



FOR IMMEDIATE RELEASE

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**NEW PROGRAM AIMS TO BRING INTENSIVE
MENTAL HEALTH SUPPORT DIRECTLY
TO YOUTH AND FAMILIES IN DUTCHESS COUNTY**

Home-based program helps young people stabilize, avoid hospitalization, and remain connected to their homes, schools, and communities

POUGHKEEPSIE, NY — Astor Services has launched Youth ACT (Youth Assertive Community Treatment), a new home-based mental health program that provides intensive support to Dutchess County youth facing serious emotional and behavioral health challenges.

The program delivers wraparound care directly to young people (ages 10-21) and their families in their homes and communities, helping stabilize crises, reduce the need for hospitalization, and strengthen families' ability to support their children who have not responded to traditional outpatient services or are at risk of hospitalization

"Families dealing with complex mental health challenges often struggle to find the consistent, coordinated care their children need," said **Yvette Bairan, Chief Executive Officer at Astor Services**. "Youth ACT meets families where they are—literally and emotionally—bringing services directly into the home and community so young people can stabilize and thrive without being removed from the environments that matter most to them."

Unlike traditional clinic-based treatment, Youth ACT uses a multidisciplinary team approach to deliver individualized, wraparound care. The program works intensively with both youth and their families, offering support multiple times per week and responding quickly during crises.

Services include individual and family therapy, case management, medication management, and crisis intervention, along with skill-building for youth, family education and peer support, and connections to long-term community resources.

"Families in our community should never feel like they must face youth mental health challenges alone. Astor's Youth ACT program brings critical support directly to young people and their families, helping them navigate crises and build stability close to home. I encourage families who may benefit from the program to reach out and learn how Youth ACT can help," said **New York State Senator Rob Rolison**.

Youth ACT teams maintain regular contact with families through weekly home visits and 24/7 phone support, allowing providers to intervene early and prevent crises from escalating while helping young people remain connected to their schools, families, and local support networks.

Youth are referred to the program through the Dutchess County Children's Single Point of Access (CSPOA). The program is available at no cost to families and funded through Medicaid and New York State support.

About Astor Services: Astor Services for Children & Families provides behavioral health, early childhood development, and family support programs across the Hudson Valley and the Bronx. Through a comprehensive network of services, Astor helps children and families overcome challenges and build healthier, stronger futures.