The Astor Home for Children
2006 - 2007 Annual Report

...Because Every Child Deserves a Childhood
We are delighted to share our fiscal year 2006 – 2007 Annual Report with you, which illustrate the strides we made toward meeting our vision to be a “world class organization” by achieving excellence and providing services that create hope and develop strengths in children and families.

The work of Astor as well as the environment, in which we operate, is continuously evolving and at Astor, we are constantly exploring and developing new initiatives that meet the needs of the children and families we serve. We are committed to providing comprehensive, high-quality service delivery, to children and families. We believe that “…every child deserves a childhood” and each of our programs is dedicated to ensuring that this becomes a reality for the children we serve.

This fiscal year, through our Residential, Dutchess and Bronx Community-Based Behavioral Health, and Early Childhood Programs, we served thousands of children and their families at over 25 locations throughout the Hudson Valley and the Bronx, NY. These programs as well as our leadership role within the communities we serve experienced significant successes toward meeting our vision. As you read through this report, you will read stories of hope – of children and families whose lives have been impacted by our services.

The challenges many of our children and families encounter are numerous and continue to need a system of services to meet their needs. We are thankful for all the support we receive from friends like you, as we meet these needs. We look forward to your continued support as we work together to provide children with the childhood all children deserve!

James McGuirk, Ph.D.
Executive Director/CEO

Stephen Kelly
Chair, Board
Our Mission
The Astor Home for Children promotes the emotional well being of children, youth and families through leadership in the development and provision of preventative and treatment oriented behavioral health services and early childhood education.

Our Vision
The Astor Home for Children strives to be a world class organization by achieving excellence in the delivery of all our services in order to create hope and develop strengths in children and families.

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Our Programs

Astor Early Childhood Programs

<table>
<thead>
<tr>
<th>Early Childhood Programs – Dutchess County</th>
<th>Total Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Start</td>
<td>433</td>
</tr>
<tr>
<td>Early Head Start</td>
<td>139</td>
</tr>
<tr>
<td>Day Care</td>
<td>25</td>
</tr>
<tr>
<td>1-8-2/Therapeutic Preschool/Special Class</td>
<td>56</td>
</tr>
<tr>
<td>Integrated Setting</td>
<td></td>
</tr>
<tr>
<td>Post Partum Depression</td>
<td>50</td>
</tr>
<tr>
<td>Early Childhood Coordinated Initiative</td>
<td>15</td>
</tr>
<tr>
<td><strong>Total Early Childhood Programs – Dutchess County</strong></td>
<td><strong>718</strong></td>
</tr>
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</table>

Residential Treatment Programs

<table>
<thead>
<tr>
<th>Residential Treatment Programs</th>
<th>Total Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential Treatment Facility/HTP</td>
<td>25</td>
</tr>
<tr>
<td>Residential Treatment Center</td>
<td>49</td>
</tr>
<tr>
<td>The Astor Learning Center</td>
<td>109</td>
</tr>
<tr>
<td>Family Based Treatment Program</td>
<td>12</td>
</tr>
<tr>
<td>Therapeutic Foster Boarding Home Program</td>
<td>44</td>
</tr>
<tr>
<td>Hard to Place</td>
<td>35</td>
</tr>
<tr>
<td>Non-Secure Detention</td>
<td>396</td>
</tr>
<tr>
<td><strong>Total Residential &amp; Astor Learning Center</strong></td>
<td><strong>670</strong></td>
</tr>
</tbody>
</table>

Our Early Childhood Programs are committed to ensuring that children get a good start in life by offering high quality, family-focused programs so that children will be successful in school and be emotionally and physically healthy. For over 30 years, we have operated all of the Head Start Programs in Dutchess County, a federally funded program for children from low-income families. It is a preschool developmental program of early childhood education and supplemental services including health (physical, dental, mental), nutrition, and social services, with extensive parental involvement and participation. Children with disabilities are served within a fully integrated setting with non-disabled children.

Our Residential Treatment Programs located in Rhinebeck, NY have helped children (ages 5 – 13) needing intensive mental health services and special education since 1953. Many of the children admitted to our programs have experienced hospitalizations prior to coming to Astor, and struggle with severe emotional and psychological problems. The children attend daily classes of 6 – 8 students at The Astor Learning Center, our award-winning school (U.S. Department of Education’s “National Blue Ribbon School for Excellence” in 1987-88, 1993-04 and 2000-01). We also provide opportunities in alternative family placements for children through our Therapeutic Foster Care and Family-Based Treatment Programs.

