2015-2016 Annual Report

...Because every child deserves a childhood
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6,406 Lives impacted in 2015-2016
171,738 Lives impacted since 1953

WHO WE ARE:
Since 1953, Astor Services for Children & Families has promoted the well-being of children, adolescents and their families through a range of programs that prevent and treat emotional problems and facilitate healthy development. Astor’s current range of services to families in the Hudson Valley and the Bronx include: Residential Treatment, Therapeutic Foster Family Care, Early Childhood Programs, and Community-Based Behavioral Health and Prevention Services.
Dear Friends,

Thank you for making FY 2015 - 2016 yet another remarkable year for Astor Services for Children & Families!

With the support of our donors and boards, our dedicated staff has done an incredible job at expanding our outreach while strengthening our programs and services.

A few program highlights include:

**Growth of our Bronx Programs.** The mental/behavioral health services we provide in the Bronx have expanded to include our partnership with 30 failing schools, thanks to the Mayor Bill de Blasio’s Renewal Schools Initiative – a project that includes comprehensive services, including mental/behavioral health, to strengthen the services children receive to impact their success. In addition, tele-psychiatry, a new innovative approach to work with children is being implemented.

**Strengthening our Early Childhood Programs.** As a follow-up to data that showed children lose knowledge over the summer, Astor reduced the number of slots served in our Head Start programs, and increased the length of time served, transitioning them to a full-year program.

**Contributing to the development of Children’s Health Homes.** Health Homes is a care management service model where all a child’s caregivers’ communications are coordinated to ensure all their needs are addressed in a comprehensive manner. This is the service of care for children who receive Medicaid, a large percentage of our clients.

Astor is a member of two collaborations designed to serve children who qualify for Health Home serving children in New York City, Long Island, Westchester and Upstate New York: The Collaborative for Children and Families (CCF) and The Children’s Health Home of Upstate New York (CHHUNY). These two designated children’s Health Homes have experience in providing children and family services, including foster care, prevention, behavioral health, and special education. As Astor’s Executive Director/CEO, I am on the Board of Directors of each of these Health Homes.

This year, for example, the newly formed Families for Astor Committee was created by 10 families in the Hudson Valley, that not only are working to raise much-needed support for our children, but also are intentionally building the pipeline of giving by engaging their children in the process. As well, our boards have helped us dramatically increase our donor base.

Thank you for wholeheartedly being a part of the important work we do on behalf of vulnerable children and families by serving thousands of children. We are looking forward to much more in 2016-2017!

Sincerely,

James McGuirk, Ph.D.
Executive Director/CEO

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**Mission**

Astor provides behavioral health and educational services offering children the opportunity to meet life’s challenges, pursue their dreams, and reach their full potential.

**Vision**

Astor will be the preeminent provider of behavioral health and educational services through high quality, comprehensive services to children and families in New York State.
Early Childhood Programs

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Total Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Start</td>
<td>485</td>
</tr>
<tr>
<td>Early Head Start</td>
<td>228</td>
</tr>
<tr>
<td>Universal Pre-Kindergarten (Daycare)</td>
<td>32</td>
</tr>
<tr>
<td>1-8-2</td>
<td>17</td>
</tr>
<tr>
<td>Special Class Integrated Setting (SCIS)</td>
<td>45</td>
</tr>
<tr>
<td>Therapeutic Preschool (TP)</td>
<td>7</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>811</strong></td>
</tr>
</tbody>
</table>

*Note: Children in the 1-8-2, SCIS and TP Programs are also served by Head Start.*

Hudson Valley Community-Based Behavioral Health and Prevention Services

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Total Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling Programs</td>
<td>2,365</td>
</tr>
<tr>
<td>Community-Based Services/High-Risk Service Coordination</td>
<td>545</td>
</tr>
<tr>
<td>Day Treatment &amp; Adolescent Services</td>
<td>611</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3,521</strong></td>
</tr>
</tbody>
</table>

Bronx Community-Based Behavioral Health and Prevention Services

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Total Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lawrence F. Hickey Center for Child Development</td>
<td>76</td>
</tr>
<tr>
<td>Prevention Programs</td>
<td>94</td>
</tr>
<tr>
<td>Outpatient Clinics</td>
<td>1,503</td>
</tr>
<tr>
<td>Day Treatment</td>
<td>273</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,946</strong></td>
</tr>
</tbody>
</table>

Residential Treatment Programs (RHINEBECK)

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Total Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential Treatment Facility (RTF)</td>
<td>34</td>
</tr>
<tr>
<td>Residential Treatment Center (RTC)</td>
<td>66</td>
</tr>
<tr>
<td>Day Program</td>
<td>28</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>128</strong></td>
</tr>
</tbody>
</table>

*Note: Children in these programs attend The Astor Learning Center*
Meet Joshua

“MY NAME IS JOSHUA...

and I’m 5, I mean 6, years old. I’m much happier now.

