

## Location

Hudson Valley Community-Based Behavioral Health and Prevention Services  
46 Lincoln Avenue  
Poughkeepsie, NY 12603  
845-486-9743



**Sponsored By: Catholic Charities of the Archdiocese of New York**



**Accredited By: The Joint Commission**

**Programs Certified By: NY State Office of Children & Family Services, NY State Office of Mental Health and the NY State Education Department.**



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

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

Associate Executive Director:  
Konstantinos (Gus) Tsoubris, Ph.D.  
Administration  
13 Mt. Carmel Place  
Poughkeepsie, NY 12601-1714  
Tel: (845) 452-5965  
Fax: (845) 452-6235

## Important Contacts

|  |                              |
|--|------------------------------|
| Astor Clinic                                   | 845.471.6004                 |
| Astor Offices                                  | 845.486.9743                 |
| Community Action Agency                        | 845.452.5104                 |
| Council on Addiction Prevention & Education    | 845.471.0194                 |
| Dept. of Social Services Dutchess County       | 845.486.3000<br>845.485.9700 |
| HELPLINE                                       | 800.485.9700                 |
| Dutchess County Youth Bureau                   | 845.486.3660                 |
| Families Together in NY State                  | 888.326.8644                 |
| Family Counseling                              | 845.452.1110                 |
| Mental Health America of Dutchess County       | 845.473.2500                 |
| National Alliance for the Mentally Ill         | 800.950.NAMI                 |
| Office of Mental Health Parent Advisor         | 845.454.8229                 |
| Person in Need of Supervision (PINS Diversion) | 845.486.2878                 |
| The United Way                                 | 211                          |

## Frequently Asked Questions

- Q:** How much time per week can my family expect to dedicate to Waiver Program services?
- A:** The Waiver Program will use up to four days per week assuming your family uses ICC/IIH, RC, SB and FS services weekly. The amount of hours per service is as follows, depending on your child's specific service plan goals:
- ICC:** 15-30 minute visit (4 out of 6 visits with child)
- IIH:** 1 hour visit                      **RC:** 3 hour visit
- SB:** 1.5 hour visit                      **FS:** 1.5 hour visit
- Q:** Do I have to come to the worker's office or leave my house for any services?
- A:** All of our above mentioned services are brought to you and do not require you or your child to leave the home. We do however promote community social activities and host a number of Astor funded social events in the community.



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



## The Waiver Program



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





***“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 and Astor’s Board of Directors Co-Chair.

## **The Waiver Program**

Welcome to the Waiver Program, one of Astor’s Community Based Services Behavioral Health and Prevention Programs. The Waiver Program is rather intensive and has been designed with you and your family in mind. Inside this pamphlet you will find the following: a description of each of our services, answers to FAQ’s, a list of community resources as well as some important contact information that will be useful during and after your time with us. At Astor, we aim to provide individualized care to each of our families that will be of assistance in the home and in our community.



## **Description of Services**

Crisis Response Service Workers- Crisis Response Service Workers perform interventions designed to stabilize children and families when they are in crisis. This includes assessment, consultation and immediate interventions wherever and whenever necessary on a 24 hour/7 day a week basis. These workers provide immediate, short-term interventions until linkages are made with other appropriate services.

Family Support Services- Family Support (FS) Workers provide activities designed to enhance the child and family’s ability to function as a family. Activities may include parent education and advocacy, linkage with support groups and the provision of opportunities for child/family interaction and community involvement.

ICC (Independent Care Coordinator)- ICCs assist the child and family in identifying their strengths and needs while coordinating care through a network of providers in the county’s system of care. The ICC monitors delivery of services and supports through the initial development and periodic review of the service plans and budget. recreational activities, transportation, and general supervision and may be performed in the child’s home or in the community.

IIH (Intensive In-Home Services Workers)- IIH workers provide on-going activities in the home designed to avoid crisis situations. Interventions are based on limited goals and may include psycho-education, crisis de-escalation strategies, parent-child relationship building and the improvement of parenting skills.

Skill Builders- Skill Builders (SB) design and provide activities that assist the child and/or family in acquiring, developing, and accessing functional skills needed to live successfully in the community. This may include areas such as budgeting, completing tasks, socializing, and activities of daily living.

Respite Care Workers- RespiteCare (RC) Workers provide aid, on an emergency or planned basis, which temporarily relieves the family of the care taking role. Respite activities may include engaging children in recreational activities, transportation, and general supervision and may be performed in the child’s home or in the community.

## **Community Resources**

*Please speak with your ICC if interested in any of these services.*

EMERGE (MHA)- parent support group.

Healthy Habits Group (Astor)- Opportunity for children and parents to learn about improving their eating and exercise routines.

Hope for Families (MHA)- parent support group.

Loss Group (Astor)- for children grieving the loss of a significant other.

Parent Advisory Board (Astor)- Forum for parents of Astor clients to discuss mental health programming needs.

Project Return- community service centered after school program, transportation and compensation provided.

RCAL (Educational Advocacy Group)- Resource Center for Accessible Living, run by and for people with any type of disability

River Haven Crisis & Shelter Center- a voluntary program designed to address the emergency needs of runaway and homeless youth, ages 10-17.

Sibling Support (MHA)- support group for brothers and sisters.

Youth Advisory Board (Astor)- Group for youths ages 14-21 to get together with peers and talk about mental health programming needs.

