



...Because every child deserves a childhood

Central Administration
6339 Mill Street
P. O. Box 5005
Rhinebeck, NY 12572-5005
Tel: (845) 871-1000
Fax: (845) 876-2020
Email: astor@astorservices.org
Website: www.astorservices.org

Astor Plans Free Family Fun Day *Saturday event part of nationwide 'anti-stigma' campaign*

For more information contact:

Sonia Barnes-Moorhead
(845) 871-1117, smoorhead@astorservices.org

FOR IMMEDIATE RELEASE

POUGHKEEPSIE – Astor Services for Children & Families will host a free “Family Fun Day” Saturday in the City of Poughkeepsie, featuring interactive games and live entertainment.

The event, which will be held at the Mid-Hudson Civic Center from 11 AM to 5 PM, is part of a nationwide mental health anti-stigma campaign. Local agencies that provide mental health and other services to children and families will provide information. In addition, Astor will offer free screenings for children.

“We’re hosting this event to provide educational and recreational opportunities for families so they can get to know what kinds of services are available in Dutchess County,” said Trish Luchnick, Astor’s Director of Family Driven Care. “Because of the stigma involved, families often have difficulty reaching out for help when they are confronting behavioral issues.”

Entertainers include the Big Joe Fitz Band, M*Power Dance Troupe, Rat Boy Jr., and illusionist Ryan Ducher, who will perform at 4 PM.

Representatives of the following agencies will offer free information about their services: Dutchess County Office of Mental Hygiene, Lexington Center for Recovery, the American Foundation for Suicide Prevention, Care Net Pregnancy Center, Cornell Cooperative Extension’s Nutrition and Advocacy Programs, Wellcare Health Plan, Catholic Charities, the Center for the Prevention of Child Abuse, Arlington Library, Nubian Directions, Vassar Brothers Medical Center Nutrition Department, Dutchess County Healthy Families, and Astor.

According to the Substance Abuse and Mental Health Services Administration, there are an estimated 21.4 million adults in the United States with serious psychological distress. The President’s New Freedom Commission on Mental Health identified stigma as one of the most pervasive barriers “to understanding the gravity of mental illness and the importance of mental health.”

For more information about Saturday’s event, contact Astor spokesperson Sonia Barnes Moorhead at 845-871-1117, or visit the agency’s website at www.astorservices.org.

About Astor

Since 1953, Astor Services for Children & Families (formerly The Astor Home for Children) has been providing behavioral and educational services in a caring environment where children and their families find strength, healing, hope and trust. Now serving more than 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.

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