



ANNUAL REPORT



FY 2021-2022



Help, Heal, Hope

Astor Services is a community-based, non-profit organization that provides behavioral health and educational services in the Mid-Hudson Valley and the Bronx to children, adults and families through a range of programs that prevent and treat emotional challenges and facilitate healthy development.

Our Mission

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

Our Vision

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

**9,316
Lives**

impacted by
Astor in Fiscal Year
2021-2022



**219,467
Lives**

impacted by
Astor since 1953

A Letter from Our CEO Yvette Bairan

In fiscal year 2021-2022, our nation found itself emerging from the height of the pandemic into what became known as the “new normal.”



Photo by Bryan Firestone

Yvette Bairan
Chief Executive Officer

For Astor Services (Astor) the “new normal” included; providing hybrid services (in-person and virtual) across all program areas, enrolling over 9,000 clients, identifying and addressing the needs of those returning to in-person learning, and getting back into our communities through home visits.

While there were growing pains, I am delighted to share with you that our employees rose to the occasion to ensure that our clients received the highest quality services in the mode that worked best for them.

During this transition, we embarked on exciting initiatives that are in direct response to our communities’ needs. We are thankful we could provide expanded services to meet those needs; many a result of the pandemic.

I am delighted to share that we have expanded our services to adults through our Adult Care Management program that will serve residents in New York’s Dutchess, Ulster and Orange counties. We also expanded our Partial Hospitalization Program to Rockland County.

In addition, next year Astor will commemorate its 70th year of providing mental health and educational services within the Hudson Valley and the Bronx. As we approach this milestone, we are reminded of how our programs and services have evolved and expanded over the years to meet the needs of our communities. To that end, the agency has embarked on a journey to help us rethink, revise and rebrand.

As you read through this Annual Report, you will find additional information about these two exciting expansions that have positioned us to respond directly to the needs of our communities as well as our rebranding process.

As we continue to work within our new normal and look forward to the “post-pandemic,” we remain flexible and responsive to the ever-changing landscape in which we work.

I am grateful to our employees, Board and all our donors whose support makes it possible for us to be responsive to and provide high-quality services to our clients.



Expansion of Services

Astor Services continuously assesses the needs of the communities we serve and remains committed to ensuring the services we provide respond directly to those needs. As such, in Fiscal Year 2021-2022, our services were expanded to include the following:

Partial Hospitalization Program (PHP) Expands to Rockland County

Astor Services received start-up funds from the NYS Office of Mental Health and Crisis & Hospital Diversion Programming to create a new Adolescent Partial Hospitalization Program (PHP) in Rockland County at one of the BOCES (Boards of Cooperative Educational Services) sites.

The program is modeled after Astor's existing PHP in Poughkeepsie, which provides short-term intensive therapeutic treatment to youth 11 – 18 years old who are struggling at home, at school or in the community.

This group therapy program helps youth learn to safely manage their emotions to prevent out-of-home placement to psychiatric hospitals and other residential programs.

The PHP can support a youth and their family at any point in their mental health and/or substance use treatment, whether it is their first time participating in services or they are transitioning from another program.





Services to Adults

Astor Services has seen an increase in mental health concerns brought on by the pandemic and a heightened need in the community to support adults in managing communication with their many providers.

In January 2022, responding to an identified need in the communities we already serve, we expanded our services to the adult population through our Adult Care Management program. This program is now available to residents 18 years and older within New York's Dutchess, Ulster and Orange counties.

These services provide comprehensive coordination of all those involved in an individual's health and wellness, including medical and behavioral health experts from the clinical and non-clinical sides.

The program is flexible, with in-person and phone-based services, depending on the individual's preferences. Spanish-speaking service providers are also available.

The program is open to individuals with qualifying conditions.

**In New York,
591,000 adults
have a serious
mental illness.**

—National Alliance on Mental Health

We have a new look!

Over the past several months, our agency embarked on a journey with Chicago-based, brand design agency, Soulsight, who helped us rethink, revise, and rebrand, pro bono. This process was informed by our board, clients and staff.

Over the course of this journey, and as we approach our 70th year of providing mental health and educational services within the Hudson Valley and the Bronx, we are reminded of how our programs and services have evolved and expanded over the years to meet the needs of our communities.

