



**ASTOR**  
SERVICES FOR CHILDREN & FAMILIES

# 2014-2015 Annual Report

*...Because every child deserves a childhood*





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They are advocates and ambassadors for our children and families and work tirelessly on their behalf. We thank them!



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## What we do and who we impact...

### Our Mission

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

### Our Vision

Our vision is to see children meet life's challenges, pursue their dreams, and reach their full potential.

## Dear Friends,

**I want to thank you for your support of the work we do on behalf of children and families!**

In fiscal year 2014 - 2015, Astor continued to be one of the leading organizations in the field, statewide, shaping the direction of children's behavioral health. Astor was compliant in 99% of the Joint Commission standards, the best we have achieved in our history with this accreditation (since 1974). Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting high levels of performance standards.



Photo by Gerald Peart, Photographer

We are in a time of constant changes in the healthcare field. As such, Astor has continued to position itself to meet the changes that are occurring in the field by further strengthening our systems and building partnerships. Our goal is to make sure that we are doing all that we can to enhance the lives of the children and families in our care and beyond!

With all this said, it is important for us to never lose site as to why our committed staff do the work they do on a daily basis to impact the lives of children and families who are struggling, each and every day, to be whole again! As you read through this annual report, my hope is to illustrate in a small way, the depth and complex challenges many of our children and families experience. Everyone has a story, and their stories matter! It is these complex situations that our dedicated staff helps to right side - each and every day. They do so with the utmost respect and care, so that our children and their families find strength, healing, hope and trust.

This work would not be possible without you -- our donors, supporters and champions. We hope we can count on you for continuing this very important journey with us!

A handwritten signature in black ink that reads "James McGuirk, Ph.D." The signature is fluid and cursive.

James McGuirk, PhD.  
Executive Director/CEO

**7,332 Lives**  
impacted in 2014-2015

**165,332 Lives**  
impacted since 1953

**Astor Services for Children & Families**, as it has since 1953, promotes 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 more than 7,000 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.





*Less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need.*

- U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES



**“Letting a fifth of our children grow up poor**

prevents them from having equal opportunities to succeed in life and robs the nation of their future contributions.”

-CHILDREN’S DEFENSE FUND

**Early Childhood Programs**  
(HUDSON VALLEY)



Orange County Programs

|   | Total Served |
|---|--------------|
| Head Start                              | 877          |
| Early Head Start                        | 362          |
| Universal Pre Kindergarten (Daycare)    | 70           |
| 1-8-2                                   | 36           |
| Special Class Integrated Setting (SCIS) | 85           |
| Therapeutic Preschool (TP)              | 20           |
| <b>Total</b>                            | <b>1,450</b> |

*Note: Children in the 1-8-2, SCIS and TP Programs are also served by Head Start.*

**Bronx Community-Based Behavioral Health and Prevention Services**



Bronx County Programs

|   | Total Served |
|---|--------------|
| Lawrence F. Hickey Center for Child Development | 81           |
| Prevention Programs                             | 101          |
| Outpatient Clinics                              | 1,427        |
| Day Treatment                                   | 293          |
| <b>Total</b>                                    | <b>1,902</b> |



## ALBERT'S STORY

# MY NAME IS ALBERT

“My name is Albert and I was born addicted to drugs. They said my real parents had lots of problems but I wouldn't know because I don't even remember them. I got placed in so many different foster homes over the years (I'm now 11-years old), I can't even count them.

I cried a real lot when I was a baby and going from foster home to foster home was really hard so I started acting really bad every place I went and sometimes my foster parents weren't so nice. I was also so bad in school no one knew how to handle me. They told me I was going to have to go live some place upstate with other bad kids because no one wanted me in their home.

Then they put me with this really nice lady who says she wants to be my mom forever.



Her name is Cynthia, though sometimes I call her “mom.”

**She told me that she knew about this really great school called Astor where there were lots of people who could help me feel better and even behave better.**

Cynthia says I'm really smart and that I deserve to have people be nice to me and that she is sorry that life used to be so hard for me; **I tell her ‘thank you for giving me a chance.’** ”



Ulster County Programs

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

|                                     | Total Served |
|-------------------------------------|--------------|
| Counseling Programs                 | 2,691        |
| Community-Based Services/High Risk  |              |
| Service Coordination                | 650          |
| Day Treatment & Adolescent Services | 513          |
| <b>Total</b>                        | <b>3,854</b> |



Dutchess County Programs

### Residential Treatment Programs

(RHINEBECK)

|                                      | Total Served |
|--------------------------------------|--------------|
| Residential Treatment Facility (RTF) | 34           |
| Residential Treatment Center (RTC)   | 67           |
| Day Program                          | 25           |
| <b>Total</b>                         | <b>126</b>   |

*Note: Children in these programs attend The Astor Learning Center*

## MS. MARTINEZ'S STORY

# PREPARING CHILDREN FOR SCHOOL



“ My youngest son, the little Mayor of Astor Beacon (Head Start), will celebrate his conclusion to preschool and will soon embark on his journey into kindergarten.

**I have no words that could possibly describe my appreciation for Astor and all of their teachers, advocates, nurse and everyone else that has contributed to our growth and sustainability as a family.**

Astor has shepherded me through one of the most difficult times of my life. Becoming a single mother five years ago and being unemployed for almost 4 of those years was indeed an intense life experience.

My advocate, my teachers, the nurse and center director were many times my guardian angels. They each held a lifeline, from

ensuring my electricity was on, to finding us a place to live, locating my local food pantries, exchanging couponing strategies, to finding all the resources needed to get me through another day or just simply offering a listening ear.

Despite the instability I felt with life's struggles, my boys knew nothing different. They have always been happy and content little boys. They each have varying degrees of “autism” and this has particularly been crucial with Astor assisting me with creating the most optimal learning environment for them.

