

## Contact Us

For more information about ADT, or Astor's other Hudson Valley Community-Based Behavioral Health and Prevention Programs, contact:

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...Because every child  
deserves a childhood.

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Note: Artwork by children in Astor's programs

## Admission and Tuition Process

### Admission:

- Referral is submitted by the local CSE to request student placement in Dutchess BOCES ADT Program
- Completion of Dutchess BOCES referral packet and supporting documentation: *official school transcript; most recent report card, current IEP; most recent triennial evaluation (including a copy of any psychiatric evaluation if one has been obtained); student attendance reports and disciplinary files; health and immunization records; standardized test scores; signed consent from Dutchess BOCES to be able to receive and release information.*
- After Dutchess BOCES and Astor administrative staff reviews the packet, the parent/guardian is contacted to set up an ADT program intake. Attendance at the intake appointment must include the legal parent/guardian and the student. The intake typically consists of a psychosocial assessment with an Astor clinician, an academic review with Dutchess BOCES guidance or educational staff, a health status review with the school nurse, and a meeting with a program administrator. The Family should be prepared to spend up to three hours to complete the process.
- Admission Review Committee convenes to review the intake information and make a determination of the appropriateness of the ADT placement
- Dutchess BOCES notifies the local school district and the parent/guardian
- IF ADT placement is determined appropriate and the CSE and parent agree to the placement, a start date is established.
- Local school district arranges transportation for the student

### Tuition:

- Dutchess BOCES charges the local school district a per student tuition rate for the regular school year, determined by the restrictiveness of the class size. More specific information is available on the Dutchess BOCES website at [www.dcboces.org](http://www.dcboces.org).
- Dutchess BOCES Contracts with Astor to provide the mental health treatment services

*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.*



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

## Adolescent Day Treatment Program

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



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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

### *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.



### 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

A primary therapist will work with the student and family to develop treatment goals and objectives. Treatment services may include individual, group and family therapy, as well as any medication treatment. Students are seen for at least one individual therapy session weekly with other supportive counseling contacts throughout the week. Major areas of focus include:

### 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 an activity-oriented group program](#).