We are delighted to share our updated brand that reflects those changes and helps showcase our increased scope of work, the diversity of population served, and the hope we have for our families to thrive.

Our new logo features our updated name, "Astor Services," along with our traditional "Astor Blue" and a "flower" representing our desire to help our clients blossom and flourish.



flourish



Astor's lasting impact



On November 19, 2021, Astor Services was tagged in a Facebook post by Juan Ortiz, an Astor resident from 1996 – 1998.

Juan's post is just one example of the impact Astor has had on the children, adults and families we serve. We are delighted to know that Juan is doing well.

"Hi. My name is Juan Ortiz. I used to be a child living in Astor Services for Children & Families. Before it used to be called just Astor Home for Children; that was in 1996-1998.

I'm 37 years old now. It was a long time ago, almost 40 now. This place was amazing. I can't never forget the things this place taught me as a child suffering mental health problems.

Astor is one of the big reasons why I'm the man I am today; loving humanity for all the right purposes that truly matters to us today. I had a childhood here.

I wanted to give Astor the love and support on my journey to becoming a man today. Keep making a difference in children who suffer a lot in mental illness. Just know I never forgot your work and never will forget. Thank you, Astor."

**1 in 5
U.S. adults
experience
mental illness
each year.**

—National Alliance on Mental Health

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

—National Alliance on Mental Health



Helping
children,
adults and
families
since 1953.

Astor currently serves more than 9,000 children and adults each year through its prevention, early childhood, special education, community behavioral health, and residential treatment programs.

Learn more about Astor's programs by scanning the code below or visiting astorservices.com.



EARLY CHILDHOOD PROGRAMS

Astor provides Early Childhood Programs in Dutchess County and at the Lawrence F. Hickey Center, a therapeutic preschool in the Bronx.

	Total Served
Early Head Start.....	174
Head Start	386
Lawrence F. Hickey Center	48

Total Clients608



MENTAL HEALTH OUTPATIENT TREATMENT & REHABILITATION SERVICES

Astor's outpatient clinics provide counseling, psychiatric services, and family advocacy to youth up to age 26 and their families. Astor's school-based clinics offer the same range of therapeutic interventions as the free-standing clinics but with the convenience of being located within community schools.

	Total Served
Counseling Centers	4131
School-Based Clinics	1473
Bronx Screening.....	90
School Response Team	76

Total Clients 5770



Help, Heal, Hope



SCHOOL-BASED PROGRAMS

Astor's School-Based Programs include Astor's Learning Center which provides day student services to children ages 5-14 who are experiencing emotional and educational challenges.

Astor's School-Based Behavioral Health Treatment Program offers an array of services, including consultation and training, provided to schools in both NYC and the Hudson Valley.

	Total Served
Astor Learning Center	64
Day Treatment	367

Total Clients 431



OUT-OF-HOME PLACEMENT

Astor's Residential Treatment Program is therapeutic out-of-home placement serving children aged 5-13 who have emotional challenges that exceed community-based interventions.

Astor's Therapeutic Foster Boarding Home is an enhanced foster care program that offers specialized training and ongoing support to foster families and the children placed in their care.

	Total Served
Residential Treatment Center	23
Residential Treatment Facility	17
Therapeutic Foster Boarding Home	56

Total Clients 96



HOME AND COMMUNITY-BASED PROGRAMS

Astor offers an array of individualized prevention, education, and support programs and services for families through our clinics, in their homes, and in school settings.

	Total Served
Care Management	1318
Home-Based Crisis Intervention	92
Partial Hospitalization	165
Prevention	165
Juvenile Risk Intervention Services	
Coordination	64
Serving Youth in their Community	335
Transitions	272

Total Clients 2411

VOLUNTEERS



DEDICATED VOLUNTEERS

The Notre Dame Club of the Mid-Hudson Valley



Since 2009, the Notre Dame Club of the Mid-Hudson Valley (NDCMHV), a group consisting of alumni, parents, students and friends whose mission is to reach out and touch lives in the true spirit of Our Lady's university, have volunteered at one of Astor's locations for a day of service during the month of May for the Annual Hesburgh Month of Service.

