

# MEDIA ADVISORY



## **MEDIA CONTACT:**

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## **FOR IMMEDIATE RELEASE**

October 22, 2018

### **Northern Rivers to celebrate grand opening of Behavioral Health Center Malta**

**MALTA, NY** — Northern Rivers will hold a ribbon cutting and grand opening ceremony for the new Malta location of their Behavioral Health Center (BHC) Wednesday, October 24.

The new Malta BHC, relocating from a nearby space, will offer expanded outpatient mental health counseling services to children, adults, and families from Saratoga, Warren, and Washington Counties. The new facility has allowed the organization to add two new full-time mental health counselors, bringing the total number of staff to 20.

**Date:** Wednesday, October 24

**Time:** 10:30 a.m.

**Location:** 2542 U.S. Rt. 9, Suite 206, Malta, NY, 12020

### **About Northern Rivers Family of Services:**

Founded where the Mohawk and Hudson meet, like the rivers that shaped our region, Northern Rivers Family of Services helps change lives by shaping the future of those we serve throughout the Capital Region and beyond. Comprised of parent company Northern Rivers and member agencies Northeast Parent & Child Society and Parsons Child & Family Center, we are a family of human service agencies who work together and are committed to helping children, adults, and families. Our quality of care, depth of programs, combined size and passion for the mission make us a leading provider. Informed by our 188-year heritage, our 1,400-strong workforce provides services for 16,000 children, adults, and families throughout 35 counties in New York state. For more information, call 518.426.2600 or visit [northernrivers.org](http://northernrivers.org).

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# NORTHERN RIVERS FAMILY OF SERVICES

## CLIENT SERVICES

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### RESIDENTIAL AND FOSTER CARE SERVICES

A continuum of safe and therapeutic home- and facility-based residential environments with comprehensive services for children and the families who support them.

#### SERVICES PROVIDED

- Residential treatment centers
- Residential treatment facility
- Community residences
- Prevention
- Respite and crisis stabilization
- Foster care
- Adoption support
- Independent living

### COORDINATED CARE AND COMMUNITY SOLUTIONS

A care management and clinical services system designed to support children in meeting their individual needs and providing families with skills, resources, and services that increase their ability to support children in their development.

#### SERVICES PROVIDED

- Prevention and family preservation
- Home- and Community-Based Services Waiver Programs (mental health and child welfare)
- Home- and Community-Based Services (HARP)
- Mental health case management
- Peer services
- Health home care management

### BEHAVIORAL HEALTH SERVICES

A community-based system of social work and psychiatric service designed to support the diverse range of behavioral health needs for children, adults, and families, while providing opportunities for awareness, growth, empowerment, and healing.

#### SERVICES PROVIDED

- Mobile Crisis Services
- Home-based crisis intervention
- Behavioral health counseling
- OnTrackNY services
- School-based behavioral health

### EDUCATIONAL SERVICES

Educational, career development, and clinical services for children and young adults with special needs related to social-emotional functioning, academics, and life planning that ensures sustainability and future student success.

#### EDUCATIONAL FACILITIES

Northern Rivers has two diploma-granting special ed (835) facilities:

- **Neil Hellman School**, serving grades K–12  
60 Academy Road, Albany
  - **The School @ Northeast**, serving grades 6–12  
1821 Hamburg Street, Schenectady
- And a center for infants and toddlers:
- **Early Learning Center**, serving Early Head Start, pre-K, and day care  
125 Bigelow Avenue, Schenectady

# NORTHERN RIVERS FAMILY OF SERVICES

## A HISTORY OF CARING

Northern Rivers Family of Services is the parent organization to Northeast Parent & Child Society and Parsons Child & Family Center. Together, we are a family of human services agencies that work together to provide *Life changing care* to children, adults, and families. Our quality of care, depth of programs, combined size, and passion for the mission give us the strength to make positive change in our communities. Informed by our 188-year heritage, our 1,400-strong workforce provides services for 16,000 children, adults, and families throughout 35 counties in upstate New York.

