



...Because every child deserves a childhood

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Astor's Free Family Fun Day – A Success! *The event was part of nationwide 'anti-stigma' campaign*

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FOR IMMEDIATE RELEASE

POUGHKEEPSIE – Astor Services for Children & Families hosted a free “Family Fun Day” Saturday at the Mid-Hudson Civic Center, where there were interactive games, a host of vendors and live entertainment.

The event, which was held from 11:00 AM to 5:00 PM, was a part of a nationwide mental health anti-stigma campaign. Astor offered free screenings for children and local agencies provided information on mental health and other services to children and families.

Representatives from the following organizations attended Astor's Family Fun Day, and continually offer to the public 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.

“We hosted 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 included the Big Joe Fitz Band, M*Power Dance Troupe, Rat Boy Jr., and illusionist Ryan Ducher. They performed to an enthusiastic group of over 230 children and adults. Each person attending was automatically entered into a raffle, where more than 20 prizes were donated. Prizes ranged from lunch at local restaurants to performances at local theatres.

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.”

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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