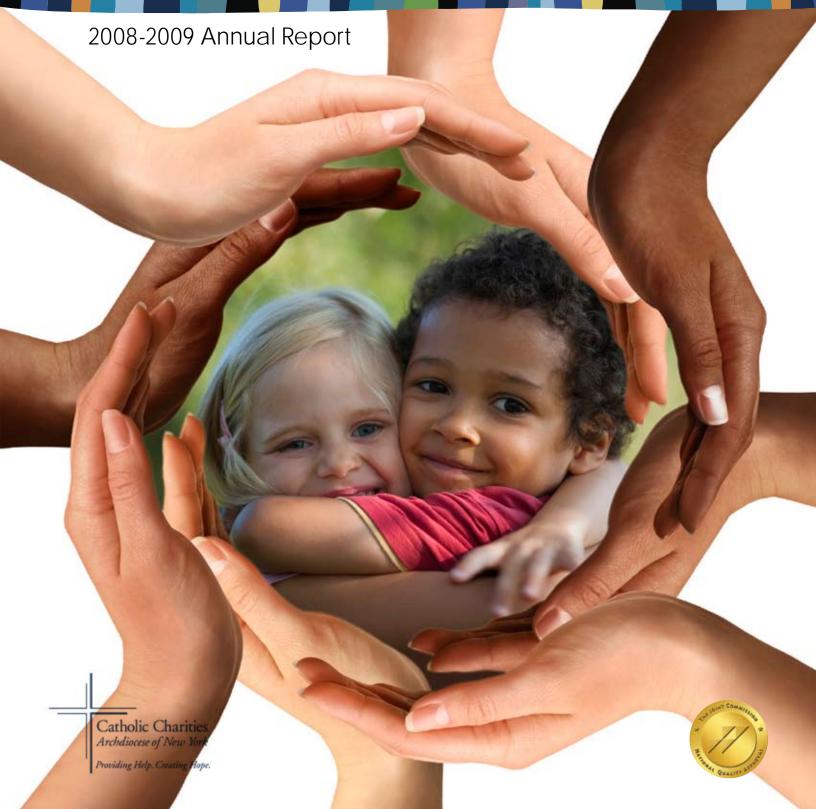


### ...Because Every Child Deserves a Childhood



### from the Board Chair, Larry Weisberg



Nessage

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In the midst of these ongoing demands, it is satisfying and exciting to report some very good news. Astor's commitment to early childhood development was recently rewarded with a grant of \$1 million to expand our Head Start and Early Head Start Programs in Dutchess County. These funds were awarded through the American Recovery and Reinvestment Act of 2009 (ARRA), better known as the "Stimulus Package."

With this investment, the Federal government has shown a commitment to the children of Dutchess County and faith in Astor and our staff to help children and their families. This confidence in Astor is not surprising. Ever since Astor was designated by the Federal government in 1978 to operate Head Start Programs, we have served as a model for Early Childhood Programs.

Astor oversees Head Start and Early Head Start Programs in Poughkeepsie, Beacon, Pine Plains, Wappingers Falls, Wingdale and Millerton. The ARRA Expansion Grant will allow us to increase the number of children being served from 476 to 570. A new center has been opened up in Red Hook and, for the first time, Astor Head Start will be providing home-based services, primarily to foster children and their families.

Head Start is one of the great social programs ever devised. Launched in 1965 as part of President Lyndon Johnson's "War on Poverty," the program provides education, health and parent training to low-income families. More than 22 million disadvantaged children have participated in the program, which is currently serving almost one million kids annually across the country.

The goal of Head Start is bold and inspiring. To help prepare children, whose families may not have the resources, to succeed in school and in life.

In an article in the Wall Street Journal a few years ago, Nobel Laureate in Economics Dr. James Heckman went beyond the traditional argument of fairness and social justice for providing what he calls "enriched environments for disadvantaged young children." He stated that it is good economic policy, too. To quote from Dr. Heckman, "Early interventions for disadvantaged children promote schooling, raise the quality of the work force, enhance the productivity of schools and reduce crime, teenage pregnancy and welfare dependency. They raise earnings and promote social attachment. Returns to dollars invested are as high as 15% to 17%."

These long-term benefits are certainly something for which we all should be proud. But all you have to do is see the smiling faces of the young children in the Astor Head Start and Early Head Start programs to know that the benefits occur everyday.