*Before, when grandma was in the hospital—now she’s in Heaven—and the cops broke into our apartment and arrested my mommy and daddy because they found a loaded gun in the refrigerator, I was always mad.*

I yelled and screamed and hit and kicked and bit. Then, when I said that I wanted to die and go live with grandma in Heaven, the lady that me and my baby sister were living with, took me to the hospital and had me locked up. After I got out, I started living with my titi (aunt) Graziella, who I really love and she found me my new school at Astor.

When I first started there, I told everybody I met that I bite and punch if anyone is mean to me. I always used to tell people that and also that I would get a knife and stab anybody if they came near my baby sister. So, when I got to Astor and told that to my new teacher, she said, “Thank you for letting me know what you do when you’re mad. If someone bothers you, you just let me or another grown-up know.” And my new therapist told me that it sounds like I feel like I have to protect myself and my sister. “Of course,” I told her, since my father went to jail.

I really try not to think about all that though sometimes I do. The grown-ups say it hasn’t even been a year since my grandma died. I loved my grandma a lot. She was the one who really knew how to take care of me and my baby sister. I also really miss my mommy and daddy but my therapist and my titi Graziella tell me that even though they love me a lot they have too many problems and have to learn how to take care of kids better. Titi Graziella says that I can stay with her for as long as I want. She also really knows how to take care of kids and lets me play after I do my homework and doesn’t yell at me when I’m cranky and tells me, ‘It’s ok, everything’s going to be fine.”

*Astor is a great school because the grown-ups are nice there and they don’t get mad at me if I’m sometimes in a bad mood.*

My therapist and behavior coach are always around in case I start feeling sad or mad during the day and need to take a break from class. My therapist tells me it’s okay to be sad and mad and that she would feel the same way if she were me and that kids shouldn’t have to worry about everything the way I used to have to do. So, I’ve decided that even though I miss grandma a lot, I want to wait until I’m really old before I go to Heaven and visit her. Now when I miss her, I look at her picture and sometimes I think about all the things I want to tell her. And, guess what? Most of the time when I meet new people I forget to tell them that I bite and will get a knife if people are mean to me and my sister. Instead, I smile a little and say, “Nice to meet you, too.”
STRENGTHENING OUR EARLY CHILDHOOD DEVELOPMENT PROGRAMS:

Furthering Astor’s Commitment to Nurturing School Readiness and Life-Long Learners...

As a result of our Community Needs Assessment and other new studies showing children’s loss of knowledge over the summer, Astor has aligned with the Designation Renewal System (DRS) by reducing the number of slots served by Astor’s Head Start program, while increasing the length of time the children are served.

In securing the five-year Head Start grant, Astor began the transition of being a full-year program for all Head Start and Early Head Start children, effective the 2016-2017 school year.

“One reason I like Astor is because the teachers are very nice!”

When I get in my brother’s classroom, they let me play with the toys. Are you starting to think Astor is the best school ever? Well I think it is. They have the best toys ever. Jenah’s little brother goes to the same preschool. And that is why I love my brothers’ Pre-K... I feel happy at Astor. It’s the best preschool ever. So that’s that.

*It really is the best school ever!*

* - Sibling of a Head Start child
Less than 20% of children and adolescents receive needed treatment.

-U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
ASTOR’S RESIDENTIAL TREATMENT PROGRAMS:

Making our children feel loved and safe.

Many of our children have experienced severe trauma. Our dedicated staff work tirelessly to make sure our children are cared for in a loving, safe environment.

One in 10 young people has experienced a period of major depression.

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
Every now and then John Patrick Donnellan travels from San Antonio, Texas, back up to Rhinebeck, New York, to Astor’s Residential Facility, where he spent two years as a young boy.

Donnellan, whose birth certificate only lists “Baby Boy Donnellan,” with the city and date of his birth. He spent much of his early years in foster care and bounced around from orphanage to orphanage. In 1969, at the age of 10, Donnellan came to Rhinebeck from a foster home in Queens, NY. “It was heaven to come from Queens to beautiful Rhinebeck,” said Donnellan, who has fond memories of socials and movie nights at Astor’s Residential Program... One of his favorite gifts was a record player and Led Zeppelin’s first album, courtesy of Sister Fredericka, who made that year the best Christmas he ever had.

“I came in the winter time and remember being so excited to go sledding down the hill in the back,” Donnellan said. “We would go up and down for six or seven hours without coming back inside.”

