

Good Life: Positive achievements for April 29

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(Photo: Courtesy photo)

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Astor Services gets \$50,000 grant for health screenings

Astor Services for Children & Families, Rhinebeck, received a \$50,000 grant from the Alfred E. Smith Foundation. These funds will support the integration of physical and behavioral health screening for low-income young people, ages 2 to 21, in Dutchess County.

"Many of these children would typically not have access to mental health screening (though there is a need as our data has shown) for many reasons, the primary being the stigma that is associated with going to an outpatient mental health facility," said Konstantinos (Gus) Tsoubris, Ph.D., associate executive director, Astor's Community-Based Behavioral Health and Prevention Services.

Astor will partner with the Children's Medical Group, Hyde Park, to provide mental health services to children in a primary care setting that decreases the stigma of going

to an outpatient mental health facility. The children's physical and mental health care will take place under one roof.

Tsoubris goes on to say that, "We are thankful to the Alfred E. Smith Foundation's grant that will allow us to screen children and address their mental health difficulties (if any) at an early stage. In addition, pediatricians will be better able to meet the needs of their clients with behavioral health difficulties in a more immediate and 'stigma' free setting." Since 1953, Astor has been providing behavioral and educational services. Now serving more than 6,000 children and families annually in over 33 locations, Astor's current range of services in the Hudson Valley (Dutchess, Orange and Ulster counties) and the Bronx include: Residential programs (for children ages 5-14 who have severe behavior and mental health challenges); Early childhood programs (Astor operates the Early Head Start and Head Start Programs in Dutchess County, a federal early childhood program for low-income families); and Community-Based Behavioral Health and Prevention Services (outpatient mental health services).

Planned Parenthood youth group honored for PSA work

The Youth Health Promoters of Planned Parenthood Mid-Hudson Valley were awarded Best Writing and Best Cinematography for their public service announcement, "Life Comes with Choices."

The competition consisted of four PSAs, created and selected by the teens of four local Planned Parenthood affiliates. Voting took place online with over 360 people participating.

This is the second year that Planned Parenthood Mid-Hudson Valley has worked with MyMediaLife to produce these public service announcements. Each year, the Youth Health Promoters spend time conceptualizing the PSAs, writing scripts, auditioning for and casting roles, styling costumes, hair, and makeup, and ultimately producing incredibly moving stories.

To view the PSAs produced this year and last year by the Youth Health Promoters, log on to our YouTube channel at www.YouTube.com/PlannedParenthoodMHV

Local SUNY Oswego students participate in internships

Several area students at SUNY Oswego took part in internships this spring through the college's Experience-Based Education program.

The program places students in internships and career awareness opportunities that allow them to earn college credits while garnering valuable life experience.

The spring 2014 interns are as follows:

Mylisha T. Rutty of Kingston, a senior human development major, interned at Oswego High School in Oswego.

Kevin M. Restaino of Modena, a senior graphic design major, interned at Carbon Credit Capital in New York.

Bill Wasilewski of Salt Point, a senior wellness management major, interned at Rehab Resources in Oswego.

Do you have good news to share? Email items to life@poughkeepsiejournal.com or call Bonnie Soto at 845-437-4886.