### from the Executive Director, James McGuirk, Ph.D.

The 2008-2009 fiscal year was a great challenge for our country. It has been said that "surprise is the greatest gift that life can grant us." That is not what most of us were thinking when we faced the beginning of a meltdown in the world economy in September 2008. Astor was just a few months into our fiscal year, and like many organizations, businesses, and families, we had to quickly regroup and modify our plans to reflect the sea of change going on around us.

There were so many unknowns, especially with respect to our primary sources of funding, (i.e., government budgets). But, as we look back over the past several months, I must say that we all came together, and not only withstood the challenges, but built an even more solid foundation on which the Agency can grow. During these uncertainties, our dedicated staff, Board and volunteers were committed to ensuring that the children and families we serve continued to receive the highest quality services possible!

In addition to weathering the short-term fiscal storm, we have been able to put in place a series of plans and initiatives that bode well for the future; especially for those children and families who rely so heavily on our services.

At Astor, we believe that success in learning equals to success in life and our services are designed to ensure that children meet their full potential. In fiscal year 2008-2009, we served thousands of children and their families in the Hudson Valley and the Bronx through our Early Childhood, Community-Based Behavioral Health and Prevention Services, and our Residential Programs.

### *"surprise is the greatest gift that life can grant us."*

In addition, there were many organizational and programmatic accomplishments. Organizationally, Astor changed its name from Astor Home for Children to Astor Services for Children & Families to better reflect the array of services and programs we offer; Astor was re-accredited by The Joint Commission,

with their Gold Seal of approval, which we have had since 1974; and we revised our mission and vision statements.

Programmatically, through the Child Adolescent Needs & Strength-Mental Health Version Measure, we now have data to support that the children and adolescents we treat improved as a result of their care; and the addition of a new program. Bridges 2 Health is a program that works with children in foster care with severe behavioral and mental health challenges.

Although this fiscal year brought many uncertainties and challenges, some that still remain, the Agency's services are well-positioned, both programmatically and organizationally, so that we can continue to give children and families the best possible services.

We are grateful for the support we received from friends like you and hope we can count on your continued investment as we work!

### Mission

To provide behavioral and educational services in a caring environment where children and their families find strength, healing, hope and trust.

### Vision

To see children meet life's challenges, pursue their dreams, and reach their full potential.



Significant Achievements

Michael's Story:



Michael and his father

Michael came to Astor's Residential Treatment Facility two years ago as a child with aggressive behavioral and mental challenges that needed to be modified. It took his parents years to get him properly evaluated and diagnosed. After navigating the various systems, they received a diagnosis that required Michael to be in a residential program. "Accepting Michael's diagnosis was not hard to accept," says Lynette, "he is who he is...our goal as parents was to make it better for Michael to be self-sufficient and Astor offered that and more!"

During Michael's two years at Astor, Lynette spoke about the high level of treatment Michael and his family received from all members of Astor's staff – from the receptionist who answers the phone to the childcare worker, social worker, psychologist and the kitchen staff.

After two years at Astor, Michael has made tremendous strides and now has the tools to work with his aggressive behavior – he will be reluctantly leaving Astor to a facility for older children. At Astor, we believe that "...every child deserves a childhood," and we create opportunities to ensure that as we work towards our vision. Examples of our achievements in 2008-2009 include:

### Results Show that Children's Health is Improving

Astor has been at the forefront of measuring the effectiveness of its services. An analysis (of clients served during the 2008-2009 fiscal year) indicated that, overall, children and adolescents treated by Astor improved as a result of their care!

Since 2005, Astor has employed throughout the Agency, the Child Adolescent Needs & Strengths-Mental Health (CANS-MH, Lyons, 2001) Measure, to assess child and caregivers on dimensions considered key in treatment. In FY 2008 – 2009, positive progress in treatment was statistically significant on most CANS-MH scores. The average discharge scores were lower than the average admission scores on scales measuring the presence of psychiatric symptoms, situational consistency, dangerous behaviors and problems with physical and academic functioning. The assessment of client strengths also revealed significant improvement at discharge.

