



Astor Services for Children & Families promotes the well-being of children, adolescents and their families through a range of programs.

Intensive Day Treatment (IDT)

IDT is a short-term educational and clinical program for students experiencing mental health trauma or crisis requiring hospitalization or are at risk of hospitalization. IDT is provided in collaboration with Astor Services for Children & Families, Dutchess BOCES, and local school districts. Enrollment is four weeks with extension available.

Services:

- Provides students with the psychological and clinical support they need to stabilize following mental health trauma and crisis
- Provides students with instruction and instructional support to successfully complete their studies while enrolled in IDT
- Maximizes communication, cooperation, and involvement with IDT staff, district staff, and parents to ensure continuity
- Ensures smooth and successful transition back to the student's home district or alternative placement

Referral Criteria:

IDT serves students with significant mental health disturbances enrolled in Grades 9-12

- Students in a BOCES component district who are experiencing trauma or crisis, are at a significant risk for hospital placement, or are returning to their community school following a hospital placement or partial hospitalization

Referral Process:

All referrals are made from the student's home school district to the IDT program director. Following the referral, an intake meeting is held to determine eligibility. This meeting includes an IDT clinician, IDT teacher, school district representatives, the parents, and the student. All transportation to IDT is provided by the student's home district.

Services:

- Assessment, Screening, Evaluation and Treatment Planning
- Partnership with parents throughout entire process & school districts
- Individual, Family and Group Therapy
- Crisis Intervention
- Instruction and Educational Support (including academic curricula, classwork and requirements are provided by the student's home district to BOCES)

For more information contact:

Salena M. Gray, LMHC
Deputy Director of
Day Treatment Programs in the Hudson Valley
900 Dutchess Tpke, Poughkeepsie, NY 12603
(845) 486-4840 ext. 3077 | sgray@astorservices.org