

2018-2019

ANNUAL REPORT



BECAUSE EVERY CHILD DESERVES A CHILDHOOD

OUR 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.

OUR 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.

ASTOR SERVICES FOR CHILDREN & FAMILIES is a community-based, non-profit organization that provides children's mental health services, child welfare services, and early childhood development programs. Astor serves children and families in New York State's Mid-Hudson Valley region and the Bronx. Through a wide variety of premier quality education and mental health services, Astor provides support for pre-schoolers, children with behavioral and emotional health problems, children at risk of placement in foster care and families that need assistance in developing the skills necessary to raise their children in an environment filled with increasing challenges. Astor currently serves over 10,000 children each year through its prevention, early childhood, special education, community behavioral health and residential treatment programs.

AS INTERIM CEO/CHIEF QUALITY & COMPLIANCE OFFICER, APPOINTED BY THE BOARD, IT IS WITH GREAT PLEASURE THAT I AM WRITING THE INTRODUCTION TO OUR FISCAL YEAR 2019 ANNUAL REPORT.



PHOTO BY BRYAN FIRESTONE

For Astor, this fiscal year has been a year of transitions.

First, I want to thank our former CEO, James McGuirk, Ph.D., for his leadership as CEO and for providing Astor with over 35 years of service. Jim was appointed President of the Children's Foundation of Astor, where his primary focus is fundraising. While Astor receives the majority of its funding from government sources, like so many nonprofits, we need to diversify our portfolio to increase private philanthropic dollars.

While key leadership changes have occurred, the important and high quality work we provide on behalf of children and families, continued in earnest, while ending the year fiscally strong.

As you read through this Annual Report, I will share with you the remarkable work Astor has been engaged in for years, around Diversity, Equity and Inclusion. I am also very proud

to share our achievements of being at the forefront of providing Tele-Mental Health services to our clients and the impact this is making on so many children and families. We were one of the first behavioral health organizations in the five boroughs to do so.

I want to thank the dedicated Board and staff whose leadership and hard work made it possible for us to navigate these changes so fluidly; and position Astor to meet the future needs of our children and families.

I would also like to thank our donors, partners and volunteers! Your continued support is immeasurable and I'm incredibly grateful.

Regards,

A handwritten signature in black ink that reads "Yvette Bairan".

Yvette Bairan
Interim CEO/
Chief Quality & Compliance Officer

Astor's Impact

190,440

Lives impacted by Astor since 1953



Hudson Valley & Bronx Programs

Early Childhood

	Total Served
Head Start	447
Early Head Start	256
Universal Pre-Kindergarten (Daycare)	34
1-8-2	20
Special Class Integrated Setting (SCIS)	53
Therapeutic Preschool (TP)	9
Lawrence F. Hickey Center for Child Development	71
Total	890

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

Early Childhood

	HS	EHS
Total # of Children Served	457	271
Total # of Families Served	439	219
% of Children Completing Medical Exams	100	100
% of Children Completing Dental Exams	78	51
Average Monthly Enrollment	359	195
Percent of Capacity	100	100

** It is not a requirement for EHS children to have a formal dental exam. Most of them have dental screenings from their pediatrician. The number here reflects the children that have had a formal exam.*

Outpatient

	Total Served
Counseling Programs	3,376
Counseling Programs located in the Bronx	1,702
SYNC	68
SYNC	153
Total	5,299

**SYNC in the Hudson Valley started April 1, 2019*

Out of Home

	Total Served
Residential Treatment Facility (RTF)	32
Residential Treatment Center (RTC)	46
Therapeutic Foster Boarding Home	53
Total	132

Care Management

	Total Served
OMH	35
Bridges to Health	98
Health Homes	31
Health Homes	678
Health Homes - CHHUNY	816
Transitions	262
Total	1,920

**OMH Waiver and Bridges to Health transitioned to Health Homes on April 1, 2019. For Transitions this number includes the clients from both DMH and Robin Hood*

School Based

	Total Served
Day Treatments	251
Day Treatments located in the Bronx	183
Astor Learning Center	109
School Related Contracts	1,010
Total	1,553

Crisis Response

	Total
Served	
Mobile Crisis	163
Home Based Crisis Intervention	88
Partial Hospitalization Program	226
Total	477

Placement Prevention

	Total
Served	
Prevention	78
ECCSI	97
Orange County Diversions	89
Total	264



Tele-Mental Health

Astor at the forefront!

