



**ANNUAL REPORT  
2010-2011**

*...Because every child deserves a childhood*



# Mission

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

As I look back on this fiscal year and the over 55 years Astor has been providing services to children and families, the work that we do has never been more important or necessary. You have only to look at the number of children and families seeking and receiving our services. The social and economic pressures on our families continue to rise. Coupled with this, many of our children and families who suffer from mental and behavioral illness also face the damaging effects of the stigma related to their mental disorder.

**“Although more kids suffer from psychiatric illness than with autism, leukemia, diabetes and HIV combined, you would never know this from the mainstream media. Stigma prevents many from talking openly about the realities of mental illness and the suffering families confront as they parent children with emotional and behavioral problems.” [1]**

Serving thousands of children at Astor’s 33 locations, we work with our families to raise awareness and tear down this stigma and offer services and support to make children and families “whole again” through our Residential, Community-Based Behavioral Health & Prevention Programs and Early Childhood Programs in the Bronx and the Hudson Valley. Through these programs, we provide high quality mental health care, innovative education programs and interventions that help kids manage their emotions and behaviors. This puts them on the path to a successful school experience and ultimately turns their lives around.

As you read through this year’s annual report, you will see how we are meeting the needs of children and families through Open Access, which allows families to walk into our clinics when they need services; how we are transitioning children from our Therapeutic Early Childhood Program in the Bronx into the public school system; how we have expanded our Head Start and Early Head Start Programs in Dutchess County and the impact being made on families; how we have broken ground for new living quarters for the children in our Residential Programs; and read about one young girl overcoming much adversity as a result of counseling. These are just a few examples of how our dedicated staff continue to make sure that children and families get the very best behavioral and educational services in a caring environment where they find strength, healing, hope and trust.

On behalf of the children and families we serve, our committed Board and staff, I thank you for supporting this life-changing work we are engaged in – we could not do it without you!



Photo by Gerald Peart, Photographer



[1] NYS Office of Mental Health, The Children’s Plan, Improving the Social and Emotional Well Being of New York’s Children and Their Families, October 2008)



# Our Services



## Astor serves thousands of children and families in the Mid-Hudson Valley and the Bronx at 33 locations.

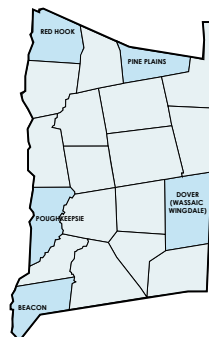
Residential Treatment Programs; Early Childhood Programs (Hudson Valley); Hudson Valley Community-Based Behavioral Health & Prevention Programs; Bronx Community-Based Behavioral Health & Prevention Programs.

Residential Treatment Programs	Total Served
Residential Treatment Facility (RTF)	30
Residential Treatment Center (RTC)	5
The Astor Learning Center (ALC)	97
Day Program (DP)	14
Hard to Place (HTP)	62
<b>Total</b>	<b>208</b>

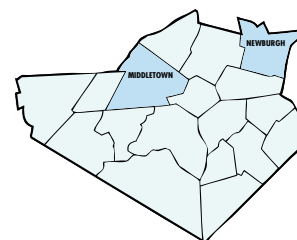
Hudson Valley Community-Based Behavioral Health & Prevention Programs	Total Served
Counseling Programs	2,066
Community-Based Services/High Risk Service Coordination	352
School-Based Programs	903
Day Treatment & Adolescent Services	765
<b>Total</b>	<b>4,086</b>

Early Childhood Programs (Hudson Valley)	Total Served
Head Start	496
Early Head Start	347
Universal Pre Kindergarten	50
(Daycare) 1-8-2	17
Special Class Integrated Setting	32
Therapeutic Preschool	10
<b>Total</b>	<b>952</b>

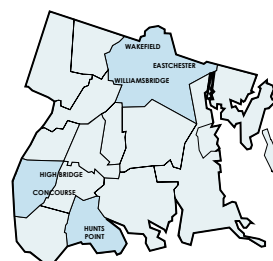
Bronx Community-Based Behavioral Health & Prevention Programs	Total Served
Lawrence F. Hickey Center for Child Development	66
Prevention Programs	160
Outpatient Clinics	1,041
Day Treatment	314
<b>Total</b>	<b>1,581</b>



*Dutchess County*



*Orange County*



*Bronx County*

# Intervening in the early years



**Our Early Childhood Programs** give children from low-income families a “Head Start” through our Head Start Program in Dutchess County. Our Lawrence F. Hickey Center for Early Childhood Development in the Bronx (a Therapeutic Early Childhood Program) serves children ages 2.9 years to kindergarten with behavioral and emotional needs.