### OUR PAST: MEMBER AGENCIES

**PARSONS CHILD & FAMILY CENTER**

**NORTHEAST PARENT & CHILD SOCIETY**

Parsons Child & Family Center traces its founding to 1829 when Orissa Healy and Eliza Wilcox established the Society for the Relief of Orphan and Destitute Children to provide shelter, care, and education to orphaned, neglected, and abused children in Albany. Northeast Parent & Child Society traces its roots back to April 1888, when a group of ladies in Schenectady opened the Home for Destitute Children to serve destitute children from ages 2 to 18 in a home-like setting providing temporary care to help them move from homelessness to home.

Both organizations continued to grow and evolve, but neither ever lost the primary mission of serving children whom the world had seemingly forgotten. Throughout their long histories, Parsons and Northeast have responded to societal, governmental, and other environmental forces by expanding the depth and breadth of services provided.

### OUR PRESENT AND OUR FUTURE

**NORTHERN RIVERS FAMILY OF SERVICES**

Northern Rivers Family of Services was formed as a necessary response to times of declining resources and increasing demand for services. The benefits of combining into one organization means improved services, stronger financials, and better use of resources. Formed in April 2011 with a Memorandum of Understanding, New York state officially approved the incorporation of Northern Rivers on July 23, 2012. Founded where the Mohawk and Hudson meet, like the mighty rivers that shaped our region, Northern Rivers helps shape the future of the children, adults, and families we serve throughout the Capital Region and beyond.

Client Services provides a continuum of care for children, adults, and families delivered through our behavioral health, education, residential and foster care, and coordinated care and community services divisions in both member agencies. Central services are provided through Northern Rivers in order to increase efficiency and maximize resources provided to those we serve.

Every member of the Northern Rivers family is guided by a set of five core principles (cultural competence, family- and youth-driven, strengths-based, safety- and trauma-informed) that inform the way we treat our clients and each other. Today, the united workforce of Northern Rivers, Parsons, and Northeast represents the dedication of those who came before, an unmatched level of talent and drive, and the vision needed to change the way services are delivered to help build a better world. We look forward to the new horizon of our future as we remain true to the bold and compassionate leadership of our founders who shaped and set our course nearly two centuries ago.

**NORTHERNRIVERS**

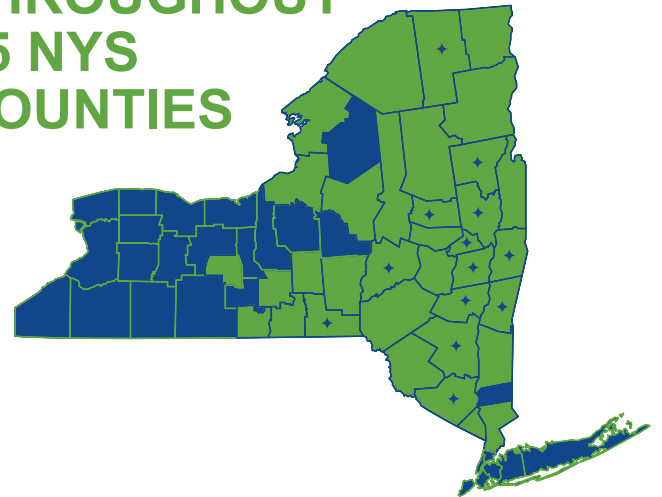
NORTHEAST PARENT & CHILD SOCIETY  
PARSONS CHILD & FAMILY CENTER

# WE ARE

1,400 EMPLOYEES



IN 29 OFFICES  
THROUGHOUT  
35 NYS  
COUNTIES



*Serving*

16,000 CHILDREN, ADULTS,  
AND FAMILIES

*Through 60 programs in four divisions*



## EDUCATION

More than 350 children and young adults enrolled in three locations from 50 school districts



## BEHAVIORAL HEALTH

2,891 children, adults, and families received therapy and counseling



## RESIDENTIAL AND FOSTER CARE

612 children and young adults in foster care and 370 living in residential home settings



## COMMUNITY SERVICES

3,840 children safely maintained in their homes and communities

**NORTHERNRIVERS**

NORTHEAST PARENT & CHILD SOCIETY  
PARSONS CHILD & FAMILY CENTER

## School-Based Behavioral Health Services

School-Based Behavioral Health Services places a Northern Rivers–staffed and –operated, NYS Office of Mental Health licensed mental health clinic inside schools throughout the region, allowing easier access to services. For information, call 518.431.1650. These services are offered in many school districts including those listed below.\*

### Albany County

- Albany City School District
- South Colonie Central School District

### Saratoga County

- Ballston Spa Central School District
- Saratoga Springs City School District
- Stillwater Central School District

### Schenectady County

- Schenectady City School District

### Warren County

- Queensbury Union Free School District

### Washington County

- Cambridge Central School District
- Hartford School District

\*Visit [www.northernrivers.org](http://www.northernrivers.org) for the most current list of School-Based Behavioral Health locations.



