

Location

For more information, or to make a referral to our Hudson Valley Community-Based Behavioral Health & Prevention Programs, contact:

Dutchess County Helpline: 1-877-485-9700

Beacon Counseling Center

223 Main Street
Beacon, NY 12508
Tel: (845) 838-4920
Fax: (845) 838-4924

Poughkeepsie Counseling Center

46 Lincoln Avenue
Poughkeepsie, New York 12601
Tel: (845) 471-6004
Fax: (845) 471-7099

Red Hook Counseling Center

30 Benner Road
Red Hook, NY 12571
Tel: (845) 758-0241
Fax: (845) 758-8746

Dover Satellite

6423 Rt. 55
Wingdale, NY 12592
Tel: (845) 350-3010
Fax: (845) 350-3013

Pine Plains School District Satellite

Cold Spring Elementary School
Homan Road
Stanfordville, NY 12581
Tel: (845) 868-7451

Seymour Smith Elementary School
41 Academy Street
Pine Plains, NY 12567
Tel: (518) 398-3000

Stissing Mountain Jr./Sr. High School

3731 State Rt. 199
Pine Plains, NY 12567
Tel: (518) 398-7181



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Contract Agency of Dutchess County



*...Because every child
deserves a childhood.*

Executive Director/ CEO

James McGuirk, Ph.D.
Astor Services for Children & Families
6339 Mill Street, P.O. Box 5005
Rhinebeck, NY 12572
Tel: (845) 871-1000
Fax: (845) 876-2020
Website: www.astorservices.org

Astor Services for Children & Families
Hudson Valley Community-Based Behavioral
Health and Prevention Services
13 Mt. Carmel Place
Poughkeepsie, NY 12601-1714
Return Service Requested



ASTOR

SERVICES FOR CHILDREN & FAMILIES

**Hudson Valley Community-
Based Behavioral Health
and Prevention Services**



Counseling Centers



Walk-ins Welcome!

9am-2pm

*...Because every child
deserves a childhood.*





“Of all injuries children suffer, none are as painful as the crushing of their spirit.”

- Dr. David Crenshaw, Retired Clinical Director of Astor Services for Children & Families and member of the Board of Directors

A Tradition of Excellence...

Astor Services for Children & Families, has since 1953, promoted the well-being of children, adolescents and their families through a range of programs that prevent and treat emotional problems and facilitate healthy development. Now serving over 6,000 children and families annually, Astor’s current range of services to families in the Mid-Hudson Valley and the Bronx include: Residential Treatment, Therapeutic Foster Family Care, Early Childhood Programs, and Community-Based Behavioral Health and Prevention Services.

Our Mission

To provide behavioral and educational services in a caring environment where children and their families find strength, healing, hope and trust.

Our Vision

To see children meet life’s challenges, pursue their dreams and reach their full potential.



About Us

Astor Counseling Centers, located through Dutchess County, New York provide counseling, psychiatric services and case management to children and adolescents (ages 2-21) and their families. Licensed by the New York State Office of Mental Health and accredited by The Joint Commission, each of the counseling centers is a designated Child and Family Clinic Plus provider.

First time clients who would like to be seen at one of the Centers can walk-in between the hours of 9 am and 2 pm.

Dutchess County Department of Mental Hygiene contracts with the Astor’s Counseling Centers to provide specialized treatment services to help children reach their highest potential in family life, school, friendships, and recreation. We do this through an interdisciplinary staff that includes child psychiatrists, clinical psychologists, social workers, mental health counselors, and case managers. These professionals are committed to using their expertise in the best interest of the children and families they serve.

“In the past, when patients called for their first appointment, it was taking between two weeks and two months to be scheduled. Open Access has virtually eliminated the waiting and allows us to respond more rapidly to our clients while allowing our clinicians to spend more face-to-face time counseling.”

- Konstantinos (Gus) Tsoubris, Ph.D., Associate Executive Director, Astor Hudson Valley Community-Based Behavioral Health & Prevention Programs.



Eligibility & Enrollment Requirements

To be eligible for Astor Counseling Services, the youth must:

1. Reside in Dutchess County
2. Be between the ages of 2-21
3. Have a mental health concern that interferes with one’s own life, the family’s life or life within the community.

How to Obtain an Intake Appointment

Families can call Helpline (485-9700) for information on Open Access hours and the location of the nearest Counseling Center.

“Walk-ins” are welcome during the hours of 9 am – 2 pm and can wait for the next available intake appointment.

What Types of Services are Available at the Counseling Center?

The Astor Counseling Center staff have expertise in a variety of treatment approaches designed to assist children and families. The following is a list of the various treatment approaches available within the counseling centers:

- Open Access
- Comprehensive Assessment
- Treatment Planning
- Counseling Readiness Protocol
- Family, Individual and Group Therapy
- Child and Family Clinic Plus In-home Family Therapy
- Crisis Intervention Services
- Outreach
- Complex Care Management
- Psychiatric Services & Medication Management
- Health Screening
- Psychological Testing
- Substance Abuse Screening
- Clinical Support Services
- ADHD Evaluation
- Safety Planning
- Discharge Planning

Fees

- Insurance
- Medicaid
- Self pay

Payment is expected at time of service

