Adolescent Day Treatment Program

A program of Astor Services for Children & Families operated in conjunction with Dutchess County BOCES

Students are admitted without regard to race, creed, color or country of origin. All students admitted have emotional or behavioral challenges that seriously interfere with school, home and community adjustment. Typically, these challenges may include poor emotional self-regulation, limited frustration tolerance, inflexibility, aggressiveness, low self-esteem and depression, hyperactivity and distractibility, inability to relate positively to peers and adults, and delayed academic development.
Adolescent Day Treatment Program (ADT) – What is it?

Adolescent Day Treatment Program is an intensive, highly structured, school-based treatment program that serves young people (ages 12 – 21 years of age). The ADT is operated by Astor in collaboration with Dutchess BOCES. Astor maintains an operating certificate for the provision of mental health day treatment services through the NYS Office of Mental Health (OMH) and operates in accordance with OMH regulations for that level of care. Astor’s clinical staff is comprised of highly trained mental health professionals. The BOCES staff, which is made up of professional educators, work collaboratively as an interdisciplinary team to meet the psycho-emotional, behavioral and academic needs of the students. The structured, therapeutic and supportive environment emphasizes safety, healthy living and student productivity.

ADT Offers: Diagnostic Assessments; Treatment Planning, Individual, Group and Family Therapies; Psychiatric Evaluations; Medication Therapy; Case Management; Health Screenings; Special Education Services; Vocational Training; and Transition Planning.

Our Students
- Students classified as emotionally handicapped by Committees on Special Education (CSE) who require a more restrictive and therapeutic level of care.
- Referred students must have a diagnosable mental health disorder and be deemed, through a clinical assessment, to require day treatment level services.

Program Components
- The ADT Program is located at two Dutchess BOCES sites, BOCES provides the academic and crisis intervention components.
- Local school district provides transportation
- ADT is a full school day program
- Class placement is based on the student’s Individualized Educational Plan (IEP)
- Middle School: All self-contained classrooms
- High School: Either self-contained classrooms or students are integrated into the Dutchess BOCES alternative education Classes.
- Half-day vocational/technical training programs may be available at the Dutchess BOCES Career and Technical Institute
- Mental health services provided during the school day
- Family therapy sessions are available before, during or after school hours
- Emergency coverage available 24 hours, seven days per week in collaboration with the Dutchess County Department of Mental Hygiene's helpline.

Mental Health Services (cont.)
- Developing healthy coping skills
- Improving social skills

Psychiatric Services

A psychiatrist is available five days per week to provide the following services: Consultation; Evaluation; Prescribe medication; and Parent Conferences.

Educational Services

BOCES provides the academic program based on the individualized needs of each student. Classes are:
- Grouped by the student’s academic, emotional and behavioral management needs.
- Self-contained. 1-8-1 class size (one teacher and one aid to eight students).
- Integrated. Students may be integrated in other alternative education classes.
- Mastery-based class instruction; students progress at an individualized pace.
- Flexible. Vocational programs available to secondary-level students who qualify.

Nursing Services

Dutchess BOCES provides a school nurse to monitor health concerns. Educational law prohibits the school nurse from administering medication unless under written direction of an attending physician. If medication needs to be taken during school hours, the parent must bring the medication to the school nurse, along with written instructions from the physician.

Crisis Intervention

Dutchess BOCES crisis intervention workers monitor the classes and hallways to assure safety and conduct interventions and mediations as needed. Strategies may include: Crisis counseling; Conflict resolution techniques; Verbal de-escalation; Removal from the classroom to an alternative learning room; Use of quiet/time-out rooms; Physical intervention (Utilized by certified Dutchess BOCES staff trained in the Cornell Therapeutic Intervention techniques in compliance with NYS education laws).

Summer Programming

Dutchess BOCES offers a limited summer session program. Astor clinical staff maintains active contact; Therapy appointments can be scheduled routinely; Home visits may be conducted and phone contacts are maintained; appointments with the psychiatrist scheduled as needed; and clinical staff also offers a activity-oriented group program.