**I would not be where I am today without Astor. They supported my boys and I in maintaining a strong family unit.**

Despite the insurmountable challenges, I had support to get through it all. I am now working again full-time for a non-profit educational organization in the city. My boys continue to thrive and live happily. ”







**“Income-related gaps  
in cognitive skills can be  
observed in babies as early  
as 9 months old**

and often widen with age. These disparities  
create an early disadvantage that is  
often hard to overcome.”

-CHILDREN'S DEFENSE FUND





*20% of youth ages 13-18  
live with a mental health condition.*

- NATIONAL ALLIANCE ON MENTAL ILLNESS



**“Growing up poor has lifelong  
negative consequences,**

decreasing the likelihood of graduating from high school and increasing the likelihood of becoming a poor adult, suffering from poor health, and becoming involved in the criminal justice system.”

-CHILDREN'S DEFENSE FUND



## MS. EVAN'S STORY

# ASTOR'S CASE PLANNER ENGAGING FAMILIES



“**Within the Bronx Prevention Family Connections Program, we work with families of all cultural and ethnic backgrounds.** We work hard to acknowledge and respect the cultural nuances of our families with the ultimate goal of seeing improvements in how the family navigates the world and functions as a family unit.

I received a referral for an Albanian family who openly expressed a mistrust of the government and as an Administration for Children Services (ACS) contracted agency, we were seen as an extension of that system. I knew my work was cut out for me and at my first meeting, I only knew the family from the perspective of what was documented on the referral form from ACS.

During the first home visit, I was asked to remove my boots and in seeing me struggle to do so, I was told to keep them on. In not knowing their traditions, rituals and expectations around visitors in their home, I stood at the door until invited to sit as I did

not want to offend anyone. This must have made a good impression as on my second home visit, I was welcomed to come in and encouraged to keep my shoes on as they had removed the rug at the door. They acknowledged my efforts to adhere to their expectation, but felt that it was difficult for me to observe as I walk with cane.

As we continued to work together, we developed a mutual respect for our difference in perspective, culture and expectations.

**I was told that I was “the best at what I do.” This acknowledgement made me feel proud as my training and experience while at Astor Services for Children and Families has helped me grow professionally and become a great source of support and guidance for families. ”**







*11% of youth have  
a mood disorder.*

- NATIONAL ALLIANCE ON MENTAL ILLNESS





## MS. HAYE'S STORY

# LETTER FROM A FORMER HEAD START STUDENT TO HER TEACHER...



“ I wanted to take this time of Thanksgiving to express to you my gratitude for all you have done for so many. You were the foundation for love, education, and a belief that we could achieve anything we wanted to in the world, that the only limits were those we place on ourselves. For the basics of how to properly brush my teeth, how to properly use the restroom to the more important aspects of basic knowledge in learning environment, and how to interact with others.

**For me, you were a second mother, even after I left Head Start; you believed in me as an adolescent when many others thought I wasn't worth believing in.**

When I think back to my childhood, you are always in my best memories. It is my great hope that you understand how important you have been to multiple generations; my sisters, me, my nieces, my nephews, and so many others who can claim the same.

I wanted to let you know that because of you giving me the belief in my abilities, intelligence, and allowing me to understand that I am not defined by any youthful mistake I may have made; I am successful! I have my Master's Degree in Educational Leadership, I teach middle school and I am working towards my Doctorate in Child Psychology.

**When my students have asked me why I became a teacher; I tell them that because when I was at my most impressionable, a wonderful woman made me believe that no matter what I came from, I can go anywhere.**

Thank you! Know that you are appreciated, remembered, and very well loved by so many. For no matter what educational background you have, you were our FIRST TEACHER! ”

**“Half of all mental health disorders show first signs before a person turns 14 years old,**

**and three quarters of mental health disorders begin before age 24.”**

- U.S. DEPARTMENT OF HEALTH  
& HUMAN SERVICES





# Donors

## Thank You.

We are deeply grateful to the individuals, businesses, corporations, foundations, and agencies who help Astor Services for Children & Families fulfill its mission.



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# Financial Highlights 2014 - 2015

Astor Services for Children & Families  
 The Astor Learning Center  
 The Children's Foundation of Astor

| <b>Combined Income 2014-2015</b> | <b>\$ Amount</b>  | <b>%</b>      |
|----------------------------------|-------------------|---------------|
| Government Support               | 29,036,437        | 51.5%         |
| Non-Government Support           | 2,496,240         | 4.4%          |
| Medicaid                         | 19,215,041        | 34.1%         |
| Private and Insurance Fees       | 3,582,026         | 6.4%          |
| Other                            | 2,001,428         | 3.6%          |
| <b>Total Income</b>              | <b>56,331,172</b> | <b>100.0%</b> |

| <b>Combined Expenses 2014-2015</b>        | <b>\$ Amount</b>  | <b>%</b>      |
|---|-------------------|---------------|
| Residential Programs                      | 14,101,369        | 21.9%         |
| Child Guidance Clinics                    | 8,490,289         | 13.2%         |
| Special Education                         | 14,203,521        | 22.0%         |
| Head Start/ Early Head Start              | 7,793,150         | 12.1%         |
| Prevention                                | 6,612,260         | 10.3%         |
| Support Services                          | 6,883,184         | 10.7%         |
| Extraordinary Item-<br>Pension Buyout Fee | 6,353,223         | 9.9%          |
| <b>Total Expenses</b>                     | <b>64,436,996</b> | <b>100.0%</b> |

*10% of youth  
 have a behavior or  
 conduct disorder*

- NATIONAL ALLIANCE  
 ON MENTAL ILLNESS







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