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Formed in 2012, Northern Rivers is the parent organization to Northeast Parent & Child Society (founded in 1888 in Schenectady) and Parsons Child & Family Center (founded in 1829 in Albany). Our quality of care, depth of programs, combined size, and passion for the mission make us a leading human services provider.

Informed by our nearly 200-year heritage, our 1,400-strong workforce provides services for 16,000 children, adults, and families throughout 35 counties throughout upstate New York.

**Main Office**  
**60 Academy Road**  
**Albany, NY 12208**

[www.northernrivers.org](http://www.northernrivers.org)



# BEHAVIORAL HEALTH CENTERS



## Who We Are

The Behavioral Health Centers are NYS Office of Mental Health–licensed outpatient clinics in the community and in many local school districts that provide outpatient mental health treatment services to individuals age 64 and younger who are experiencing social, emotional, family, or mental health related challenges. Our team of social workers, mental health clinicians, nurses, and prescribers provides compassionate, trauma-informed, person-centered care with the goal of helping individuals be successful in all aspects of life.

## Available Services

We provide comprehensive screening to identify social, emotional, and behavioral concerns, individual and family therapy for children and adults; and psychiatric evaluation and medication management to assist with challenges including:

- Defiant or oppositional behavior
- Attention problems and hyperactive behavior
- Coping with loss
- Depression/withdrawn behavior
- Lying and stealing
- Bullying
- Attachment and bonding
- Mood swings
- Managing traumatic events
- Suicidality
- Sexual identity
- Military life

## How to Get Started

The Behavioral Health Centers are open Monday through Friday, with evening appointments available. We accept most insurance, including Medicaid and Child Health Plus. A sliding fee scale is available for those without insurance.

Any service provider, parent, caregiver, or adult may make a referral. Our Client Engagement Specialists are waiting to answer any questions you may have and schedule an appointment with one of our clinicians at a convenient community location.

Call 518.431.1650 to get started.

## Service Area

From three conveniently-located offices, our Behavioral Health Centers serve clients in Albany, Saratoga, Schenectady, Warren, and Washington counties.

Behavioral Health Center  
401 New Karner Road  
Albany, NY 12205  
518.431.1650

Behavioral Health Center  
530 Franklin Street  
Schenectady, NY 12305  
518.381.8911

Behavioral Health Center  
2452 U.S. Rt. 9  
Malta, NY 12020  
518.292.5433

## Additional Services

### Assertive Community Treatment

Coming in January, our Assertive Community Treatment (ACT) team provides treatment, rehabilitation, and support services to adults in Warren and Washington counties diagnosed with a severe and persistent mental illness. Our mobile, multidisciplinary team works with clients in community settings to help them achieve personally meaningful goals and life roles. Referrals go through county.

### Home-Based Crisis Intervention

The Home-Based Crisis Intervention (HBCI) program is an intensive, 4- to 6-week in-home service for families in Saratoga, Warren, and Washington counties who have a child ages 5–17 at risk of out-of-home placement or hospitalization. Our team provides 24/7 on-call home- and community-based support to help resolve conflicts, strengthen parenting skills, and find peaceful solutions. For information, call 518.292.5434.

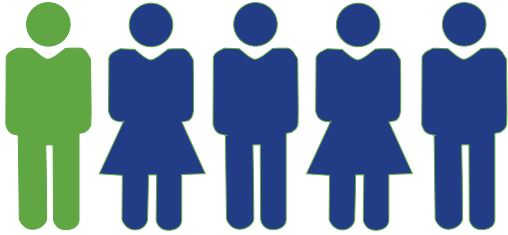
### Mobile Crisis Services

Our Mobile Crisis Services teams provide rapid-response, community-based mental health crisis services to children and adults in need in Albany (child and adolescent services only), Rensselaer, Saratoga, Schenectady, Warren, and Washington counties. Teams are comprised of licensed clinical supervisors and clinicians, family advocates, peer support specialists, and case managers. Call 518.292.5499 for immediate crisis support.

