



# Residential Services

*Northern Rivers Residential Services meet the qualifications for QRTP and Families First regulations*

## OCFS REFERRALS

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## OMH REFERRALS

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Northern Rivers Family of Services offers a continuum of residential programs administered by Northeast Parent & Child Society and Parsons Child & Family Center with several locations throughout Albany and Schenectady. All of the facilities are certified by the Council on Accreditation (COA) and are licensed by the NYS Office of Children and Family Services (OCFS) and/or the NYS Office of Mental Health (OMH). All residential programs provide trauma-informed care, restorative practices, and evidenced-informed practice.

## Short-term Services for Ages 4–12

We have facilities that provide comprehensive diagnostic services and crisis respite with an emphasis on creating a plan for success for the child and family.

- Healy House, ages 5–12 (OCFS, OMH), Albany
- Schaffer Children's Shelter, ages 4–12 (OCFS), Schenectady

## Short- and Long-term Residential Options for Ages 12–21

### Residential Treatment Centers (RTCs)

- Albany Residence on Academy Road, ages 10–18 (OCFS), Albany
- Schenectady Residence on Park Avenue, ages 12–18 (OCFS), Schenectady

Our residential programs provide:

- Diagnostic services for youth
- Cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT)
- Services for sexual problem behavior and fire-setting histories
- Permanency and family finding work

### Residential Treatment Facility (RTF)

Subclass hospital-level care provided to youth ages 12–18. Youth in this program are provided high family engagement and wraparound treatment planning and services. Entry to this program is through the OMH Preadmission Certification Committee (PACC).

## New Directions, a Raise the Age Program

New Directions (OCFS) is our intensive residential treatment option in Schenectady for young women ages 16–17 referred by Family Court. This program provides trauma-based interventions; clinical support; behavioral health services; skill development through educational, vocational, and recreational opportunities; case management; and aftercare planning with residents and their families.

## Group Homes and Community Residence

We have group homes that provide a coeducational living environment for youth with a focus on life and vocational skills along with a transitional component for those looking to return home or move on to independent living.

- Miriam House, ages 12–17 (OMH), Albany
- New Scotland and Delaware group homes, ages 14–21 (OCFS), Albany
- Zoller group home, ages 14–21 (OCFS), Schenectady

*These services are provided by Northern Rivers Family of Services and member agencies.*

# *The Northern Rivers Difference*

We're here to work with you to identify the right Northern Rivers residential environment to help any youth find success. While each residence is different, they're all staffed by knowledgeable, caring professionals who specialize in trauma-informed care and are invested in each youth's journey. We believe that every youth in our care deserves a rich, full experience. That's why we ensure that every one of our residents receives the following.

**Education.** Whether one of our 853 special education schools, public school, vocational programs, or higher education is appropriate, each resident has a customized educational plan with wraparound support.

**Medical care.** Many residential sites have on-site medical care, and all youth have access to psychological, nursing, medication management, and physical health services.

**Recreation.** We offer a full range of therapeutic recreational activities inside our residences and out in the community. From intramural clubs to trips to sporting events, museums, and concerts, we allow every youth to broaden their horizons and nurture their passions.

**Community involvement and volunteerism.** We reinforce the importance of citizenship, and we encourage our residents to get involved with a wide variety of community and charitable initiatives. From neighbor-hood cleanups to awareness campaigns, we encourage each resident to pursue what's meaningful to them.

**Family integration.** From the first day in care, we work with each youth's family and support system to identify challenges, develop resources, and build upon strengths.

**Planning for the future.** Permanency is the goal for every youth in our care. Through clinical assessments and ongoing support, we focus on what comes next—whether that's returning to family or independence.

