



## HOME FOR CHILDREN

Executive Administration

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**FOR IMMEDIATE RELEASE:** March 18, 2008

### **Astor and Dutchess County Regional Chamber to Host Breakfast on Youth and Violence**

**Rhinebeck, N.Y.** – Dr. Donald Meichenbaum, one of the founders of Cognitive Behavior Therapy, and voted as “one of the ten most influential psychotherapists of the century,” in a survey of North American clinicians, will speak on "Creating a Safe Community" on March 25, 2008 at 7:30 a.m. at the Poughkeepsie Grand Hotel. Dr. Meichenbaum will offer a positive perspective on how to create safety within the community, and the cost to society of violence in youth and its long-term implications for the community. He will address an audience of business and community leaders during a special breakfast hosted by The Astor Home for Children and the Dutchess County Regional Chamber of Commerce. Reservations may be made through the Chamber at (845) 454-1700, ext. 1000.

Dr. Meichenbaum is Distinguished Professor Emeritus from the University of Waterloo, Ontario, Canada and presently Distinguished Visiting Professor at the School of Education at the University of Miami. He is Research Director of the Melissa Institute for Violence Prevention in Miami.

A special training workshop, sponsored by The Astor Home for Children, will take place from 10 a.m. – 3:00 p.m. at the Poughkeepsie Grand Hotel. This workshop is open to mental health professionals, nurses, psychiatrists, students, interns, teachers, school clinicians and educators, and agencies. Dr. Meichenbaum will offer specific strategies to use evidence-based programs to alter the developmental course of high-risk children, youth and their families. This workshop will also highlight the role of gender differences, co-morbid disorders, especially the impact of victimization experiences on brain development. He will also discuss the role of depression/suicidality, school-based behavioral and academic interventions, parent training, and ways to bolster resilience.

For workshop and registration information, please contact Dr. Athena Drewes, The Astor Home for Children, 13 Mt. Carmel Place, Poughkeepsie, NY 12601, [adrewes@astorservices.org](mailto:adrewes@astorservices.org); 845-452-6077x112.

*The Astor Home for Children, as it has 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 6,500 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 Mental Health and Educational Services. For additional information about The Astor Home for Children, please visit their website at, The Astor Home for Children please visit [www.astorservices.org](http://www.astorservices.org) or call The Astor Home for Children Foundation at (845) 871-1117.*