



News

PEOPLE WITH DISABILITIES

Expanding Mental Health Support for Children in Poughkeepsie

February 25, 2025



Poughkeepsie Ribbon Cutting Ceremony. Photo Credit: Astor Services



For over a century, Catholic Charities of New York has remained steadfast in its mission to support the most vulnerable members of our community. Mental health challenges often go unnoticed, overshadowed by economic struggles and housing insecurity. Yet, for many, the need for emotional and psychological support is just as urgent.

Breaking Barriers to Accessing Mental Health Care

Mental health stigma can prevent people from seeking help, but Catholic Charities is changing that by bringing support directly to those in need. One of the most significant steps in this mission was the opening of a new Trauma Recovery Center on March 4, 2024, in the Bronx through Astor Services, part of the federation of Catholic Charities agencies dedicated to children's mental health and family support.

Astor Services is a community-based nonprofit that provides mental health services, child welfare programs, and early childhood development support to families in New York State's Mid-Hudson Valley region and the Bronx. With a holistic, strengths-based, and family-driven approach, Astor's psychologists, social workers, educators, and medical professionals work tirelessly to ensure children receive the care and resources they need to thrive.

This center serves as a critical hub for victims of trauma and violence, offering therapy and essential support services. It also creates a streamlined referral network, working alongside hospitals, legal defense services, and law enforcement to ensure survivors receive the care they deserve.

Yvette Bairan, CEO of Astor Services, emphasized the importance of opening this center in the Bronx, an area with the highest poverty rate in the city and one of the highest crime rates—factors that intensify trauma and limit access to care.

For community advocates like Amber Rodriguez, the trauma recovery center was life-changing. After experiencing trauma herself, she found healing through the center's services. "My trauma doesn't define me. The center helped me find stability when I felt like the ground was sinking beneath my feet. Now, I'm a better version of myself—and for that, I'm grateful."

As an ambassador for the center, Amber continues to protect and empower youth in her community.

Expanding Support for Children in Need in Poughkeepsie

Recognizing the urgent need for comprehensive mental health support for children, Catholic Charities has

OTHER NEWS



NEWS

Catholic Charities of New York – 2025 Spring Impact Report



PUBLIC STATEMENT

Monsignor Kevin Sullivan on the Death of Pope Francis



NEEDIEST CASES

Finding Stability in 'The Home That I Cried For'



NEEDIEST CASES

They Invest in the Land to Build the Future

EVENTS

The 39th Annual

expanded its efforts even further. On January 22, 2025, Astor Services held a ribbon cutting ceremony to celebrate the opening of a new Intensive Outpatient Program (IOP) in Poughkeepsie, NY, near the County of Dutchess, designed to support children ages 6-12 with enhanced therapeutic services.

This program offers:

- **Individual Therapy** – Providing a safe space for children to process emotions and build healthy coping skills.
- **Group Sessions** – Fostering a sense of community and reducing isolation through peer support.
- **Family Involvement** – Strengthening family dynamics by engaging caregivers in the healing process.

The goal of this initiative is to prevent psychiatric hospitalization and residential treatment by offering structured support, reducing interpersonal conflicts, and helping children develop emotional regulation skills.

A Commitment to Healing and Hope

Through trauma recovery centers, intensive outpatient programs, and a continued dedication to mental health advocacy, Catholic Charities of New York is ensuring that no one has to suffer in silence. By expanding access to life-changing mental health services, we are fostering resilience, healing, and hope for the future.

See also: [People With Disabilities](#)

12
MAY

Cardinal's Open
Mon, May 12
10:00AM
[Read More](#)

04
JUN

Catholic Charities
16th Annual Gala
Wed, Jun 04
6:30PM
[Read More](#)

17
SEP

Annual Catholic
Renewal St. Francis
Reception
Wed, Sep 17
6:00PM
[Read More](#)

RELATED NEWS



PEOPLE WITH
DISABILITIES

Care for Substance
Dependence — Your
Lenten Reflection

PEOPLE WITH
DISABILITIES

Empowering
Through Braille: A
Finalist's Journey
with Xavier Society
for the Blind

PEOPLE WITH
DISABILITIES

Drug Counselor
Spreads Word
About Nasal Spray
that Can Save Lives

by date

- 2025
- 2024
- 2023
- 2022
- 2021
- 2020

by category

- Families
- Food
- Housing
- Immigrants and Refugees
- Neediest Cases
- News
- People With Disabilities
- Press Releases
- Public Statement
- Youth

You can make
a difference

Volunteer

Search for the help
you need

Find Help

Your gift today can
help save lives

Donate

Stay Connected

Keep up-to-date with our work and issues affecting New Yorkers.

First Name

Last Name

Email Address

Zip Code

Subscribe



1011 First Avenue
11th Floor
New York, NY 10022

Toll Free Help Line
(888) 744-7900

[Our Agencies](#)

[Planned Giving](#)

[Publications](#)

[Join Our Team](#)

[LOPC](#)

[Archdiocese of](#)

[New York](#)

[Privacy Policy](#)

[Terms](#)