**Through early intervention, our children  
are getting a head start learning and in life!**





# Helping our children:

## Transition from therapeutic to public school

Here is how our children are thriving through our Transitions Program after one year:

For the young children discharged from the Lawrence F. Hickey Center (LFHC), **100% are going to kindergarten in their local community schools.**

**88% (15 out of 17) will receive a reduced level of special education services in their local schools.**

**12% (2 of 17) have been decertified and are not scheduled to receive special education services.**



**The children in the Lawrence F. Hickey Center** (Bronx) typically have been rejected from nursery school programs and kindergarten after a few weeks of enrollment. Many of the children in our Hickey Center program are in kinship foster homes and have lived in impoverished environments characterized by violence, drug and alcohol abuse, domestic violence and child abuse. The primary goal of this program is to teach children the skills necessary to transition to a less restrictive public school environment. These children and their families need very intensive care, support and guidance to navigate the various systems to ensure that the children are receiving the support they need to be successful.

While we have been providing transition services through the NYC Department of Health & Mental Hygiene (NYC DMH) for several years, we recently received a \$200,000 grant from Robin Hood that enabled us to increase the number of students we can help. It has also made it possible for us to collect and analyze the data (for continued service improvements) and continue to work with these students and their families.

# Meeting the needs of families: Expanding Head Start



“Young children and families who participate in Head Start exhibit gains in cognitive development and pre-literacy skill, reductions in challenging behavior, and improved parenting skills.”

*Head Start Impact Study, First Year Findings, June 2005,  
Administration for Children and Families, U.S. Department of Health and Human Services*

**We were able to respond** to the needs of the children and families in the Red Hook area (Dutchess County), by expanding our Head Start and Early Head Start Programs. This expansion was made possible as a result of the American Recovery and Reinvestment Act of 2009, better known as the “Stimulus Package.” The impact has been enormous on the children and families. For many of these families English is their second language. Our Head Start Program, located in the Mill Road Elementary School, served 18 preschool children and their families, has been fully enrolled since its opening.

One mother received her General Equivalency Degree (High School Diploma)