Our non-secure detention group care facilities (Dutchess and Orange counties) provide a safe, supportive environment to young persons admitted for short-term care while the Family Courts and the local Departments of Social Services (NSD) consider case disposition, including placement in longer-term residential care when indicated.
Our Community Based Behavioral Health Programs in the Bronx have provided services to seriously emotionally disturbed children and adolescents, and support families in their efforts to develop and strengthen the skills needed to keep their children at home since 1974. Our high quality, family-focused services include children’s outpatient clinics, day treatment, a therapeutic nursery (The Lawrence F. Hickey Center for Child Development), family support, preventative services and school-based initiatives.

Our Community Based Behavioral Health Programs in Dutchess County provide individualized prevention, education and support to families through clinics, in-home and in-school settings. Through a variety of high quality, specialized programs, our staff helps children experiencing emotional or behavior difficulties, as well as parents, siblings and extended family members.

### Community Based Behavioral Health Programs (Bronx, NY)

<table>
<thead>
<tr>
<th>Program</th>
<th>Total Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lawrence F. Hickey Center</td>
<td>79</td>
</tr>
<tr>
<td>Prevention Programs</td>
<td>105</td>
</tr>
<tr>
<td>Outpatient Clinics</td>
<td>335</td>
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<tr>
<td>Day Treatment</td>
<td>332</td>
</tr>
<tr>
<td>Astor at Highbridge</td>
<td>125</td>
</tr>
<tr>
<td><strong>Total Community-Based Behavioral &amp; Prevention – Bronx</strong></td>
<td><strong>976</strong></td>
</tr>
</tbody>
</table>

### Community Based Behavioral Health Programs (Dutchess County)

<table>
<thead>
<tr>
<th>Program</th>
<th>Total Served</th>
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</thead>
<tbody>
<tr>
<td>Counseling Programs</td>
<td>1594</td>
</tr>
<tr>
<td>Case Management Programs</td>
<td>265</td>
</tr>
<tr>
<td>School-Age Day Treatment</td>
<td>70</td>
</tr>
<tr>
<td>Adolescent Day Treatment</td>
<td>254</td>
</tr>
<tr>
<td>Mental Health/Juvenile Justice</td>
<td>116</td>
</tr>
<tr>
<td><strong>Total Community-Based Behavioral &amp; Prevention – Dutchess County</strong></td>
<td><strong>2299</strong></td>
</tr>
</tbody>
</table>
Meeting Our Vision in 2006 - 07

“In 2006 – 2007, the Bronx Programs focused on improving services to clients through the implementation of evidence-based practices.”

Joan DiBlasi, Ph.D.
Assistant Executive Director
Community Based Behavioral Services (Bronx)

“Astor Early Childhood Training and Research Institute (AECT&RI)

• Developed assessment tools, curriculum and a training program to enhance computer/learning opportunities for young children utilizing IBM’s Young Explorer equipment as a result of cash and technology support from IBM.

• Entered into a contract with The Millbrook Early Childhood Education Center where Astor gave its expertise to the Center’s development.

• Engaged with 2000 Nobel Laureate Dr. James Heckman and other members at the Harris School of Public Policy at the University of Chicago.

• Astor’s Early Childhood Programs Entered into a contract with The United Way of Dutchess County to provide services and information to new mothers in Vassar Brothers Medical Center through the Born Learning campaign.

• Provided training expertise and support to Dutchess County Department of Mental Health, further strengthening our existing relationship.

• Our Residential Programs were selected by the NYS Office of Children and Family Services as one of five agencies to participate in the Andrus Sanctuary Leadership Development Institute. Sanctuary aims to promote the development of a therapeutic environment that is more trauma sensitive and responsive to clients while maximizing strengths and reducing stress to staff.

• The New York State Office of Mental Health certified seven of our Dutchess County Clinics and Satellites as Child and Family Clinic Plus Counseling Centers.

• Astor’s Highbridge Clinic in the Bronx was also designated a Child and Family Clinic Plus provider by the New York State Office of Mental Health, after a citywide open competitive bidding process.

• Our Dutchess County Clinics became a member of Dutchess County’s Trauma Team and joined a 9 member citizen advisory board to the Dutchess County Legislature.

• Our Bronx mental health programs engaged in advanced level training in the area of evidence-based practice through trauma focused cognitive behavioral therapy.

Implementing FADIE (focus, analyze, develop, implement and evaluate). Continuous quality improvement is a central tenet of service excellence.

• Dental screening by licensed dentists provided to children in our Early Head Start program in Beacon increased from 32% to 93%.

• Collaboration between the leadership of Astor’s Bronx and Dutchess Day Treatment Programs helped to identify variables that may impact psychiatric hospitalizations.

“The Child and Family Clinic Plus program has made progress in reaching out to the community and partnering with several local agencies to increase the number of children being assessed.”