### OnTrackNY

The OnTrackNY team provides support to young people ages 16–30 from throughout the area who have recently begun experiencing symptoms of psychosis to help them achieve their educational and/or employment goals, maintain healthy relationships, and improve life satisfaction. For information, call 518.292.5451.

# Mental Health Facts for young adults



**1 in 5** youths ages 13-18 have, or will have, a serious mental illness



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



11% of youth have a mood disorder.



10% of youth have a behavior or conduct disorder.



8% of youth have an anxiety disorder.



**50%** of all lifetime cases of mental illness begin by age 14 and 75% by age 24.



Approximately **50%** of students age 14 and older with a mental illness drop out of high school.



The average delay between onset of symptoms and intervention is **8-10** years.



**70%** of youth in state and local juvenile justice systems have a mental illness



Suicide is the **third** leading cause of death in youth ages 10-24.



**90%** of those who died by suicide had an underlying mental illness

# Mental Health for young adults

## WARNING SIGNS



Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).



Trying to harm or kill oneself or making plans to do so.



Out-of-control, risk-taking behaviors that can cause harm to self or others.



Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or fast breathing.



Not eating, throwing up, or using laxatives to lose weight; significant weight loss or gain.



Severe mood swings that cause problems in relationships.



Repeated use of drugs or alcohol.



Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).



Extreme difficulty in concentrating or staying still that can lead to failure in school.



Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

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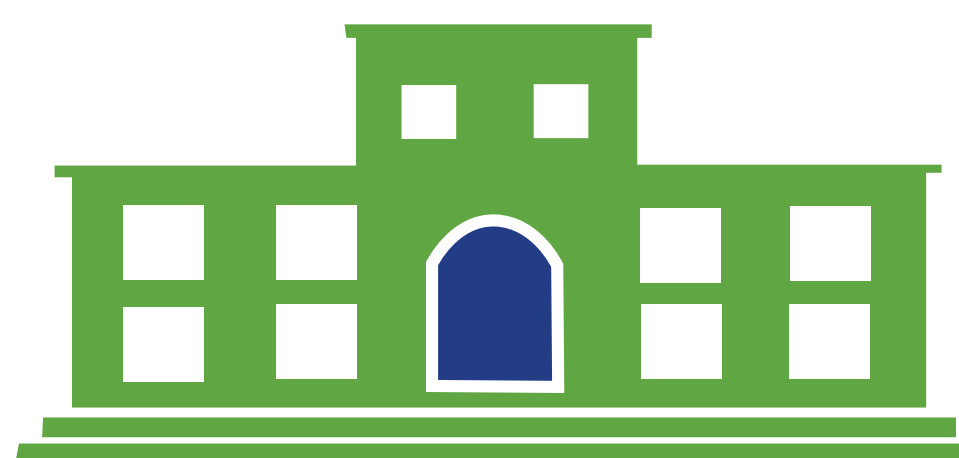
## 4 THINGS PARENTS CAN DO



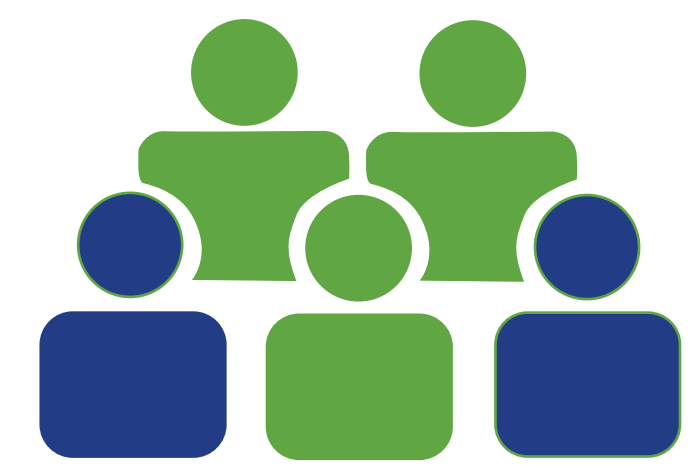
TALK WITH YOUR  
PEDIATRICIAN



GET A REFERRAL  
TO A MENTAL  
HEALTH SPECIALIST



WORK WITH  
THE SCHOOL



CONNECT WITH  
OTHER FAMILIES

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