

## Contact Us

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For more information, or to make a referral to our Hudson Valley Community-Based Behavioral Health and Prevention Programs, contact:

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## Executive Director/CEO

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**Astor Services for Children & Families**  
Hudson Valley Community-Based Behavioral  
Health and Prevention Services  
13 Mt. Carmel Place  
Poughkeepsie, NY 12601-1714  
*Return Service Requested*



**ASTOR**  
SERVICES FOR CHILDREN & FAMILIES  
**Hudson Valley Community-  
Based Behavioral Health  
and Prevention Services**

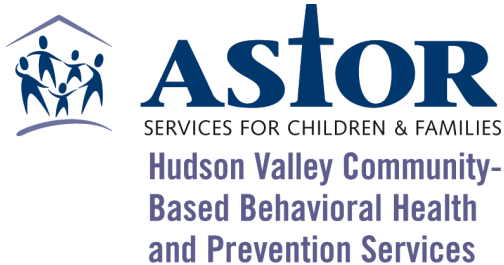
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**Family Therapy**  
**and**  
**Support Services**



*...Because every child  
deserves a childhood.*

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***"Sometimes a child just needs us to be there. I can't imagine doing anything that could provide me deeper satisfactions, than the joy of seeing young children grow and heal."***

- Dr. David Crenshaw, Retired Clinical Director of Astor Services for Children & Families

### ***About our Services...***

When a child experiences emotional or behavioral difficulties at home, in school or in the community, a parent may look to Astor for support and assistance. A child's emotional disturbances, ranging from disruptive to violent, create distress for all family members. Through a variety of specialty programs, our staff help children, parents, siblings, and extended family to cope, and when necessary, to address serious issues of sexual and physical abuse, neglect, domestic violence and substance abuse. Many of the children we assist are at-risk of being removed from their homes. Astor develops individualized prevention, education, and support to families through our clinics, in their homes, and in school settings.



## **Family Therapy and Support Services**

The Family Therapy and Support Services Program that began in 2010, is designed to provide services to youth with psychiatric/emotional/behavioral issues. The target population includes youth adjudicated as Juvenile Delinquent (JD), Persons in need of supervision (PINS), those at risk of out-of-home placement, and youth in a diversion program to avoid PINS and/or out-of-home placement. One unique feature is the in-home therapy that involves the entire family receiving services in a familiar setting.



## **Services Offered**

- In-home "structural family therapy"
- Individual therapy
- Planned/crisis respite in a certified therapeutic foster home
- Psychiatric services, including psychiatric evaluations and follow-up appointments
- Case management services
- Vocational/educational services
- Independent living skills classes
- Anger management classes
- Social Skills group
- 24 hour on call

## **Core Values for Working with Children**

- All families have strengths
- Families deserve to be treated with dignity and respect
- The type and degree of support each family needs varies throughout the lifespan
- Most successful families are not dependent on long-term public support
- Diversity is an important and valuable reality in our society
- Families need coordinated services from agencies using a similar approach
- When it is safe to do so, families and youth should choose their own goals and the methods to achieve them
- The system of care for families should be child-centered and family-focused, with the needs of the child and family dictating the types and mix of services

