



...Because every child deserves a childhood.

## What is Astor?

A community-based non-profit organization that provides children's mental health services, child welfare services, and early childhood development services. We serve children and families in New York's Mid-Hudson Valley region and the Bronx and are committed to supporting families to ensure each child has a healthy and happy childhood.

### Our Philosophy:

Holistic, strengths-based, family-driven, and data-informed. At Astor, we believe that each child is unique and should have the opportunity to reach their fullest potential.

### Why Refer a Student?

Our students and families are living amidst a global pandemic and extreme racial unrest. The ongoing trauma as a result of these concerns, in addition to previously endured concerns change the ways our students learn, socialize, and grow. We must now, more than ever, be aware of these changes, including:

- being sad or angry often
- difficulty managing stressors
- irritability/seeming on edge
- increased thoughts of suicide or worthlessness
- blaming others
- lack of concentration or academic/social interest
- family/relationship concerns
- loss of a loved one

### Getting Started:

Students can be referred by teachers, friends, parents, or themselves. If under 18, parent/guardian consent is required. Students must be insured. Sessions are once weekly for 45 mins (can be 2x if safety concerns). Sessions are completely confidential, unless there is a safety concern (harm to self or others), and parents must fill out consents for specific staff to be informed of/involved in services.

**“Because every child deserves a childhood”**

Hi, I'm Laura! I'm the school social worker here which means I meet with students just like you to talk about whats going in their life. In this space, we can talk about what changes you want to see for yourself, challenges you might be facing, and celebrate the successes and anything you're feeling proud of. We learn skills to handle the tough stuff and learn to be kinder to ourselves as well as how our minds work to help you succeed, in whatever way that might be for you. I'm excited to meet you!

#### Depression looks like:

Seeming down, hopeless, irritable; trouble concentrating; sleep issues; under/over eating; feeling like a failure/a burden/worthless; fidgeting or restlessness; suicidal thoughts, social isolation

#### Anxiety looks like:

Trouble concentrating, fidgeting, tense, irritable, negative self-talk, avoidance of certain places/people (skipping class), refusing to ask for help, trouble sleeping, headaches, over/under-working

#### Trauma looks like:

Irritable, trouble sleeping, suicidal thoughts, feelings of worthlessness/guilt/shame, anger, limited boundaries (saying yes a lot), seeming impulsive, constantly looking around them for safety concerns

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### WHO CAN I CONTACT?

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### HOW?

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### REFERRAL FORM

Attached