

## Contact Us

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

Astor Services for Children & Families  
13 Mt. Carmel Place  
Poughkeepsie, NY 12601  
Tel: 845-452-6077 Ext. 111  
Fax: 845-452-6235

Konstantinos (Gus) Tsoubris, Ph.D.  
Associate Executive Director  
13 Mt. Carmel Place  
Poughkeepsie, NY 12601-1714  
Tel: (845) 452-6293  
Fax: (845) 452-6235



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



**Accredited By: The Joint Commission**



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

**Executive Director/CEO**

James McGuirk, Ph.D.  
Astor Services for Children & Families  
6339 Mill Street, P.O. Box 5005  
Rhinebeck, NY 12572  
Tel: (845) 871-1000  
Fax: (845) 876-2020  
Website: [www.astorservices.org](http://www.astorservices.org)

*Note: Artwork by children in Astor's programs*

Return Service Requested

**Astor Services for  
Children & Families**  
13 Mt. Carmel Place  
Poughkeepsie NY, 12601



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

## Early Recognition Screening 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.

#### *A Tradition of Excellence...*

Since 1953, Astor Services for Children & Families promotes the well-being of children, adolescents and their families through a range of programs that prevent and treat emotional problems and facilitate healthy development. Now serving over 6,000 children and families annually, Astor's current range of services in the Mid-Hudson Valley and the Bronx include: Residential Treatment, Therapeutic Foster Family Care, Early Childhood Programs and Community-Based Behavioral Health and Prevention Services.

**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.



## WHAT IS EARLY RECOGNITION SCREENING?

The Early Recognition Screening Program is a confidential, early-recognition and intervention program funded by the New York State Office of Mental Health.

Astor's Early Recognition Screening Program offers:

- **Screening:** Screening takes place in schools, health centers and other community locations to reach children early who may have emotional needs.
- **Assessments:** To identify needs and strengths of both child and family. Assessments are comprehensive and are conducted on an as-needed basis.
- **Open Access Clinics:** Immediate access to services are available to all new clients. A client will be able to access care by "showing up" at the counseling center between the hours of 9 AM and 2 PM and will receive the next available appointment.

## Early Childhood – Why Screen Early?

Social and emotional development affects every aspect of a young child's life and sets the stage for a strong foundation for later development. Early childhood mental health is important for the social, emotional and behavioral well-being of children ages birth through five. They can experience and express a wide range of emotion, from close, secure relationships with family and caregivers to exploring their environment and learning.

*The Early Recognition Screening Program partners with families and communities to facilitate the early recognition of emotional issues to provide for subsequent intervention with the child, family and caregivers.*

## The Early Recognition Screening Program works with Schools!

The pressure is on for schools to meet student performance targets. We know solid student performance is associated with children who come to school regularly, are on task, and ready to learn. Emotional health issues can affect how well children do in school, how they relate to family members, and their ability to make friends.

*The Early Recognition Screening Program partners with schools and families to screen children for early signs of emotional issues. While some children may be identified by their families, friends and teachers as needing help, many are still growing up with untreated emotional needs.*

## Children and Teens: How Early Recognition Can Help

Your child's emotional health can affect how well they do in school, their ability to "get along" with friends and family, and their ability to bounce back when faced with life's setbacks. Checking on your child's emotional health is important, just as important as having their vision and hearing tested or their yearly physical exam with your family doctor.

The Early Recognition Screening Program will strengthen a teen's ability to develop a healthy sense of self, respond positively to challenges, gain a sense of purpose, and steer a healthy course for the future.

*Today teens are confronted with more choices than ever before. Some of these choices can have life-long consequences, some positive and some negative.*

## Research Findings

Research tells us that if we can identify and intervene early, we are more likely to keep issues from affecting emotional, intellectual, or physical development, provide relief from symptoms earlier rather than later and possibly prevent long-term problems and improve school performance and personal relationships with family and friends.

## Astor Counseling Center Locations

### Beacon Counseling Center\*

M,W,F 9:00 am – 5:00 pm  
T,Th 9:00 am - 9:00 pm

### Poughkeepsie Counseling Center\*

M,W,F 9:00 am - 5:00 pm  
T,Th 9:00 am - 8:30 pm

### Red Hook Counseling Center\*

M,Th,F 9:00 am – 5:00 pm  
T,W 9:00 am – 8:00 pm

### Dover Satellite

6423 Route 55, Wingdale  
(845) 350-3010  
Mon – 9 am to 5 pm  
Tues- 9 am to 8 pm  
Wed- 9 am to 8 pm

*\*First time clients who would like to be seen at the centers can walk-in between the hours of 9am and 2pm.*