

## Contact Us

For more information contact:

**Regional Director  
of Outpatient Clinics**  
Amie Adams, LCSW-R  
Tel: (845) 471-6004

46 Lincoln Avenue  
Poughkeepsie, NY 12601-4518



Sponsored by:  
**Catholic Charities  
of the Archdiocese  
of New York**



Contracted by:  
**Ulster County  
Department of Health  
and Mental Health**



Contracted by:  
**Dutchess County  
Dept of Behavioral &  
Community Health**



Accredited by:  
**The Joint  
Commission**



**Yvette Bairan, MPA, CHC**  
Chief Executive Officer  
**Astor Services for Children & Families**

6339 Mill Street, P.O. Box 5005  
Rhinebeck, NY 12572  
Tel: (845) 871-1000 | Fax: (845) 876-2020

[www.astorservices.org](http://www.astorservices.org)

**Astor Services for Children & Families**

46 Lincoln Avenue  
Poughkeepsie, NY 12601-4518

*Return Service Requested*



## Counseling Centers

**WALK-INS WELCOME**

**Monday-Friday 9am-5pm**

Ellenville: Tuesday-Thursday 9am-5pm



**ASTOR**  
SERVICES FOR CHILDREN & FAMILIES

**Hudson Valley Community-Based  
Behavioral Health and Prevention Services**

*...Because every child deserves a childhood.*

## About Us

Astor Counseling Centers, located throughout Dutchess & Ulster Counties, NY provide counseling, psychiatric services and case management to children and adolescents (ages 2-21) and their families. Licensed by the New York State Office of Mental Health and accredited by The Joint Commission.

**First time clients who would like to be seen at one of the Primary Counseling Centers can walk-in between the hours of 9am-5pm Monday through Friday (Ellenville location open 9am-5pm Tues. through Thurs.).**

**All our Counseling Centers have evening appointments for clients who have been admitted for treatment. Please call the Center located near you for their specific hours.**

Dutchess and Ulster Counties contract with Astor's Counseling Centers to provide specialized treatment services to help children reach their highest potential in family life, school, friendships, and recreation.

## Eligibility & Enrollment Requirements

To be eligible for Astor Counseling Services, the youth must:

1. Reside in Dutchess or Ulster County
2. Be between the ages of 2-21
3. Have a mental health concern that interferes with one's own life, the family's life or life within the community.

## How to Obtain an Intake Appointment

**"Walk-ins"** are welcome at the **Primary Counseling Centers** during the hours of 9am - 5pm Monday through Friday (Ellenville location open 9am-5pm Tues. through Thurs.) and can wait for the next available intake appointment.

## Fees

- Insurance
- Medicaid
- Self pay

*Payment is expected at time of service*

[www.astorservices.org](http://www.astorservices.org)

## What Types of Services are Available at the Counseling Center?

The **Astor Counseling Center** staff has expertise in a variety of treatment approaches designed to assist children and families. The following is a list of the various treatment approaches available within the counseling centers:

- Treatment Planning
- Health Screening
- Substance Abuse Screening
- Comprehensive Assessment
- Families Together Group Therapy
- Walk-in Crisis Intervention Services
- Family, Individual and Group Therapy
- Psychiatric Services and Medication Management
- Specialized Treatments with Sexual Harm, PCIT & Co-Occurring Disorders
- Safety Planning
- ADHD Evaluation
- Family Advocacy
- Outreach



## Locations:

### DUTCHESS COUNTY OUTPATIENT CLINICS:

#### **Beacon Outpatient Clinic**

223 Main St, Beacon, NY 12508  
(845) 838-4920  
Mon., Wed., Fri. 9-5pm; Tues. & Thurs. 9-9pm

#### **Poughkeepsie Outpatient Clinic**

46 Lincoln Ave, Poughkeepsie, NY 12601  
(845) 471-6004  
Mon.-Thurs. 9-8pm and Fri. 9am-5pm

#### **Hyde Park Outpatient Clinic**

Children's Medical Group, Suite 2  
4252 Albany Post Rd, Hyde Park, NY 12538  
(845) 233-5935  
Mon.-Thurs. 9-8pm and Fri. 9am-5pm

#### **Dover Outpatient Clinic**

6423 Rt. 55, Wingdale, NY 12594  
(845) 350-3010  
Mon.-Thurs. 9-8pm and Fri. 9am-5pm

#### **Rhinebeck Outpatient Clinic**

187 E. Market Street, Rhinebeck, NY 12572  
(845) 871-1535  
Mon.-Thurs. 9-8pm and Fri. 9am-5pm

### ULSTER COUNTY OUTPATIENT CLINICS:

#### **Ellenville Counseling Center**

Trudy Resnick Farber Bldg,  
50 Center St, Ellenville, NY 12428  
(845) 647-3349  
Tuesday-Thursday 9-8pm

#### **Kingston Outpatient Clinic**

239 Golden Hill Lane, Suite 100  
Kingston, NY 12401  
(845) 340-4105  
Mon.-Thurs. 9-8pm and Fri. 9am-5pm

#### **New Paltz Outpatient Clinic**

New Paltz Counseling Center  
137 N. Chestnut Street, New Paltz, NY 12561  
(845) 419-0850  
Mon.-Thurs. 9-8pm and Fri. 9am-5pm





## “Sometimes a child just needs us to be there.”

I can't imagine doing anything that could provide me deeper satisfactions, than the joy of seeing children grow and heal.”

- Dr. David Crenshaw

Retired Clinical Director of Astor Services for Children & Families and Astor's Board of Directors Co-Chair.

### A Tradition of Excellence...

**Astor Services for Children & Families**, has since 1953, 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.

Now serving over 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
- Community-Based Behavioral Health and Prevention Services.

### Our Mission

To provide behavioral and educational services in a caring environment where children and their families find strength, healing, hope and trust.

### Our Vision

To see children meet life's challenges, pursue their dreams and reach their full potential.

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### Locations

#### DUTCHESS COUNTY:

##### Beacon Counseling Center

223 Main Street Beacon, NY 12508  
Tel: (845) 838-4920 | Fax: (845) 838-4924

##### Poughkeepsie Counseling Center

46 Lincoln Avenue Poughkeepsie, New York 12601  
Tel: (845) 471-6004 | Fax: (845) 471-7099

##### Dover Counseling Center

6423 Rt. 55 Wingdale, NY 12594  
Tel: (845) 350-3010 | Fax: (845) 350-3013

##### Hyde Park Counseling Center

4252 Albany Post Road, Suite 2, Hyde Park, NY 12538  
Tel: (845) 233-5935 | Fax: (845) 233-4726

##### Rhinebeck (Satellite) Counseling Center

187 E. Market Street, Rhinebeck, NY, 12572  
Tel: (845) 871-1535 or (845) 871-1536 | Fax: (845) 876-1507

#### ULSTER COUNTY:

##### Ellenville Counseling Center

50 Center St, Trudy Resnick Farber Bldg, Ellenville, NY 12428  
Tel: (845) 647-3349 | Fax: (845) 647-3352

##### Kingston Counseling Center

239 Golden Hill Lane, Suite 100 Kingston, NY 12401  
Tel: (845) 340-4105 | Fax: (845) 340-4053

##### New Paltz Counseling Center

137 N. Chestnut Street, New Paltz, NY 12561  
Tel: (845) 419-0850 | Fax: (845) 419-0852

### Offsite Services:

Cold Spring Elementary School  
Seymour Smith Elementary School  
Stissing Mountain Jr/Sr High School  
Premier Medical Group  
Astor Learning Center  
Head Start - Poughkeepsie  
New Paltz Middle School  
CareMount Medical Group