### **Joint Commission Accreditation**

Astor was officially re-accredited by The Joint Commission. Since 1974, Astor has earned The Joint Commission Gold Seal of Approval, and underwent a highly successful five-day review in April 2009. The Joint Commission accredits and certifies healthcare organizations and programs in the U.S. Astor is one of the few community-based



behavioral health organizations in the state to achieve this recognition, and voluntarily chooses to go through this rigorous assessment as a way to measure its work against the highest standards in the healthcare industry. Astor's quality of programming, staff and core values being reflected in practice were among the many accolades highlighted by the reviewers.

### Universal Pre-Kindergarten Services Increased to Include More Children

Astor expanded its regional collaborations with local school districts in Dutchess County, to continue to provide universal pre-kindergarten services – a quality preschool for all four-year olds regardless of income. Astor increased its con-

"As hard as it is to have your child away because of his illness, I would not have wanted Michael to be anywhere else but at Astor – his second home!"

- Lynette, Michael's mother

tracts with four school districts that entail the provision of enhanced pre-kindergarten services for over 80 children.

Significant Achievements



### **Implementation of Bridges 2 Health**

Astor was selected to implement a new program, Bridges 2 Health, a program for children in foster care with complex medical, developmental or mental health conditions. Services begin while a child is in foster care and continue after the child leaves care. The goal is to support over 60 families and respond appropriately to their needs.

### Lean Six Sigma

Over the last two years, Astor has implemented the Lean Six Sigma (LSS) Process Improvement Methodology that is used by many Fortune 500 companies; and has a member on staff who holds a "Black Belt," the highest level of LSS qualification.

Our implementation of Lean Six Sigma throughout the Agency has resulted in increased efficiencies and improved communication. We have been able to successfully use a manufacturing process improvement model to help people. Our staff is very enthused about the results that have eliminated waste so that our time and resources can be better focused on the children and families we serve.

### First Full-Time Advocate – Residential Program

The Residential Treatment Facility hired its first fulltime Residential Family Advocate in August 2009. The Advocate works with families to facilitate collaborative treatment planning and implementation from admission to discharge and beyond.

### Jean Hickey Speedway Installed

The initial phase of the Jean Hickey Speedway, a tricycle path for the children in the Lawrence F. Hickey Center for Child Development in the Bronx, was installed during August 2008. The Speedway was made possible by donations in memory of Mrs. Hickey.

> "This time of economic instability has been an opportunity to rediscover and appreciate the depth of commitment our staff have for the children and families we serve."

- Mary Sontheimer, Assistant Executive Director, Early Childhood Programs

### **Re-Branding**

In 2009 the Agency's name changed from Astor Home for Children to Astor Services for Children & Families, the product of a year-long re-branding process. Astor is very proud of its beginning as a residential treatment facility under the sponsorship of Catholic Charities. However, we soon became much more than a home for children as our services expanded to meet the needs of a changing and diverse client base. The new name better communicates the wide range of services we offer as well as our commitment to helping children and their families.



Where We Work Success in Learning Leads to Success in Life

At Astor, we believe that Success in Learning Leads to Success in Life. All our programs are geared towards ensuring that our children are prepared to meet their full potential. We are located at over 30 locations in the Hudson Valley Region and the Bronx, NY. Our range of services include:

### Early Childhood Development Programs

Our range of services begins with our early intervention preventive programs which focus on fostering healthy growth and behavioral development. These programs provide comprehensive childcare benefiting the entire family. We are a leader in providing Head Start and Early Head Start Services, Maternity and Early Childhood Outreach Programs, and other programs, which serve the behavioral health needs of the youngest children in our communities. We work to identify behavioral health concerns as early as possible, and to give families the assistance they need to manage them. These programs are located throughout the Hudson Valley.

Early Childhood Programs (Hudson Valley)	Total Served
Head Start	476
Early Head Start	222
Daycare	84
1-8-2/Therapeutic Preschool/Special Class Integrated Setting	71
Post Partum Depression	48
Early Childhood Coordinated Initiative	85
Total Early Childhood Programs (Hudson Valley)	986



A primary goal at Astor is working to keep children with behavioral health needs at home with their families and in their regular schools whenever possible. Our communitybased behavioral health and services in the Hudson Valley and the Bronx, NY, are designed to enable youngsters and their families to manage difficulties while remaining together in their homes.

