CARES Family

Mount Sinai

Strengthening Families. Supporting Caregivers.
Building Resilient Adolescents and Young Adults.

CARES Family is for caregivers of adolescents and young adults who are navigating behavioral health, mental health, substance use, relationship, or other challenges affecting their family. We support caregivers as an essential part of their young person's treatment and recovery.

CARES Family provides caregivers and families with:

- Family therapy to strengthen relationships and address family challenges
- Individual therapy and support for caregivers
- Parenting education and practical strategies
- Tools to improve communication, connection, and problem-solving
- Support for navigating adolescent and young adult behavioral and mental health challenges
- Guidance for helping young people engage in treatment and sustain progress
- Skills to create a supportive home environment that promotes resilience and long-term success

Support is available when families need help navigating challenges, not only when a young person is in intensive treatment. CARES Family can provide support during periods of crisis or transition, throughout treatment, and as families work toward maintaining progress and building long-term resilience. Our goal is not simply to treat the young person—it is to strengthen the family system that surrounds them

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307 West 38th Street, Seventh Floor
New York, NY 10018
In-Person and Telehealth Options Available

Join One of Our Caregiver Support Groups

Mondays at 5 pm | Caregiver Support Group (English)
Tuesdays at Noon | Dialectical Behavior Therapy Skills for Parents
Wednesdays at 4 pm | Caregiver Support Group- Substance-Focus (English)

Contact the CARES Front Desk at **212-523-3083** or **CARESFrontDesk@mountsinai.org**