Arnie Kuhn, a staff member and longtime Rhinebeck resident and sports enthusiast, played an integral role in Donnellan’s childhood.

He remembered going on eight-mile hikes with Kuhn and swimming in the stream outside.

“I try to shape my life on Arnie Kuhn,” Donnellan said. “He was my mentor. He impacted my life so. I even plan to be buried beside him.”

Donnellan is retired from the Air Force, holds three master’s degrees and is currently a high school teacher at a high-risk school in San Antonio, but his life was not easy. When he joined the Air Force in 1981, he was living in the back of his car. “I ran out of gas in front of a recruiting station in California and thought to myself, ‘What do I have to lose?’”

The Air Force gave Donnellan family and structure; two integral parts of life that he missed out on as a child. He spent 16 years serving overseas. He lived in Europe for 18 years, where he said, he “got to see the world and put some of this behind me.”

Despite having a traumatic childhood, Donnellan overcame the odds. He learned to turn hardships into positives, and teaches his students the importance of resilience.

Every opportunity he gets, Donnellan visits Astor in Rhinebeck, to reconnect with staff and stays connected with them via social media, phone, etc., in between visits.

“My students know about this place,” Donnellan said of Astor, where he learned to swim, make long-time friends and create happy memories that have followed him throughout his life.
The population at Astor’s Adolescent Day Treatment (ADT) program, a school-based intensive treatment program that integrates mental health and special education services for adolescents aged 12-to-21, has increased greatly in recent years.

Hudson Valley Community-Based Educational and Behavioral Programs

20% of youth ages 13-18 live with a mental health condition.

- NATIONAL ALLIANCE ON MENTAL ILLNESS
Dear adoptive family,

I would like to start off by saying thank you so much for picking my family. I am so grateful. This was truly a Christmas miracle! To see the faces of my children light up and be so overjoyed about Christmas was a great feeling. I have never felt so lucky in my life.

You, your family, (were) so giving and provided us with things as if you really knew us. I kept asking myself how did they do it. It was as if you knew our style and got to really know us, this was truly a blessing. We loved all our gifts, they were so personalized. I am appreciative beyond words. My daughters and sons were all smiles. My husband and I are so thankful for our gifts.

We have never had anyone be so kind to us before. The efforts and time that you put into our gifts truly showed and we are forever grateful. We are all blessed because of you. I wish you nothing but the best. I wish you blessings and great things for the New Year and forever. Enclosed are some pictures from our wonderful day.

Thank you,
From your adopted family
Thank you for your support.

We are deeply grateful to the individuals, businesses, corporations, foundations, and agencies that help Astor Services for Children & Families fulfill its mission.

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50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.

— NATIONAL ALLIANCE ON MENTAL ILLNESS


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Westchester Family Wellness

We do our best to ensure that all who so generously donate to us are acknowledged. If we inadvertently omitted anyone, please contact us at smoorhead@astorservices.org, (845) 871-1117.
Financial Highlights 2015 - 2016

Astor Services for Children & Families
The Astor Learning Center
The Children’s Foundation of Astor

<table>
<thead>
<tr>
<th>Combined Income 2015-2016</th>
<th>$ Amount</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government Support</td>
<td>31,775,015</td>
<td>54.0</td>
</tr>
<tr>
<td>Non-Government Support</td>
<td>1,688,162</td>
<td>2.9</td>
</tr>
<tr>
<td>Medicaid</td>
<td>18,981,912</td>
<td>32.3</td>
</tr>
<tr>
<td>Private and Insurance Fees</td>
<td>4,252,883</td>
<td>7.2</td>
</tr>
<tr>
<td>Other</td>
<td>2,116,177</td>
<td>3.6</td>
</tr>
<tr>
<td>Total Income</td>
<td>58,814,149</td>
<td>100.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Combined Expenses 2015-2016</th>
<th>$ Amount</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential Programs</td>
<td>13,999,710</td>
<td>24.0</td>
</tr>
<tr>
<td>Child Guidance Clinics</td>
<td>8,507,019</td>
<td>14.6</td>
</tr>
<tr>
<td>Special Education</td>
<td>13,224,316</td>
<td>22.7</td>
</tr>
<tr>
<td>Head Start/ Early Head Start</td>
<td>7,897,750</td>
<td>13.6</td>
</tr>
<tr>
<td>Prevention</td>
<td>8,621,692</td>
<td>14.8</td>
</tr>
<tr>
<td>Support Services</td>
<td>6,011,798</td>
<td>10.3</td>
</tr>
<tr>
<td>Total Expenses</td>
<td>58,262,285</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Early childhood poverty sets children on a developmental trajectory of poorer behavioral adjustment in emerging adulthood.

– EVANS & CASSELS, 2013
Thank You!

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