Konstantinos Tsourbris, Ph.D.
Assistant Executive Director
Community Based Behavioral Services

“The Millbrook Project of the Astor Early Childhood Training and Research Institute has provided Astor with a once in a lifetime opportunity to be involved in an exciting, cutting edge research project, focusing on the best practices in early childhood education.”

Mary Sontheimer
Assistant Executive Director
Dutchess Early Childhood Programs
A story of hope... Sheila* a young mother suffering from the “baby blues” was able to overcome her depression with encouragement from Astor’s Maternal Mental Health Pilot Project’s home visitors. Sheila explored infant massage training as a way to increase the bond between her and her son and pursued opportunities to meet other mothers through exercise groups or via an online support group for Hudson Valley mothers. Sheila recently returned to work and her depression medication has been greatly reduced. Both mother and son are thriving!

How do you spell safety? L I N A... In October 2006 we partnered with the Good Dog Foundation, a network of certified therapy dogs and their handlers dedicated to “helping humans heal” through their work. A golden Labrador Retriever named Lina, along with her owner/handler came to the rescue. When Lina came to visit, the children were told they could pet her and say anything they would like to her because she couldn’t repeat it and that Lina can be trusted. The response from the children was immediate!

Calming Breath: A story of hope from the Bronx
Infinite Totality is a model designed for our Teen Enhancement Program, which consists of a group of young women who meet at our Tilden Street location each Monday to learn about the “infinite possibilities that are yours in being a strong young woman”. A 14-year old member of the group was referred by her guidance counselor because of the abuse and then “acting out in school” that she experienced and was exhibiting. The program assists kids struggling with aggression by giving them skills to manage their stress and anger, including Calming Breath. This is a calming of the inner feelings within yourself. Within weeks, the angry young woman who was acting out in school earned the position of group leader. She told the counselor that she learned to “just turn and walk away” when somebody provokes her.

...and Develop Strengths in Children and Families.

Astor’s commitment to strength-based, collaborative care for clients has long included the annual solicitation of comprehensive feedback about services from the children and families.

- 174 children in our residential, foster care, and school-aged day treatment programs surveyed reported a high degree of overall satisfaction with services they receive. A common theme in children’s responses across programs was their belief that they are cared for by the broad range of staff who provide their care, using words such as “respectful,” “empathetic,” and willing to help when they are in need.
- Over 1,000 caregivers of children in treatment across the agency were surveyed. Astor received high satisfaction ratings on how helpful our services were to children. Caregivers overwhelmingly identified the quality of treatment and the new skills learned by their children as the best things about Astor.

*Name changed to protect confidentiality

“Kids who would never talk about their trauma told Lina things they’ve never told anyone. Kids are actually asking to talk about their ‘bad stuff’ now,” says Dr. Hagan. “Lina keeps me calm in the room. She’s a reminder to allow the children to do what they need to do, and a reminder of the value of nontraditional resources that we didn’t learn about in school, but helps us get the kids to a place where they can begin to heal.”

John Kelly, Assistant Executive Director
Astor Residential Programs

“The Sanctuary Model® challenges organizations to engage in a deep re-examination of the ways in which clients, staff and administrators interact with one another, with the goal of changing the program/culture toward being more therapeutic for trauma-affected clients.”

John Kelly, Assistant Executive Director
Astor Residential Programs
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Ms. Chrystia M. Slywotzky

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The Staff at Astor
Ms. Chrystia M. Slywotzky
Financial Highlights 2006 - 2007*

Astor Home for Children / Astor Learning Center / Astor Home for Children Foundation

Combined Income 2006-07
- Government Support: $24,811,817
- Non-Government Support: $1,435,201
- Medicaid: $12,712,995
- Private Fees: $654,748
- Other: $2,500,459
- **Total Income**: $42,115,220

Combined Expenses 2006-07
- Residential Programs: $11,809,512
- Child Guidance Clinics: $4,764,523
- Special Education: $11,834,272
- Head Start, Early Head Start and Day Care: $6,273,944
- Prevention: $3,253,254
- Support Services: $3,571,633
- **Total Expenses**: $41,507,138

*unaudited
Through a wide variety of innovative services of the highest quality, The Astor Home for Children provides support for emotionally disturbed or poverty-stricken children, adolescents and their families. Whether they need mental health programs, special education or early childhood development support...Astor is there!

► Astor serves thousands of children, adolescents and their families annually.

► Astor is located in Rhinebeck, NY and in multiple locations throughout the Hudson Valley and in New York City.

► Since 1953, Astor has offered nationally-acclaimed programs.

► Astor led the creation of the Dutchess County Zero to Three Partnership.

► In 2005, Astor opened ASTOR at Highbridge, a new children’s mental health clinic in the Bronx, NY.

► Astor is accredited by The Joint Commission (TJC).

► Astor is recognized as a National School of Excellence by the US Department of Education.

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