

## Contact Us

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

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

## Executive Director/CEO

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

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## Therapeutic Foster Boarding Home Program



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

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**"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...

Astor Services for Children & Families since 1953, 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 to families 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 Therapeutic Foster Care (TFBH)?

- TFBH combines the best of traditional foster care with a progressive model that creates a supportive therapeutic environment for the child.

#### A Proven Treatment Model

- TFBH provides many of the same services available at a residential setting without the same amount restrictions.

#### Specialized Support Services

- All staff are trained and/or licensed professionals

*Staff includes:* Caseworker; Social Worker; Psychiatrist/Psychiatric Nurse; Professionally-Trained Resource Parents

#### Comprehensive Clinical Services

- All services are coordinated through the TFBH Treatment Team in collaboration with the children, Department of Social Services (DSS) caseworkers and resource parents.

#### Strength-Based Approach

- In addition, we are part of a larger agency that can provide a greater number of services to assist in transition back home when the child and their family are ready.

### Who are the Children in Therapeutic Foster Care Programs?

- We serve children between 4 and 21 years of age.
- The child must be in the custody of a county DSS agency.
- The child needs to be considered emotionally disturbed.
- The child must be able to function in public school; this may include BOCES, Adolescent Day Treatment, etc.
- The child must not need 24-hour supervision.
- We accept referrals from any Department of Social Services.
- An ideal step-down program for a child in residential care.

### A Leader in Applying Evidence-Based Practices

Our program model is a progressive therapeutic foster care program.

- Research indicates therapeutic foster care can reduce youth violence by 70%.
- The financial savings to the community can be as much as \$14 in court and corrections systems costs for each \$1 spent in therapeutic foster care.\*
- In addition, the number of crimes committed by youth and incarceration rates dropped by 57% when compared to youth in standard residential care.\*

#### Program Services Include:

- Individual Case Management
- Individual & Family Therapy
- 24-hour Crisis Intervention
- Psychiatric Evaluation & Treatment
- Behavior Modification
- Recreation
- Regular Home Visits

*\*CDC Media Relations, July 2004*

### Strengths of the TFBH Program

- The youth in TFBH are placed in our homes to avoid placement in a more restrictive environment.
- The TFBH Program staff works to identify, create and build on strengths to allow for success for both family and youth.
- We strive to provide the most effective therapeutic environment possible for the youth, and emphasize the importance of including any family in our treatment model.
- It is essential in our experience to create a nurturing and safe home setting that encourages the child's growth and development.
- We attempt to meet the needs of each individual child, and adapt our treatment accordingly.
- We recognize the resiliency within children and work very hard to build on these inherent strengths as well as to help the youth learn and mature.
- Treatment works to create permanency for the youth, i.e. adoption or independent living resources.