The initiative honors the 16th president of the University of Notre Dame, Rev. Theodore M. Hesburgh, C.S.C., for his commitment to the pursuit of peace and promotion of human dignity. The annual Hesburgh Month of Service began in 2007, in recognition of Father Hesburgh's 90th birthday, with 90 Notre Dame clubs hosting volunteer projects in collaboration with the Alumni Association.

Over the years, under the direction of Astor's Operations Department, between 15 – 20 NDCMHV volunteers, plus members of the Bruderhoff community, dedicate one day to tackling huge and labor-intensive projects.

Examples of projects they have worked on include; Refurbishing the pool patio and garden beds at the Residence, renewal of the flower beds at our Lincoln Ave. location and the infamous, reclaiming of "the hill" at our Head Start Program at Delafield. This project that occurred years ago is still talked about today amongst the individuals who participated. As Les McCarthy, NDCMHV said, "Who could forget the reclaiming of "the hill," tough duty for sure, but worth every moment!"



One special project the NDCMHV worked on was building a memorial area in the vegetable gardens for a beloved staff member who worked with them directly, and who loved the outdoors.

It is this type of dedication, hard work and commitment that the NDCMHV brings to every single project they worked on for Astor. We are most grateful to the NDCMHV for beautifying spaces over the years that have also served as healing spaces for our children, families and staff.

In Spring 2023, the Notre Dame Alumni Association will hold the first Notre Dame Global Day of Service; a day designed for the Notre Dame family to come together and serve in the name of Our Lady. It is a day the Notre Dame Alumni Association invites alumni, parents, friends and students throughout the world to give back to their local communities.

Their goal is for people in all 50 states and at least 15 countries to join in on this day to work towards a common goal: to live out their shared vocation to be a force of good.

Projects over the years include

- Several revitalizations and refurbishing projects in Rhinebeck (i.e., the Sister Rose garden; Refurbishing the pool and patio garden bed; Refencing the big field vegetable garden and complete renewal of the children's vegetable garden, including raised beds, compost structure, and pergola
- Renewal of flower beds at Lincoln Avenue
- Reclaiming of "the hill" at Delafield Street
- Construction of raised beds at Delafield Street for a children's garden



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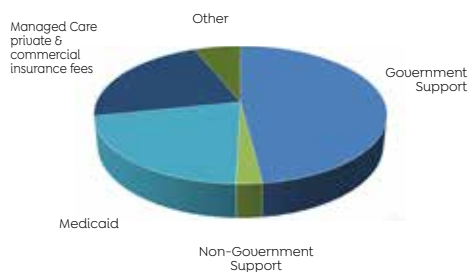
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FINANCIAL HIGHLIGHTS FY 2021 – 2022

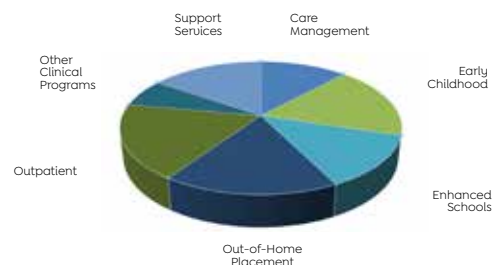
Astor Services and the Children's Foundation of Astor

Combined Income



Combined Income 2021-2022	Amount	Percent
Government Support	27,587,663	48.0%
Non-Government Support	1,396,607	2.4%
Medicaid	12,327,539	21.4%
Managed Care, private & commercial insurance fees	12,690,890	22.1%
Other	3,486,177	6.1%
Total Income	57,488,876	100.0%

Combined Expenses



Combined Expenses 2021-2022	Amount	Percent
Care Management	6,974,401	11.9%
Early Childhood	10,411,837	17.8%
Enhanced Schools	7,480,752	12.8%
Out-of-Home Placement	9,956,739	17.0%
Outpatient	10,629,636	18.2%
Other Clinical Programs	3,949,300	6.8%
Support Services	9,011,838	15.4%
Total Expenses	58,414,503	100.0%

(Based on Consolidated Audited Financial Statements dated January 25, 2023)



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