



FY 2020-2021

# ANNUAL REPORT



Because Every Child  
Deserves A Childhood.



**10,134**  
**LIVES**

impacted by Astor  
in Fiscal Year 2020-2021

**210,151**  
**LIVES**

impacted by  
Astor since 1953

Astor Services For Children & Families (Astor) 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.

#### **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.



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

# A Letter from Our CEO Yvette Bairan

Fiscal year 2020-2021 reminded us to remain vigilant and to practice patience when faced with the prolonged uncertainty produced by the pandemic.



Photo by Bryan Firestone

**Yvette Bairan**  
Chief Executive Officer

In doing so, we were able to respond to our communities' needs and provided them with the versatility of tele-health sessions, while maintaining the high-quality services Astor is known for. I am extremely proud that despite a global pandemic, we expanded our tele-health and school-based services, and are expanding regionally (i.e., Rockland County).

These successes could not have come to fruition without the support of our Board of Directors and the more than 750 employees who worked tirelessly to ensure that our families received the services they needed.

I want to take a moment to acknowledge that all of our accomplishments happened during a time of workforce challenges because of the pandemic. I must acknowledge the resilience of our employees during this pandemic, who

continued to work tirelessly for the children, adolescents, young people, and families we serve. Many did this, while facing their own individual and personal challenges due to this pandemic. I am in awe of how they managed all of this with intense professionalism, commitment, and never "skipping a beat."

I thought it important to highlight and recognize a couple of our employees and a group of young children, who went beyond the call of duty during this time.

I also want to thank all our donors, partners, and volunteers for their continued support of the work we do to provide behavioral health and educational services offering children, adolescents, young adults, and families the opportunity to meet life's challenges, pursue their dreams, and reach their full potential.

# ASTOR'S IMPACT

*Helping children and families since 1953.*

Through a wide variety of premier quality educational and mental health services, Astor provides support for preschoolers, 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.

## Early Childhood

Astor offers Head Start and Early Childhood programs in the Hudson Valley serving low-income families and children with disabilities up to age five. Astor offers Special Education services and Therapeutic Preschool for children with significant needs in social and emotional skills.

	Total Served
Early Head Start.....	51
Head Start.....	284
Home-Based Services .....	87

**Total Children ..... 422**

## Care Management & Prevention

A Care Manager facilitates communication between the family, medical staff, and social workers assisting in navigating the healthcare and human services, combining all services into one clear and simple plan.

	Total Served
Bronx Health Homes .....	633
Hudson Valley Health Homes.....	594
Bronx Prevention .....	124
Hudson Valley Prevention .....	55
Bronx Transitions .....	320

**Total Children ..... 1,726**

## Outpatient Clinics

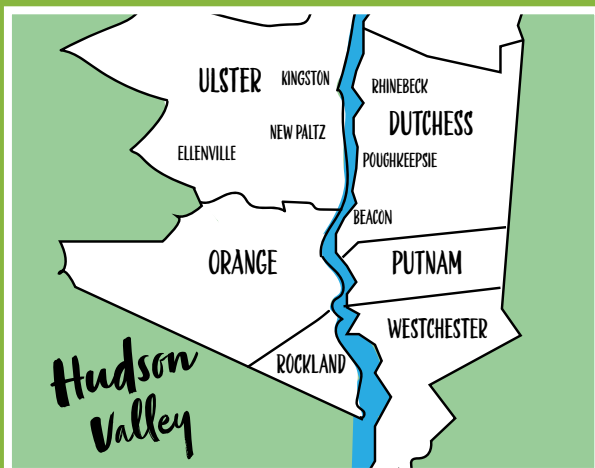
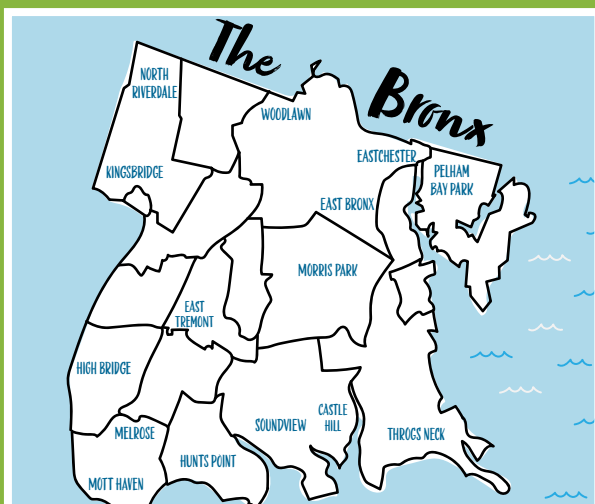
Astor's clinics provide counseling, psychiatric services, and family advocacy to youth up to age 26 and their families. Our team includes child psychiatrists, psychologists, psychiatric nurse practitioners, nurses, social workers, mental health counselors, and family advocates.

	Total Served
Bronx Clinics .....	1,825
Bronx School Clinics .....	1,595
Hudson Valley Clinics .....	2,845
Hudson Valley School Clinics .....	455

**Total Children ..... 6,720**



## The Communities We Serve



### Enhanced Schools

Astor offers therapeutic school alternatives for children facing educational, emotional, and behavioral challenges that interfere with their ability to learn.

