



## Youth ACT

### (Youth Assertive Community Treatment)

#### Does Your Child Need More Support?

Youth ACT may be the answer if your child is experiencing chronic mental health challenges.

#### What is Youth ACT?

Youth ACT (Assertive Community Treatment) is a home-based program that brings care and support right to your door. We provide intensive,

personalized help for your child and family, focusing on what matters most to you.

Our goal is to help your child be successful at home and in the community. You'll work with a team dedicated to understanding your child's unique strengths and needs with the aim of reducing the need for hospital stays or out-of-home placements.

#### What We Offer

- Individual and family therapy
- Case management & care coordination
- Medication management
- Crisis intervention
- Skill development (life, social, prevocational)
- Education for your child and family
- Peer support for your family
- Connection to community resources

#### Who Can Benefit?

Youth ages 10–21 living in Dutchess County who:

- have a diagnosed mental health condition and need extra support
- are at risk of hospitalization
- are returning home from a higher level of care

or

- have not found success with traditional outpatient services

#### Cost

There is no cost to families. Services are funded through Medicaid and State Aid.

#### What to Expect

- That you will be an active partner in your child's treatment
- A team committed to building trust and engagement
- Weekly home visits (1–2 times) with a Youth ACT team member
- 24/7 phone support for crisis situations
- Flexible length of care based on your child's needs
- Support to connect with ongoing services before discharge

#### How to Get Started

For questions or to learn more:

**Linda Balloqui-Smith (Team Leader)**  
**(845) 763-0966 | [astorservices.org](https://astorservices.org)**

Referrals are made through Dutchess County C-SPOA (Children's Single Point of Access)  
[CSPOAreferrals@dutchessny.gov](mailto:CSPOAreferrals@dutchessny.gov)