Our counseling centers provide children and families the guidance and assistance they need to work through their problems while staying at home and in school. When behavioral health problems interfere with regular schooling, our day treatment programs aim to provide short term alternatives to regular schooling, help children and families learn how to handle their difficulties and return children to school as soon as possible.

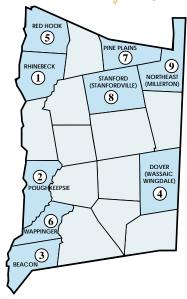
Bronx Community-Based Behavioral Health and Prevention Programs	Total Served
Lawrence F. Hickey Center	79
Prevention Programs	112
Outpatient Clinics	499
Day Treatment	641
Astor at Highbridge	184
Total Bronx Community-Based Behavioral Health and Prevention Programs	1,515

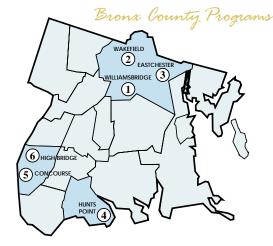
Hudson Valley Community-Based Behavioral Health and Prevention Programs	Total Served
Counseling Programs	1,809
Case Management Programs	260
School-Age Day Treatment	74
Adolescent Day Treatment	193
Mental Health/Juvenile Justice	132
Total Hudson Valley Community-Based Behavioral Health and Prevention Programs	2,468



Where We Work

### Dutchess County Programs





Orange County Programs

# MIDDLETOWN

### **Residential Treatment Programs**

Residential Treatment Services at Astor are designed for those children who require a level of care that provides intensive and continuous therapeutic interaction in a controlled and structured setting. Like our other programs, these strive to help children and families understand and cope with behavioral and emotional problems, to help children grow stronger and happier and to enable children to return to their own families and communities. This program is located in the Hudson Valley (Rhinebeck, NY).

Residential Treatment Programs	Total Served
Residential Treatment Facility (RTF)	27
Residential Treatment Center (RTC)	34
The Astor Learning Center (ALC)	104
Family-Based Treatment Program	13
Therapeutic Foster-Boarding Home Program	57
Hard To Place (HTP)	42
Non-Secure Detention	347
Total Residential Programs & Astor Learning Center	624

Note: ALC Children are also served by the RTF, RTC and HTP programs.

### Josie and Christopher's Story

Josie was not sure what she would encounter when she contacted Astor but was immediately put at ease from the very first phone conversation she had with a staff person and onwards - the staff instantly made her feel welcome and that there was hope for addressing Christopher's problems. She said teachers and staff were dedicated to helping Christopher through his problem. They spent one-on-one time with him; and they were equally as committed to making sure that he got what he needed as she and her family were. Staff would go to their home to help them, not only with Christopher's case, but with navigating the social service system (i.e., filling out paperwork, etc.). In addition, the teachers sent home tools to assist the family so they could work with Christopher.



Through Josie's experience with Astor, she became involved with the Parent Advisory Council. Here with the help of Astor's staff and other parents, she has the opportunity to learn and become active in advocating on behalf of children. Today, Christopher is matriculated in middle school and is flourishing as are the many other children in Josie's extended family who went through Astor's Early Childhood Program in Wingdale, NY.

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Ruth Emmeluth Mr. & Mrs. James F. Kelley Mr.& Mrs. William McHenry

Robert E. Furlong Mr. Edward Adams

Matthew C. Gatje Mr. & Mrs. Ronald G. Cardinal Mr. & Mrs. Joseph L. Cinelli Mr. & Mrs. Pompey Delafield Mr. Charles Gatje & Ms. Cynthia Coiro Mr. Samuel J. Gilbert Ms. Adella Hansen Ms. Patricia Holland Ms. Anne Jordan Key Interior Acoustical, LLC Ms. Carol Kohan Landscapes By Leonard Ms. Pamela LaLonde Mr. & Mrs. Steven Licker Mr. & Mrs. Robert Lutz Mr & Mrs Brian S Medici Mr. & Mrs. Keith Monthie Ms. Cynthia A. Mott, Psy.D. Mr. & Mrs. Jim Quick Keith S. Rinaldi, P.C. Attorneys and Counsellors at Law Rinaldi Tax, Inc. Mr. & Mrs. Stephen Teed Mr. & Mrs. Alberto Vargas Ms. Susan Walker

Jose T. Gil Aragon Consulting Ltd.