Two foster children were adopted

More than three parents were able to locate new jobs or acquire more hours

Three families took English as a Second Language classes

One child began talking and using English

One child began to talk instead of hit

One family received help with a financial problem

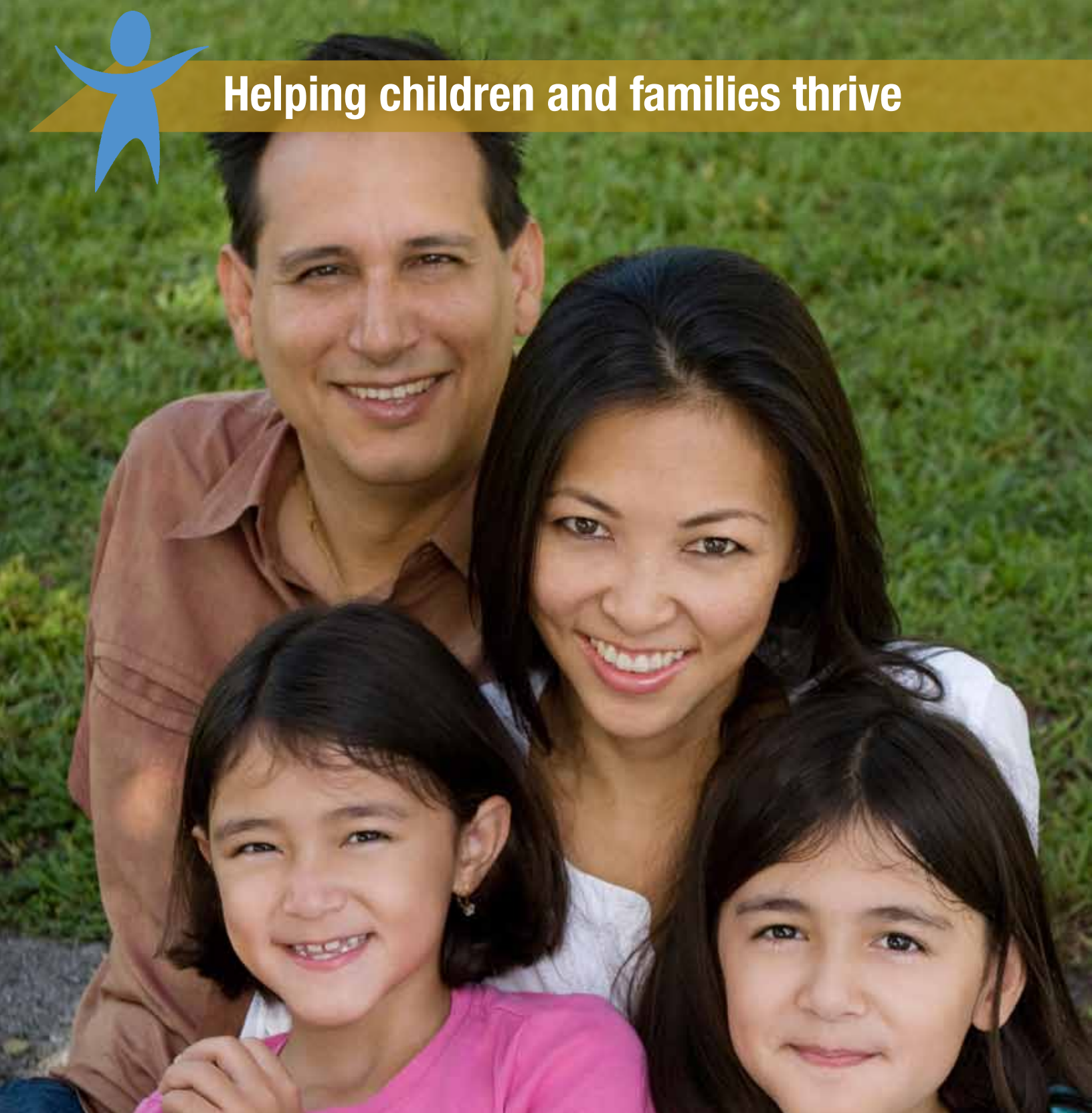
We are delighted to be able to provide these much-needed services to the children and families in the Red Hook community.







## Helping children and families thrive



We provide interventions that help kids manage their emotions and their behaviors. We provide educational curriculum that turns children's lives around and gets them on the path to a successful school experience.

We provide parents with the ability to dream again about their kids' future. And most importantly, we provide hope for the youngsters and their parents, many who are from low-income communities.



## Overcoming adversity through intensive counseling...



### **Beginning at the age of 15, Wendy**

has been receiving treatment in one of Astor's Outpatient Clinics. Wendy experienced a very traumatic childhood which included significant physical/sexual abuse and neglect from her step-father on a daily basis from the ages of 3 – 13. Her mother was never home and was abusing drugs and alcohol. Wendy was often left home alone and did not receive any emotional support from her immediate or extended family.

At the age of 13, Wendy began acting out and hanging out with the wrong crowd. Wendy has come to realize her behavior was an attempt to get attention and feel loved as she was not receiving any at home. Upon reflecting on this time in her life, Wendy said,

**“My mom knew I was spiraling downhill but she didn't care and didn't do anything to help me. I felt so alone.”**

Wendy was referred to Astor's Outpatient Counseling Centers in Dutchess County. Our counseling centers create a safe environment to help children like Wendy recover from their trauma. Wendy received intensive counseling for her to be healed.

Wendy cannot say enough about how much the counseling helped her to move on with her life. She said that her counselors really listened to her and helped her get better.

Wendy is now 18 years old and receives counseling twice month. As her clinician said, “Wendy is a wonderful girl who has been through a lot in her short life. She is settled with a foster family who has been wonderful and Wendy is doing great!”

While Wendy has had a very difficult start in life, with intensive counseling and services we provided, she has been able to move forward with her life. The support she receives along with her resilience and ability to overcome and thrive is what is truly important!

## Improved living quarters for our children!

### Agency-wide parent involvement.

We have always had parent involvement in our treatment of their children. In further affirmation of the value we place on parent involvement in every aspect of a child's care, we formed an Agency-wide Parent Council. This enhanced family input will assist in addressing our family's anxieties over transition issues as well as help improve access to our services.



