

## Contact Us

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

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

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

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# ASTOR

SERVICES FOR CHILDREN & FAMILIES

## Hudson Valley Community-Based Behavioral Health and Prevention Services

***"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.

### About our Services...

When a child experiences emotional or behavioral difficulties at home, in school or in the community, a parent may look to Astor for support and assistance. A child's emotional disturbances, ranging from disruptive to violent, create distress for all family members. Through a variety of specialty programs, our staff helps children, parents, siblings, and extended family to cope, and when necessary to address serious issues of sexual and physical abuse, neglect, domestic violence and substance abuse. Many of the children we assist are at-risk of being removed from their homes. Astor develops individualized prevention, education, and support to families through our clinics, in their homes, and in school settings.



## Counseling Services

Astor's outpatient counseling centers and school-based clinics offer services during the day, as well as after school and in the evening. Family participation in both treatment planning and the treatment process is important. Astor works with the family and focuses on each family's strengths in order to develop and implement an individualized treatment plan designed to keep children in their home and in the community. Adolescents 16-21 are further supported through our centers with vocational counseling that gives them assistance and encouragement to transition into the workforce. Pathways to Healthy Living is an assessment and treatment program for youth sex offenders referred to us through the community, mental health providers or court system. Each child receives a comprehensive assessment to determine their needs. New clients are welcome to "walk-in" to the Counseling Centers during the hours of 9:00 AM – 2:00 PM.

## Adolescent Partial Hospitalization Program (PHP)

Licensed by the NYS Office of Mental Health, this offers an intensive treatment program designed to keep adolescents in the community and prevent inpatient hospitalization. In addition to intensive group, individual and family therapy, the program provides an educational component to enable the youth to keep up with school work.

## Day Treatment and School-Based

A child or adolescent who has frequent and uncontrollable emotional outbursts, cannot cooperate with others, or withdraws socially may find it difficult or impossible to attend regular schools. Astor Day Treatment combines a program of clinic treatment with education services that follow a curriculum approved by the New York State Education Department for these children. Day Treatment gives children the chance to thrive in a traditional school environment with the intensive support they need to overcome behavioral challenges. When children and adolescents graduate from day treatment, they can re-enter public school and transition to their appropriate school placement.

To support area schools, Astor may provide a school district with social workers or offer mental health services through a satellite clinic located in a local school.

## Early Recognition Screening

The Early Recognition Screening Program is a free and confidential early-recognition and intervention program funded by the New York State Office of Mental Health. Screening takes place in schools, health centers, and other community locations to reach children early who may have emotional needs. Emotional health issues can affect how well children do in school, how they relate to family members, their ability to make friends, and possibly prevent long-term problems.

## Home-Based Support and Prevention Services

When children and families need more intensive and frequent attention and encouragement, Astor designs an individualized plan for in-home support and prevention that might include skill building, on-call assistance and respite. In the most critical situations when children are at risk of psychiatric hospitalization, removal to foster care, or in crisis, Astor provides intensive support to the family through Home-Based Intervention, Family Preservation, and on-call Mobile Crisis Services, and Adolescent Partial Hospitalization.

## ECCSI and SPOA

Through the Enhanced Coordinated Children's Service Initiative (ECCSI), Astor and other community agencies in Dutchess County collaborate to create a comprehensive system for youngsters who suffer from emotional or behavioral difficulties. The goal, as always, is to keep the children in their homes and with their families. Astor provides a full-time ECCSI Coordinator and a part-time parent advocate for the project. Single Point of Access (SPOA) is a collaborative venture with the Dutchess County Office of Mental Health that helps to identify children and families with the highest risk of placement in out-of-home settings and assists the family to develop appropriate supports to keep their children safe at home.

## Family Court Evaluation Services

Astor's Family Court Evaluation Service provides professional evaluation and consultation to the Dutchess County Family Court regarding family matters coming before them such as child custody issues, juvenile justice decisions, and child/adolescent placements.