



Astor event to provide free screenings, mental health information

September 11, 2013

Astor Services for Children & Families will host a free Family Fun Day with interactive games and live entertainment Saturday in the City of Poughkeepsie, the organization said.

The event will be held at the Mid-Hudson Civic Center from 11 a.m. to 5 p.m. and is part of a nationwide mental health anti-stigma campaign, said Sonia Barnes Moorhead, a spokeswoman for Astor, a Rhinebeck-based non-profit organization that provides mental health and child welfare services, and early childhood development programs.

Local agencies that provide mental health and other services to children and families will be at the event to provide information. In addition, Astor will offer free screenings for children, Moorhead said.

The purpose of the event is to provide educational and recreational opportunities for families, so they may know what services are available in Dutchess County, said Trish Luchnick, Astor's director of Family Driven Care.

"Because of the stigma involved, families often have difficulty reaching out for help when they are confronting behavioral issues," Luchnick said.

Representatives of the following agencies will be on-hand to provide information about their services: Dutchess County Office of Mental Hygiene, Lexington Center for Recovery, the American Foundation for Suicide Prevention, Care Net Pregnancy Center, Cornell Cooperative Extension's Nutrition and Advocacy Programs, Wellcare Health Plan, Catholic Charities, the Center for the Prevention of Child Abuse, Arlington

Library, Nubian Directions, Vassar Brothers Medical Center Nutrition Department, Dutchess County Healthy Families, and Astor.

According to the Substance Abuse and Mental Health Services Administration, there are an estimated 21.4 million adults in the United States with serious psychological distress, said Moorhead.

For more information, visit: astorservices.org.

[http://www.poughkeepsiejournal.com/article/20130911/NEWS01/130911019/Astor-event-
provide-free-screenings-mental-health-information](http://www.poughkeepsiejournal.com/article/20130911/NEWS01/130911019/Astor-event-provide-free-screenings-mental-health-information)