Total Served

<b>HV Residence -</b>	
<b>Astor Learning Center</b> .....	83
<b>Bronx Day Treatment</b> .....	223
<b>Hudson Valley</b>	
<b>Day Treatment</b> .....	171

**Total Children ..... 477**

### Out-of-Home Placement in the Hudson Valley

Astor's Residential program serves children who have severe emotional challenges that exceed community-based interventions. Our Therapeutic Foster program places children in homes to avoid placement in a more restrictive environment.

Total Served

<b>Residential Treatment Center</b> .....	34
<b>Residential Treatment Facility</b> .....	26
<b>Therapeutic Foster</b>	
<b>Boarding Home</b> .....	60

**Total Children ..... 120**

### Other Clinical Programs

Astor has several clinical programs to assist youth who are at risk of out-of-home placement or those in need of supervision.

Total Served

<b>Bronx CFTSS</b> .....	130
<b>Hudson Valley CFTSS</b> .....	139
<b>Orange County PINS</b> .....	73
<b>Hudson Valley Home-Based</b>	
<b>Crisis Intervention</b> .....	158
<b>Hudson Valley Partial Hospitalization</b> .....	169
<b>Mobile Crisis Stabilization Center</b> .....	0

**Total Children ..... 669**



# ESSENTIAL WORKERS

We could not reflect on fiscal year 2020 – 2021, without highlighting our heroes in the field, our incredible employees.

Having to navigate the many changes in their own lives due to COVID-19, they continued to show up, day after day, to ensure Astor upheld our commitment of providing top-rate mental/behavioral health services to the children, youth, and families in our communities.

Our employees are essential to our success and we are honored to share with you two employee profiles of our many heroes:



## Meet Sarai

Sarai Manuel is a Licensed Professional Marriage and Family Therapist and Director of the Bronx Prevention Program at Astor. Born in Cuba, to a single mother and with a sister that suffered from mental illness, Sarai understands the many struggles of the immigrant family.

She has devoted her career to advocating and providing services to families recovering from trauma. Dedicated to improving parent-child relationships, Sarai has trained in various models and techniques that help families improve their communication skills and strengthen their family bond. She has been an educator, a trauma-informed trainer, and is passionate about empowering parents to advocate for their family's needs.





## Sarai is described as a visionary.

She is always employing strategies and seeking opportunities to enhance the program while keeping her finger on the pulse of her community...

The Prevention program is a home-based program that addresses both the concrete and clinical needs of the family. This is a strengths-based approach that employs the Family Connections model; a multifaceted, community-based service program that works with families in their homes to help them meet the basic needs of their children and prevent out-of-home placements.

In her role, Sarai is responsible for three supervisors and a team of twelve employees including case planners and family advocates. The family advocates (caregivers who are raising or have raised a child with behavioral health concerns, and are personally familiar with the associated challenges), address the significant increase in referrals and high-risk cases (i.e., suicide attempts, etc.) we've seen since the start of COVID-19. The case planners are committed to supporting families around developing skills and competencies that will enable them to keep their children in the home and out of placement.

Sarai is described as a visionary. She is always employing strategies and seeking opportunities to enhance the program while keeping her finger on the pulse of her community; all in an effort to ensure family and employee needs are met and voices are heard and incorporated.

During the pandemic, Sarai had to navigate and redesign how Astor worked with our clients by employing her calm disposition and vision. She was nimble in redesigning the program, while ensuring that the safety and concerns of our staff and clients were paramount. At the same time, she continued to seek ways to improve and enhance our services. During this period, she transformed the program to not only meet regulations, but to surpass them.

Sarai possesses an uncanny ability to assess the needs of our Bronx community. She is in tune with the needs of the families and the community. As such, she has developed great relationships with the community network of providers that makes it easy for her to navigate the systems to link families to resources in the Bronx. Sarai is not only a strong advocate for families but staff as well; making sure their voices are heard and incorporated. As such, she is co-chair of the Diversity, Equity, and Inclusion Committee, and Astor's Recruitment and Retention Committee.

Sarai holds a Master's degree in Human Behavior and Organizational Psychology and is a certified Adoption counselor and mother of four.

Astor, and the children, youth, and families we serve in the Bronx, are fortunate to have such a strong leader in Sarai.

## Meet Don

Don Smith is a Behavioral Health Specialist in the Hudson Valley home and community based services programs. Don works with youth who have a behavioral health diagnosis and are experiencing social and/or emotional challenges. He works in collaboration with the children's families, therapists, and other team members to support them by providing opportunities for the children to learn and practice skills in the community in real time.

Don supports youth in developing new skills to help them build self-esteem, solve problems, and connect to a future. He gives them one-on-one support to use those tools in a "fun" way. For example, if a child likes arts, sports, outdoors, hiking, etc., he will find and plan for opportunities and activities that reflect their interests so that they can develop relationships and make connections to resources in their own communities.

