A computer lab (with six computers) supports job searches. A Reading Corner offers a quiet spot to read aloud to children. There are three age-specific nurseries (infants, toddlers or preschoolers) with access to a backyard as well as shared bedroom suites for the women with a second-floor terrace.



## Multiple Specialties, Seamless Support

The multidisciplinary team at YMP provides a **seamless level of support and care for each family unit**. In-house specialists include case managers, family therapists, medical and nursing personnel, recovery coaches, social workers, vocational counselors, and childcare specialists. YMP also partners with community organizations for medical, childcare, educational, vocational, and criminal justice needs. Additionally, we partner with community addiction medicine providers to support those in need of Medication Assisted Treatment.

Services and group offerings include:

### Community

- Morning/Afternoon Seminars
- Counseling Groups
- Celebratory Goodbye Groups
- Community Meeting
- Orientation Group
- Mommy & Me
- Nurturing Parenting Group
- Peer Problem Solving
- Zumba

### Evidence Based (Core)\*

- Anger Management
- Beyond Anger and Violence
- Healthy Relationships
- Relapse Prevention
- Seeking Safety
- Thinking for a Change

### Explorative & Reflective

- Agents of Change
- Creative Arts
- Empowerment through Daily Living Activities
- Family Matters
- Mindfulness in Recovery
- Mindfulness Walk
- Motivation for Treatment
- Open Discussion
- Wellness Self-Management

### Vocational

- Computer lab
- Job Placement
- HSE/TASC Preparation
- Work Readiness

For residents separated from their children, YMP works with custodial families on reunification efforts. Staff members also coordinate with New York State Child Protective Services, New York City Administration for Children's Services, and the State and City's Family Court System.

## Contact Us for More Information

Healthcare, criminal justice and other community organizations with referrals may contact YMP's Program Director at 212-222-5285. Prospective residents can contact Samaritan Daytop Village Admissions at (855) 322-4357 (HELP).

\*Active participants of an Evidence Based (Core) Group receive a certificate upon completion.

# WHERE GOOD LIVES®

## Every day good wakes up and rolls up its sleeves at Samaritan Daytop Village.

For over 60 years, Samaritan Daytop Village has been improving the quality of life for New Yorkers. We are nationally recognized for our treatment of substance use disorder as well as for the veteran specific approach we pioneered. Our continuum of services also includes

health and mental health care, transitional and supportive housing, educational and vocational assistance, peer-assisted recovery, and specialized programs for adolescents, families and seniors.

Annually, Samaritan Daytop Village serves over 33,000 people at more than 60 facilities throughout New York City, Long Island and the lower Hudson Valley, and we continue to grow.



**Samaritan  
Daytop  
Village**

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Samaritan Daytop Village  
138-02 Queens Blvd., Briarwood, NY 11435  
Phone: 718-206-2000

<https://samaritanvillage.org>