In 2016, Astor was proud to be the first behavioral health organization in the Bronx to begin using tele-mental health services in our free-standing clinics, as well as certain schools in the borough. Since then, we have expanded these services to our Hudson Valley clinics.

In fact, Astor was one of the first agencies within New York City's five boroughs to receive approval to use tele-mental health for its clients from the NYS Office of Mental Health (OMH). This is what Astor does. The organization stays ahead of the curve by keeping a keen eye on what's next and always thinking about how it can better serve and reach the children and families most in need.

Not that long ago, it was difficult explaining this type of service and the impact it can make on children and families. The idea that one could communicate with their mental health provider via video chat, where they receive the same quality of care, was a bit foreign.

Nothing beats the intimacy of the face-to-face contact we experience when speaking with our medical providers. However, tele-mental health, is a very close second.

Through decades of working with children and adolescents in underserved communities in the Bronx Astor has shown that better results are attained when services are brought to families as opposed to having them provided via outpatient clinics. Many clients often miss much-needed appointments because of problems with transportation and other issues. This eliminates the need for the client and mental health

"The help has finally come to me. I could not believe that this technology was available and even more so, to me and my daughter."

– a parent of a child served by Astor after experiencing Astor's tele-mental health service.

provider having to travel for an appointment, making it easier to treat the patient by bringing the services to the families.

These are very exciting times in Astor's history – being on the forefront of innovative service delivery that meets a critical need for children and families.

To learn more about Astor's tele-mental health services, visit www.astorservices.org.



“Nearly 1 in 3 American Indian/Alaska Native children and more than 1 in 4 Black and Hispanic children were poor in 2017, compared with 1 in 9 White children.”

– The Children’s Defense Fund

CULTURAL SENSITIVITY TEAM:

Working on Diversity, Equity and Inclusion

Astor has had a Cultural Sensitivity Team in place for over 10 years. The goal of the Team is to develop recommendations for ongoing effective agency-wide training, and to advocate for awareness and culturally sensitive practices in hiring and treatment to help us improve understanding and respect among people, while also decreasing the misunderstandings and tensions that divide us. Members represent the array of programs, services and regions that we serve.

As an organization, we want to enhance our ability to work effectively and respectfully with colleagues and clients. While this is a lofty mission, it is important to undertake on behalf of our staff and the children and families we work with.

Astor's Board and leadership are committed to ensuring that cultural sensitivity is a part of the Astor fabric – a part of what we do as we work with vulnerable children and families as well as with each other.



In addition to having Cultural Sensitivity Training as a mandated training for all staff, this Team has spearheaded several major organizational trainings including; Undoing Racism, and Race Matters.

Knowing the importance of, and commitment to, this work, this year, Astor's leadership hired a consultant to work with the Team to move the work forward. In addition, this work is now "housed" in Human Resources, further reflecting the organization's ongoing and deepened commitment to make sure that Diversity, Inclusion and Equity are at the base of our work – how we engage with clients and each other.

“As of 2018,
in New York about
422,000 children under
the age of 18 currently
live in foster care.”

– Casey Family Services



Astor’s Therapeutic Foster Boarding Home

Connecting children with families

Astor’s Therapeutic Foster Boarding Home (TFBH) Program combines traditional foster care with a clinical strength-based approach that creates a supportive therapeutic environment for the child. This program works with families by providing them with intensive foster parenting training. The goal is to work with each family to give them the tools needed to be successful foster parents.

Children in the TFBH program (ages 0 – 21 years) are in the custody of a county Department of Social Services agency and have a history of trauma. We strive to provide the most effective therapeutic environment possible, and emphasize the importance of including any family in our treatment model. It is essential in our experience to create a nurturing and safe home setting that encourages the child’s growth and development. We work to meet the needs of each individual child, and adapt our treatment accordingly. We recognize the resiliency within children and work very hard to help them learn and mature. Treatment works to create permanency for the youth, i.e., reunification to birth family, adoption, or independent living.



(TFBH) Program

We know this program works. Research indicates therapeutic foster care can reduce youth violence by 70%. In addition, the financial savings to the community can be as much as \$14 in court and corrections systems costs for each \$1 spent in therapeutic foster care.

We consider families who participate in this program some of our heroes. Their commitment and dedication to the children in their care, whether it leads to their “forever homes” or sets them on a path to success, makes a tremendous impact on the child’s life.

If you are interested in learning more about this program or becoming a foster parent, please contact Angela Trento-Sommella, M.S. Ed., at atrento@astorservices.org.