Don has a genuine desire to help children and to help them develop the skillsets they need to be successful.

*Don's approach to working with children is to make them feel safe and heard; he is a wonderful role model who truly believes in each one of them.*

When speaking of Don, one 13-year-old boy told us that he did not have a father in his life, but "Now I have Don, who is like a father to me."

Don's colleagues describe him as kind and gentle, and a colleague who tirelessly serves the children and their families to ensure they are getting the skills and services they need.

During COVID, Don did not miss a beat. While there was a two-month period of not being in the field during the height of COVID, he was eager to move back out into the community as he knows the importance of being face-to-face with the population he serves. Don had to be creative in how he was to meet with his families during this period while following all the new guidelines, but he managed to do so and continued his work.

As a father of a toddler, Don often talks of his love and commitment to his son; and those of us who know him see that he brings that same energy to the children he works with at Astor.

Don is truly a dedicated and caring person and we are grateful to have him aboard the Astor Team.







**1 in 6**

**U.S. YOUTH AGED 6-17  
EXPERIENCE A  
MENTAL HEALTH  
DISORDER EACH YEAR**

- NAMI (National Alliance on Mental Illness)



**16.5%**

**OF U.S. YOUTH  
AGED 6-17  
EXPERIENCED  
A MENTAL HEALTH  
DISORDER IN 2016  
(7.7 MILLION PEOPLE)**

- NAMI (National Alliance on Mental Illness)



# VOLUNTEERS

## GIVING BACK

Astor's Kids4Kids initiative is a program that stemmed from the Families for Astor Committee; a committee that has been instrumental in fundraising for the Residential Program in Rhinebeck and promoting Astor's mission throughout the Hudson Valley.

The Kids4Kids initiative is made up of students from the villages of Rhinebeck and Red Hook, ranging in age from 7 to 14 years old, who volunteer their time to fundraise for the children and youth at Astor.

During COVID, the children were determined to find ways to help the children at Astor. As such, they launched a pilot summer internship program for one of the teen members, who worked directly with the Residents over the summer.

*"My experience as an intern with the Recreation Department this summer allowed me to feel a deeper connection to the organization. It was an invaluable experience working with the staff and kids at the Residence."*

- Quinn Kortbus  
age 15

Their impact continued by hosting an outdoor Fall Festival, where local families and visitors came together to enjoy fun activities and learn about the impact of Astor Services, while raising funds for their Expressive Arts program.









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*Thank you for your support!*

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Partner with Astor to help our kids reach for the stars and find their superpowers.

...Because every child deserves a childhood.

Astor is forever grateful for the time and generosity of our donors and volunteers. Here are some ways you can help Astor further our mission of ensuring every child has a childhood:

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The Children's Foundation of Astor hosts fundraisers throughout the year. For the latest list of events, visit [www.astorservices.org/events](http://www.astorservices.org/events)

#### ADOPT-A-FAMILY PROGRAM

Astor's Adopt-A-Family program provides gift cards donated by our generous supporters to children and families in need in our programs. To learn more about Astor's Adopt-A-Family program, visit [astorservices.org/adopt-a-family](http://astorservices.org/adopt-a-family)

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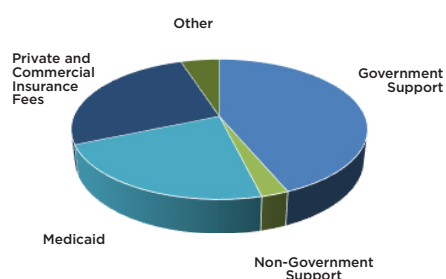
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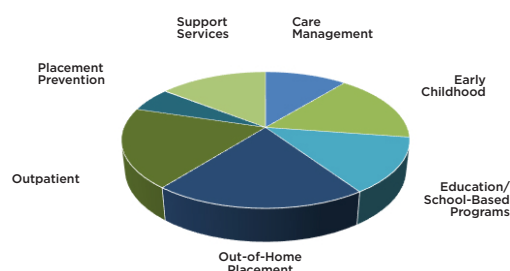
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**Combined Income**



Combined Income 2020-2021		
	Amount	%
Government Support	30,173,040	43.6%
Non-Government Support	1,740,189	2.5%
Medicaid	15,536,557	22.5%
Managed Care, private & commercial insurance fees	18,209,792	26.3%
Other	3,481,088	5.0%
<b>Total Income</b>	<b>69,140,666</b>	<b>100.0%</b>

**Combined Expenses**



Combined Expenses 2020-2021		
	Amount	%
Care Management	6,703,489	11.0%
Early Childhood	9,992,288	16.3%
Education/School-Based Programs	8,070,296	13.2%
Out-of-Home Placement	12,344,384	20.2%
Outpatient	11,611,189	19.0%
Placement Prevention	3,528,606	5.8%
Other	64,620	0.1%
Support Services	8,833,685	14.4%
<b>Total Expenses</b>	<b>61,148,557</b>	<b>100.0%</b>

(Based on Consolidated Audited Financial Statements dated December 23, 2021)

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