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Agnes Kluber Mr. & Mrs. Joseph M. Fitzpatrick, Jr.

Katherine Lally BG & Mrs. John J. Costa Ms. Maureen A. DiMarco

Leinen Family Ms. Frances L. Costello

John Liptay Dr. Lynne Liptay

Gary R. Lutz Mr. & Mrs. Raymond V. Lutz

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Megan A. Sherry Ms. Kathleen Herz, Psy.D.

Albert Stoffel BG & Mrs. John J. Costa

Elizabeth Sutka Ms. Virginia H. Dunn

Giovannina Verderber Mr. & Mrs. Carl J. Verderber

Louis Vermillion Mr. & Mrs. Ronald G. Nolan

Gus G. Verven Mrs. Helen G. Verven

### Gifts in Honor of:

Edward Adams Mrs. Eileen Furlong

Little Sister Amelia Mrs. Marilyn Dancy

Astor Staff Mr. & Mrs. John G. Kelly

John Boccalatte Ms. Rosemary L. Molloy

Michele Boccalatte Ms. Rosemary L. Molloy

Theodora S. Budnik Community Foundation of Dutchess County Andrea Reynolds



David A. Crenshaw Mr. Jeffrey A. Scales

Barry F. Hagan Dr. & Mrs. Donald P. McKibbin

Perry Hamilton Mrs. Marilyn Dancy

Lawrence F. Hickey Mr. Thomas J. Lenihan & Ms. Catherine M. Heller Ms. Anne B. O'Malley Ms. Cynthia R. Winant

Immaculites Ms. Chrystia M. Slywotzky

Robert R. Lane Mr. & Mrs. Robert Gutenstein

Sarah Latino Mr. John Yates & Ms. Mary Latino

Patricia LeSoine Mrs. Eileen Furlong

Ted Luly Mr. & Mrs. Michael Sontheimer

James G. McGuirk Mrs. Eileen Furlong Mr. & Mrs. Joseph McGuirk

**Ophelia Richards** Ms. Margaret Feinstein

Erin Shakespeare Ms. Allison L. Zeiss

Staff of Summer 2006 Ms. Chrystia M. Slywotzky

Lisbeth Sturm Ms. Nancy J. Mellott

Aldo Sussie Ms. Maureen A. DiMarco

William E. Van Ornum Dr. Alan Spivack

George Washbourne Mr. & Mrs. William L. Rockefeller

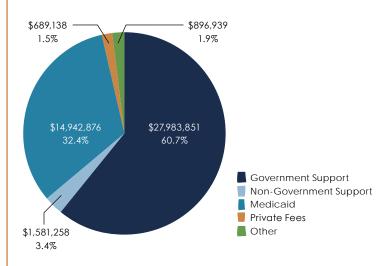
### Gifts Made to the David & Robert Crenshaw Training Fund

Mr. & Mrs. Allen Cohen Ms. Christine Foreacre Dr. & Mrs. David Sherwood Mr. Steven Tuber, Ph.D.

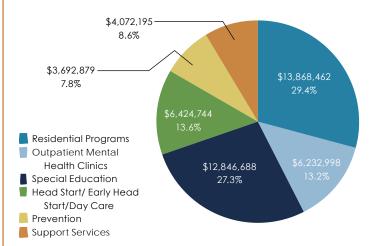
Financial Highlights 2008 - 2009 (Unaudited)

The Astor Home for Children / The Astor Learning Center The Astor Home for Children Foundation

Combined Income 2008 – 2009	\$ Amount	%
Government Support	27,983,851	60.7%
Non-Government Support	1,581,258	3.4%
Medicaid	14,942,876	32.4%
Private Fees	689,138	1.5%
Other	896,939	1.9%
Total Income	46,094,062	100.0%



Combined Expenses 2008 – 2009	\$ Amount	%
Residential Programs	13,868,462	29.4%
Outpatient Mental Health Clinics	6,232,998	13.2%
Special Education	12,846,688	27.3%
Head Start/ Early Head Start/		
Day Care	6,424,744	13.6%
Prevention	3,692,879	7.8%
Support Services	4,072,195	8.6%
Total Expenses	47,137,966	100.0%



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### ...Because Every Child Deserves a Childhood



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