Meet Duke and Sandra Kimble, Foster Parents in Astor’s Therapeutic Foster Boarding Home Program

“My wife and I started foster care more than 20 years ago. I remember the day my wife asked me to consider doing foster care—our daughter just went off to college and empty nest syndrome had set in for the both of us. As we prayed for guidance, an ad was in our local paper, ‘foster parents needed.’ All I can say, is 22 years later, I could never see us NOT doing foster care. Whether permanent or respite placement, we have provided a safe place for children to grow and become independent—over 170 children in total!

We have worked side-by-side with Astor staff, as well as birth family members, to transition these children to young adults – teaching them to communicate their needs, using appropriate words and actions—to think twice and act once, helping them gain self-esteem, as well as setting reasonable goals. The joy and energy the children bring into our lives will last a lifetime—the smiles, the tears and the memories will be forever in our hearts.”

Volunteer

Making a difference

Like so many nonprofits, Astor relies on volunteers to help us move our mission forward. Volunteers play many different critical roles, in some cases, filling gaps in services.

We appreciate all our volunteers and would like to highlight one of our long-time volunteers, Gerry “The Bikeman” Montesano, in his own words:

It all started back in 1978 when my French uncle (my dad’s brother) came to visit for the summer and he stayed with us at my parent’s home. He said “guys let’s get some bikes and go for rides on the weekends.” The cycling passion started and continues to date, where I now have cycled over 100,000 miles.

So, I wanted to give the kids that same kind of impetus for cycling my uncle instilled in me and enjoy it for a lifetime. Since bikes require maintenance now and then, I wanted to learn repair tips from as many bike mechanics as I could and keep my bike riding fast and smooth and less trips to the repair shops.

To share this passion, I sent a letter to Jan Weido, former recreational director at Astor’s Residential Programs (who unfortunately is now deceased). He was a fun-loving, wonderful and dedicated man. I asked if he thought doing a weekly bike clinic at Astor would be beneficial for the kids. That was the spring of 1998 and the bike clinic continues today.

I usually work with one child at a time going through different repairs. Flat tires are the most often encountered repair, then slipped chains, replacing tires, brakes, seats, etc.



Gerry Montesano

During the winter months, there are not many bikes to fix so we just talk and vent about what’s on the child’s minds since that time of year is so froth with extreme emotions about family.

I’m always pleasantly surprised when the child will remind me or do something complex that I have shown them before, but at the time I thought they weren’t listening. They were taking it all in.

That’s when I knew I was making a difference in their lives!

1 in 6 U.S. youth
aged 6-17 experience
a mental health disorder
each year.

– National Alliance
on Mental Illness



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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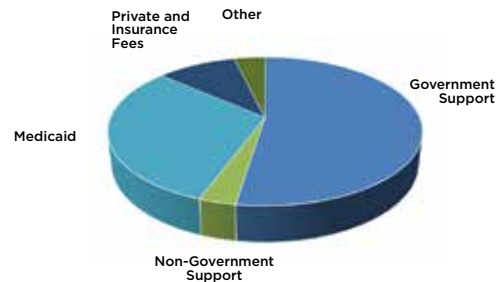
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FINANCIAL HIGHLIGHTS 2018 - 2019

Astor Services for Children & Families and The Children's Foundation of Astor

Combined Income



Combined Income 2018-2019

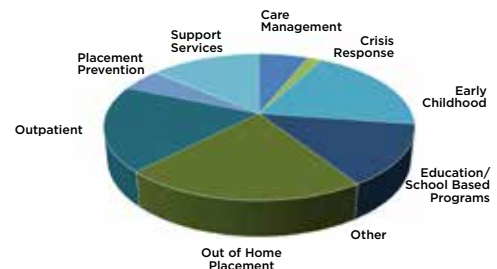
	Amount	%
Government Support	32,638,599	52.5%
Non-Government Support	1,991,095	3.2%
Medicaid	19,161,427	30.8%
Private and Insurance Fees	6,056,687	9.7%
Other	2,357,809	3.8%

Total Income

62,205,617

100.0%

Combined Expenses



Combined Expenses 2018-2019

	Amount	%
Care Management	3,700,020	6.1%
Crisis Response	1,081,031	1.8%
Early Childhood	11,847,691	19.4%
Education/School-Based Programs	8,256,622	13.5%
Out of Home Placement	13,084,341	21.4%
Outpatient	11,622,311	19.0%
Placement Prevention	2,987,849	4.9%
Other	73,620	0.1%
Support Services	8,392,757	13.7%

Total Expenses

62,732,019

100.0%



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