### We broke ground to replace the current living quarters for the children in the Residential Treatment Facility (RTF) Program in Rhinebeck!

Our RTF is a 24-hour treatment facility for children who range in age from 5 - 12 at the time of admission and have a diagnosed severe emotional disturbance/mental illness. When there is evidence of a need for treatment beyond what could be provided in a less restrictive setting and the child's behavior is such that he/she can be cared for safely in open-treatment surroundings, Astor's RTF is most suitable.

We are delighted to have the opportunity to build new living quarters for the 20 children in our RTF Program. The current living space in our historic Rhinebeck location has been retrofitted over the past 50 years and were not fully meeting the needs of the children.

**Construction of the new building will allow us to further meet our commitment to provide the best quality service in the best possible environment.**



# Open Access

## Increased Access to our Services through “Open Access”

**Families are offered same day or next day appointments for intake** in our Bronx and Hudson Valley Community-Based Behavioral Health & Prevention clinics that provide outpatient counseling, psychiatric and case management service to children and adolescents (ages 2 – 21) and their families.

Open Access gives immediate access to services. New clients can walk into our clinics between the hours of 9:00 AM – 2:00 PM any day and be able to obtain an intake appointment and receive clinic services immediately. Families no longer have to wait between two – six weeks for an intake appointment – allowing us to provide services to clients in “real time.” Open Access has virtually eliminated the waiting and allows us to respond more rapidly to our clients while allowing our clinicians to spend more face-to-face time counseling.

The “Open Access” concept was developed in response to the upcoming reforms in the ways in which outpatient mental health care is provided and financed in New York. In addition to helping service providers meet the challenge of the shift in payment mechanisms these reforms create for programs, Open Access expands access to timely care and treatment. Research indicates this innovative practice will also enhance the

engagement level between clinician and clients by reducing no-show/cancellation rates.

As a result of Open Access, our Bronx clinics have eliminated the waiting lists. In 2010, the number of admissions was 165 and 122, respectively. As of June 30, 2011 the admissions were 236, a 143% increase and 257, a 211% increase, respectively. The admission rate in our Hudson Valley clinics has increased from 66% of intakes admitted in 2010 to 98% of intakes admitted in June 2011.

In response to our services, one parent said, “There is always someone there to help you,” and a student said, “I am behaving better in school because of the counseling help.”



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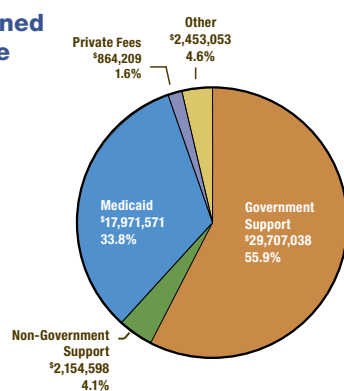
2010 - 2011  
(Unaudited)

# Financial Highlights

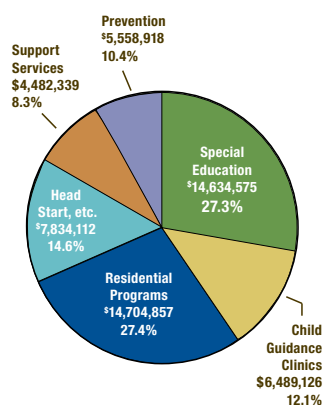


## Astor Services for Children & Families The Astor Learning Center The Astor Home for Children Foundation

**Combined Income**



**Combined Expenses**



### Combined Income 2010-2011

	\$ Amount	%
Government Support	\$29,707,038	55.9%
Non-Government Support	\$2,154,598	4.1%
Medicaid	\$17,971,571	33.8%
Private Fees	\$864,209	1.6%
Other	\$2,453,053	4.6%

**Total Income** **\$53,150,469** **100.0%**

### Combined Expenses 2010-2011

	\$ Amount	%
Residential Programs	\$14,704,857	27.4%
Child Guidance Clinics	\$6,489,126	12.1%
Special Education	\$14,634,575	27.3%
Head Start/Early Head Start/Day Care	\$7,834,112	14.6%
Prevention	\$5,558,918	10.4%
Support Services	\$4,482,339	8.3%

**Total Expenses** **\$ 53,703,927** **100.0%**

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